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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.

## Money Gone! What is the Cost(a)?

***You thought it was tough, living the cycling life in car dominated Sydney. Bad news - its going to get a whole lot worse unless YOU, EVERYONE, takes action NOW.***

### WHAT HAPPENED?

The NSW State Budget slashed the funding for cycling over 50% for 2005/6, with the major impact felt in implementing BikePlan 2010. There will be no construction work on the regional cycleway network this financial year and totally inadequate funding for design work, putting future years construction at threat. There is also the distinct possibility that this cut will continue into future years.

The General Manager, Bicycles and Pedestrian position at the RTA has been abolished, derogating our voice and influence, within the RTA.

### WHY DID THIS HAPPEN?

Ministerial direction. We have been fortunate for over six years to have a champion for cycling in State Government, Minister Scully. While his priority was the Western Suburbs, he did achieve kilometres of recreational cycleway which we enjoy on our social rides. Just as the focus of BikePlan 2010 is moving to our northern areas and routes more useful for everyday cycling, we are now under the direction of Minister Costa who appears to have an antipathy to cycling, or at least to spending money on cycling facilities.

### HOW DOES THIS AFFECT US?

With no money, regional routes that were scheduled for design and construction cannot move forward. At best, this significantly delays, or more likely, puts in great doubt the critical northern routes. The RTA had already developed concepts for high quality designs the following routes from BikePlan 2010 :

- Sydney Harbour Bridge to Chatswood (2004)
- Macquarie Uni Connections (connecting to Epping Road Cycleway) (2004)
- Eastwood to Concord Rail Trail (2004)
- Chatswood to Gladesville (2005)

In addition proposed unfunded improvements to the Lane Cove Tunnel, cycleway such as a high level cycleway over Flat Rock Gully, Naremburn have no chance to go ahead .

We can expect the Gore Hill and Epping Road Cycleways to proceed since this is part of an approved project, under contract to be funded and built by private enterprise. BUT it will simply end at Merremburn Ave, Naremburn, in the middle of the freeway with no place to go. Similarly, in North Ryde cyclists will be dumped at Wicks Rd, with no continuing access to Macquarie Park and the University. This is despite written assurances from Minister Scully that the original deadline for the Sydney Harbour Bridges routes was being postponed from 2004 to come on line together with the these Lane Cove Tunnel cycle works.

We can also expect little support from Minister Costa when Hills Motorway decides to take out the bike lane on the M2. Minister Scully was on record as saying he was "reluctant to allow the motorway to be widened" and that he was "committed to protecting those (bicycle) facilities". How likely is it that Minister Costa will stand by that support?

### So, WHAT CAN I DO?

WRITE!!

Write letters to Minister Costa, Premier Carr, your local Member of Parliament, daily newspapers and your local media. Write to anyone you think could help.

### WHERE DO I START?

- Be polite and project a positive image. Minister Costa thinks we're all ratbags; Show him and everyone else we are ordinary people who want the option to cycle for transport and/or recreation.
- Express your concern at the budget cuts and/or axing of the management position and ask that these be reversed.
- State one positive cycling fact – that's easy. Its good for the environment, our health, our communities. Take your pick.
- Tell them what you want – the Minister to reverse his decision, increase funding, the Premier and other members of parliament to advocate on your behalf.
- Be brief – keep to one page and keep it to the point. If you have more to say, write again.
- Write often.

### WHERE DO I SEND MY LETTERS?

Its best to send letters by snail mail, but email is better than none.

WRITE TO THE MINISTER

The Hon. Michael Costa, MLC  
Minister for Roads  
Level 31 Governor Macquarie Tower  
1 Farrer Place Sydney NSW 2000  
Email: roadsminister@roads.nsw.gov.au

WRITE TO THE PREMIER

The Hon. Robert Carr, MP  
Level 40 Governor Macquarie Tower  
1 Farrer Place Sydney NSW 2000  
Email: bob.carr@www.nsw.gov.au

WRITE TO YOUR LOCAL MEMBER

The following members of parliament are responsible for electorates in the North Sydney region. Look for your local member's contact details.

### Member for Ryde

The Hon. John Watkins, MP  
Ground Floor, 123 Blaxland Road,  
Ryde NSW 2112  
Email: ryde@parliament.nsw.gov.au

### Member for Willoughby

Ms Gladys Berejiklian, MP  
280 Willoughby Road,  
Naremburn NSW 2065  
Email: willoughby@parliament.nsw.gov.au

### Member for North Shore

Mrs Jillian Skinner, MP  
Suite 3 Bangalla House, 65 Military Road,  
Neutral Bay NSW 2089  
Email: northshore@parliament.nsw.gov.au

### Member for Lane Cove

Mr Anthony Roberts, MP  
PO Box 524,  
Gladesville NSW 2111  
Email: lanecove@parliament.nsw.gov.au

### Member for Ku-ring-gai

Mr Barry O'Farrell, MP  
27 Redleaf Avenue,  
Wahroonga NSW 2076  
Email: barry.o'farrell@parliament.nsw.gov.au

### Member for Hornsby

Mrs Judy Hopwood, MP  
PO Box 1687  
Hornsby Westfield NSW 1687  
Email: hornsby@parliament.nsw.gov.au

### Member for Epping

Mr Andrew Tink, MP  
PO Box 33  
Epping NSW 1710  
Email: epping@parliament.nsw.gov.au

### Member for Davidson

Mr Andrew Humpherson, MP  
PO Box 209  
Lindfield NSW 2070  
Email: andrew.humpherson@parliament.nsw.gov.au

For other members of parliament see <http://www.parliament.nsw.gov.au/prod/parliament/members.nsf/V3Home> or check out the White Pages (Parliament of NSW).

