

# Chain Mail



No. 43 November 2005

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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.

## Fairs and stuff

September is always a big month for promoting cycling at local fairs and through Bike Week activities. This year was no exception. After a warm up on August 6th with the Mocooboola Festival at Hunters Hill High School we then launched into a massive day at the Willoughby Fair on September 10th. On that day Victoria Ave is closed to traffic from the Hill Spring the Mall to Archer Street and replaced with lots of busy stalls, crowds of people and a short parade where we made our colourful, balloon clad entrance. We rarely stop talking to people at the Bike North stall and this year we had an extra attraction. Consultants PBAI are preparing Willoughby's new Bike Plan and they asked to use our stall to promote their survey on cycling. With a free water bottle as incentive, we were soon surrounded by rows of keen survey completers, many interested in knowing more about what we do and how we could help them. 170 questionnaires were completed that day and near that number of water bottles grasped by our satisfied customers.



**Willoughby Spring Fair, busy Bike North stall – photo: Carolyn New**

With just a week to grab our breath it was onto Bike Week. Ryde was first off the mark on Saturday September 17 with a Bike Fun Day. Despite a showery start and windy day, under Doug Stewart's expert guidance Ryde members set up a very successful 'ten skills' course over 4 netball courts. Lots of kids were kept entertained for several hours and filled up on a free sausage sizzle. Ryde Council were suitably grateful and are interested in running skills activities for kids more frequently.

The following day in Mosman, Le Spit Cyclery and Mosman Council ran a similar but much lower key event on Balmoral Oval. We went along to fly the Bike North flag and talk with more people about cycling.

Friday 23rd was a double banger. From 7-9am North Sydney Council put on a bike breakfast at the Harbour Bridge cycleway steps. Pre-event publicity was very successful and council estimates around 300 cyclists dropped in on that breakfast. Food shortages were an issue as hungry cyclists grabbed whatever they could find! Bike North was there, again flying the flag, talking to cyclists about their problems, their suggestions. On display was a draft of the soon to be released North Sydney Bike Map, featuring Bike North member, Ian Doig and friends on the front cover. An hour or so later and it was time for the Willoughby Council Information Stall in Chatswood Mall. Once



**Willoughby Spring Fair Parade – photo: Keith Griffin**



**Granny Smith Parade, Eastwood – photo: Keith Griffin**



**Creating the skills course, Ryde Bike Fun Day – photo: Keith Griffin**

again the survey forms and water bottles were out, this time targeting the work day people. Another 70 survey forms were completed and more people came to talk about cycling in Sydney.

The behind the scenes shuffle of Bike North gazebo, display boards and assorted promotional material continued and on Saturday September 24 it was Hornsby's turn to open for business in the Florence St Mall. John McGregor and the Hornsby Working Group manned a stall in the Florence St pedestrian precinct in Hornsby. Over 40 people expressed interest in our activities, our rides and collected information. It was a pleasing result and worth the effort.

We go to print in the midst of our October promotions; first the Granny Smith was similar to the Willoughby Spring Fair, only placed on the closed streets of Eastwood. Then there is a special event, the Bicycling Australia Show, an indoor event where we have a booth and will be promoting Great Places to Ride in Sydney.

Most of what we do at these events is talk to people about cycling and how much fun it is. Everyone reading this knows that already, so this makes it very easy to talk to people about cycling. So easy that anyone can do it.

As you can see from this article there is a lot of activity in a very short period of time during spring so we can use all the helpers we can get.

Thanks to all the people who contributed their help at these activities this year. We simply can not do it without you. If you missed all the fun this time, don't worry, we'll do it all or similar again next year. All that is required is an hour or two of your time. Put it in your calendar for next September. See you at the fair!!



**Hornsby stall – photo: Maria Devlin**

## Working it out – on the bike

Ben Herman

I fasten my helmet and put on my leggings since it's proving to be another chilly winter's morning on the North side of Sydney. That damn wind has a habit of getting through to make you perfectly miserable. It's still early, just before 6:00am and I'm heading down to Bobbin Head for a training ride. I like to ride by myself sometimes since I can let my mind wander and allow my thoughts to drift aimlessly around...

