

Logo Competition

There are many ways Bike North members can contribute to the running of our ever growing BUG. Perhaps you are a creative type who can whip up a new modern style logo for Bike North? Why not submit your design for a new logo by March 1st 2005? The best 3 entries will receive prizes, and your logo may even end up being the new Bike North logo!

If you'd like to have a go then remember that we use our logo in colour and in black and white, in print, on the internet, very small, very big, and the BN colours are orange and purple.

How to enter

Send your design by email to communications@bikenorth.org.au by March 1st, 2005.

Welcome to January

Chain Mail.

This edition is a short one as part of the transition to new publication months. The next 12 page Chain Mail will be out in March 2005

The Editor
 PO Box 719
 Gladesville NSW 1675

Editor: Catherine Stuart
 Design: Keith Griffin

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.

Tour de Cowra 2005

Easter weekend, March 25 – 28

Keith Griffin

If you've never ridden the Tour de Cowra you've missed a great cycling event. The weekend is also a very social time with so many Bike North members all camped in Cowra with nothing much to do except cycle on quiet country roads and have a great time each day après-ride



chatting, eating and drinking or seeing the local attractions in and around town.

See the brochure in this edition of ChainMail for more details and the registration form.

Accommodation: Be sure you to book your accommodation early as everything in Cowra is booked out well ahead at Easter each year.

Many Bike North members

stay at the Cowra-Van Park. If you wish to stay there make sure you say you are with Bike North otherwise they will tell you the park is full! We have some camping sites and a few cabins set aside for us.

See you all there!



e v e n t s Events

Diary Dates

EVENTS:

- 19 - 27 Feb 2005 – RTA Big Ride
- 6 Mar 2005 (Sunday) – Annual Tour de Hills Bicycle Classic
- 13 Mar 2005 (Sunday) – Loop the Lake
- 25 - 28 Mar – Bike North Tour de Cowra
- 1 May (Sunday) – Bike North Century Challenge

WORKING GROUP

MEETINGS:

- 8 Feb 2005 (Tuesday) – Ryde WG
- 8 Mar 2005 (Tuesday) – Ryde WG
- 12 Apr 2005 (Tuesday) – Ryde WG
- 10 May 2005 (Tuesday) – Ryde WG

All Ryde Working Group meetings are held at the Eastwood Womens Rest Centre (behind the library, Hillview Road, Eastwood) and start at 7:30pm.

Bike North Ryde Working Group

Doug Stewart

There is lots of work to do to improve cycling in Ryde and we need your ideas and your help to do this. Please consider coming along to our group.

We meet on the second Tuesday of each month at 7:30pm until 9:30pm only. See Diary Dates on this page for information about the meeting dates and venue.

Whether or not you can make the meetings, think about joining the bn-ryde email list to find out the local goings on. You can also send your ideas back to the list.

For more information contact Doug Stewart 9887 1478.

RTA Big Ride 2005

Yaffa Gould

This ride is Bicycle New South Wales' premier event, it starts at Kosciuszko on 19 February and finishes in Kiama 27 February 2005. It is a nine-day fully supported fun-filled holiday in the great Australian outdoors, organised by NSW's peak community cycling organisation.

Each day you'll be provided with a pleasant place to pitch your tent (with clean toilets and hot showers nearby), three hearty meals, a fully supported cycle route and transport for your luggage.

This year we have organised a Bike North Team.

- For Teams Day it would be great if you had a Bike North jersey
- Camp together under the Bike North flag
- Free team photo and Prizes each evening at the briefing!!

We plan to organise a get together before the event so let Yaffa know at yaffagould@hotmail.com if you are interested in coming along. For more info about the ride itself check out RTA Big Ride 2005 website <http://bigride.com.au/> See you there!!

Renewing your membership at Westpac Bank

Many members already know that you can renew your membership by using Internet banking. What many members don't know is that you can also renew your membership at any branch of the Westpac bank.