To find out your electorate see <http://www.seo.nsw.gov.au> or ring the State Electoral Office on 9200 5999.

### HOW CAN BIKE NORTH HELP YOU ?

Our web site is being progressively updated with sample letters and references to give

you ideas for writing letters. Look out for upgrades in email-news. For those not on internet – try to buddy up with someone who is and find out what's available.

### IS THERE ANY GOOD NEWS?

Over the next few years, it may not appear so grim, with several high quality cycleways in the pipeline. Next year the 40km entirely grade separated Western Orbital Cycleway from Prestons to Baulkham Hills will offer opportunities for more extended recreational cycling. Later the Gore Hill and Epping Road Cycleways will make a huge difference for those who need to travel between North Ryde and Naremburn. But without an adequate budget now, there will be nothing to come after.

## Bike North Wins Government Grant

In March 2005, Bike North applied to the Federal Government for a grant under the Volunteer Small Equipment Grants scheme. Under the scheme, funding of \$3 million had been allocated to help Australia's volunteers carry on with their vital work. Grants of up to \$3000 each aim to encourage and support volunteers by enabling organisations to purchase equipment that contributes to making volunteering activities easier, safer and/or more enjoyable. With over 10,000 applications lodged, only 2100 were successful.

Bike North was one of the successful applicants due largely to the effort of our Advocacy Officer Carolyn New who put together a winning submission, with some assistance from other members of the Executive.

Bike North received a grant for \$2780 for the purchase of a notebook computer and word processing software. The computer will support minute taking at our executive, committee and workgroup meetings which will be a valuable time saver. It will also be used as an advocacy tool, with presentations, documents, pictures, copies of the Bike North website.

All this will now be available for meetings with councils, the RTA, and politicians. The laptop will also be used at the Bike North stalls at the many community events we attend each year.

# e v e n t s

## Events

### Diary Dates

**Bike North Annual Genreal Meetign & Picnic: Sunday August 21, Putney Park.**

**Bike North Executive meetings:**

5 July 2005 (Tuesday)

2 Aug 2005 (Tuesday)

All Executive meetings are held at St Johns Church Library, Cox's Road North Ryde, and start at 7:30pm. All members are welcome.

**Working Group Meetings:**

12 July 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.

## Winter riding

*Kin-Yat Lo*

Now that we're deep into winter, it is getting more and more difficult to squeeze in rides during the week. How can you ride a bike when the sun disappears before we even leave work? What about riding after dark? Oh yes, there are those horrible cars that "can't see us"...

The solution is to go off-road instead – mountain biking at night. There solves the car problem! You just need a sturdy mountain bike and set of high-powered lights.

Unlike road riding at night, where being seen is a higher priority than seeing, the reverse applies for mountain biking. With no street lights to illuminate the trail, you also need to see the rocks, water crossings and loose surfaces that you are likely to encounter. (Obviously you would still need to be visible on your ride to and from the trailhead).

Using 20W of lighting power in a rechargeable system, adequate for most trail riding, with a 15W light helmet mounted and a 5W light on the handlebars. Batteries are mounted by the bidon cage on the downtube and in my hydration backpack respectively. Mountain bikers use helmet-mounted lights to overcome the problem of handlebar mounted lights that illuminate where the bike is being pointed. A high powered helmet-mounted light becomes vital when you are trying to see around the next corner 30m ahead.

Mountain biking at night is a "real rush". Familiar trails become foreign, and the sensations of speed is extraordinary. At night I normally ride 5-10km/h slower than in daylight, yet it feels like I am riding at least 10km/h faster. The narrow beam from the lights give you an impression of riding in a tunnel, a very narrow one at that. Shadows from the trees, rocks etc makes everything feel very very different – pebbles become rocks, small drop-offs become very big ones, and so on. In short, it is just not the same as riding during the day.

Even though night riding is such a rush, at the same time it can also be very tranquil. Depending on how late you decide to ride, there are very few people who choose to walk in the bush after dark in winter; even the streets are quiet. Every now and again you will even see the odd wallaby or possum diving into the bushes just as you round a corner. My regular night rides take me no further than 2km away from home, or any further than 100m away from the nearest house, and yet I can feel I've been in the middle of nowhere because it is always so quiet. A ride sure beats sitting around in front of the TV on a cold winter night... unless of course, the Tour de France is showing on SBS.

Everyone should give night mountain biking a go. Who knows? You may even be silly enough to join the new craze of endurance mountain biking and participate in 12 or 24-hour races.

## Bike North AGM & Picnic

### Sunday 21 August

The Bike North Annual General Meeting and picnic is on again - on Sunday 21 August.

This year the event will be held at Putney Park on the river at Putney. Roll up from 11am, ready for the formal part of the day, which starts at 12 noon and the BYO picnic lunch afterwards.

A good AGM is a fast AGM. The serious business of the day won't take too long. There'll be some reports on Bike North's activities during the year and then election of the Executive for the upcoming year. Why not take this opportunity to put something back into Bike North and get a little more involved in its activities.

Sadly, there will be no whacky races this year. The council parklands and oval are not in good enough shape.

It is hoped that there will be a number of rides from around our area to the park, keep an eye out in the rides calendar and on the weekly email news.

The AGM and picnic is a good opportunity to find out about the work that the Bike North team have been doing behind the scenes and have some fun too.

**Annual General Meeting Agenda:**

- Welcome
- Apologies
- Accept minutes of the previous AGM
- Annual Report by President
- Annual Report by Treasurer
- Election of Office Bearers
- Any other business

I look forward to seeing you on the 21 August.

