

Chain Mail

The Editor
PO Box 719
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Contents

Bike North Advocacy Officer

Wins Award 1

This is who we are! 2

Diary Dates 3

Touring/Riding 4

Sydney's Great New

Cycleways 4

Events 6

Bike North AGM & Picnic

goes off in style 6

Moocooboola Festival 8

Advocacy 9

What's happening locally 9

Rides Calendar 11

The views expressed in Chain Mail articles are those of the authors only and do not necessarily represent either the common views shared by a majority of Bike North members or Bike North policy as formulated by the Bike North Executive Committee.

Bike North Advocacy Officer Wins Award

On Friday 5 September 2003, Bike North's Advocacy Officer was honoured by the award of the Cycling Promotion Fund Cycling Advocate of the Year. Carolyn New is a joint winner of this award which recognises her dedicated work as Advocacy Officer in Bike North as well as her work with the North Shore Bicycle Group and Bicycle New South Wales.

Carolyn's hard work and enthusiasm in her role as Advocacy Officer is well known amongst Bike North members. During her two years as Advocacy Officer, Carolyn has played a strong role in shaping a number of Bike North's current advocacy projects including: co-ordinating Bike North advocacy submissions; supporting and resourcing the Local Working Groups; developing publications; and actively resourcing Bike North promotional activities.

Carolyn's award is an honour for all Bike North, and especially the many members who have helped out at promotional events, participated in Bike North advocacy projects or worked to improve cycling in their local area.

The Cycling Advocate of the Year award is one of a range of Bicycling Achievement Awards introduced by the Cycling Promotion Fund to recognise and acknowledge special achievements of cycling advocates. The award was presented at the Cycling Promotion Fund dinner just prior to the Bicycling Australia Show. Bike North is proud of Carolyn's achievements.

Congratulations Carolyn!!



This is who we are!

Graeme & Debbie Edwards

We know that you have all been waiting for it – so here it is – the results of the Bike North Survey.

From the general part of the survey it is clear that most members feel that they are getting value for money from their Bike North (BN) membership and also see their membership as supporting cycling in general. This was further reflected by the fact that 72% of our members are also members of Bicycle NSW.

We asked you for what purpose you use your bike. The results show that most members use their bikes for recreation or fitness (63%), and use their bikes for this purpose at least once a week. Around 36% of the respondents use their bikes for commuting once a week or more.

If you were wondering what type of bike is most popular amongst BN members, we can now tell you that it is the trusty mountain bike - 54% of the members own one. The next most popular are road bikes (48% of members) and hybrids (33% of members). Around 15% own a touring bike, 9% own a tandem and 7% a recumbent.

RIDES AND RIDING

Why do BN members ride their bikes??? For fitness and health (71%), and for fun, social interaction, transport and environmental concerns.

The results of the survey indicate that BN members do not ride when it is not fun, especially when it is raining! Other concerns raised included fear of traffic, busy roads and uneducated drivers. Family and other commitments also prevent people from riding. To this end watch out for articles in BN publications about riding in adverse weather, where to access information on riding to work and using Link-Up, the new BN initiative to list commuting routes (often using quiet back routes) to help get you to your destination.

On which days do members prefer to ride? Sunday was a clear winner (50%) with any day and Saturday coming in at 37% and 36% respectively. Around 3% prefer a weekday or RDO day ride.

Most of the respondents (80%) thought that BN is running enough rides in their preferred category although a significant number would prefer to see more Easy and Easy Medium rides. This is an interesting result and the rides co-ordinators have made a note to include more Easy and Easy Medium rides, with a bias towards Sundays whenever possible. The current calendar is already set for October and November so if you prefer to do Easy rides on Sundays then look out for the rides calendar from December onwards.

DO YOU WANT TO BE A RIDE LEADER?

While we are talking about rides, around 26% of the respondents indicated that they had considered or would be interested in being a ride leader. If you were one of those people please let us know. The more ride leaders we have the greater the variety of rides we can run each week. The rides protocols are available on our web site and the ride leader assessment pack is also available for you to have a look at. Another option is to have a chat with the ride leader of the next ride you go on. They will be more than happy to discuss with you how to get started.

BN SOCIAL EVENTS

It seems that we prefer to be out riding rather than attending meetings and picnics, with only 33% of the respondents having attended a BN picnic or meeting in the last 12 months. The Executive has made a note of this and will be reviewing the whole area of meetings and picnics over the next few months. We'll keep you updated about any changes through Chain Mail.

ADVOCACY

When it comes to advocacy work, 88% believe that BN is doing enough already. That still leaves 12% that think that we could be doing more, so over the next few months the Executive will be working on ways to increase our effectiveness in advocacy.

