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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.

## Poor Planning Makes a Cycleway Nightmare

Carolyn New

Efforts to ensure a quality cycleway alongside the Gore Hill Freeway as part of the Lane Cove Tunnel and freeway widening project over the last few months have been trying to say the least.

While a cycleway is mandated as part of the project, decisions taken by the consortium have often resulted in issue laden proposals. As this cycleway will replace the existing direct, reasonably level bike lane that is already available and used both by commuter and local cyclists, we believe this cycleway should not compromise on these criteria for equity reasons alone.

At the same time, this cycleway will form part of a proposed regional bicycle route between the Sydney Harbour Bridge and both Chatswood and North Ryde. As such this facility will cater for a far broader and growing group of cyclists due to its separation from the road environment. Conflict issues with pedestrians and other cyclists will arise unless the quality is top notch.

Issues abound in the Naremburn area due to geography, previous Gore Hill Freeway works, existing bicycle and pedestrian routes and a fairly vocal and organised group of residents who were never happy about the original Gore Hill Freeway and now fear once again for their loss of privacy. Several Bike North members are also part of that community and maintain a tense truce as we try to work together for win-win solutions. The recent discovery that the consortium has plans for a worksite at Willoughby Road for cycleway construction, with the intention to take out scarce parking facilities during construction at a vulnerable local shopping centre, has placed that truce under intense pressure but once again we are attempting to work together for our common objectives.

To date, plans for the cycleway in that area are poorly thought out and we have made suggestions for improvement. We then experience great frustration when the consortium presents solutions under the guise of consultation and say it is too late to make changes now, when we have been asking for on-site meetings for months to discuss alternatives to no avail.

### ALTERNATIVE ROUTES

Alternative routes have been devised and signposted through the Artarmon Industrial Area, Lane Cove and Artarmon Residential areas in place of the existing bike lanes which are now unusable due to construction activity.

These alternatives are not good as both routes are quite hilly and the westward route necessitates mixing with feral motor activity in the Industrial Area.

We have lobbied extensively to use these routes for a short time only, but to date with little success. It is simply easier to push cyclists out of the way, sight unseen, for the whole project period rather than attempt to properly manage our use of the routes, minimising inconvenience as happens with the motorist.

Hopefully by the time you read this, the consortium will have agreed to bicycle use continuing on the eastern end where works are not scheduled to start until late 2005. More difficult will be managing an early return to the completed shared pathway.

If you find the alternatives unpleasant we urge you to complain either by ringing 1800 009 280 or emailing [community.enquiries@LCT.optusincite.com](mailto:community.enquiries@LCT.optusincite.com). These complaints are registered and if there are many perhaps they may start to take this issue seriously.

# s p o k e - n Spoke-n

## Dirt For Beginners: A Newbie's Tale

*Kerry Tipton*

When I first saw the advert for "Dirt for Beginners" in the June issue of Chain Mail, I was inspired to resurrect my old mountain bike. My conscience was already twinging when I thought of how long it was since my spare bike had been put to the use man intended it.

After a couple of trips to the bike shop and a good oil change, my bike was ready and I eagerly awaited the Saturday, when I would meet the dirt riding guru, Kin-Yat Lo, and fellow mountain biking newbies at the Fred Caterson's Reserve.

Of course, after about 2 months without rain, it would be that Saturday that the drought broke. I had been through too much preparing for this day to back out, so I rode to the meeting spot, thinking if I was going to be a mountain biker I would have to toughen up to rain and mud. As it was, the rain was a mixed blessing - although it is not very comfortable to ride wet, it hardened the dusty dirt trails in the Reserve and kept the number of walkers and bikers we encountered to a minimum. It also kept the numbers of our group down - there was Kin-Yat and Andrew Elliston, both MB pros, and myself and John McGregor, the MB disciples, affording John and I the benefit of their personal attention.

After launching myself down the first dirt trail, I was pretty happy with myself for staying upright on this untrustworthy surface, yet instead of applause I was censored for being "too rigid" - apparently you are not supposed to clench the grips so tightly that your knuckles turn white. As the ride progressed I began to relax more and trust my bike.

Kin-Yat and Andrew were hard taskmasters, making John and I retrace our tracks 4 times over a small rocky downhill, explaining that it was an ideal obstacle to "play" with until we had conquered the treacherous slope. Other useful tips for the novice

mountain biker were shifting your weight over the back of your saddle when making a controlled descent, and the art of choosing a path when all you can see are loose rocks and tree roots. One of the best parts of the lesson was when we rode a nice piece of single track next to Castle Hill Creek. In spite of the proximity to the creek and a path that was about as straight as a politician's promise, we came out laughing on the other end.

As I cycled home that day, mud splattered and thoroughly soaked, I felt the satisfaction of having broadened my cycling skills and of having made it through in one piece - aside from the imprints my fingernails left in my palms.

*Got something to say about cycling? Send a letter or article (500 words or less) to [chainmail@bikenorth.org.au](mailto:chainmail@bikenorth.org.au)*

## Gear up for Magpie Season

*Maria Theoharous*

Be prepared! As Spring approaches birds such as magpies protect their nesting sites from threat. Yes, riding past a nesting site during this six to eight week period is seen as a threat by magpies.

According to NPWS Central Coast Hunter Range Regional Manager, Tom Bagnat, a few simple precautions can help you avoid swooping attacks from nesting magpies.

- Magpies are less likely to attack people who take a wide berth around nesting trees, so it's a good idea to keep 30 metres away from known magpie territory, or, if possible keep away altogether.
- Try and be confident, as this will often encourage them to stay in their trees and observe until you pass by.
- Consider waving your arm above your head just in case, but don't swing it at a magpie. Provoking it will only make it more aggressive.
- Wearing a helmet on your head can offer protection. Drawing or sticking eyes onto your helmet is an added

deterrent, because the birds are less likely to attack someone who's looking at them.

Remember, magpies are a protected species and harming them can attract a fine of \$3,000 and/or six months imprisonment.