*Graeme Edwards*  
President 2004-5

# 4th BN Century Challenge Review

*Doug Stewart, Event Organiser*



## EVENT OVERVIEW

Cool and crisp but with promise of sensational weather, 50 riders in 19 riding groups left Wahroonga Park for one of the four rides. Around lunch time the park was abuzz with the 160km riders eating their chosen hi-carb sustenance, stretching and contemplating the afternoon. Finishing riders from 60km, then 100km and finally 160km filtered in, and by 5pm a combined total of 5,490km had been covered. The event had no glitches and I managed, for the first time in four years, to leave the start/finish at Wahroonga Park before dark! Congratulations to all.

The number of participants was higher than last year, but still slightly down on the first two years. The drop-off has been in the 60km Challenge, with just three groups registering. However, I was mightily impressed by more than double the previous numbers attempting the 160km option. Mind you, the success rate of the 160km riders was only 57%, while 95% of the 100km riders



completed their distance. This leaves plenty of room for improvement!

## EVENT FEEDBACK

The objectives of the event are for riders to make serious preparations, to ride independently and to be self sufficient. That is why there are no route signs, morning tea or lunch catering or on-road supports. BN is not trying to raise money for charity or to grow the event. BN is providing an opportunity for independent riding. The event was organised by one person with 5 friendly volunteers on-the-day.

The event had its genesis in "promoting cycling", to give members a goal to train for, with the end result (hopefully) that you would realise you could cycle further and faster than previously. With that realisation you may keep up your activity and cycle more for recreation and transport. If the end result is that you cycled

more before, during or after the event, then it was successful.

A few people have suggested that we turn the event into something much bigger with outside (non-member) participation, event fees, volunteers, catering, banners and even masseurs. To do this would require considerably more resources, official permissions, traffic plans, event insurance and other complications. As it was we had 19 small groups out on the road with an average group size less than three. This is nothing more than lots of people out cycling. And this is what Bike North aims to do.

Importantly we don't want members to think that cyclists need special conditions and incentives to get out and ride their bikes. You can just get out and ride with a friend or two.



## FUTURE EVENTS?

Given the general levels of satisfaction, I propose that the event stays in the same form for next year, although the date may change slightly. For the last two years the event has clashed with a charity ride around Olympic Park and I have been surprised, given the opposite nature of events that there was even mention of conflict. However we can probably move the date a week earlier to try to avoid this clash.

Overall 2005 was an excellent result for the BNCC and for Bike North. Many thanks to all those who volunteered to help or who took part. Start your training program for 2006!!!

# Better

# Making Cycling Better

## What's Happening Locally

### HORNSBY

Steve Hillier and Zaid Mohsen have stepped forward and offered to take over the reigns now that Kevin is moving on. Thank you Steve and Zaid. By the time you read this they should have been well initiated, with the first meeting scheduled for June 20th.

There has been a great deal of concern expressed by some local "bush regenerators" over the Pembroke Rd cycleway. This route requires a short link at Dence Park through bush on the RTA road reserve. The local bush people are not happy with sealing of the existing bush track, where they had already commenced regeneration. While we at Bike North wish to promote environmentally sensitive solutions to transport issues, we feel that the benefits to active and sustainable transport from this short link, environmentally far outweigh the impact of the proposed short path. Only a small area is impacted, it is an urban area and the regeneration project should continue beside the new pathway. Our understanding is that work on the pathway will continue.

### WILLOUGHBY

Bike North is working with Willoughby Council and the Northern Area Health Service on a pilot project for a Cycling Proficiency Training Course. The course will be available to Council and Health staff and also to the general public. It will run in September and be offered at both beginner and intermediate level. The beginners course will be aimed at people who would like to develop their skills and confidence for riding on bicycle paths and tracks, whereas the intermediate course will be focused on developing skills for riding in the traffic environment and aimed at people who might want to commute. These courses are based on those initially developed with Central Sydney Area Health Service.

Council is currently experiencing some difficulty with a local police officer who cannot accept a "Bicycles Excepted" sign on a No Right Hand Turn sign from Spring St to Victoria Ave. As she is the police representative on the Willoughby Traffic Committee, this has put a damper on the final touch for the Claude/Spring connection to the CBD, for now.



### MOSMAN

All's peaceful in Mosman now, with funding fully allocated as per the Bicycle Strategy.

Work is also underway on the proposed Taronga Zoo to Balmoral bicycle route. This will primarily on-road but a pleasant off-road connection is planned through Rawson Park.

### NORTH SYDNEY

Council's attempt to include a contra-flow lane on Bent St, allowing legal contra access to complete the North Sydney to Neutral Bay backroad cycle route has drawn fire from the local residents. They fear for their parked cars in the narrowed travel lane. The design produced by council meets the NSW Bicycle Guidelines with the contra-flow bike lane placed to the left of the parked cars and separated by a wide median. This is a safe design. An alternative design that allows a wider travel lane has been produced by council. This places the

### LOCAL WORKGROUPS

Council	Email Address	Contact name	Phone No
Ryde	ryde@bikenorth.org.au	Doug Stewart	9887 1478
		Graeme Woodward	9617 0772
Ku-ring-ai	kuringgai@bikenorth.org.au	Hette Mollema	9144 7880
		John Watts	9144 7656
Hornsby	hornsby@bikenorth.org.au	John McGregor	9489-6474
Hunters Hill	hhill@bikenorth.org.au	Alister Sharp	9879 3664
Willoughby	willoughby@bikenorth.org.au	Carolyn New	9438 1903
North Sydney	north_sydney@bikenorth.org.au	Carolyn New	9438 1903
Mosman	mosman@bikenorth.org.au	Alan Phillips	9969-4209
		Carolyn New	9438 1903
Lane Cove	lane_cove@bikenorth.org.au	Suzy Jackson	0407 122 262

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. 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 9438 1903 or email carolynn@inet.net.au

contra-flow lane to the right of the parked cars, in the door zone and adjacent to the travel lane. While this is not as safe a design for cyclists, residents who attended an on-site meeting reluctantly agreed to it. The various options are going to Traffic Committee on June 17th without any recommendation. By the time you read this we should know the outcome.