I can feel the bitter pill of disappointment well up in my throat. Once again I had words with my kid which left me feeling annoyed and on edge. He's growing up fast, and on the wrong side of the pubescent experience, yet he is the apple of my eye. When it comes to fulfilling my expectations of what the perfect kid should be, I feel let down and disappointed. Why does he not have a perfect sense of what he wants to be? Why is he not the perfect student in school? The most popular and effervescent student? The best athlete that money can buy? A driven and resourceful individual who knows inherently what he wants and how to go about getting it?

I'm coming up on the Asquith turnoff to Bobbin Head in the Ku-ring-gai National Park. My bike is not handling exactly right and my back is beginning to hurt. No matter I tell myself, I simply shrug off those minor pains and inconveniences and press on anyway. I look over my shoulder to ensure cars are not coming up behind me, and quickly move over into the turning lane. I execute a right hand turn into the service road and pour on the speed. I need to get to the entrance to the National Park, and no time like the present.

In my world view, kids at the age of 16 should be kept busy and have absolutely no free time. The main idea is to keep them challenged and focused so that they don't have a chance to get involved in the bad stuff. You know, the drugs, alcohol, sex, and all the lures of this comfortable middle class existence...

I whiz past the little hut that houses the park ranger, and my back is pinging me some more... again I shrug it off. I'm fast approaching the start of a long decline to

the bottom of Bobbin Head. I approach it with a sense of dread. I never felt particularly comfortable on this descent. The speed is terrifying and those tires are awfully thin. The road has valley and depressions which my thin tire seems to find with an unerring accuracy. As the air whips around my eyes I crouch even lower trying to get out of the wind. Hands firmly on the brake hoods I'm descending as fast as I can possibly stand it. Damn it's cold. The wind is beating against my arms and legs and my full attention is completely absorbed in the terrifying descent down to the bottom of Bobbin Head. I can't actually be enjoying this, can I?



It's with a great sense of relief I finally reach bottom. The road's evened out, and I get a short reprieve. I get off the bike, and stretch out the small of my back which by now has become numb. Only takes a minute for the knot to work itself out and I'm starting to feel comfortable again. My gaze turns to the water in the head lands, and I'm stunned. A thin fog has settled over the water, and the wispy edges of the fog can be seen hovering above the water in a kind of stasis. I can't say I've ever seen anything like that before. It's eerie, and has a kind of ethereal beauty to it. All I can do is stare at it... lost.

I usually set my trip meter back to zero as I start the climb out of Bobbin Head. I time myself doing the 4k climb, and all I can say is that I'm slow relative to my peers. Just keep those feet turning I say to myself. Spin those wheels, turn those pedals... go... go... go...

What was I like when I was 16? I certainly had strong ideals and lived vicariously through my ideology. I came across the philosopher and author Ayn Rand when I was 15, and sure

enough became a confirmed altruist and rugged individualist to boot. It was a time when my consciousness was just beginning to peek out from behind the curtain. I fought hard for the things I believed in and there was nothing I couldn't do if I set my mind to it. Yet these self perceptions are tempered by the fact that I too floundered for a long time. I couldn't make up my mind until well through University as to what I really wanted to do. I yearned for different surroundings and found it difficult to break out... You know when I think about it, I actually admire the way my kid attacks his music. He has this quiet self confident way about him which I find many people are inexorably drawn to. He definitely has it much better than I did at his age. He has grown up without many of the challenges that I had when I was young. He has a greater sense of entitlement and belonging that eluded me when I grew up in an uncertain and risky world.

The final leg of "Bobbo" is tough. I peer around the blind curves standing on the pedals better to power through the bend in the road. My chest is heaving and the heart rate monitor is looking distinctly topky... No matter I tell myself the end of the climb is just around the next bend... go... spin... turn... go...