The survey results also show that 90% of members are keen to help out by reporting cycling black spots or concerns about cycling facilities. It is planned to improve the web site and add some features that will allow members to easily report cycling hazards or issues to the relevant authority. Around 78% also indicated that they would attend a meeting in their local area to address cycling issues. The Executive will be working closely with the local area co-ordinators to set up some meetings to allow people to express their concerns or to raise issues.

CYCLING FACILITIES & BLACK SPOTS

What types of cycling facilities do members want? 82% indicated that they wanted more on road marked cycle lanes, 78% wanted on road grade separated cycle lanes, 66% said off road shared cycle paths and 61% off road bike only cycle paths.

82% of members want more education of motorists on the rights of cyclists, 80% want more driver awareness of cyclists and 70% want more education on the rights and responsibilities of cyclists. To help out in the area of cyclists' rights and responsibilities it is planned to produce a small booklet or set of cards on ride etiquette, making them available to new and existing members who would like to have them. If you think you could help out in putting this booklet together or have some experience in this area, please contact the Chain Mail editors or a member of the executive.

PUBLICATIONS

Around 72% of the membership make use of the BN web site with the most

popular section being the rides calendar (62%). Some areas of the web site are not visited very much at all so the Executive will be working with the web administrators to revamp the site and make it more useful for everyone.

The email lists are very popular with 76% of the respondents indicating that they are of value.

If the results of the survey are anything to go by, then the most popular thing that BN does is to produce this newsletter, Chain Mail. A whopping 98% responded "Yes" to the question, "Do you read Chain Mail?" Our youngest respondent indicated that although too young to read Chain Mail the photos were looked at avidly.

The most popular section of Chain Mail is the rides calendar (read by 90% of readers) and the least popular section is advocacy (read by 82% of readers). These results indicate that the balance of Chain Mail is just about right so we will continue to produce Chain Mail in its current form (including photos) with maybe a little tweaking around the edges.

Thanks to all those who suggested ideas for future articles - the editors are working through them as you read. While we are on the subject of Chain Mail articles, 39% of you said that you would be interested in contributing to Chain Mail. Well now is your chance. Sit down, put pen to paper, and send in your submission to editor@bikenorth.org.au or by snail mail to PO Box 719, Gladesville, NSW 1675. The editors are always looking for new articles on a range of subjects and from different perspectives.

The Bike North Survey Team would like to thank all those members who took the time to fill in and return the survey forms. This article has not gone into great detail about the results but has concentrated on the more interesting points and what the Bike North Executive plans to do to action these results in the future.

Diary Dates

18/10/03 - GRANNY SMITH FESTIVAL

Bike North will once again be participating in the popular Granny Smith festival by taking part in the parade and holding a Bike North stall. This year, Bike North has decided to adopt the theme of "family cycling" for its promotions at the festival. If you are interested in doing a stint on the stall or participating in the parade contact Wayne Spencer on ph 9874 6977 or by email to ryde@bikenorth.org.au for further details

19/10/03 - BNSW BUGS

SPRING ROLL RIDE

An excellent opportunity to introduce a friend to cycling. See the rides calendar for details.

24/10/03 - OCTOBER

GENERAL MEETING

Bicycle commuting is the theme for the October General Meeting. A workshop style presentation is planned with several experienced bicycle commuters (who also happen to be Bike North members) giving short talks about various aspects of commuting - followed by lots of time for questions and comments from the floor. There will also be a chance to see LinkUp in action. If you've been thinking about giving bicycle commuting a go, or have experience you'd like to share with others, why not come along and make a night of it.

Date: Friday, 24/10/03

Venue: St Johns Church Parish Hall, 152 Coxs Rd, Norrh Ryde

Time: 7:30pm

7/12/03 - BIKE NORTH

CHRISTMAS PICNIC

A chance to stretch out on the grass, munch and chat with other Bike North members. See the rides calendar for contact details.



Touring/Riding

Sydney's Great New Cycleways

Carolyn New

Over the last few years the RTA and some Western Sydney Councils have been busy extending the cycling network and displaying a far higher standard of facilities than ever seen before in Sydney. While we are yet to see the fruits of this work within our own Bike North territory, once on a bike, people can cover a great many kilometres and so we all do benefit. Over the next few issues of Chain Mail, we will profile these brand new cycleways which many will want to use for recreational and/or transport purposes.

To kick off this series we introduce the M4 Cycleway, by far the most expensive of all. The RTA has spent over 11 million dollars for around 4 kilometres of cycleway and what a cycleway! Top quality for this particular cycleway was paramount as cyclists are unable to use the M4 viaduct and a facility was needed that could cater to all cyclists from the super-fit commuter through to the family out for a quiet pedal.