North Sydney Working Group Meeting Dates:

June 27th 6pm – Geddes Room, North Sydney Council Chambers

October 10th

### LANE COVE

Adverse publicity regarding the proposed Epping Road Cycleway attracted our local Lane Cove Bike North members' attention and we have now started an email group list for the discussion of all manner of Lane Cove cycling issues. This group supports Russ Webber from North Shore Bicycle Group and Josh Blake from Renegade Cyclery who are already active on the local bicycle committee. Suzy Jackson has agreed to be the point of contact for Bike North. Thank you Suzy.

We date we have been successful in some positive media, putting the positive aspects out to the community. The proposed cycleway is the most important and extensive piece of cycling infrastructure to be built in Northern Sydney and it needs the support of local cyclists. We attempt to work with the authorities to ensure the best possible design is built, though this gets very difficult with so many and various stakeholders. The proposed design is out on exhibition on June 27th and we urge everyone interested to go see it and make comment. Please make your support evident, even if you criticise the detail.

### RYDE

In late April we held a saddle survey of the North Eastern Section of Ryde.

This was a great chance for local cyclists to meet together to look at

- a) condition of existing facilities,
- b) survey for new formal cycling routes
- c) survey for new informal useful cycling routes
- d) identify cycling hazards. Eight locals helped out in a useful exercise.

We will be holding other saddle surveys in different parts of Ryde. Join the [bn\\_ryde@bikenoerth.org.au](mailto:bn_ryde@bikenoerth.org.au) email list for details.

The current major project with Ryde Council is the review of the Ryde Cycling Plan, an important document to set the agenda for the next five years in Ryde. Contact us for more info. (See contacts box.)

### PARRAMATTA RAIL LINK

The DA for the Chatswood Transport Precinct Project is now on exhibition until July 4 at the Chatswood Railway Station (highway side). This project includes cycle access for the regional route from Albert St to the Station. It is difficult to see that from the exhibition. It's a major project and you should check it out anyway and ask for the bicycle route details.

*This is the sort of good cycling infrastructure which is under threat because of the new transport minister see page 1*



# Bike Maintenance & Repair

Ben Herman

A person riding a bicycle is the most efficient animal on earth in terms of travel for energy expended. To achieve that efficiency, bicycles must be a compromise of weight and expense. Bicycles are inherently fragile and need frequent adjustments.

Bike North has a Bike Repair committee that is keen to promote the skills necessary for you to maintain your bike. Whether you are new to cycling or perhaps have been cycling for years, most people I talk to have expressed interest in increasing their knowledge and improving their technique in Bike Repair and Maintenance.

Well, here's your chance to provide some needed input and ideas on programming Bike Repair & Maintenance at Bike North.

As a representative sample, here are some of the things we've been thinking about:

- Occasional articles in Chainmail / News on Bike Repair and maintenance
- Dedicated page on BN Website, with links to favorite websites offering tips and advice

- List of Bike Shops offering a repair and tune up services
- Join a local pod of like minded people to share tools and knowledge in a Collective style format
- Bike Repair Seminars and Workshops including:
  - ◆ Emergency Repairs
  - ◆ Bicycle Tune Up and Cleaning
  - ◆ Drive Train
  - ◆ Brakes
  - ◆ Gears and shift system
  - ◆ Wheel Building and Truing

Is there anything you would like to add to this list ?

What are your thoughts about Bike Repair & Maintenance in general?

How can Bike North assist you to increase your knowledge of how to adjust and repair your bike ?

Would you be willing to contribute to this effort ?

Please take a moment to provide your feedback directly to the Bicycle Repair Committee, via email at [bikerepair@bikenorth.org.au](mailto:bikerepair@bikenorth.org.au). We look forward to hearing from you soon !



## Bike North Members Survey

It was back in 2003 when Bike North last did a survey of its members to find out what you think about the things Bike North does. The results helped the Executive plan the direction of our BUG over the last two years. The Executive believe that it is now time to see how we are going and to get your feedback once again.

Now is your chance to have some input on the future directions of Bike North.

You can find the survey form in the members only area of the Bike North web site at <http://www.bikenorth.org.au/members/exclusive/surveyform.html> fill it in and submit it.

If you do not receive the weekly email news you will be receiving a paper copy of the survey in the post if you don't already have it.

The survey can be anonymous but to encourage you to fill in the form and submit it or send it back we have included some great prizes to give away.

There is a heart rate monitor and six supplementary prizes up for grabs for those that fill in the online form. For those filling in the paper version there is also a heart rate monitor and two supplementary prizes on offer. If you want to be in the running for one of these great prizes you must include your name on the form and submit it or return it to us by the 31st July 2005. The winners will be chosen at random by the Bike North Executive.

Elected members of the Bike North Executive are not eligible to win a prize.