Magpie swooping areas reported by Bike North members so far include:

- Sydney Road, Willoughby - near Bales Park
- The top of Stubs Street, Auburn

Over the next few weeks, send Suzy Jackson ([Suzy.Jackson@csiro.au](mailto:Suzy.Jackson@csiro.au)) info about known magpie swooping areas so that she can include it in the Bike North Weekly news.

## Real Melbourne Bike Tour

*Robin Shoppee*

In Melbourne recently, the end of a wonderful two weeks of riding and motoring around Victoria, we decided to "do Melbourne" with the Real Melbourne Bike Tour company as the peace de resistance. This tour was featured by the Great Outdoors Channel 7 show some months ago and we decided to put the show's recommendations to the test. Real Melbourne Bike Tours are run by Murray Johnson who in fact, was our tour guide for the day. Murray is a free lance journalist, accomplished photographer and long term resident of Melbourne - well qualified to show a couple of New South Welshman exactly what Victorians are so defensive about.

The tour lasted 6 hours, not all of which was spent on the saddle, and together with two Kiwi's who were in Melbourne for a little retail therapy, we came away feeling much better informed about Melbourne and actually managed to identify what Victorians are so passionate about.

Starting in Collingwood, one of Melbourne's inner industrial areas and progressing to Brunswick Road to view the endless interesting shop fronts and the bohemian (laid back) lifestyle so endeared to every Melbournian, we progressed to Lygon Street via the Carlton gardens and Exhibition

Buildings for a coffee and to sample the vast array of pastries from Brunelli's (they have 15 full time pastry chefs there). Next, the Queen Victoria Markets and more tastings plus some free time to haggle a little with the storekeepers for an additional serve of something which is totally unpronounceable but tasted really good. Through the many tiny arcades filled with alfresco diners and even more tastings if you were quick enough or game - to the Botanic Gardens. Once around the Alfred Park circuit of the F1 Grand Prix (that wore off the Haigs chocolate) and onto St Kilda for lunch (best fish and chips ever) and the chance meeting of a couple of very colorful Melbournian characters who were quickly identified as "Swans supporters". With a now hugely distended stomach which slowed the pace a little, a ride along the waterfront to the docklands area to shed the excess, and back to Collingwood via Fitzroy Gardens finished the tour.

Summary, providing you're not looking for a cycling challenge, I would highly recommend this tour to anyone contemplating a trip to Melbourne and who wants to see Melbourne from the "other side" (the way Melbournians do). Value for money - extremely good at just \$50.00 a head. More's the pity, and probably mostly due to geographical reasons, that Sydney cant offer the same.

## Diary Dates

### **SATURDAY, 16 OCTOBER** **GRANNY SMITH FESTIVAL**

Volunteers are needed to help out with the street stall, especially people who live in the Ryde Local Government Area with knowledge to share. Also riders sought for the parade. Contact Doug Stewart for more info (phone: 9887 1478, email: speedwell74@yahoo.com)

### **SUNDAY, 7 NOVEMBER** **MS SYDNEY TO THE GONG RIDE**

### **SUNDAY, 28 NOVEMBER** **RTA CYCLE SYDNEY**

### **19 - 27 FEBRUARY 2005** **RTA BIG RIDE**

## New Rebel Sport Discount Card

With this month's Chainmail we have enclosed the new Rebel Sport MVP discount card. Their discount program has changed but it means the same 5% discount for members at Rebel Sport Stores for all items not on sale. The old card (Club Rebate Scheme) will be phased out shortly so remember to take your new MVP card with you when you shop at Rebel. The Rebel Sport Wheels in Motion discount card is unaffected by these changes and will continue to provide you with a 10% discount at Rebel Stores on their complete range of cycling gear that is not on sale.

### **BIKE NORTH CLOTHING - ORDER NOW FOR CYCLE SYDNEY AND THE GONG RIDES**

It's time to think ahead!!!! If you are planning to do Cycle Sydney or The Gong Ride and would like to sport new Bike North Clothing you MUST ORDER NOW!

- STEP 1. Decide on item(s) and size(s) to be ordered
- STEP 2. Write down item(s) and sizes PLUS your name, address and Email address (if you have one)
- STEP 3. Cheque or money order made payable to: Bike North Inc. to the total of items to be purchased must be included for the order to be raised. ADD \$6.50 if you wish your order to be posted to you.
- STEP 4. Send all of the above to the Clothing Co-ordinator, Bike North, PO Box 719, Gladesville NSW 1675

Clothing available on this order is: **short sleeved jerseys and knicks** ( sleeveless and long sleeved jerseys are NOT available).

PRICES (including GST) Short sleeve jersey - \$80.00, Knicks - \$75.00

Postage & Handling \$6.50 if you are unable to collect from Turramurra Cyclery. A minimum order of 25 of each item is required before we can place the order.

PLEASE DIRECT ALL QUERIES REGARDING CLOTHING TO DEBBIE EDWARDS 9476 3624 or email [debbie.edwards@idx.com.au](mailto:debbie.edwards@idx.com.au).

# Better

# Making Cycling Better

## What's Happening Locally

### Hornsby

*Kevin Mason and John McGregor*

The Hornsby Group has bid farewell to Graeme Edwards with his recent move out of the area. We congratulate him on his new role as Bike North President and thank him for his great work in Hornsby over the last few years. John McGregor has now stepped up to assist Kevin and thankfully there are a number of others prepared to help look after this huge shire.

Hornsby's pedestrian and cycling officer, Jenai Davies, recruited last year is now starting to achieve results. Recently she has been actively working on a Hornsby Bike map which she plans to have ready for Bike Week. The map will include useful cycling streets identified by Bike North members at several meetings this year.

Council also recently released a review of the Bike Plan which includes a plan of works that stretches out for over 13 years! The work group needs to review and prioritise these routes and works.

The intention is to start this review process with a late September meeting. It is hoped to

form subgroups to concentrate on specific areas of Hornsby. The groups will saddle survey the proposed routes and report back their findings to the work group. Assistance from members from all over Hornsby shire will be very much needed.