I zoom back down Pacific Highway for a short 3k stint, but traffic is heavy as early morning traffic starts to build up heading into the city. The bike has a mind of its own from here, and I glide into the garage entrance hop off the bike and start to unbuckle the clasp of my helmet. I reflect back on the ride I just completed and am surprised that 1 1/2 hours has elapsed and 35 km covered, when it feels like only 5 minutes ago that I actually left the house. I glance at the Cyclo-computer and a self satisfied grin breaks out when I realize I shaved a couple of minutes off my typical time. I try to recall exactly what I was thinking about on the ride? I can't quite get a grip on it... it's like trying to recall a dream that keeps on slipping away from you. Something about my kid I think... Never mind, have to jump into the shower as I'm running late for work... gotta go!

*Ben lives in Gordon with his wife and two teenage children. Two years ago, he moved back to Australia after a 10 year sojourn in New Jersey. Ben can often be seen on a Bike North ride laughing at Doug Stewart's jokes*

## These shoes were made for cycling!!!

Debbie Edwards



Sadly, no longer – they have deservedly pedalled their way to cycle shoe heaven after an estimated 60,000 kms and 11 years of long and hard service.

Where did they go? Well, they have pedalled a number of Big Rides:

- 1994 The Mountains to the Sea
- 1996 Albury to Bathurst
- 1997 Big Ride Tamworth to Newcastle
- 1998 Barham to Albury
- 1999 Canowindra to Bega
- 2000 Tweed Heads to Sydney
- 2001 Oberon to Forbes

They have commuted from Hornsby to Lane

Cove (34km round trip) for 10 years and for the last year from Naremburn to Lane Cove (a much shorter 12km round trip)

They have done 7 Loop the Lakes, 4 Tours de Cowra, and a couple of Gong Rides.

They have lead:

- 39 Pie in the Sky
- 3 Northern Beaches 'n Backroads
- 11 Cowan to Calga
- 9 Reverse Bobbin Head.

This year they travelled 800 km in France including the glorious achievement of riding up Alpe d'Huez and Col de Galibier.

Who do they belong to? If you haven't already guessed – their owner was Graeme Edwards.



## Renewing your membership at Westpac Bank

You can renew your membership by making a deposit at any branch of the Westpac Bank. Just follow these two steps.

Step 1: Complete a blue Westpac deposit slip with the following Bike North Inc account details:

Bank:	Westpac
Branch:	Epping
Account Name:	Bike North Inc
BSB:	032081
Account Number:	127180
Aux Serial no.:	Insert your Bike North Member number eg. 0189

Make sure that you include your member number in the section marked "Aux serial no. This number identifies you as the person paying the membership fee and can be found on your membership renewal form.

Step 2: Take the deposit slip with your membership payment to the teller and ask them to please punch in the Aux Serial no.

Westpac Banking Corporation ABN 33 007 417 141

**DEPOSIT**

Branch/Bank where account is held: Epping Signature: \_\_\_\_\_

Paid in by (print name): \_\_\_\_\_

Daytime phone no. ( ) \_\_\_\_\_

For CREDIT of (account name): Bike North Inc

No. chqs \_\_\_\_\_ Pay the funds to: \_\_\_\_\_ Credit Card number \_\_\_\_\_

Credit Card acct. > \_\_\_\_\_

Aux serial no. 0189 OR Bank account > Branch BSB number 032081 Account number 127180 Trancode \_\_\_\_\_

Date: 30/2/05

Cash: 35.-

Cheque(s) Complete details on reverse: \_\_\_\_\_

Transfer fee: \_\_\_\_\_

Bank Use Only - Verify account details to CIS. Credit Card payments process via front office.

TOTAL \$ 35.-

## LOCAL WORKGROUPS

Council	Email Address	Contact name	Phone No
Ryde	ryde@bikenorth.org.au	Doug Stewart	9887 1478
		Graeme Woodward	9617 0772
Ku-ring-gai	kuringgai@bikenorth.org.au	Hette Mollema	9144 7880
		John Watts	9144 7656
Hornsby	hornsby@bikenorth.org.au	Steve Hillier	9899 5432
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

## Your Commute

Fran Griffin

It feels strange to get up and put on normal clothes, so you put on your bike clobber; gobble some breaky, pack your pannier; check your tyres are still round and hit the road. A few back streets give you a chance to sticky-beak at the latest horticultural triumphs of your neighbours, dodge the odd magpie and get the legs warmed up for the attack on that short but steep hill.