*The BN Survey Team*

## Bike Even Norther – The Newcastle Weekend

*Kerry Tipton*

The third weekend in May saw approximately 25 Bike North members make their way to Newcastle, some by train, most by car and a couple who cycled the entire distance on the preceding Thursday and Friday – well done Trevor and Gil. This descent upon the steel mining town was in the spirit of reciprocity – we had invited the Newcastle Cycleways Movement BUG (NCM) to join us on our bike rides last year and they had kindly returned the favour. The organisers hope to make this an annual event and the last weekend of May 2006 has already been earmarked for NCM to visit Sydney and join our Bike North rides.

In spite of a wet Friday, Saturday arrived fair and fine. We left our accommodation at the Newcastle Beach YHA at 7.45 am and soon joined the NCM Bug, scribbling our details onto their sign-on sheets that looked suspiciously familiar – there was even a column headed “Bike North member” (copyright lawsuit is pending). We then took off to be guided through the best cycleways of Newcastle city. The cycleways along the Hunter River and the Foreshore were especially beautiful. Most of the cyclists rode to the end of the Nobbys Lighthouse pier, except for some cluey NCMers who sloped off to the café to snag chairs and coffees. We met them there, had our own caffeine fix, and then proceeded to cycle the Fernleigh Track.

This cycleway is of recent construction, following a disused mining train line to Whitebridge. Eventually it will extend to

Belmont, although the NCM BUG have to deal with two difficult councils so there is no knowing when that will happen. They can take comfort that it was mainly their dogged efforts that has brought about 8 kms of one of the loveliest off-road cycleways I have ever cycled. The journey was further enhanced by the historic railway commentary of Daryl Stone.

That evening we congregated at a waterfront pizza restaurant where we dined on exotic gourmet pizzas and chatted about how we had spent our free afternoons (I myself took a long walk along the beach walkways as the sun set).

The next morning we rode to Hexham, joined up with NCM and then made our way to the country roads of the Raymond Terrace / Duckenfield area. At Raymond Terrace we lunched on delicious burgers, fish and chips, reclining on the grassy Hunter Riverbank, enjoying the fine Autumn sunshine. Before we returned to home base, Joan Kerridge spoke from our Bike Norther hearts as she made a speech thanking the NCM members for their hospitality. Kudos should go to Joan and to Pam and Cole Kendrick for their share in organising this most excellent cycling weekend. And a special mention goes to ACI for the superior sharpness of its glass that brought down 12 punctures over the weekend.



# Book Review – Zinn's Cycling Primer

Doug Stewart

Having read the two books "Zinn and the Art of Mountain Bike" and "Road Bike Maintenance" I just wondered if this guy was all for real. It turns out that he is. Lennard Zinn was a road racer with the US National team but retired to concentrate on frame building and technical writing. He knows his stuff!

I was looking for some advice on setting up bicycles and getting the fit right. After browsing through some books in Dymocks I decided that Zinn had a very good section in his newest book, "Zinn's Cycling Primer". But I found much more than a good section on fit, with excellent sections on tuning your body, cycling skills and bike tuning as well.

The book is written in independent blocks that allow you to jump in where you need help -- and help there is. This is not a cycling primer for a beginning cyclist. Rather this is a cycling primer if you are taking a real interest in cycling. I think there is probably something to learn for all of us.

Zinn covers topics that I have not seen anywhere else with extensive treatment on setting up your bike and equipment, stretching, exercising and posture on and off the bike. He covers topics such as orthotics, performance testing, overtraining and even Perineal Muscle Toning (to improve comfort while sitting on your bike saddle). He also includes old wisdom such as, "The stronger the rider, the harder they pedal and the less weight is carried on the saddle."

On some topics Zinn notes a range of opinions and then leaves it up to the reader to decide what is right for them, while on others he is quite decisive. His advice is often referenced back to the sources to help you understand how and why he came up with his views.

Zinn provides a comprehensive index, a glossary of terms and web addresses for further information. The book is scattered with black and white drawings and photos to illustrate various points.

Although the book contains some maintenance tips he refers to his maintenance books for in-depth information. The book is not a "mechanical how-to" but rather lots of practical advice about bikes and cycling.

In short the book is modern, well written and helpful. It makes a good read when sitting at home relaxing after a particularly satisfying ride when you are looking for a few more answers.