It is not a particularly attractive route visually, but it does showcase some mind-expanding engineering work built for cyclists. It also provides the fastest way through a very heavily trafficked part of Sydney as well as the best access to some lovely scenic routes out West. Never again will we be content with second rate cycle facilities!

The M4 Cycleway provides a primarily grade separated, very wide (up to 4 metres) pathway that almost connects the Olympic Site to

- Harris Park and Parramatta
- M4 cyclelane west of Parramatta.

DUCK RIVER BRIDGE

The first major new structure from the east is the Duck River Bridge which is accessed from the western end of Adderley St West, Auburn. This winds its way over and then along the Duck River before exiting on Martha Street where it intersects Deniely St.



A shared pathway continues along Martha St to connect to the next major structure. While the street itself is a reasonable alternative, when travelling west to east cyclists on the pathway have better visibility when crossing the road to access the Duck River Bridge.

JAMES RUSE DRIVE BRIDGE



This huge expanse of bridge on the northern side of the M4, reminiscent of the skeleton of an eel, flies over not just James Ruse Drive but also the Carlingford railway line, Duck Creek and the on-ramp to the M4. To access this bridge, exit Martha Street next door to the motor cycle school and then circle under the M4. Take care to stay on your own side of the cycleway at the blind corner.

UNDER THE VIADUCT



To the west the cycleway proceeds underneath the M4 viaduct. This section is not grade separated so care is required in crossing Arthur, Alfred, and Good Streets. All are local roads and at times are very quiet. The terrain is very barren, not unexpected under an wide motorway, but at least the M4 does provide protection from sunburn and rain! Access is available from this section of the cycleway to all the local connecting streets.

OVER AND UNDER AND UNDER AGAIN



Just west of Wigram St the cycleway rises again over a drainage channel and immediately under the Northern Railway Line to come to ground again near the Rail Trail route at Harris Park. But

there is no need to exit as this cycleway continues alongside that drainage channel and under Woodville Road and avoids that messy part of the route. Well done!!

WHERE TO THE RAIL TRAIL?



The expressway engineers must have designed this cycleway for we are treated to a cycleway flyover, as the Woodville Road exit turns back over the main cycleway route. While the main cycleway continues alongside Holroyd Sportsground to finally terminate at Fox St, an exit onto a pathway alongside the

M4 entrance lane takes you up and over to Woodville Road. While there is still a short section of narrow pathway on Woodville Road underneath the railway line, a quick right turn at Wallace St takes you through the interesting backstreets and to the Rail Trail at Merrylands. The result, a huge improvement to the previous ghastly route along the other side of Woodville Road.

HOW TO FIND THIS CYCLEWAY FROM OLYMPIC SITE

The most direct access from the Olympic Site to this cycleway is from the Louise Savage Pathway where it exits the Park at Adderley St East. While this is the signed route and the quickest access, the downside is the crossing of Silverwater Road between Adderley St East and West. The miniscule threshold between the M4 sliplane and Silverwater Road means this

route is quite impractical for a normal Bike North ride with 30+ cyclists! Safety is also an issue as there is poor visibility when crossing from the east.

An alternative is to exit the Olympic Site from the Louise Savage Pathway onto Beaconsfield Road. This provides access to the Carnarvon St signalised crossing of Silverwater Road and then via Stubbs Road over the M4 to Adderley St West.

Another option is to ride through the streets of the Silverwater Industrial Area from Stubbs Road to Silverwater Park where there is access to a number of familiar cycleways alongside the Parramatta River.

CONCLUSION

Go try it and see what is possible in Sydney. Imagine how it would be with veloways like this to fly over all Sydney's busy roads!



Crank Rites

Road Rule 259 Riding at night

The rider of a bicycle must not ride at night, or in hazardous weather conditions causing reduced visibility, unless the bicycle, or the rider, displays:

- (a) a flashing or steady white light that is clearly visible for at least 200 metres from the front of the bicycle; and
- (b) a flashing or steady red light that is clearly visible for at least 200 metres from the rear of the bicycle; and
- (c) a red reflector that is clearly visible for at least 50 metres from the rear of the bicycle when light is projected onto it by a vehicle's headlight on low-beam.

Events

Bike North AGM & Picnic goes off in style

Dozens of enthusiastic Bike Northerners gathered at Putney Park on Sunday 17 August for another successful AGM & Picnic Day. Little children and big children joined in the Wacky Races run by Keith and Fran Griffin in the usual fun way. Everyone enjoyed a picnic lunch and lots of chat. We pass on everyone's thanks to Keith and Fran for running such fun-filled activities.