At the top you turn on to a busier local road and plot your strategy for the two roundabouts coming up. The roundabouts have quite different characters, so your behaviour towards them adapts to their moods each day. You have worked out the optimal distance to pull out from the left and not get abused, and combined with appropriate body language (always polite) you get through without incident and without prematurely waking up any drivers.

The school is coming up, you say good morning and wave to the lolly-pop man, who is always cheery and pleased to see you (probably really impressed that you ride to work every day). You choose the busy but slow way through the car park rather than the busy and fast way on the main road, preferring the slightly greater risk of being hit by a mum reversing to the lesser but more

serious risk of being pushed into the gutter by an idiot who's late for work.

Here is the motorway, which fortunately has a cycle path, which unfortunately is always full of debris. Fingers crossed you won't need to use the extra fifteen minutes you've allowed for fixing flats, you hoon down the hill and enjoy the uninterrupted run until your exit point.

Now you feel like a cycle courier, slaloming between stopped cars, taking only just legal shortcuts where cars can't go. Somehow you persuade yourself that you really must stop at your workplace instead of riding for another couple of hours. A quick shower or towel down, and you're ready and alert for the day's work. Meanwhile your colleagues emerge from the office kitchen, yawning and desperately clutching their heart-starters.

Before you started commuting by bike you admired those who did, but never thought you could manage it. You already had a decent bike, and weekend rides and one night a week in the gym were keeping you fairly fit. You wonder why it took you so long to get around to riding to work. It's cheaper: no petrol, no fares, no more gym fees; even though you use quite a few tubes and patch kits. You have more free time, since you get your exercise during time that would normally be wasted. It also gives you the perfect excuse to impulse buy clothing in the bike shop.

## Diary Dates

**Bike North Executive Meetings:**

1 Nov 2005 (Tuesday)

6 Dec 2005 (Tuesday)

No meeting in January

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

**Working Group Meetings:**

8 Nov 2005 (Tuesday) – Ryde WG

12 Dec 2005 (Monday) – Hornsby WG

13 Dec 2005 (Tuesday) – Ryde WG

10 Jan 2006 (Tuesday) – Ryde WG

At first you rode in and got the bus home one day, then bussed in and road home the next, but you soon found it was easier to do the whole commute every second day. It wasn't long before you didn't enjoy the off days, so it was more fun to ride every day. There was a noticeable difference in your concentration and general mood between riding and non-riding days. You feel really cheated when foul weather, illness or other circumstances prevent you riding to work. Looks like you're hooked on endorphins!

You've also managed to convince one of your workmates, who lives a long way from work, to multimode three times week. She shares your enthusiasm for improved productivity at work, not to mention improved performance on those extremely non-competitive weekend rides!



## Sharing the Path

Two of our local councils have started to install "behavioural" signs on their shared pathways. These signs are a reminder to all path users to consider other users when sharing the path. The NSW Bicycle Guidelines released by the RTA in late 2003 recommends a set of four behavioural signs: Keep Left, Warn When Approaching, Move Off Path When Stopped and Control Your Dog. Ryde Council has installed a noticeboard displaying the full set in Shrimptons Creek which will soon extend



Bicentennial Reserve, Willoughby



from Waterloo Road near to the Macquarie Centre to Quarry Road.

Willoughby Bushland people were initially reluctant to include more signage within their shared path system through Bicentennial and Artarmon Reserves. A compromise of a mini version attached to small recycled wood posts has answered their concerns and have been discretely scattered regularly along these popular pathways.