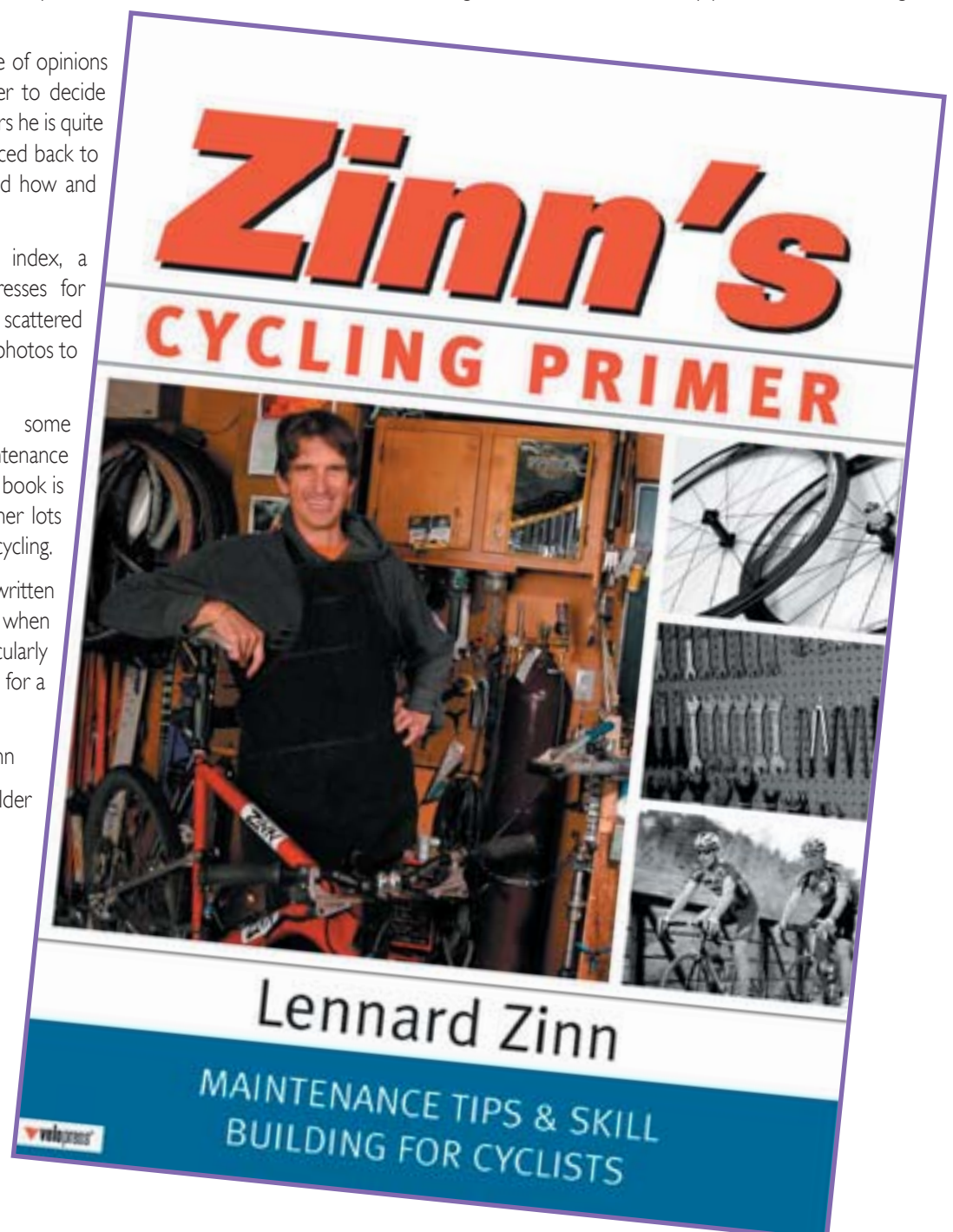
"Zinn's Cycling Primer", Lennard Zinn

Published by VeloPress, Boulder Colorado, 2004

ISBN 1-931382-43-3

Paperback, 218 pages.

Dymocks \$34.95



# How to Deal With Bad Dogs

By Fred Matheny and Ed Pavelka of [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

Dog attacks are high on the list of cycling fears. Maybe you can't stop Fang from giving chase, but you can outsmart him if you know how dogs think, assuming that xxxxx mutt even has a brain!

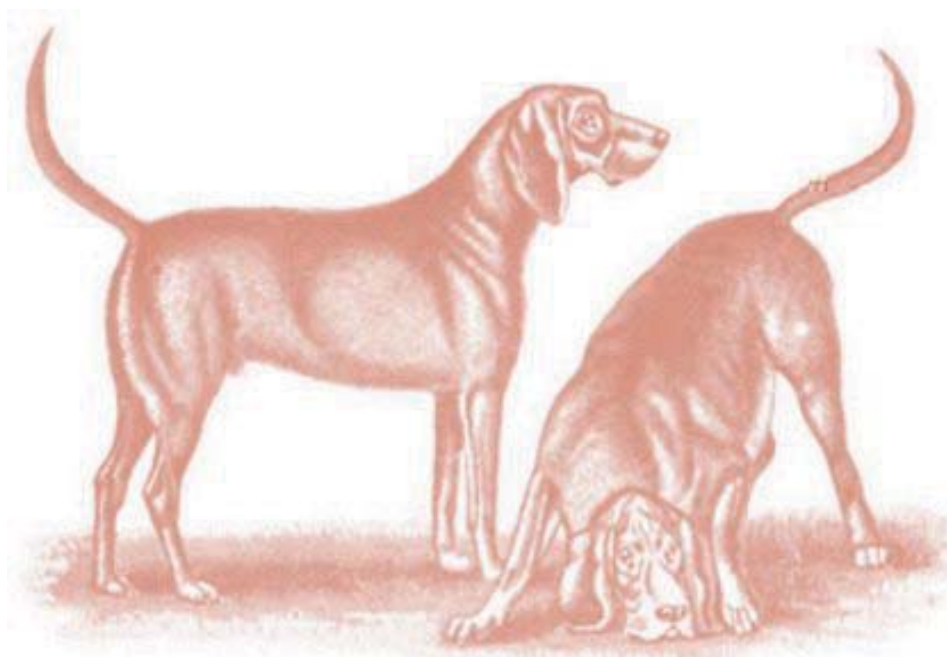
- Know dog psychology. The majority of dogs who chase cyclists are merely defending their territory. When you pedal off the section of road that they consider their turf, you no longer pose a threat to their ancestral instincts and they lose interest. Incidentally, this is why you'll rarely be chased by a dog you encounter well away from houses. He's not on his turf so he couldn't care less about you.
- Know dog tactics. Dogs want to attack from the rear, coming up from the hindquarter. Even one who sits up in his yard ahead of you may wait till you pass before giving chase. You can use this to your advantage in the next tip because it gives you a head start.
- Sprint! You often can outsprint Fido when he's more interested in fooling around than in actually attacking. You can tell his intent by how hard he's running and his expression. An easy gait with woofing and ears and tail up, no problem. A full-out sprint with ears back, tail down and teeth out, problem. Still, the territorial gene can save you. If the road is flat or downhill, stand up and sprint to get past the dog's invisible boundary.
- Guard your front wheel. When a dog sees you coming, he might make a beeline for your bike, then attempt to turn up beside you. The danger here is that his poor little paws will skid on the pavement and he'll plow into your wheels. If he hits the front one, you'll crash. Sprint so that you move forward faster than he expects, and give him a margin for error by steering farther into the road if traffic permits!
- SCREAM! Most dogs know what happens when a human is angry with them. A sudden shout of "No!" or "Git!" or "Stay!"