As part of Bike Week, Bike North is assisting Jenai with the opening of the new Timbarra Cycleway between Pennant Hills and Westleigh and an information stall in Hornsby Mall.

### Ku-ring-gai

*John Watts*

Ku-ring-gai Council has now completed a shared pedestrian/cycle path along Link Road from Mona Vale Road to Stanley St. Signage is so far missing but this path provides a long awaited missing link. There is now a continuous cycle path, albeit with some poor sections, from Clissold Road Turramurra right through to St Ives High School.

On the drawing board for the 2004/05 financial year is a continuation that will eventually reach Gordon Station via Eucalyptus St and Rosedale Road. Council has an allocation of \$75,000 for this project from the RTA, contingent upon Council matching that amount. We can't find it in Council's Management Plan but have been

encouraged not to worry over that little detail.

At the time of writing this report, Council plans for Bike Week are well advanced. Council has promoted the Bike North Olympic Park ride on 19 September urging Ku-ring-gai residents to 'get on yer bike'. Another event for the timid or 'don't know where to ride' folk follows the back streets from Turramurra station to North Turramurra shops on 26 September. Blind Councillor Graeme Innes enters into the spirit of Bicycle Week trying out the rear seat of Doug Stewart's tandem. The event has been very good for building relationships with Council.

### Mosman

*Carolyn New*

Excellent progress has been made by consultants PBAI in producing a new Bike Plan for Mosman. The final document is due in October. A high quality interim document identifying the issues and scoping proposed bike routes was produced and reviewed with the Steering Committee in August. This was to be followed up with a draft plan in early September to enable council to identify projects to request for RTA funding in 2005-2006.

Council were surprised to learn that their application for RTA proportion funding for the Bike Plan was not successful, despite Bike North's endorsement of this project. Nevertheless the project has managed to continue - though this may not bode well for council's future bicycle funding commitments.

### North Sydney

*Carolyn New*

North Sydney Council has adopted its new Bike Plan and is off to a good start. Top priority for local routes has been given to the

#### LOCAL WORKING GROUPS

Council	Convenor	Email Address	Phone No
Ryde	Doug Stewart	ryde@bikenorth.org.au	9887 1478
Ku-ring-gai	Hette Mollema	kuringgai@bikenorth.org.au	9144 7880
Hornsby	Kevin Mason	hornsby@bikenorth.org.au	9868 2904
Hunters Hill	Alister Sharp	hhill@bikenorth.org.au	9879 3664
Willoughby	Carolyn New	willoughby@bikenorth.org.au	9438 1903
North Sydney	Carolyn New	north_sydney@bikenorth.org.au	9438 1903
Mosman	Alan Phillips	mosman@bikenorth.org.au	9969-4209

Contact the convenor for the workgroup in your area to find out when the next meeting is. You can also subscribe to your local workgroup email list. You do this by sending an email to [membership@bikenorth.org.au](mailto: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. For enquiries about working groups for other areas in Northern Sydney contact Carolyn New (ph) 9438-1903 or email [carolynn@hug.com.au](mailto:carolynn@hug.com.au)

Morton Rd, Wollstonecraft to Cremorne route via Ridge St Pedestrian Bridge and Yeo St, which is considered a lower stress alternative to Military Road. Its not a great alternative, far hillier, but just about the only available in the geographically challenged area to the south of Military Road.

Works already completed include a wheel rail on the Ridge Street bridge steps and two-way facilities in one-way Winter Ave. Winter Ave is a challenge, narrow with a steep hill. Council has converted this to a shared zone (10kpm limit) with a narrow contra-flow lane for bicycles. Pedestrians and one-way cyclists and motorists share the main lane. The contra lane is very narrow and encroaching vegetation needs to be cut back. People will need to take great care in this lane and keep to the 10kph speed limit. At least it does provide some permeability through the area.

The next priority is to install a contra-flow lane on adjoining one-way Bent St. Without this, the Winter Ave contra flow is legally useless. Works over 2004/05 will also include signposting and road marking this entire route.

## Ryde

*Doug Stewart (9887 1478,*

### **RYDE CYCLING MAP**

By the time you read this the new Ryde Cycling Map should be nearing publication day. Members of the local working group have been meeting on a weekly basis with Ryde Council to create both the front and rear of the map. We have taken the opportunity to include a wide variety of interesting and useful facts about the Ryde area and cycling in general. We think it will be a great tool for local cyclists.

### **GRANNY SMITH FESTIVAL**

The fantastically successful Granny Smith festival is a great family fun day and thousands of people come from all over Sydney to take part. Bike North have always been involved in both the street parade and street stalls and this year is no different. This is a great opportunity to promote cycling and spread the word.

The festival is on Saturday October 16 and we would like volunteers to come in

the parade and to help out with the street stall. We need up to 20 riders in the parade and a mix of conventional and unusual bikes. We need volunteers for the street stall, preferably local Ryde area residents who can share their knowledge.

## Ryde Workgroup meetings

The Ryde Work Group meetings are on the second Tuesday of each month at the Eastwood Women's Rest Centre (adjacent to Eastwood Station) from 7:30pm to 9:30pm. The next dates are the 12th of October and the 9th of November and all interested cyclists are invited to join in. Come and help with our projects. Contact me for more information.

## Willoughby

*Carolyn New*

September is always a big month for promoting cycling in Willoughby, with Spring Festival activities and Bike Week. This year Bike North ran the fifth annual Spring Ride during Bike Week to encourage locals to dust off their bikes and view Willoughby's delights from the saddle. The focus this year was on adults and older children.

Chatswood is a major employment centre and according to the 2001 Census there is an increasing number of people who chose to cycle there to work. Willoughby Council would like to encourage this trend and have, with assistance from Bike North and Bike Week financial assistance, produced a Commute to Chatswood Map.