STEP 1: To renew your membership at Westpac, just complete a blue Westpac deposit slip with the Bike North Inc account details. The Bike North Inc account details are as follows:

- Bank: Westpac
- Branch: Epping
- Account Name: Bike North Inc
- BSB: 032081
- Account Number: 127180
- Aux serial no.: Insert your Bike North Customer Reference number eg. 0078OGRAD



Make sure that you include your customer reference number in the section marked "Aux serial no." Your customer reference number is the series of numbers and letters that identifies you as the person paying the membership fee. The number can be found on your Bike North membership renewal form.

STEP 2: Then take the deposit slip with your membership payment to the teller and ask them to punch in your customer reference number.

If you have renewed your membership by this method in the last six months would you please contact the treasurer, Brian Fong on 02 9879 7270 or treasurer@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.

FEBRUARY 2005

Date: Sat 05/02/2005
Ride: Wend Your Way to Wyong
Grade: MH, BNSW Grade: OH Distance: 75
Contact: Peter Tuft, 9144 1325
Starts at: 07:15. Berowra stn. Medium hard ride at a moderate pace to Wyong via Peats Ridge and Yarralong. Return by train.

Date: Sun 06/02/2005
Ride: Olympic Park Ride
Grade: Easy, BNSW Grade: CPS Distance: 25
Contact: Col Lambert, 9637 0746
Starts at: 07:30. Starts at Meadowbank Wharf. Ride to Olympic Park (via Parramatta Valley Cycleway and Silverwater bridge), explore some of the features, out to Newington for coffee and return a different route using the John Whitton Bridge.BR

Date: Sun 06/02/2005
Ride: Hawthorne Canal
Grade: Medium, BNSW Grade: OPT Distance: 40
Contact: Pam and Col Kendrick, 9872 2583
Starts at: 07:30. Start at Meadowbank Wharf. Ride via Homebush and Cook's River Cycleway to Marrickville then Hawthorne Canal Cycleway to our favourite coffee shop at Concord. Return to Meadowbank.

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 12/02/2005
Ride: Wood 2 Been and Back
Grade: Medium Hard, BNSW Grade: FHTX Distance: 76
Contact: Doug Stewart, 9887 1478
Starts at: 07:00. An excellent ride for fitness. We travel some main roads early in the ride when the traffic is a little easier. With some long but not steep uphill and great downhill this ride provides a chance to ride with the group and get home early enough to mow the lawn before lunch! Estimated rolling time is about 3 hours and elapsed time about 3:30.

Of course to do this means we need to average at least 24km/hr over the 76km. Are you up to it? There is no coffee stop mid-ride so it is highly recommended you bring snacks (bananas, muesli bars etc) and two water bottles. If you are riding this on your own and have more time then a Church Point Coffee stop is recommended after about two hours riding.

Date: Sun 13/02/2005
Ride: The Big Loop
Grade: Medium, BNSW Grade: OTP Distance: 45
Contact: Malcolm Hart, 9713 1994
Starts at: 07:30. Start at Eastwood station. Ride up to the M2 to Winston Hills, then down the cycle route to Parramatta for refreshments. Return via M4 to Meadowbank then up the hill to Eastwood.

Date: Sun 13/02/2005
Ride: Western Wander
Grade: Medium, BNSW Grade: OPW Distance: 70
Contact: Eric Middleton, 9958 2546

Starts at: 07:30. Meadowbank wharf. A relaxed paced ride using the M4 cyclepath and Liverpool Rail Trail to explore Prospect's canal routes and Orphan School creek cyclepath, enjoying a break at Abbotsbury.

Date: Sat 19/02/2005
Ride: Meadowbank to Bobbo
Grade: Medium, BNSW Grade: OHT Distance: 48
Contact: Doug Stewart, 9887 1478
Starts at: 07:30. This ride is an introduction to hills. We ride medium hills at a medium pace and give you a chance to learn the right techniques.

However this is not a beginners ride. Try a ride like Pie in the Sky first. We start from the busy waters near Meadowbank Wharf visit the peaceful waters of Bobbin Head. In between we take a hilly but relatively low stress route along the regional north-south corridor. We travel via West Ryde, Eastwood, Marsfield, Turramurra and St Ives before entering Kuring-gai National Park for a brief visit. We return by retracing our route except for a slight variation around Turramurra to avoid traffic. Coffee is at Bobbin Head (Halvorsen Marina) or North Turramurra (The Corner Store). The route highlights include the Browns Waterhole link which is the only road bike link for travelling north/south between De Burghs Bridge and Pennant Hills Road. You should be confident about hills and fairly fit.

