

## The 9th Bike North Century Challenge, Sunday 18<sup>th</sup> April, 2010

*By Mal Hart, Event Organiser*

Since 2002, Bike North riders have been lining up in mid-Autumn to take the challenge to ride 60km, 100km or 100miles (160km). Our approach of riding in small teams of 2, 3 or 4 people provides a very different riding experience than a normal BN day ride. You get to share your successes, but also to receive support when times get tough, as you grapple with the physical and mental challenges of the day.

This year we will run the BNCC on Sunday 18<sup>th</sup> April to take advantage of Sydney's great Autumn cycling weather with just enough daylight and cooler temperatures. It is also at a good time of the year when your riding fitness is at a peak, which probably dropped a bit after those Christmas excesses. There are plenty of other lead up events to get you ready for the BNCC, such as the Tour de Hills, Loop de Lake or the Tour de Cowra. The BNCC is the next logical step before the winter sets in. Don't wait until the Sydney Spring Cycle or the 'Gong Ride, where you do much less interesting rides with crowds of people. So take the Challenge this season!

In 2010, we are running the same events as last year. There is certainly something for everyone to aim at. Remember that you have all day to complete the route at your own pace.

We would really like to see more entries in the 60km event. Note that the climbs on this ride are not as steep as many of those on a lot of Easy-Med and Medium BN rides, albeit they are longer rides. There are plenty of BN riders out there capable of doing this as a challenge. So start preparing!

The 2010 route options are:

- **Hawkesbury Randonnée** (165km & 3 main climbs) Wahoonga, Galston Gorge, Wiseman's Ferry, Central Mangrove, Mt White, Wahoonga

- **Classic Loop** (100km & 5 main climbs) Wahoonga, Galston Gorge, Berowra, Mt White, Wahoonga
- **Bound for Berowra and Bobbo** (60km & 3 main climb) Wahoonga, Galston Gorge, Berowra, Bobbin Head, Wahoonga

I must stress that this is NOT a competitive event. It is designed to offer an alternative ride to extend you beyond your normally preferred distance and terrain. Remember that you are encouraged to go at your own pace. Most members of Bike North will be able to find a challenge to suit.

Of course, we welcome all riders home with a post ride BBQ. So bring your friends and family along to meet you at the finish for them to hear all about it!!

*2009: Tandem stokers get ready for 60km of action*



### How do I participate?

The BNCC is only for Bike North members, but you can join and then ride. Tell your friends about this great event. The BNCC is a FREE.

You must form a team of 2, 3 or 4 riders to participate. You form a team yourself through chats on the email or on rides. We don't do this for you. If you don't know people then come along on some rides at your level of difficulty to meet people before the registration date.

**Each team must pre-register for the event by Fri 9<sup>th</sup> April using the BNCC Registration Form, which is available along with all route and other event details on the BN website at**

[http://www.bikenorth.org.au/cycling/annual\\_events.php](http://www.bikenorth.org.au/cycling/annual_events.php)

All applications must be sent to the Event Coordinator: (mal.hart@bigpond.com) by the due date. There will be no entries after this day and no on-the-day entries.

*2009: No Pinarellos pass by the Two Tufts*



### How does it work?

The BNCC requires self-sufficient riding and navigation as each team follows a published route guide. Detailed route notes are in the BNCC Ride Guide available from the BN website.

Each group of 2, 3 or 4 (on at least two separate cycles) will start together but separate from all the other groups. You must attend the briefing at the times shown and you will be given your start time then. No briefing; no ride.

Your group must always stay together, within 20 metres or so. You will ride at the pace of the slowest rider on hills and all stop together when you stop. Therefore to avoid frustration groups should be made up of riders of similar ability.

Unlike most other BN rides, there are no ride leaders or sweeps, no on-the-road support and you must fix any minor mechanical problems. You have to consider the time and plan your progress to finish by 5pm. Groups should rest, refill bottles and eat as needed. Planning your food and drink stops is an essential part of riding the BNCC.

I recommended you take a significant quantity of food and drink with you in your pockets or

bag when you start the ride. Items such as fruit, muesli bars, chocolates and sandwiches are good choices made by experienced challengers.

For those taking on the 165km Challenge, you will need to give careful consideration to food and drink replenishment.

If you withdraw from the event you will need to arrange your own transport. You also must phone and let us know you are out. No group of fewer than 2 cycles is allowed to continue in the Challenge.

### What do I do now ?

The BNCC is not an event that you can just turn up for on the day and complete. It is a good idea to get yourself ready well ahead, particularly by improving your cycling fitness. Look at the rides calendar and pick out some rides that you feel may gradually extend or develop your fitness and capability a bit further. Perhaps get in some extra riding whilst on holidays or early in the New Year when things are a bit less hectic. Secondly, seek out some team members and put the date in your diary – **Sun 18<sup>th</sup> April. For more information contact Mal Hart (mal.hart@bigpond.com) or phone 9713 1994.**

### What to bring to the BNCC?

EVERY rider MUST carry these items otherwise you can't start:

- a bike suitable for the event and in TOP mechanical condition. We strongly advise a bike service prior to the BNCC.
- helmet, water bottle, wind/rain jacket & tail light;
- pump, 2 spare tubes, puncture repair kit & appropriate tools;
- cash (for food/drink, phone calls or train ticket);
- your own 2008 BNCC Ride Guide.

Additionally EVERY 165km rider MUST carry:

- bike lights on each bike.

Finally EVERY Riding Group MUST carry at least one of:

- bike computer, basic first aid kit & mobile phone

- Briefing 6:50. Start: 7am. Finish: 3pm to 5pm

2009: Winding down at the post ride BBQ



### **BNCC Summary**

#### **Bound for Berowra and Bobbo – 60km**

- Distance: 60km. Grade = Medium-Hard.
- Wahroonga, Galston Gorge, Berowra, Bobbin Head, Wahroonga
- Overall time: 4 to 6 hours (allows 1 hour stopping)
- Briefing 8:45. Start: 9am. Finish: 1pm to 3pm

#### **Classic Loop – 10km**

- Distance: 103km. Grade = Hard.
- Wahroonga, Galston, Berowra, Mt White (part), Pie In the Sky, Wahroonga
- Overall time: 6 to 7 hours (allows 2 hours stopping)
- Briefing 7:45. Start: 8am. Finish: 2pm to 5pm

#### **Hawkesbury Randonnée – 165km**

- Distance: 165km. Grade = Very Hard.
- Extended loop, partly in remote communications area.
- Overall time: 8 to 10 hours (allows 3 hours stopping)