will surprise Fluffy and probably make him hesitate for just the second you need to take the advantage. If he's hard of hearing, raise your hand threateningly as if it contains a rock. Outlaw mutts usually have had experience with bad things flying at them when a human makes a throwing gesture.

- Play douse the Doberman. If you see big, fast Prince up ahead and know that he sees you, sprinting might not work. Especially if the road is tilting up. Take out your water bottle. Just having it in your hand may make him stay away. If he does come near you, give him a faceful and a loud yell. This distraction will slow him down, though he may come back for more. Just don't distract yourself and ride off the road.
- Give up and get off. If nothing works and Toodles has the upper hand, dismount quickly and hold your bike between you and those sharp teeth. Swing it like a weapon if necessary, and start calling for help. Someone may eventually come out of a house and yell, "Oh, he won't hurt you!"
- Call the cops. If you are attacked and bitten, report it to the Police or Council Ranger immediately. Include the location, a description of the dog and the owner's name and address if you know them. Get medical attention without delay.

If the same dog accosts you every time you ride the road, report this to the authorities, too. You have a right to use public roadways free from fear for your life, liberty and pursuit of cycling happiness. Keep following up with calls to make sure steps are taken to put PupPup on a rope.

Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at [www.RoadBikeRider.com](http://www.RoadBikeRider.com). No cost or obligation



**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.**

### AUGUST

**Date:** Sat 06/08/2005  
**Ride:** Wend Your Way to Wyong  
**Grade:** MH, BNSW Grade: OHT Distance: 80  
**Contact:** Peter Tuft, 9144 1325  
**Starts at:** 07:15. Berowra stn. Medium hard ride at a slow pace. Long & hilly ride on country roads to Wyong via Peats Ridge and Yarramalong. Return by train.

**Date:** Sun 07/08/2005  
**Ride:** Western Express  
**Grade:** Medium Hard, BNSW Grade: FPW Distance: 70  
**Contact:** Steve Hillier, 9899 5432  
**Starts at:** 07:30. Meadowbank wharf. Medium hard ride via Parramatta & Canley Vale to Abbotsbury. Return via Prospect & the canal routes.

**Date:** Sun 07/08/2005  
**Ride:** Western Wander  
**Grade:** Medium, BNSW Grade: OPW Distance: 70  
**Contact:** Eric Middleton, 9958 2546  
**Starts at:** 07:30. Meadowbank wharf. Medium but relaxed paced ride via M4 c/p & Rail Trail to explore Prospect's canal routes. Coffee at Abbotsbury.

#### WHAT TO BRING ON RIDES:

- your bike should be in good working order
- SAA approved cycle helmet
- 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 07/08/2005  
**Ride:** Bobbo Banana  
**Grade:** Medium Hard, BNSW Grade: FHX Distance: 55  
**Contact:** Keith Griffin, 0414 187 427  
**Starts at:** 07:45. Eastwood stn west. Medium/hard ride to Bobbin Head via Kissing Point Rd and return.

**Date:** Sun 07/08/2005  
**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 13/08/2005  
**Ride:** Cowan to Peats Ridge  
**Grade:** Hard, BNSW Grade: FHX Distance: 90  
**Contact:** Dennis Carberry, 9489 1716  
**Starts at:** 07:45. Cowan stn. Hard ride via Hawkesbury bridge to Peats Ridge. Coffee at 'Pie' on return leg.

**Date:** Sat 13/08/2005  
**Ride:** Marramarra Meander by MTB  
**Grade:** Easy, BNSW Grade: ESMU Distance: 15  
**Contact:** Col Kendrick, 9872 2583  
**Starts at:** 09:00. End of Bloodwood Rd Fiddletown. Easy MTB ride along Cobah Ridge fire trail in Marramarra NP. Slow pace, suit beginners. Coffee after ride at Arcadia

**Date:** Sun 14/08/2005  
**Ride:** The Big Loop  
**Grade:** Medium, BNSW Grade: OTP Distance: 55  
**Contact:** Malcolm Hart, 9744 9760  
**Starts at:** 08:00. Eastwood stn west. Medium ride to M2, Winston Hills. Down to Parramatta for coffee. Return via M4 to Meadowbank & uphill to Eastwood.

**Date:** Sun 14/08/2005  
**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 Old Pacific Hwy to caffè overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.

**Date:** Sat 20/08/2005  
**Ride:** Meadowbank to Bobbo  
**Grade:** Medium, BNSW Grade: OHT Distance: 50  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 08:00. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turrumurra, & Bobbin Head. Coffee and return. Long climbs and descents.

**Date:** Sat 20/08/2005  
**Ride:** Parramatta Park Parade  
**Grade:** Easy Medium, BNSW Grade: PST Distance: 35  
**Contact:** Col Lambert, 9637 0746  
**Starts at:** 08:00. Meadowbank Wharf. Easy/med ride along the PVC to Parramatta Park. Do a lap or two of the park before coffee, then return via M4 c/p.