Date: Sat 19/02/2005
Ride: Western Explorer Max
Grade: Medium Hard, BNSW Grade: FP Distance: 85
Contact: Steve Hillier, 9899 5432
Starts at: 07:30. From Meadowbank wharf. Go west to Silverwater, then take the M4 cycleway and Liverpool railtrail to explore Mirambeena Regional Res., then along Orphan School Creek to Prospect Reservoir's canal routes with a stop at Abbotsbury before heading back to Meadowbank. BR

Date: Sun 20/02/2005
Ride: Pie in the Sky
Grade: Medium, BNSW Grade: OTW Distance: 40
Contact: Graeme Edwards, 9436 0969
Starts at: 08:00. Ride from Hornsby up the Old Pacific Highway to Pie in the Sky for some grand views. Enjoy some delicious pie and conversation before returning to Hornsby.BR

Date: Sat 26/02/2005
Ride: Concord for Cake
Grade: Easy, BNSW Grade: PST Distance: 25
Contact: Debbie Edwards, 9436 0969
Starts at: 07:30. Starts at Meadowbank Wharf. Ride to Olympic Park and then to Concord for coffee and cake, returning a different way.

Date: Sun 27/02/2005
Ride: Northern Beaches and Back Roads
Grade: Medium Hard, BNSW Grade: FHXT Distance: 75
Contact: Malcolm Hart, 9713 1994
Starts at: 07:30. This ride starts on the east side of Turramurra Station. It winds its way through the back streets of Turramurra to Mona Vale road. Along Mona Vale Road through St Ives and Terrey Hills and into Ku-ring-gai national park. Down the hill to Church Point and on to the coast at Mona Vale. The ride then follows the coast and beaches down to Manly for a well deserved coffee stop. After coffee its on to the ferry for a relaxing ride to the Quay before riding over the bridge and on the North Sydney cyclpaths to Chatswood. At Chatswood we turn west and down the hill into the Lane Cove River Park for a quiet amble along the river to the M2. On to the M2 for a quick sprint to the Browns Waterhole exit. From there it is through Browns Waterhole and up the hill back to the start at Turramurra.

MARCH 2005

Date: Sat 05/03/2005
Ride: Cowan Calga
Grade: Medium Hard, BNSW Grade: FHX Distance: 60
Contact:
Starts at: 07:45. Start at Cowan Station. Fast paced ride through magnificent Hawkesbury River valley on quiet roads. Return via Brooklyn with a stop for coffee and cakes.

Date: Sat 05/03/2005
Ride: Brooklyn Brunch
Grade: Hard, BNSW Grade: OTH Distance: 90
Contact: Doug Stewart, 9887 1478
Starts at: 07:30. Start at Eastwood Station. Ride to Turrumurra, Bobbin Hd, Mt Colah & Brooklyn. Return via Cowan, Hornsby & Turrumurra.

Date: Sun 06/03/2005
Ride: Parramatta Park Parade
Grade: Easy Medium, BNSW Grade: CPS Distance: 35
Contact: Col Lambert, 9637 0746
Starts at: 08:00. This ride starts at Meadowbank Wharf and follows the Parramatta Valley cycleway to Parramatta Park. Once in the park you can do a lap or two. After coffee in Parramatta, return via the M4 Cycleway to Meadowbank.BR

Date: Sat 12/03/2005
Ride: Bays & Foreshores
Grade: Easy Medium, BNSW Grade: PST Distance: 35
Contact: Pam and Col Kendrick, 9872 2583
Starts at: 07:30. Begin at Meadowbank Wharf. Ride to Gladesville Bridge, then follow the bays and foreshores around to Concord for a coffee stop. Back to Meadowbank via John Whitton bridge or Ryde road bridge.