The map suggests low stress routes from places such as Gordon, Seaforth, North Ryde and the City as well as neighbouring suburbs. These routes are generally hilly and on-road, most suitable for the recreational cyclist with a minimum level of fitness and expertise who does not want to cycle on busy roads but would like to try cycling to work.

The map is to be promoted specifically for a Commute to Work Breakfast during Bike Week and to generally encourage cycling to work. Both events were promoted at the Spring Fair on both the Road Safety and Bike North stalls.

# Updates and Opportunities

If you have an interest in strategies to support the development of cycling, two research projects on the Bicycle Federation of Australia website may be of interest.

## Best Practice in Community-Based Cycling Proficiency Training

This project will determine best practice in Cycling Proficiency Training (CPT) programs and make recommendations for the development of a community-based CPT program for adults (and an associated train-the-trainer program) to enable and encourage adults to ride bicycles for transport, recreation and tourism.

## Bikeability Checklist for Local Government

This project is to develop a web-based Bikeability Checklist, to be used as a resource by local government, state government officers, planners and community groups.

The Bikeability Checklist will help identify barriers and opportunities to create physical environments which encourage cycling. It will enable communities and local government to assess the bikeability of their community and develop better cycle planning and policies, and short and long term strategies to address and improve current deficiencies.

More information about both projects is available at <http://www.bfa.asn.au/bfanew/about/research.htm>

# The Newly Elected Bike North Executive

## President: Graeme Edwards

### **Previous positions on BN Executive**

Membership Officer 2002 and 2003

### **Why I'm involved with Bike North**

I love cycling and have been riding and commuting in Sydney since 1991. I came to know Bike North through a number of rides run by Doug Stewart in 1999 and joined Bike North in 2000. The main reason for joining was to provide some monetary support for the advocacy work Bike North was doing, especially the work being done by Carolyn New.



A year later I increased my involvement by helping out as one of the Hornsby area working group and attending the exec meetings as an observer. This let me to see the professional way Bike North operated and allowed me to have some input in to its activities. This then led to becoming a ride leader where I was able to share my enjoyment of cycling with others and allowed me to encourage more people in to cycling.

By now (2002) some of the Exec, many of whom had been on the Exec since Bike North began in 1996, were looking for a break so I took over as membership officer. This allowed some people to take a well deserved break. Now I have taken on the role of president and I hope to continue the great work others have started.

## Secretary: Jane Ellis

### **Previous positions on BN Executive**

None

### **Why I'm involved with Bike North**

After a considerable break from bike riding (child rearing) I discovered Bike North and the wonderful rides they run. I enjoy finding new places to ride and going with BN means I will never get lost!! I particularly enjoy the social aspect combined with exercise and an easy going, friendly atmosphere. By doing my bit for BN I hope to be able to help



it to continue its work making improvements that will benefit the bike riding community.

## Treasurer and Public Officer: Brian Fong

### **Previous positions on BN Executive**

Treasurer 1997 to 2001

### **Why I'm involved with Bike North**

I love riding my bike and I always hoped that facilities for bicycles would improve. I'm a shy person and didn't think that I could deal with councils etc. so I didn't think I could make any difference to cycling



facilities.

Bike North gave me the opportunity to help make cycling better. They needed a Treasurer and I knew immediately that this was how I could make a difference. By becoming the Treasurer I could free up someone who could do what I couldn't and by working together we could make cycling better.

## Advocacy Officer: Carolyn New

### **Previous positions on BN Executive**

Advocacy Officer 2002 and 2003, Joint Rail Trail Convenor from 1998

### **Why I'm involved with Bike North**

As a fairly new cyclist after my children grew up, I was lured into Bike North by the friendly, encouraging social ride program and rapidly developed a passionate desire to help make our city much more cycle



friendly, but no idea how to do that. Initially my focus was on Bike North's proposal for a Rail Trail along the Northern Railway Lines. This was an overly steep learning curve but within a

caring and encouraging learning environment, I eventually learnt that I really didn't have to follow through every idea that was proposed:-)). Now my greatest wish is to help many many other people work to improve their own local areas.

## Rides Coordinators : Pam and Col Kendrick (sometimes known as Pamcol)

### **Previous positions on BN Executive**

Have been the Rides Co-ordinators since August 2000.

### **Why we're involved with Bike North**

We had been riding with Bike North for a few years and had benefited greatly in fitness and in health, not to mention the friendly social atmosphere on the rides.

When we attended the 2000 AGM the Rides Co-ordinator position had become vacant and it seemed like a good idea at the time to be able to "put a little bit back in" in a way we thought we were capable of doing. And just between



you and us, it's a good way to make sure that our favourite rides don't clash!

## Communications Officer: Keith Griffin

### **Previous positions on BN Executive**

None, but have been (and still am) ride leader, Chain Mail production manager and Bike North webmaster

### **Why I'm involved with Bike North**

I love cycling. Bike North has provided me with so much help and



information, not to mention many excellent rides that it just seems right to help out a little. Helping out in Bike North is extremely rewarding. Every contribution, no matter how small is appreciated by others, and can be seen to have some positive effect. Most of all I have made some really good friends through Bike North. Did I mention that I love cycling?

## Membership Officer: Gil Webster

### **Previous positions on BN Executive**

None

### **Why I'm involved with Bike North**

Gil was travelling at the time of Chain Mail deadline and was not able to provide information for this article.

### *Australian Road Rule 257*

Riding with a person on a bicycle trailer

The rider of a bicycle must not tow a bicycle trailer with a person in or on the bicycle trailer, unless:

- (a) the rider is 16 years old, or older; and
- (b) the person in or on the bicycle trailer is under 10 years old, or as otherwise provided under another law of this jurisdiction; and
- (c) the bicycle trailer can safely carry the person; and
- (d) the person in or on the bicycle trailer is wearing an approved bicycle helmet securely fitted and fastened on the person's head, unless the person is exempt from wearing a bicycle helmet under another law of this jurisdiction.