**Date:** Sun 21/08/2005  
**Ride:** Bike North Annual General Meeting  
**Grade:** Easy, BNSW Grade: Nul Distance: 15  
**Contact:** Bike North Special event,  
**Starts at:** . Bike North Members only. Bike North's Annual General Meeting contact Bike North for more details about this event.

**Date:** Sat 27/08/2005  
**Ride:** Bays & Foreshores  
**Grade:** Easy Medium, BNSW Grade: PST Distance: 35  
**Contact:** Pam Kendrick, 9872 2583  
**Starts at:** 07:30. Meadowbank Wharf. Easy/medium ride to Gladesville Bridge, then follow the bays & foreshores around to Concord for coffee.

**Date:** Sat 27/08/2005  
**Ride:** Akuna Bay and Church Point  
**Grade:** Hard, BNSW Grade: FHX Distance: 80  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 07:00. Eastwood Stn east. Hard, hilly ride via de Burghs Br, Pymble, Terrey Hills, Akuna Bay, Church Pt (coffee). Return via Turrumurra. Brisk pace.

**Date:** Sun 28/08/2005  
**Ride:** Footloose in the Foothills  
**Grade:** Medium, BNSW Grade: XOT Distance: 60  
**Contact:** Fran Griffin, 9614 0777  
**Starts at:** 09:00. McQuade Park, Windsor. Medium, very scenic ride through Grose Valley, Kurrajong and Freemans Reach

**Date:** Sun 28/08/2005  
**Ride:** Royal Cricketers Arms  
**Grade:** Medium, BNSW Grade: OPT Distance: 60  
**Contact:** Col Lambert, 9637 0746  
**Starts at:** 08:00. Meadowbank wharf. Medium ride via M4 & lower canal c/ps to the pub for a BIG BREAKFAST. Return the same way.

**Date:** Sun 28/08/2005  
**Ride:** City Circle  
**Grade:** Medium, BNSW Grade: STP Distance: 40  
**Contact:** Joan Kerridge, 9909 8925  
**Starts at:** 07:30. Artarmon Stn east side. Medium ride to the historical areas of Sydney CBD including Harbour Br., The Rocks, Darling Harbour, Paddys Mkt., Kings Cross and Woolloomooloo with coffee stop.



SEPTEMBER

**Date:** Sat 03/09/2005  
**Ride:** Western Explorer  
**Grade:** Medium, BNSW Grade: OP Distance: 70  
**Contact:** Steve Hillier, 9899 5432  
**Starts at:** 07:30. Meadowbank wharf. Medium ride via Parramatta & Canley Vale to Abbotsbury for coffee. Return via Prospect & canal routes. Brisk pace.

**Date:** Sat 10/09/2005  
**Ride:** Meadowbank to Bobbo  
**Grade:** Medium, BNSW Grade: OHT Distance: 50  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 08:00. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.

**Date:** Sat 10/09/2005  
**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:** Sun 11/09/2005  
**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 Old Pacific Hwy to cafe overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.

**Date:** Sat 17/09/2005  
**Ride:** Hawkesbury Ferry Cruise  
**Grade:** Medium, BNSW Grade: OHU Distance: 40  
**Contact:** Peter Tuft, 9144 1325  
**Starts at:** 08:00. Lower Portland ferry (east). A medium riverbank ride with 2 ferry crossings & 1 walk-up hill. Dirt roads, hybrid & MTB only.

**Date:** Sat 17/09/2005  
**Ride:** Concord for Cake  
**Grade:** Easy, BNSW Grade: PST Distance: 25  
**Contact:** Debbie Edwards, 9436 0969  
**Starts at:** 07:30. Meadowbank wharf. Easy ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way.

**Date:** Sun 18/09/2005  
**Ride:** Hills and Surfside  
**Grade:** Hard, BNSW Grade: FTH Distance: 80  
**Contact:** Malcolm Hart, 9744 9760  
**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 18/09/2005  
**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 c/w to Botany Bay. A refuel at our favourite cafe at Brighton, then return.

**Date:** Sun 18/09/2005  
**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 24/09/2005  
**Ride:** Brooklyn Brunch  
**Grade:** Hard, BNSW Grade: OTHX Distance: 90  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 07:00. Eastwood stn east. Hard ride at a Medium pace to Bobbin Head, then Brooklyn for brunch. Return via Hornsby &

Turramurra. Fit, experienced riders only.

**Date:** Sat 24/09/2005  
**Ride:** Parramatta Park Parade  
**Grade:** Easy Medium, BNSW Grade: PST Distance: 35  
**Contact:** Col Lambert, 9637 0746  
**Starts at:** 08:00. Meadowbank Wharf. Easy/med ride along the PVC to Parramatta Park. Do a lap or two of the park before coffee, then return via M4 c/p.

**Date:** Sun 25/09/2005  
**Ride:** Hawthorne Canal  
**Grade:** Medium, BNSW Grade: OPT Distance: 40  
**Contact:** Col Kendrick, 9872 2583  
**Starts at:** 07:30. Meadowbank wharf. Medium ride via Cooks River c/p, to Marrickville, then Hawthorne Canal c/w stopping for coffee at Concord.

**Date:** Sun 25/09/2005  
**Ride:** Exploring Eastwood  
**Grade:** Easy, BNSW Grade: EST Distance: 17  
**Contact:** Fran Griffin, 9614 0777  
**Starts at:** 08:00. Eastwood Stn west. An easy meander through rolling terrain of Eastwood and Marsfield and Macquarie Uni.



**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.