Date: Sat 12/03/2005
Ride: Beyond Barrenjoey
Grade: Medium Hard, BNSW Grade: OTXH Distance: 60
Contact: Peter Tuft, 9144 1325
Starts at: This ride starts from Turrumurra via Church Point and northern beaches back roads to Palm Beach, then ferry across Broken Bay to superb scenery around Kildare before catching the train back from Woy Woy. There are some short gravel sections. Numbers limited by ferry and train capacity.

Date: Sun 13/03/2005
Ride: A to Z and Beyond
Grade: Medium, BNSW Grade: OT Distance: 30
Contact: Rick Mockridge, 0418 284 052
Starts at: 07:30. Starts at Artarmon Stn 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. Some of the group (the more the merrier) finish up with a hearty Japanese noodle lunch at the cafe at Artarmon.BR

Date: Sun 13/03/2005
Ride: Two National Parks
Grade: Medium Hard, BNSW Grade: FHX Distance: 55
Contact: Keith and Fran Griffin, 9614 0777
Starts at: 06:30. Western side of Beecroft Station. Ride to Hornsby and the Pacific Highway to Mt Colah. From there turn to Ku-ring-gai National Park, down the fast side to Bobbin Head, then up the easy side to Turrumurra for a quick run down the Pacific Highway and the hill in Grosvenor Rd to Lane Cove River park. A stop for coffee and chat before a quiet ride through the park to the M2. On to the M2 for a quick sprint back to Beecroft. There is an option to start this ride at Hornsby and get a train back from the end of the ride.

Date: Sun 13/03/2005
Ride: Summer Hill Circle
Grade: Medium, BNSW Grade: OPT Distance: 35
Contact: Kevin Mason, 9868 2904
Starts at: 08:00. Head through Concord and Five Dock before joining the Hawthorne Canal cyclepath. After morning tea at Summer Hill we complete the loop via the Cooks River cycleway. Some busy roads to cross, however the heritage architecture is well worth the effort.

Date: Sat 19/03/2005
Ride: Macdonald River Meander
Grade: Medium, BNSW Grade: OU Distance: 45
Contact: Steve Hillier, 9899 5432
Starts at: 08:00. This ride starts at the Ferry Kiosk at Wisemans Ferry. You ride back through Wisemans and cross the river via the Webbs Creek ferry and then on to St Albans for coffee, via the western side of the Macdonald River. After a quick snack at St Albans on the cake you brought with you you ride back to Wisemans on the eastern side of the Macdonald and then cross back to the starting point on the Wisemans Ferry. This very picturesque ride is 50% dirt road, hybrid & mountain bikes only.

Date: Sun 20/03/2005
Ride: Olympic Park Ride
Grade: Easy, BNSW Grade: CPS Distance: 25
Contact: Doug Stewart, 9887 1478
Starts at: 08:00. Starts at Meadowbank Wharf. Ride to Olympic Park (via Parramatta Valley Cycleway and Silverwater bridge), explore some of the features, out to Newington for coffee and return a different route using the John Whitton Bridge.BR

Date: Sun 20/03/2005
Ride: Pie in the Sky
Grade: Medium, BNSW Grade: OTW Distance: 40
Contact: Graeme Edwards, 9436 0969
Starts at: 08:00. Ride from Hornsby up the Old Pacific Highway to Pie in the Sky for some grand views. Enjoy some delicious pie and conversation before returning to Hornsby.BR

Date: Fri 25-Mon 28/03/2005
Ride: Tour de Cowra SEE PAGE 1 FOR DETAILS

Date: Sun 27/03/2005
Ride: Botany Bay Bacon
Grade: Medium, BNSW Grade: OP Distance: 65
Contact: Eric Middleton, 9958 2546
Starts at: 07:30. Ride from Meadowbank across Sydney past the airport to Botany Bay using the Cooks River cycle path. Enjoy bacon and egg rolls in the food hall of the Novatel before returning to Meadowbank via the same route.