*In this rule: bicycle trailer means a vehicle that is built to be towed, or is towed, by a bicycle.*

# President's Annual Report

Bike North's eighth year has been another magnificent one. Bike North is a Bicycle User Group (BUG) and I'd like to refer you to our four objects (see box) by which we can assess our success. Over the last year we have made gains in all those areas.

Bike North is one of NSW's most successful BUGs. How successful are we? Here are some highlights of the year so you can make up your own minds.

- In memberships we now have 431 members compared with 350 a year ago (conservatively counting households as two members only).
- Financially we have more dollars in the bank - see the published 2004 Summary Financial Statements.
- Our Rides Program continues to be excellent in every way, setting the standard for others. We offer multiple rides every weekend, surely something to suit every taste. New rides have been developed along the Western Sydney cycleways. We ran successful annual events in the Bike North Century Challenge and the Tour de Cowra. We ran beginner ride activities as part of the state-wide "Spring Roll" with BNSW and also a very successful Bike Skills Day.
- We continued to develop our Ride Leaders infrastructure with training material, ride leader days and an annual review process. This ensures our rides are run according to "best practice" principles and remain of the highest quality.
- We created the Link Up Project to provide advice to commuters. After a slow start and negotiations with BNSW this should ramp up again in the year ahead.
- We carried out a Members Survey to provide the Executive with a better idea of who our members are and what they want. As an example we have changed the rides program by targeting Sundays for more easy rides.
- We have been active in cycle advocacy work, or as we call it "Making Cycling Better". We were involved in Council

- Elections, running a BUG workshop for BNSW, and community festivals in Eastwood, Willoughby and Hunters Hill. Each local work group is active working with Local Government writing submissions, attending meetings and so on.
- We have widened the areas for Bike North's advocacy work. Initially in 1996 Bike North worked in Ryde,



## OBJECTS OF BIKE NORTH INC.

- To promote the use of the cycles for transport and recreation as a means to improve quality of life and protect the environment.
- To promote education of cyclists and other road users in the interest of road safety.
- To advocate enforcement of the rights and obligations of cyclists.
- To advocate engineering and equipment appropriate for the use of cyclists.

Hunters Hill, Hornsby and Kuring-gai. Now we work across Northern Sydney wherever we have members and there is cycle advocacy work to do. At present this includes Mosman, North Sydney and Willoughby, with

some input to work in Baulkham Hills and Parramatta. In nearby areas we also work with other BUGs such as North Shore Bicycle Group, CAMWest and Bay Bug.

- In addition to local issues we have worked on cycling aspects of major projects including the Lane Cove Tunnel, changes to the M2, F3 to M2 link and the M7 Western Orbital.
- Hearty congratulations go to Carolyn New, our Advocacy Officer; who was joint Cycling Advocate of the year for last year. A wonderful achievement and wonderful reward for Carolyn and Bike North.
- Over the year we continued to develop the required infrastructure to make Bike North work smoothly. Most of this work is hidden below the surface and this is a good chance to let you of the wonderful work that has been done.
- We have our membership database, emails lists, great web site, financial system, Ride Leaders Protocols and assessment, our great jerseys and knicks and of course this excellent newsletter; Chain Mail.

But the most important message of this report is that we were tremendously successful last year because we have great people involved who make Bike North work. We couldn't do anything without people: members, and people who actively support in any way. Bike North has great people who should be thanked at this time.

Thanks to the Executive who have worked positively with me for the last 12 months,

meeting regularly and taking on a myriad of tasks.

- Secretary, Alison Wong, for keeping all those records.
- Treasurer, Brian Fong, for sitting in the background and keeping the dollars in order
- Advocacy Officer, Carolyn New, for being so vigilant and active.
- Membership Officer, Graeme Edwards, for making all those changes and reports.
- Publication Officer & Public Officer, Wayne Spencer, for coordinating our communications.
- Ride Coordinators, Pam and Col Kendrick, for the best rides program.

This year the Executive formed four sub-groups to give use more but shorter and more targeted meetings. They are the Rides, Corporate, Publications (now Communication) and Advocacy Groups. The Exec met monthly and the groups met between monthly and three monthly. Thanks for the huge effort.

Thanks to all the local area convenors and helpers for making local cycling better:

- Hornsby: Graeme Edwards, Kevin Mason, John McGregor
- Ryde: Wayne Spencer, Doug Stewart, Graeme Woodward
- Hunters Hill: Alister Sharp
- Ku-ring-gai: John Watts, Hette Mollema, Peter Tuft
- Willoughby: Carolyn New, Yaffa Gould
- Mosman: Alan Phillips

Thanks also to the non-Exec workers who helped out over the past year:

- Clothing Coordinator: Debbie Edwards
- Bike Email News Editor: Hette Mollema
- Chain Mail Editors: Catherine Stuart and Fran Griffin
- Chain Mail production, Web Master and Email list manager: Keith Griffin

You may not know what it takes to run our rides so well. In addition to the best Ride leaders, we have our Rides Protocols, our training program and require that leaders survey, plan and document every ride

(including checking those coffee shops) before the day. Then on-the-day we have ride sweeps, signposts and other helpers. A huge thanks is due to all these people.

Thanks to all those who have all given up their time to make Bike North the best possible BUG.

I have decided not to stand for an Exec position for the next year but I'll still be

working in Advocacy as the Ryde Area Convenor, and running rides. I wish good luck to the new Executive and am totally confident that they will lead us to even higher levels over the next year.

*Doug Stewart*

*15 August 2004*

## 2004 Summary Financial Statements

Here are summaries of the financial statements for Bike North Inc. for 2004.

If you require a copy of the full statements please contact Brian Fong.