At the AGM itself, Michael Chow delivered his third Annual Report and Jo

Clendon the Treasurer's Report. In his report, Michael observed that Bike North, started in 1996, has now reached adolescence. From a group of about 20 Bicycle NSW members keen to help cycling in some way, Bike North has grown to a membership of 350 with an active executive of 14. Now is the time to think about future priorities.

Michael expressed special thanks to members who had helped in the various Bike North activities of the past year, including Debbie L for her nutrition articles, and Doug and Steph for the slide show presentation of their trip across Australia.



As easy as smoking a pipe

Michael and Jo are now taking a well-earned rest from the Executive. Michael has served on the executive since the origins of Bike North in 1996. During this period Michael served as secretary, treasurer and president at various times. Thanks to both Michael and Jo for

their hard work during the year.

The new executive team sees the President and Treasurer positions filled by members returning to the executive after

a break in service. Your elected executive for the next twelve months is:

President	Doug Stewart
Vice President and Public Officer	Wayne Spencer
Advocacy Officer	Carolyn New
Secretary	Yaffa Gould*
Treasurer	Brian Fong
Membership Officer	Graeme Edwards
Rides Coordinators	Pam and Col Kendrick

The newly elected executive looks forward to a productive year working towards the objectives of Bike North Inc. You can send suggestions or comments to your Executive by email to info@bikenorth.org.au

* Yaffa resigned on 17 September 2003 due to a change in family circumstances. The Executive thanks Yaffa for all her hard work over the past few years and looks forward to her continued involvement with Bike North in the future

2003 FINANCIAL REPORTS

The Bike North financial reports for 2003 are summarized below. If you require a copy of the full reports please contact Brian Fong. Phone: 9879 7270 Email: bnbrian@yahoo.com.au

Summary Profit and Loss Statement 1/7/02 - 30/6/03

Total Income	\$6,750.50
Total Expenses	\$5,017.30
Operating Profit	\$1,733.20
Total Other Income	\$50.33
Net Surplus / (Deficit)	\$1,783.53

Summary Balance Sheet as at 30/6/03

Assets

Total Cash On Hand	\$8,177.30
Other Current Assets	\$321.50
Total Assets	\$8,498.80

Liabilities

Total Current Liabilities	\$316.42
Net Assets	\$8,182.38

Equity

Retained Earnings	\$6,398.85
Current Year Surplus/Deficit	\$1,783.53
Total Equity	\$8,182.38



Oh no, a bike's down



and now to make good my escape



off for a real challenge



My bike's too long



Take your medicine!



Fran, bring back the food!

Moocooboola Festival

*A day of sunshine, bicycles and balloons (with a bit of advocacy thrown in)
2 August 2003*



The parade: bikes, balloons and a baby



Whose bike is that?

Winning limericks...

Here are the winning entries of the Bike North Moocooboola Limerick Competition, as judged by the teacher at Hunters Hill High School responsible for the school's cycling program (he was supplied with the limericks, but not the names of the authors). Congratulations to Declan Sharp, Pam Kendrick and Col Kendrick. Each winner receives a \$20 gift voucher donated by Cycology Cycles, Gladesville.

Winner under 12 section: Declan Sharp

There as a young boy called Mike
Who wanted to get a bike
His mother said 'Yes!'
And can you guess?
She got him a big red trike.
Under 15: No entries.

Open Section: two winners Pam Kendrick...

There was a young lad from Sale
Who rode up hill and down dale,
He broke into song
As he rode along
Pity a flat made him wail.

...and Col Kendrick

There was a young cyclist named Bill
Who complained about Lilyfield hill
His companion called Col
Said 'It's only a knoll,
So change gear and don't be a dill'.

*(thanks to Alistair Sharp
for compiling this article)*

MAKING CYCLING BETTER Advocacy

What's happening locally

RYDE LOCAL GOVERNMENT AREA

Wayne Spencer

The Ryde working group has been very busy over the last few months with the review of the Ryde Bike Plan in full swing. We have been having monthly meetings with Ryde City Council representatives to progress the review. Coordinating the review for Bike North are Ryde working group members Doug Stewart and Graeme Woodward. Also as a part of the review we are hoping Ryde will have a Bike Map for the LGA covering cycling facilities in the



area and also useful cycling routes. If you want to have input to the review process please contact Doug Stewart at speedwell74@yahoo.com.

We have had some success in Ryde recently with the council installing bike parking facilities in some of the local shopping centres - Putney, Meadowbank, Midway (Denistone East), Blenheim Rd (North Ryde) and Trafalgar Place (Macquarie Park). The photo shows the two new parking rails at the Midway shops. What we would really like to see now is bikes parked against the rails. So next time you go to your local shops, consider going by bike!