## Shrimptons Creek - Ryde Council

The Shrimptons Creek off-road cycle path has been extended again, now bringing cyclists from Denistone East north to Macquarie Centre and Macquarie University. The path will be further extended south across Santa Rosa Park to Quarry Road in the next 6 months. In addition Ryde Council has installed new informative signs for path as shown. More information : [ryde@bikenorth.org.au](mailto:ryde@bikenorth.org.au)

Shrimptons Creek, Ryde



## Pembroke Link Epping - Hornsby Council

After eight years the short critical link finalising the Epping to Marsfield/Macquarie Park cycle route has been completed. The route is a combination of off-road and on-road routes through two the Council areas of Hornsby and Ryde. This formalises a good quality low stress commuter route albeit with a couple of hills. More information contact [hornsby@bikenorth.org.au](mailto:hornsby@bikenorth.org.au)

Pembroke Link Epping - Hornsby Council



## Ku-ring-gai Steps Up for the Challenge??

Bike North members have expressed strong criticism of the Gordon to St Ives bicycle route built this year. The road grades are very steep; the route indirect, off-road path widths barely meet the standard, with potential safety issues on the steep short hills. To cap it off, there is an expectation that cyclists should dismount to cross the bridge on Rosedale Road.

Ku-ring-gai Council officers are aware of these criticisms but feel they were unable to do otherwise due to the constraints of RTA funding decisions and obligations and perceived lack of councillor support for additional funding or approvals over potential residential complaints.

It has been agreed with Council that the best way forward is a review of the Bike Plan, to identify more appropriate routes. Council is hopeful that with our support, they can fund a minimal review for next year's budget (2006/7). Such a review will require significant input from local Ku-ring-gai cyclists.

So, hands up everyone prepared to contribute to a better cycling in Ku-ring-gai.



**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.**

DECEMBER

**Date:** Sat 03/12/2005  
**Ride:** Meadowbank to Bobbo  
**Grade:** Medium, BNSW Grade: OHT Distance: 50  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 07:30. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.

**Date:** Sun 04/12/2005  
**Ride:** Scheyville Windsor loop  
**Grade:** Hard, BNSW Grade: FHX Distance: 90  
**Contact:** Keith Griffin, 0414 187 427  
**Starts at:** 07:30. Cnr M2 and Pennant Hills Rd. Ride to Windsor via Kenthurst and Scheyville Nat Park. Return via Kings Langley and M2.

**Date:** Sun 04/12/2005  
**Ride:** Bays & Foreshores  
**Grade:** Easy Medium, BNSW Grade: PST Distance: 35  
**Contact:** Trevor Roberts,  
**Starts at:** 07:30. Meadowbank Wharf. Easy/medium ride to Gladesville Bridge, then follow the bays & foreshores around to Concord for coffee.

**Date:** Sat 10/12/2005  
**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 11/12/2005  
**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.

**Date:** Sun 11/12/2005  
**Ride:** City Sunset  
**Grade:** Easy Medium, BNSW Grade: STH Distance: 30  
**Contact:** Joan Kerridge, 9909 8925  
**Starts at:** 17:30. St Leonards stn concourse. Easy / Med ride to Bradleys Head via Cammeray for BYO picnic dinner at sunset. Return via Mosman. BIKE LIGHTS ESSENTIAL.

**Date:** Sun 11/12/2005  
**Ride:** Northern Beaches and Back Roads  
**Grade:** Medium Hard, BNSW Grade: FHXT Distance: 86  
**Contact:** Malcolm Hart, 9744 9760  
**Starts at:** 07:00. Eastwood Stn east. Medium/hard ride via Browns Waterhole, Turramurra, Church Point to Manly for coffee. Ferry to Quay then to Eastwood via Lane Cove NP and M2. Fit and experienced riders only.

**Date:** Sun 11/12/2005  
**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 café overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.

**Date:** Mon 12/12/2005  
**Ride:** Hornsby Area Meeting  
**Grade:** none, BNSW Grade: Distance: 1  
**Contact:** Bike North Special event,  
**Starts at:** 19:00. Willow Park Community Centre, Hornsby. Hornsby Working Group meeting.

**Date:** Sat 17/12/2005  
**Ride:** Akuna Bay and Church Point  
**Grade:** Hard, BNSW Grade: FHX Distance: 80  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 06:30. Eastwood Stn east. Hard, hilly ride via de Burghs Br, Pymble, Terrey Hills, Akuna Bay, Church Pt (coffee). Return via Turramurra. Brisk pace.