Phone: 9879 7270

Email: [treasurer@bikenorth.org.au](mailto:treasurer@bikenorth.org.au)

### Summary Profit and Loss Statement 1/7/03 - 30/6/04

Total Income	\$8,495.00
Cost of Sales	\$226.50
Gross Profit	\$8,268.50
Total Expenses	\$7,067.44
Operating Profit	\$1,201.06
Total Other Income	\$2,373.64
Total Other Expenses	\$2,263.20
Net Surplus / (Deficit)	\$1,311.50

### Summary Balance Sheet as at 30/6/04

#### ASSETS

Total Cash On Hand	\$8,613.38
Other Current Assets	\$1,102.00
Total Assets	\$9,715.38

#### LIABILITIES

Total Current Liabilities	\$221.50
Net Assets	\$9,493.88

#### EQUITY

Retained Earnings	\$8,182.38
Current Year Surplus/Deficit	\$1,311.50
Total Equity	\$9,493.88

profile

## Member Profile

### The Houghton Family's 100km Century Challenge

The Houghton Family comprising Ian, Caroline, Andrew (age 9) and Michael (age 6) have been active members of Bike North for about four years.

#### HOW DID THE HOUGHTON FAMILY GET INVOLVED IN CYCLING?

Caroline and I did many adventure sports together, including cycling, before the children arrived. She wasn't a strong rider initially, but has come along nicely! We realized that unlike many of our activities, cycling allows you to bring the whole family along, all get exercise, and enjoy the shared experience. Both our boys started in bike seats at age 6 months, and seemed to greatly enjoy it. We started on short rides, and gradually built up. My first 100km ride with a child was in the Hunter valley, about 4 years ago.

#### HOW MANY BNCCs HAS THE HOUGHTON FAMILY DONE?

2004 was the third time we'd entered, but we'd not managed to complete it as a family before.

The first year we split up, with me taking Andrew on a tag-along for the 100km, and Caroline taking Michael in a seat on the 60km ride. Last year, I took the two boys on the double tag-along, but succumbed to cramp, rain, and general "bonk" on the return run near the Bobbin head turn off, and finished up skipping the Bobbin head section.

#### WHAT WAS DIFFERENT THIS YEAR?

This year we had "Firebolt", the bright red Triplet, as our secret weapon. This was an improvement, as both Caroline and I were able to captain it, as compared to the double tag-along that only I could control adequately.

#### DID YOU TAKE IT IN TURNS TO CAPTAIN FIREBOLT?

My Achilles heel is getting cramp late in the day. To counter this, our plan was for Caroline to give me breaks on the hills, doing the middle third of each hill. It worked really well. However, it worked so well, that by the top of Mount White, I was still feeling relatively fresh, whilst Caroline was exhausted, so I captained the triplet the rest of the way.

#### HOW MUCH FOOD DOES A FAMILY OF FOUR NEED FOR A 100KM RIDE?

To offset the bonk, we carried a slightly enhanced supply of snacks with us this year; a loaf of peanut butter sandwiches, 8 bananas, 3 large bags of assorted sweets and confectionary, and a bag of scroggin. This was supplemented en route with pies and hot chocolates in both directions. There were only a few sweets remaining at the end.

#### WHAT WAS THE MOST EXCITING PART OF THE RIDE?

The run down Mount White was something special - I followed Doug's instructions to be careful down the hill, so we didn't quite break the family speed record, but Firebolt scared it nicely, reaching 79.3km/hr. (0.5km/hr shy of the record).

#### WHAT IS MEMORABLE ABOUT THE DAY?

We'd finally completed the BNCC as a family - a real team effort. We'd ridden for 7.5 hours, were the first of the 100km teams to leave, and the last to return. Andrew rode particularly well, and raised both arms triumphantly as we passed the finish line.



### Chainmail production manager

Would you like to contribute to Chainmail in a special way? The production manager works closely with the Chainmail editor, under the general guidance of the executive committee, to produce a new and exciting twelve page magazine every two months.

Bike North is looking for a person with the following skills and interests to manage the production of the bi-monthly, 12 page Chainmail.

If you have the following skills, interests and computer setup and feel you would like to stretch your design and production skills then please contact [keith@bikenorth.org.au](mailto:keith@bikenorth.org.au).

The applicant will need to have industry experience in page layout and design and the appropriate software, which might include Adobe InDesign, Photoshop, Illustrator and Acrobat, Quark Express or equivalent packages. A good computer system with access to the internet is critical to this job as information is emailed to you by the editor and the final artwork is then emailed to the printing house.

Further information from [keith@bikenorth.org.au](mailto:keith@bikenorth.org.au)

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 02/10/2004  
**Ride:** Bays & Foreshores  
**Grade:** Easy Medium, BNSW Grade: PST Distance: 35  
**Contact:** Col Lambert, 9637 0746  
**Starts at:** 07:30. Meadowbank Wharf. An easy/medium ride to Gladesville Bridge, then follow the bays and foreshores around to Concord for a coffee stop.

**Date:** Sun 03/10/2004  
**Ride:** Olympic Park Ride  
**Grade:** Easy, BNSW Grade: CPS Distance: 25  
**Contact:** Pam and Col Kendrick, 9872 2583  
**Starts at:** 07:30. Meadowbank Wharf. Easy loop around Homebush Bay with a coffee stop. Suitable for beginners and children over 12 accompanied by an adult carer.

**Date:** Sun 03/10/2004  
**Ride:** Bicycle Skills Session  
**Grade:** Easy, BNSW Grade: ESP Distance: 2  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 10:30. Meadowbank wharf. Simple skills session for 1 hour, suitable for beginner riders or anyone who wants to improve basic cycling skills

**Date:** Mon 04/10/2004  
**Ride:** Western Explorer  
**Grade:** Medium, BNSW Grade: OP Distance: 70  
**Contact:** Steve Hillier, 9899 5432  
**Starts at:** 07:30. Meadowbank wharf. A brisk medium ride west via the M4 cycleway to Orphan School Creek cycleway, Prospect Reservoir's canal routes, Abbotsbury for coffee.

#### 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:** Sat 09/10/2004  
**Ride:** Olympic Park Ride  
**Grade:** Easy, BNSW Grade: CPS Distance: 25  
**Contact:** Michael Goard, 9896 2313  
**Starts at:** 08:00. Meadowbank Wharf. Easy loop around Homebush Bay with a coffee stop. Suitable for beginners and children over 12 accompanied by an adult carer.