KU-RING-GAI LOCAL GOVERNMENT AREA

John Watts

The first meeting of the Ku-ring-gai Bicycle advisory Committee will be held at 6pm on Wednesday 17 September at Ku-ring-gai Council, 818 Pacific Highway, Gordon. The meeting is expected to be in the conference room on the 3rd floor.

The Director of Technical services, Greg Piconi is in the process of writing to each of the committee members confirming their appointment to the committee and details of the first meeting. However, since such processes often take time, all concerned should note the above date and time.

Janine Kitson, Ku-ring-gai Councillor and Bike North member will be chairing the meeting.

Representing Bike North will be Hette Mollema & Peter Tuft. John Watts will represent Bicycle NSW and there will be a number of community representatives:

- David Langley, a Killara cyclist
- Susie Gemmell, a BN member and triathlon cyclist
- Alex Cox, a West Pymble cyclist
- Mark Carter, Principal of Killara High School and sometime cyclist!
- R. K. Fullerton of St Ives
- Nicole Perry, Officer in Charge of CARES (Police road safety program for children)
- Wal Balak representing the RTA

Council support staff will also be in attendance.

Councillor Kitson is of the view that we should all go on a ride together to get to know one another and that some of our meetings could well be out in the field. She proposes a "Get to Know each Other" ride on Sunday 7 September (John Watts is organising)

This augers well for an interesting and effective group. In the meantime, all intending committee members should give some thought to initial agenda items and priorities. One item that probably tops the list is to agree on what class(es) of cyclist should attract our primary focus.

The Austroads Manual defines seven broad groups. We should perhaps be encouraging all seven groups but of particular importance might be to provide safe facilities that will encourage people who are presently not riding to experience the freedom and exhilaration and utility that cycling can offer.

In order to attract Council funding and support, we need to be tap the widest possible public support... quite a challenge, but one we must meet to move forward.

Progress continues with the Kissing Point Road cycle path. The concreting of the shared paths near the corner of the Comenarra Parkway and the primary school has been completed and the signage will be placed shortly.

Unfortunately, no funding from the RTA has been forthcoming for the 2003-2004 financial year for the Council area at all, and so no new cycling projects will be undertaken. Therefore the rutted shoulders of Kissing Point Road will not be upgraded and we do NOT have a cycleway along the northern end of this increasingly busy and dangerous road for cyclists. This is even more regrettable as it is major link for cyclists connecting with the rest of the cycling infrastructure in Sydney. We see this development as a major setback for cycling in Ku-ring-gai council area. Let us keep our fingers crossed that there will be no cycling related accidents there in the meantime.

LOCAL WORKING GROUPS

Council	Convenor	Email Address	Phone No
Ryde	Wayne Spencer	ryde@bikenorth.org.au	9874 6977
Ku-ring-ai	John Watts	kuringgai@bikenorth.org.au	9144 7656
Hornsby	Graeme Edwards	hornsby@bikenorth.org.au	9476 3624
	Kevin Mason	hornsby@bikenorth.org.au	9868 2904
Hunters Hill	Alister Sharp	hhill@bikenorth.org.au	9879 3664

You can also subscribe to your local workgroup email list. You do this by sending an email to membership@bikenorth.org.au. The email should include your full name as shown on your membership, your current email address, the workgroup list eg the Hornsby list, Hunters Hill list etc.

WANTED

A new secretary

Due to a resignation on the Executive, Bike North is looking for a new secretary.

The role of secretary involves organising meetings and keeping records of all Bike North Inc. business, a very key role in the life of the organisation. The secretary's role involves creating and maintaining all records of Bike North business including:

- taking and circulating meeting minutes
- managing external correspondence and circulation of information within Bike North
- organising regular Bike North meetings such as General meetings and meetings of the Executive
- carrying out the duties of Public Officer for Bike North Inc.

If you think you might be interested in taking on this extremely important and rewarding role for Bike North, contact Doug Stewart by email speedwell74@yahoo.com for further information and a full job description.

Interested in contributing to Chain Mail?

Following the recent member survey, the Chain Mail editors are seeking expressions of interest from Bike North members interested in contributing to Chain Mail on a semi-regular or occasional basis. We would especially like to hear from you if you are:

- a health care professional interested in contributing the occasional article on first aid and health related issues of interest to cyclists,
- an expert cyclist with skills knowledge to pass on
- an experienced bike-traveller with tips to pass on to others or exciting stories to tell
- interested in sending us photos, cartoons or other works of art for publication.

Email us at

chainmail@bikenorth.org.au
or contact us by post

c/- Bike North, PO Box 719,
Gladesville NSW 1675

to express interest or for additional information about what is involved.