**Date:** Sat 17/12/2005  
**Ride:** Christmas Lights by Bike Lights  
**Grade:** Easy, BNSW Grade: EST Distance: 30  
**Contact:** Pam Kendrick, 9872 2583  
**Starts at:** 18:00. Meadowbank Wharf. Easy ride through Concord to Halliday Pk Five Dock for byo picnic dinner in the park at dusk. Marvel at the array of lights. BIKE LIGHTS ESSENTIAL.

**Date:** Sun 18/12/2005  
**Ride:** North Ryde Christmas Lights  
**Grade:** Easy, BNSW Grade: ET Distance: 20  
**Contact:** Pam Kendrick, 9872 2583  
**Starts at:** 19:00. Eastwood stn east. Easy night ride to Cutler Pde, Nth Ryde to view the spectacular Christmas display. Bring a picnic supper. BIKE LIGHTS ESSENTIAL.

**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 18/12/2005  
**Ride:** A to Z and Beyond  
**Grade:** Medium, BNSW Grade: OTH Distance: 30  
**Contact:** Rick Mockridge, 0418 284 052  
**Starts at:** 07:30. Artarmon Stn east. Med, hilly ride to Balmoral. After coffee climb to Middle Hd then to Zoo Wharf, ferry to Quay, ret. via Bridge & Nth Sydney.

**Date:** Sun 18/12/2005  
**Ride:** Olympic Park Ride  
**Grade:** Easy, BNSW Grade: CPS Distance: 25  
**Contact:** Col Lambert, 9637 0746  
**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:** Mon 26/12/2005  
**Ride:** Yacht Race Ride  
**Grade:** Easy Medium, BNSW Grade: OHT Distance: 25  
**Contact:** John Williams, 0409 324 317  
**Starts at:** 10:30. St Leonards station concourse. Take the scenic route via Spit bridge to Tania Park at Seaforth for a BYO picnic lunch to see the yachts heading to Hobart.

JANUARY 2006

**Date:** Sat 07/01/2006  
**Ride:** Twilight on the Harbour  
**Grade:** Medium, BNSW Grade: OTH Distance: 35  
**Contact:** Joan Kerridge, 9909 8925  
**Starts at:** 17:00. St Leonards Stn concourse. Med ride to Manly & North Head for BYO picnic dinner at sunset. Ferry to Quay before returning to St Leonards via the Bridge. BIKE LIGHTS ESSENTIAL.

**Date:** Sun 08/01/2006  
**Ride:** Hills and Surfside  
**Grade:** Hard, BNSW Grade: FTH Distance: 80  
**Contact:** Malcolm Hart, 9744 9760  
**Starts at:** 07:00. 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 08/01/2006  
**Ride:** Parramatta Park Parade  
**Grade:** Easy Medium, BNSW Grade: PST Distance: 35  
**Contact:** Col Lambert, 9637 0746  
**Starts at:** 07:30. 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:** Sat 14/01/2006  
**Ride:** Meadowbank to Bobbo  
**Grade:** Medium, BNSW Grade: OHT Distance: 50  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 07:30. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.

**Date:** Sun 15/01/2006  
**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 15/01/2006  
**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 21/01/2006  
**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:** Sun 22/01/2006  
**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:** Sat 28/01/2006  
**Ride:** Brooklyn Brunch  
**Grade:** Hard, BNSW Grade: OTHX Distance: 90  
**Contact:** Doug Stewart, 9887 1478  
**Starts at:** 06:30. 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 28/01/2006  
**Ride:** Olympic Park Ride  
**Grade:** Easy, BNSW Grade: CPS Distance: 25  
**Contact:** Steve Hillier, 9899 5432  
**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.

**Bike-bits Swap Meet?**

Time for a spring clean! Have you got a cupboard, shed or house full of bits of bikes that you don't or can't use? Perhaps the frame suffered an ugly fate but other components are still in good nick? A seat that wasn't compatible with your specific derriere?

Bike North wants to give you the chance to sell or trade or give them to a good home!

If there's enough member interest (i.e. enough bike-bits to make it fun) we'll put on a Swap Meet. Register your interest and tell us about your bike-bits by e-mailing [chainmail@bikenorth.org.au](mailto:chainmail@bikenorth.org.au)



**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.