**Date:** Sat 09/10/2004  
**Ride:** Reverse Bobbo  
**Grade:** Medium, BNSW Grade: OHT Distance: 25  
**Contact:** Graeme Edwards, 9436 0969  
**Starts at:** 07:30. Hornsby stn west side Medium ride via Wahroonga and Turramurra to Bobbin Head for coffee, returning up the steep way to Mt Colah and back to Hornsby.

**Date:** Sat 09/10/2004  
**Ride:** Not The Bell Road MTB  
**Grade:** Hard, BNSW Grade: MXUH Distance: 100  
**Contact:** Peter Tuft, 9144 1325  
**Starts at:** Starts Bell, to Mt Wilson, Mt Irvine, Bowens Creek, Bilpin, Mountain Lagoon, Wheeny Creek, Kurmond and Windsor. Includes two long hills. CtoC.

**Date:** Sun 10/10/2004  
**Ride:** Botany Bay Bacon  
**Grade:** Medium, BNSW Grade: OP Distance: 65  
**Contact:** Eric Middleton, 9958 2546  
**Starts at:** 07:30. Meadowbank wharf. Medium ride via the Cooks River cycleway to Botany Bay. A refuel at our favourite cafe at Brighton, then return.

**Date:** Sun 10/10/2004  
**Ride:** Duffys Forest Loop  
**Grade:** Easy Medium, BNSW Grade: OTW Distance: 35  
**Contact:** Ian and Caroline Houghton, 9440 0467  
**Starts at:** 08:00. St Ives Car Park Mona Vale Rd opp Stanley St. Easy/medium ride out to Waratah Park, passing through undulating horse country roads of Terrey Hills and Duff's Forest.

**Date:** Sun 17/10/2004  
**Ride:** Exploring Eastwood  
**Grade:** Easy, BNSW Grade: EST Distance: 20  
**Contact:** Keith and Fran Griffin, 9614 0777  
**Starts at:** 08:00. Eastwood Stn west. An easy meander through rolling terrain of the back streets of Eastwood and Marsfield, via Macquarie Uni, returning to Eastwood for coffee.

**Date:** Sun 17/10/2004  
**Ride:** There and Back  
**Grade:** Medium, BNSW Grade: OTH Distance: 55  
**Contact:** Joan Kerridge, 9909 8925  
**Starts at:** 07:30. St Leonards stn concourse. Medium ride via Spit Br, Wakehurst Pkwy, Forest Way and Mona Vale Rd for coffee at a nursery cafe and return.

**Date:** Sat 23/10/2004  
**Ride:** Meadowbank to Bobbo  
**Grade:** Medium, BNSW Grade: OHT Distance: 50  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 07:30. Meadowbank wharf. A hilly medium ride from Meadowbank up to Eastwood and Browns Waterhole, then to Turramurra, and down to Bobbin Head for coffee and return.

**Date:** Sat 23/10/2004  
**Ride:** Parramatta Park Parade  
**Grade:** Easy Medium, BNSW Grade: CPS Distance: 35  
**Contact:** Col Lambert, 9637 0746  
**Starts at:** 07:30. Meadowbank Wharf. Easy/medium ride along the PVC to Parramatta Park. Do a lap or two of the park before coffee, then return via M4 cycleway.

**Date:** Sat 23/10/2004  
**Ride:** Great North Road MTB  
**Grade:** Medium Hard, BNSW Grade: OXMU Distance: 35  
**Contact:** Kin-Yat Lo, 9980 7143  
**Starts at:** . Wisemans Ferry kiosk. A medium/hard challenging ride up the Great North Road, returning via the Western Commission Trail. Some technical sections. CtoC

**Date:** Sun 24/10/2004  
**Ride:** Hills and Surfside  
**Grade:** Hard, BNSW Grade: FTH Distance: 80  
**Contact:** Malcolm Hart, 9713 1994  
**Starts at:** 07:30. Eastwood Stn east. Hard ride to Pymble, St Ives, Oxford Falls & Narrabeen. Return via Warriewood, Church Point, Terrey Hills & Turramurra. Fit & experienced riders only.

**Date:** Sun 24/10/2004  
**Ride:** Western Explorer Max  
**Grade:** Medium Hard, BNSW Grade: FP Distance: 85  
**Contact:** Steve Hillier, 9899 5432  
**Starts at:** 07:30. Meadowbank wharf. Med/hard ride at a brisk pace via the M4 cycleway and railtrail to Mirambeena Res, over to Prospect Reservoir's canal routes with an Abbotsbury coffee stop.

**Date:** Sat 30/10/2004  
**Ride:** Pie in the Sky  
**Grade:** Medium, BNSW Grade: OTW Distance: 40  
**Contact:** Graeme Edwards, 9436 0969  
**Starts at:** 08:00. Hornsby Station west. Medium 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 31/10/2004  
**Ride:** A to Z and Beyond  
**Grade:** Medium, BNSW Grade: OT Distance: 30  
**Contact:** Rick Mockridge, 0418 284 052  
**Starts at:** 07:30. Artarmon Stn east. Medium ride through Artarmon and Willoughby to Balmoral. After coffee climb to Middle Head then to Zoo Wharf, ferry to Quay then back via the Bridge, North Sydney and Willoughby.

**Date:** Sun 31/10/2004  
**Ride:** Bobbo Banana  
**Grade:** Medium Hard, BNSW Grade: FHX Distance: 55  
**Contact:** Keith and Fran Griffin, 9614 0777  
**Starts at:** 07:30. Eastwood stn west. Medium/hard ride to Bobbin Head via Kissing Point Rd and return.

## NOVEMBER

**Date:** Mon 01/11/2004  
**Ride:** Concord for Cake  
**Grade:** Easy, BNSW Grade: PST Distance: 25  
**Contact:** Pam and Col Kendrick, 9872 2583  
**Starts at:** 08:30. Meadowbank wharf. Easy ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Ride back to Meadowbank a different way.