The Key to BNSW Ride Gradings:

C	Child friendly	P	Includes cycle paths (off road)
E	Easy ride	S	Slow pace
F	Fast pace	T	Some traffic
H	Significant hills	U	Includes unsealed or dirt roads
M	Mountain bike required	W	Includes cycle ways (on road)
O	Moderate pace	X	Experienced riders

Note: All ride participants are asked to arrive ten minutes **before** the designated ride start time to get ready (bikes out of cars, get dressed, check tyres etc, etc.) and to allow time to sign on.

OCTOBER

Date: Sat 04/10/2003

Ride: Olympic Park Ride
 Grade: Easy, BNSW Grade: CPS Distance: 25
 Group: Bike North
 Contact: Col Lambert, 9637 0746
 Starts at: 08:00. Meadowbank Wharf. Loop around Homebush Bay with a coffee stop. Suitable for beginners and children over 10 accompanied by an adult carer.

Date: Sat 04/10/2003

Ride: Pie in the Sky
 Grade: Medium, BNSW Grade: OTW Distance: 38
 Group: Bike North
 Contact: Graeme Edwards, 9476 3624
 Starts at: 08:00. Hornsby Station west side ride along the old Pacific Highway to the café overlooking Brooklyn for morning tea and great views. Back track to Hornsby. Some moderate hills.

Date: Sun 05/10/2003

Ride: Concord for Cake
 Grade: Easy, BNSW Grade: PST Distance: 26
 Group: Bike North
 Contact: Michael Chow, 9874 1461
 Starts at: 08:30. Meadowbank wharf. Ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for Gelato / coffee / cake. Ride back to Meadowbank a different way. Don't forget your Le Palme cap if you have one!

Date: Mon 6/10/2003

Ride: Western Mystery Explorer
 Grade: M BNSW Grade: OPW Distance 70km
 Contact: Carolyn New 9438 1903, or Pam Kendrick 9872 2583
 Starts at: 07:30 Meadowbank wharf. Head west to explore Sydney's newest cycle routes. Coffee stop included of course!

Date: Sat 11/10/2003

Ride: Meadowbank to Bobbin Head
 Grade: Medium, BNSW Grade: OHT Distance: 49
 Group: Bike North
 Contact: Doug Stewart, 9887 1478
 Starts at: 07:30. Meadowbank wharf, Eastwood stn and Browns Waterhole starts by arrangement. A hilly ride from the busy waters of Meadowbank up to Eastwood and Browns Waterhole, then to Turramurra, and on to the peaceful waters of Bobbin Head for coffee and return.

Date: Sun 12/10/2003

Ride: St Ives to West Head
 Grade: Medium Hard, BNSW Grade: OTH Distance: 55
 Group: Bike North
 Contact: John Williams, 9988 4478
 Starts at: 07:30. Starting in the car park on Mona Vale Rd opp Stanley Street St Ives. Moderate paced ride via McCarrs Creek Rd to scenic West Head. Bring your own morning tea to savour with the magnificent views across Pittwater and Broken Bay.

Date: Sat 18/10/2003

Ride: Granny Smith Festival
 Grade: Easy Distance: 5
 Group: Bike North
 Contact: Wayne Spencer, 9874 6977
 Starts at: Bike North Members Only Contact BN for details about this event.

Date: Sun 19/10/03

Ride: BNSW BUGS Spring Roll
 Grade: E, BNSW Grade: EPW Distance 15km
 Group: Bike North
 Contact: Pam Kendrick 9872 2583 or Doug Stewart 9887 1478
 Time: 10am - 3pm. Meadowbank wharf. Easy rides running continuously, looping from the Wharf and returning within the hour. Children 10 years and over welcome, accompanied by a cycling adult.

Date: Sat 25/10/2003

Ride: Hills and Surfside Cafe

Grade: Hard, BNSW Grade: FTH Distance: 80
 Group: Bike North
 Contact: Doug Stewart, 9887 1478
 Starts at: 07:00. East side Eastwood Stn. Ride to Pymble, St Ives, Oxford Falls & Narrabeen. Return via Warriewood, Church Point, Terry Hills & Turramurra. Fit & experienced riders only.

Date: Sat 25/10/2003

Ride: Hills and Surfside Cafe Tortoise
 Grade: Medium, BNSW Grade: OTH Distance: 50
 Group: Bike North
 Contact: Carolyn New, 9438 1903
 Starts at: 07:15. Car park, Mona Vale Rd opp Stanley St St Ives. A slower paced ride to Oxford Falls & Narrabeen to meet faster riders from Eastwood for coffee. Return via Warriewood, Church Point, Terry Hills. Long moderate hill from Church Point to Terry Hills.

Date: Sun 26/10/2003

Ride: Reverse Bobbin Head
 Grade: Medium, BNSW Grade: OHT Distance: 25
 Group: Bike North
 Contact: Graeme Edwards, 9476 3624
 Starts at: 07:30. Hornsby stn west side Ride via Wahroonga and Turramurra to Bobbin Head for coffee, returning up the steep way to Mt Colah and back to Hornsby.

