



The Tenth Annual Bike North Inc. Century Challenge

2011 Ride Guide

Welcome

Thanks for participating in this year's Bike North Century Challenge. We hope you have a very enjoyable and fun day cycling with Bike North.

This is an all-day event starting and finishing at Wahroonga Park, at the intersection of Coonanbarra Rd and Millewa Ave, just north of Wahroonga Railway Station. Participants have chosen one of three ride options with staggered starting times so that most people will finish within a few hours (2pm to 5pm). We hope that you will stay around at the end and chat for a while and to see others home over a BBQ!

About the Challenge

This challenge allows Bike North members to take on a difficult ride within an organised structure. Self-sufficiency, navigation, fitness and riding skills are expected pre-requisites for the ride. Riding Groups will be unsupported and will need to cope with all the challenges of the ride. In particular, the ride travels on roads that have long and steep hills up and down and may have heavy traffic. You should be competent and confident of being able to manage riding in these conditions. If you are not completely confident you should not undertake this ride.

Please note that this is NOT a competitive event! There is no suggestion that your time or performance counts for anything and you are required to stay with and look after your other group members. Our recommendation is that you ride at a comfortable speed to pace yourself over the distance.

How the event is run

Pre-registered riding groups consist of 2, 3 or 4 Bike North members riding two or more separate human powered vehicles. Groups should be formed from riders of approximately the same riding ability. The recommended group size is three because it is easier to find three people of similar ability than four.

Riding Groups will start several minutes apart, ride separately and independently and follow detailed directions to pass designated locations. Groups must stay within 30m (easy voice contact) at all times and may meet and pass other Riding Groups, but should not join up. Riders may drop out for any reason, but no Group of fewer than two cycles will be permitted to continue in the Challenge.

Groups should stop as appropriate for rest, food and drink. You are encouraged to eat and take fluids regularly throughout the ride to sustain energy for the full event. Rest time should be closely monitored to ensure that time is not wasted especially on the 160km route. The sun sets just after 5pm and Groups must finish before that time. If you are short of time, consider taking a shortcut or withdrawing from the event.

There are no ride leaders or sweeps and there is no on-the-road support. Every Group must be able to navigate and be competent to fix problems that occur. Problems should be assessed and appropriate action taken, which may include repair, backtracking or withdrawing from the event. If you withdraw, contact the organiser by phone (0439 619 230) and then arrange your own transport, either a lift from a friend or family member or return by public transport.

What to have with you

Each Rider in the BNCC MUST have these items (otherwise you can't start)

- a suitable bike for the event in TOP mechanical condition. We strongly advise a service prior to the event;
- an approved helmet, water bottle, wind or rain jacket, working legal tail light;

EVERY 160km rider MUST have in addition:

- working legal head light on each bike;

EVERY Riding Group MUST have at least:

- suitable tyre pump, at least 1 spare tube of the correct size per bike we recommend 2, puncture repair kit, appropriate tools;
- bike computer, basic first aid kit, mobile phone, cash (for food, drink, train ticket);
- a copy of this BNCC Ride Guide.

Route summary

Mike Bate Imperial Century (163km)

- Wahroonga to Bobbin Head, Mt White, Berowra Waters, Galston, Wahroonga, Galston, Berowra Waters, Bobbin Head, Wahroonga
- Grade : Very Hard
- Distance : 164km
- Probable average riding speeds : 21 to 27 km/hr
- Probable overall time : 8 to 10 hours (allows stops totaling 2:30 hours)

- Start : 6:45am briefing then in a set order
- Finish : 3:30pm to 5:00pm

Classic Century (100km)

- Wahroonga to Galston, Berowra, Cowan, near Mt White, Bobbin Head, Wahroonga.
- Grade : Hard
- Distance : 103km
- Probable average speeds : 18 to 24 km/hr
- Probable overall time : 6 to 8 hours (allows stops totaling 2 hours)
- Start : 7:45am briefing then in a set order
- Finish : 2:00pm to 4:00pm

Bound for Berowra and Bobbo (60km)

- Wahroonga to Galston, Berowra, Bobbin Head, Wahroonga
- Grade : Medium Hard
- Distance : 61.5km
- Probable average speeds : 15 to 21 km/hour
- Probable overall time : 4 to 5.5 hours (allows stops totaling 1:30 hour)
- Start : 8:45am briefing then in a set order
- Finish : after 1:00pm to 3:00pm

Possible stopping places

Apart from the start and finish locations, there are no designated stops along the route, although there are many pleasant parks and shops, which Riding Groups should plan to use for rest and re-supply. There is no competitive aspect to the event and all participants should stop as appropriate to their ability. Food and drink are an essential part of cycling longer distances and participants should bring and purchase appropriate snacks and ensure they drink adequate fluids. Participants in the longer events are encouraged to regularly intake food and drink throughout their ride but to carefully regulate their stopping time.

Shops on Mike Bate Imperial Century

North Turramurra, Berowra, Cowan, Pie in the Sky, Pie in the Sky, Cowan, Berowra, Berowra Waters, Andy's Cafe, Galston, Hornsby, Wahroonga, Hornsby, Galston, Andy's Cafe, Berowra Waters, Berowra, Bobbin Head, North Turramurra.

Shops on Classic Century

Galston shops(14km), Andys Cafe (17km), Berowra Waters west side of the punt (29km), Berowra Shops (35km), Cowan Store (40km), Pie in the Sky (43km), Pie in the Sky (71km), Berowra Shops (79km), North Turramurra Shops (101km).

Shops on Bound for Berowra and Bobbo

Galston shops (14km), Andys Cafe (17km), Berowra Waters west side of the punt (29km), Berowra Shops (35km), Bobbin Head (50km), North Turramurra Shops (57km).

Possible shortcut/return places

There are some spots on the route where a rider or group can withdraw from the Challenge and take alternate transport home or to the starting point.

The start point is located at a railway station but trains on the North Shore line are not running between Berowra and Hornsby on the day of the event. However trains are running on the Newcastle line so you can therefore take a train from Berowra or further north to Hornsby.

If there is a problem please ring the event organiser on 0439 619 230.

Possible return places for all routes.

Hornsby, Berowra and Cowan Stations, Turn off to Brooklyn - Hawkesbury River Station is 4km along the Brooklyn Road turnoff the Pacific Hwy, Mt Kur-ring-gai, Mt Colah and Asquith Stations.

Cue sheet notes and cautions

Cue sheets give navigation and hazard warning information for each route. It is unlikely that your bicycle computer will be calibrated identically to the one used in the cue sheet. Please note the amount of adjustment as you travel. Follow whichever of the group's computers is closest to the cue sheet.

You must ring to report a problem or event withdrawal. The phone number at the start/finish, is Doug Stewart on 0439 619 230.

Thanks for taking part in this year's BNCC