RISK WARNING

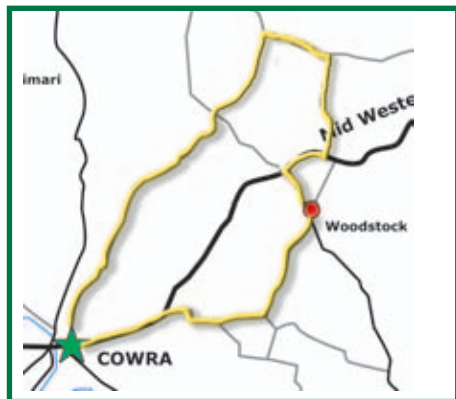
As a participant in this recreational activity, you may be exposing yourself to a risk of harm. Bike North, the ride organisers and leaders wish to warn you that there are risks and hazards inherent in cycling activities. You are responsible to take care to prevent putting yourself, your fellow participants 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.

Day 1 Where's Walli? (63km)

A very scenic ride with lots of moderate climbs and a few really wonderful downhill for the speed demons.



Leave the river flats just before Billimari, then get some great views of Mt Canobolas, fast descent into Canowindra, but then you have to climb back out.

alternative: Billimari (60km)

A short flat ride covering land close to both sides of the Lachlan River.

Day 3 Greenethorpe (83km)



Day 2 Forbes for Lunch (200km)

A long mostly flat ride which will work best in a bunch. If you're up to the challenge but have never ridden in a bunch, this ride provides a great opportunity to experience how it all works with experienced riders to lead the way.

alternative: Eugowra (138km)

A mostly flat loop for those who wish to get some distance up. This ride works well if you can ride in a small bunch and take turns at leading.

alternative: Canowindra and Billimari (95km)

Begins flat but climbing very slightly, one big climb up Broula Hill, on to Greenethorpe, keep climbing some more, then a meandering and very scenic descent into Koorawatha.

Day 4 Mt Collins (72km)

A pleasant ride past some small vineyards, the tiny settlement of Wattamondara and then out to Mt Collins for morning tea break. Enjoy the

fast descent, a few creek crossings and small climbs and you're back in town.

Important Information

Your Tour de Cowra coordinators are Fran & Keith Griffin who are both BNSW qualified ride leaders. While the rides will have no ride leaders, everyone will sign on each day, and sign off after the ride so all riders can be accounted for. Participants will be encouraged to ride in groups.

Each rider MUST present his/her TdC 2005 passport before each ride. Passports will be sent to participants upon registration.

Prior Cycling Experience

As all the rides are "medium" grade or harder, you would need to do some of the regular Bike North medium rides first to make sure you feel comfortable with the distances. Pie in the Sky, Bobbin Head or the ride from Meadowbank to Brighton would all be good preparation.

Tour de Cowra 2005

Experience cycle touring without the worry of packing your life into panniers. Expand your cycling and challenge yourself riding day after day.

Add new dimensions to your cycling while enjoying the peaceful countryside.

Experience the joys of riding scenic routes without the frustrations of dealing with traffic.

Then of course, for Bike North members, what a great way to train for the Bike North Century Challenge!

REGISTER NOW!

Registration Information !

How to register

You MUST register to ride in Tour de Cowra. Registration costs \$10 per person or \$15 if there is more than one riding member of the same family. Once you have registered you will be sent your TdC passport which contains all the information about the rides and social activities during the tour. Families will be sent one passport per cycling person.

Accommodation...

is your responsibility. Cowra has many motels, hotels, B&Bs and several caravan parks. Easter is a busy time and accommodation of all types will fill up fast. Book Early!

Further Information

Phone Keith or Fran, evenings between 8 and 10 pm (9614 0777), or visit the web site.

Web site

<http://bikenorth.org.au/cgi-bin/rides.pl?ride=080>

Tour de Cowra 2005 BIKE NORTH Registration Form

Name _____

Address _____

Phone _____

email _____

Send my passport(s) by

email (PDF file)

post

Registration type

Family* (\$15)

Single (\$10)

cheques payable to Bike North Inc.

* a family means two or more riding members from the same family.

Other family members' names

Please complete this form and return it with payment to the address below before March 1, 2005.

Tour de Cowra

Bike North

PO Box 719

Gladesville NSW 1675

Tour de Cowra 2005



March 25 – 28

Tour de Cowra