WHAT TO BRING ON RIDES:

- your bike should be in good working order
- water - 1 litre per hour
- snacks, money
- puncture repair kit, spare tube, and pump
- for night rides have lights fitted and batteries charged

Date: Sun 26/10/2003

Ride: Botany Bay Bacon
 Grade: Medium, BNSW Grade: OP Distance: 65
 Group: Bike North
 Contact: Eric Middleton, 9958 2546
 Starts at: 07:30. Meadowbank wharf. Ride via Homebush and the Cooks River cycleway to Botany Bay. A refuel at our favourite cafe at Brighton, then we retrace our tracks to the start.

Date: Sun 26/10/2003

Ride: L.O.U.D. (Lakes, Ocean, Ups and Downs)
 Grade: Medium, BNSW Grade: OHT Distance: 60
 Group: Bike North
 Contact: Joan Kerridge, 9909 8925
 Starts at: Ring ride leader for start time. St Leonards station concourse. Quiet roads and cycle paths via Cammeray and Spit bridge to Manly, north to Dee Why and Collaroy Plateau (great views) for coffee at Narrabeen Lake. Return via Wakehurst Parkway and Spit bridge. Moderate pace, reasonable fitness required.

NOVEMBER

Date: Sat 01/11/2003

Ride: Parramatta Park Parade
 Grade: Easy, BNSW Grade: CPS Distance: 25
 Group: Bike North
 Contact: Col Lambert, 9637 0746
 Starts at: 08:00. Meadowbank Wharf. Ride along the Parramatta Valley cycleway to Parramatta Park. Do a lap or two of the park before coffee at the Wharf Cafe, then return via a similar route.

Date: Sun 02/11/2003

Ride: Sydney to the 'Gong
 Details to come

Date: Sat 08/11/2003

Ride: Not the Century Challenge
 Grade: Hard, BNSW Grade: FHX Distance: 103
 Group: Bike North
 Contact: Doug Stewart, 9887 1478

Starts at: Ring ride leader for start time. Follows a clockwise loop through Galston, Berowra Waters, Brooklyn, Bobbin Head and then duck up to St Ives before returning to the start point. A difficult and long route.

Date: Sat 08/11/2003

Ride: Twilight on the Harbour
Grade: Medium, BNSW Grade: OTH Distance: 35
Group: Bike North
Contact: Joan Kerridge, 9909 8925
Starts at: 17:00. St Leonards Stn west side. Ride the back roads and cycle ways to Manly and North Head for a BYO picnic dinner while watching the sunset. Then to Manly wharf for a sparkling harbour ferry crossing to the Quay before returning to St Leonards via the Bridge. Bike lights essential.

Date: Sun 09/11/2003

Ride: A to Z and Beyond
Grade: Medium, BNSW Grade: OT Distance: 30
Group: Bike North
Contact: Rick Mockridge, 0418 284 052
Starts at: 07:30. Artarmon Station East side. A pleasant morning ride through parts of Artarmon and Willoughby for magnificent coastal views at Balmoral. After coffee climb to Middle Head for a fast coast to the Zoo Wharf, hop on a ferry to the Quay then ride back via the Bridge, North Sydney and Willoughby on designated cycle routes.

Date: Sun 09/11/2003

Ride: Brunch at Warriewood
Grade: Hard, BNSW Grade: FXH Distance: 90
Group: Bike North
Contact: Phil Johnston, 9312 3319
Starts at: 07:15. Starts at St Ives car park, Mona Vale Rd opp Stanley St. Cycle via Terry Hills, Duffy's Forest, West Head, Church Point and Warriewood. Return via Wakehurst Parkway. ETR St Ives 1:30pm

Date: Sun 09/11/2003

Ride: West to Windsor
Grade: Medium Hard, BNSW Grade: FTX Distance: 90
Group: Bike North
Contact: Keith and Fran Griffin, 9614 0777
Starts at: 07:00. Starts at Cnr Pennant Hills Rd and M2: Visit the the Wild West via the M2, Old Windsor Rd and some quiet back roads to Quakers Hill and beyond, exploring new suburbs and rural remnants. Coffee at Windsor, then return to start using a different route. Brisk pace, some traffic.

Date: Sat 15/11/2003

Ride: Bays and Foreshores
Grade: Easy Medium, BNSW Grade: PST Distance: 33
Group: Bike North
Contact: Michael Chow, 9874 1461
Starts at: 08:00. Meadowbank Wharf. Ride to Gladesville Bridge, then follow the bays and foreshores around to Concord for a coffee stop.