**Date:** Sat 06/11/2004  
**Ride:** Olympic Park Ride  
**Grade:** Easy, BNSW Grade: CPS Distance: 25  
**Contact:** Col Lambert, 9637 0746  
**Starts at:** 08:00. Meadowbank Wharf. Easy loop around Homebush Bay with a coffee stop. Suitable for beginners and children over 12 accompanied by an adult carer.

**Date:** Sat 06/11/2004  
**Ride:** Brooklyn Brunch  
**Grade:** Hard, BNSW Grade: OTH Distance: 91  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 07:00. Eastwood stn east side. Ride to Turrumurra, Bobbin Head, Mt Colah and Brooklyn for brunch, returning via Cowan, Hornsby and Turrumurra. Fit and experienced riders only, but medium paced, av 20kph.

**Date:** Sat 06/11/2004  
**Ride:** Western Explorer  
**Grade:** Medium, BNSW Grade: OP Distance: 70  
**Contact:** Steve Hillier, 9899 5432  
**Starts at:** 07:30. Meadowbank wharf. A brisk medium ride west via the M4 cycleway to Orphan School Creek cycleway, Prospect Reservoir's canal routes, Abbotsbury for coffee.

**Date:** Sun 07/11/2004  
**Ride:** Miss Australia Ride  
**Grade:** Medium, BNSW Grade: STH Distance: 45  
**Contact:** Joan Kerridge, 9909 8925  
**Starts at:** 07:30. St Leonards stn concourse. Medium ride on quiet roads to Spit Bridge, then on to Tania Oval at Balgowlah Heights. On return visit Chowder Bay and Bradleys Head.

**Date:** Sat 13/11/2004  
**Ride:** Concord for Cake  
**Grade:** Easy, BNSW Grade: PST Distance: 25  
**Contact:** Debbie Edwards, 9436 0969  
**Starts at:** 08:00. Meadowbank wharf. Easy ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Ride back to Meadowbank a different way.

**Date:** Sat 13/11/2004  
**Ride:** Beyond Barrenjoey  
**Grade:** Medium Hard, BNSW Grade: OTXH Distance: 60  
**Contact:** Peter Tuft, 9144 1325  
**Starts at:** CtoC. Medium hard ride from Turrumurra via back roads to Palm Beach, ferry across Broken Bay, superb scenery around Kilcare. Train from Woy Woy. Short gravel sections. Hilly but moderate pace. CtoC

**Date:** Sun 14/11/2004  
**Ride:** Botany Bay Bacon  
**Grade:** Medium, BNSW Grade: OP Distance: 65  
**Contact:** Eric Middleton, 9958 2546  
**Starts at:** 07:30. Meadowbank wharf. Medium ride via the Cooks River cycleway to Botany Bay. A refuel at our favourite cafe at Brighton, then return.

**Date:** Sun 14/11/2004  
**Ride:** West to Windsor  
**Grade:** Medium Hard, BNSW Grade: FTX Distance: 90  
**Contact:** Keith and Fran Griffin, 9614 0777  
**Starts at:** 07:30. Cnr Pennant Hills Rd and M2: Medium/Hard, via the M2, Old Windsor Rd and back roads to Quakers Hill and beyond. Coffee at Windsor. Return to a different way. Brisk pace.

**Date:** Sat 20/11/2004  
**Ride:** Pie in the Sky  
**Grade:** Medium, BNSW Grade: OTW Distance: 40  
**Contact:** Debbie Edwards, 9436 0969  
**Starts at:** 08:00. Hornsby Station west. Medium 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:** Sat 20/11/2004  
**Ride:** North Shore Multimode Tour  
**Grade:** Medium, BNSW Grade: OUT Distance: 50

**Contact:** John Williams, 9988 4478  
**Starts at:** 07:30. Turrumurra Station. Medium ride via Mona Vale Rd, Forest Way, Oxford Falls, Wakehurst Pkwy, Burnt Bridge C'way, to Manly for Coffee. Ferry to Quay, ride over The Bridge to St. Leonards then train to Turrumurra.

**Date:** Sun 21/11/2004  
**Ride:** Northern Beaches and Back Roads  
**Grade:** Medium Hard, BNSW Grade: FHXT Distance: 75  
**Contact:** Malcolm Hart, 9713 1994  
**Starts at:** 07:30. Turrumurra Stn east. Medium/hard ride via Church Point to Manly for coffee. Ferry to Quay then to Turrumurra via Lane Cove NP, M2 and Brown's Waterhole. Fit and experienced riders only.

**Date:** Sat 27/11/2004  
**Ride:** Parramatta Park Parade  
**Grade:** Easy Medium, BNSW Grade: CPS Distance: 35  
**Contact:** Col Lambert, 9637 0746  
**Starts at:** 07:30. Meadowbank Wharf. Easy/medium ride along the PVC to Parramatta Park. Do a lap or two of the park before coffee, then return via M4 cycleway.

**Date:** Sat 27/11/2004  
**Ride:** Macdonald River Meander  
**Grade:** Medium, BNSW Grade: OU Distance: 45  
**Contact:** Steve Hillier, 9899 5432  
**Starts at:** 08:00. Wisemans Ferry Kiosk. Medium ride to Webbs Ck ferry, St Albans for coffee, via the Macdonald R west side. BYO cakes. Return on the Macdonald R east side and ferry. 50% dirt road, hybrid & MTB only. CtoC.

## DECEMBER

**Date:** Sat 4/12/2004  
**Ride:** Exploring Eastwood  
**Grade:** Easy Distance: 17  
**Contact:** Keith & Fran Griffin, 9614 0777  
**Starts at:** 7:30 Eastwood Station west side. Ride around Eastwood and environs visiting Macquarie University, Shrimpton's creek bike track and Ryde Hospital. Look out over Denistone and circle around the south east and south west of Eastwood with an enjoyable coffee at the end.

### 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 the registration, 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

Riders under 16 should be accompanied by a cycling adult. A Standards Association of Australia approved helmet is legally required 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. 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.