Date: Sat 15/11/2003

Ride: Fitness Ride
Grade: Medium Hard, BNSW Grade: FX Distance: 40+
Group: Bike North
Contact: Keith and Fran Griffin, 9614 0777
Starts at: A bunch ride. Call for all other details

Date: Sun 16/11/2003

Ride: Botany Bay Bacon
Grade: Medium, BNSW Grade: OP Distance: 65
Group: Bike North
Contact: Eric Middleton, 9958 2546
Starts at: 07:30. Meadowbank wharf. Ride via Homebush and the Cooks River cycleway to Botany Bay. A refuel at our favourite cafe at Brighton, then we retrace our tracks to the start.

Date: Sat 22/11/2003

Ride: Meadowbank to Bobbin Head
Grade: Medium, BNSW Grade: OHT Distance: 49
Group: Bike North
Contact: Doug Stewart, 9887 1478
Starts at: 07:30. Meadowbank wharf, Eastwood stn and Browns Waterhole starts by arrangement. A hilly ride from the busy waters of Meadowbank up to Eastwood and Browns Waterhole, then to Turramurra, and on to the peaceful waters of Bobbin

Head for coffee and return.

Date: Sun 23/11/2003

Ride: Pie in the Sky
Grade: Medium, BNSW Grade: OTW Distance: 38
Group: Bike North
Contact: Graeme Edwards, 9476 3624
Starts at: 08:00. Hornsby Station west side ride along the old Pacific Highway to the café overlooking Brooklyn for morning tea and great views. Back track to Hornsby. Some moderate hills.

Date: Sun 23/11/2003

Ride: Exploring Castle Hill
Grade: Easy, BNSW Grade: PST Distance: 25
Group: Bike North
Contact: Pam and Col Kendrick, 9872 2583
Starts at: 08:00. Car park Mileham Av Castle Hill, to left side of Baulkham Hills pool Explore Castle Hill s parks and cycleways with a coffee stop.

Date: Sun 23/11/2003

Ride: Tour de Windsor/Sackville
Grade: Hard, BNSW Grade: FHX Distance: 120
Group: Bike North
Contact: Phil Johnston, 9312 3319
Starts at: 07:00. Turramurra stn N/E side. Via Browns Water Hole, M2, Marayong, Windsor and Sackville loop. Train from East Richmond to Marayong, M2. Or start at Dural via Kenthurst, Maraylya, Windsor, Maraylya, Glenorie, Dural - 102km

Date: Sat 29/11/2003

Ride: Reverse Bobbin Head
Grade: Medium, BNSW Grade: OHT Distance: 25
Group: Bike North
Contact: Graeme Edwards, 9476 3624
Starts at: 07:30. Hornsby stn west side Ride via Wahroonga and Turramurra to Bobbin Head for coffee, returning up the steep way to Mt Colah and back to Hornsby.

Date: Sun 30/11/2003

Ride: Cycle Sydney
Grade: Medium, BNSW Grade: Nul Distance: 50
Details to come

DECEMBER

Date: Sat 6/12/2003

Ride: Macdonald River Meander
Grade: M BNSW Grade OU Distance: 44km
Contact: Steve Hillier ph ?
Starts at: Wiseman's Ferry kiosk. Ride back through Wiseman's and cross river via the Webb's Creek Ferry. Continue to St Albans for coffee and BYO cake. Return to start via the Wiseman's Ferry. Picturesque river views and rural scenery. MTB or hybrid bikes only. Ring for details.

Date: Sun 7/12/2003

Ride: Xmas picnic ride. Details to come.

RISK WARNING

As a participant in this recreational activity, you may be exposing yourself to a risk of harm. Bike North, the ride organisers and leaders wish to warn you that there are risks and hazards inherent in cycling activities. You are responsible to take care to prevent putting yourself, your fellow participants and/or others into danger. By signing this form, you accept the warning as to risk, you agree to ride in a safe and responsible manner and to obey all Australian Road Rules.

RIDE CONDITIONS

All persons joining our rides do so as volunteers in all respects and as such accept sole responsibility for any injury howsoever incurred and Bike North and the appointed ride contacts cannot be held liable in respect of any injury or damage resulting from participants engaging in any such ride activity. Riders under 16 should be accompanied by a cycling adult. A Standards Association of Australia approved helmet is legally required, under State law, by all participants on all rides. Essential equipment also includes a bicycle in good working order, water bottle, snacks, tyre pump, tube repair kit and appropriate tool kit. For night rides you must also have a headlight and tail light that will work for at least 4 hours. In the rides program the rides are graded Easy, Medium or Hard depending on the terrain and speed. Please choose a ride that is suitable to your own fitness and experience. If in doubt please check with the ride leader.