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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.

## Naked Cycle Advocacy

What with smog and congestion, biking through the world's big cities is hard yakka. Thousands of cyclists - all completely naked - took to city streets on Saturday 9 June to protest car culture.

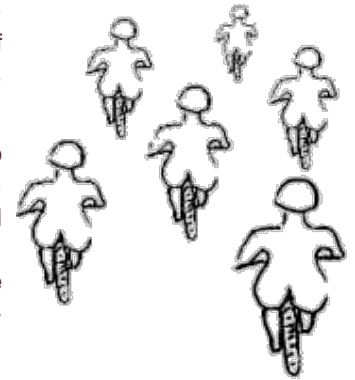
Rule number one in getting your voice heard is to attract a bit of attention. Which is what the organizers of Saturday's fourth annual World Naked Bike Ride (WNBR) seem to have little trouble doing. WNBR advocates and celebrates sustainable energy, environmentally-responsible living, human-powered transport and body-positive values.

Free-wheeling cyclists stripped down and took to the streets of London, Madrid, Vancouver, Washington D.C. and Mexico City among others to do birthday-suit battle against global car culture. The cheeky protest was to draw attention to biker-unfriendly urban congestion and to the over-reliance on fossil fuels that is damaging to the environment.

"It is time more motorists stripped off their armour-plating and moved around more gently on this earth,"

London cycle protester Duncan Blinkhorn.

"Bikes and naked bodies harm nobody. Car fumes and accidents kill tens of thousands every year in the UK alone and are driving us all to climate chaos."



In London, traffic came to a standstill as the naked bunch biked by, with observers gawking and taking pictures with their mobile phones. The authorities let the demonstration go ahead, as it had been registered beforehand with police. But the nude bike ride was quickly halted in Paris, with the police ordering the 400-strong group to put their clothes back on - though not before attracting a bit of attention to their cause.

Aussies have begun to join in the fun at Naked Bike Rides held in Brisbane, Melbourne and Newcastle on 10 March this year. Plans are afoot for "World Naked Bike Ride" to attract even more attention on 8 March 2008 with proposed rides in Adelaide, Brisbane, Cairns, Canberra, Melbourne, Newcastle, Perth, SYDNEY and Tweed Heads.

[More info](#)

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# Our Favourite Rides – Botany Bay Bacon

## Chainmail (CM): What are the special features of Botany Bay Bacon?

Eric Middleton (EM). This ride is ideal for people wanting to go on a longer distance ride than they might normally do and with very few hills. The scenery is interesting and varies from riding along the riverside at Rhodes, then through Bi-Centennial Park to meandering a fair way along the Cooks river which is very relaxing as it's so flat.

From Tempe to Brighton the ride becomes fun for plane enthusiasts such as Helen and I given the planes often fly directly over our heads and we have to be mindful of keeping our eyes on the cycleway and not up in the sky!

The ride starts from Meadowbank Wharf and goes through Homebush, Canterbury, Marrickville and Tempe. The ride goes along quiet roads and shared cycleways by the Cooks River. The halfway point is at the tennis courts at Canterbury which is where we stop for a short break of about 10 minutes.

Our morning tea stop is at the Novotel Foodhall at Brighton-le-Sands. The bacon and eggs (including tomato) with toast must be the best value in Sydney. The staff there are quick, efficient and friendly even when we rearrange the furniture to make 2 or 3 long tables and when we always forget to put the furniture back as we found it. Also, the management there allow us to bring in our bikes, which is a big plus. They can handle 30+ riders at once, but we do phone them an hour before to let them know how many of us to expect.

## CM: If I don't go on an organised BN ride, could I find my own way on this ride?

EM: The signage is very good along the route but in some places the signs can be partly hidden by tree branches. I would suggest doing the BBB a couple of times with BN so you can get an idea of where you are going before having a go at the ride on your own. The Cue sheet on the BN website would be beneficial for anyone wanting to do the ride themselves.

## CM: What level of rider would enjoy this ride?

EM: Any rider wishing to have a social ride at a moderate pace. The route crosses quite a few major roads making it necessary to have frequent regrouping stops. Any rider aiming to progress from an easy ride to a medium ride could do this ride to stretch their endurance without tiring themselves out with hills. Occasionally we get riders on the BBB who like to do the hard and fast rides with BN but feel like a "social easy pace ride today" to enjoy the scenery and meet other riders.

If a rider wishes to do this ride at a faster than average 18 kph with few stops they should not come with a BN group.

<b>Ride:</b>	Botany Bay Bacon (BBB)
<b>Location:</b>	Meadowbank Wharf to Brighton-le-Sands via Canterbury and return
<b>Distance:</b>	65 kms
<b>Bike:</b>	Any style
<b>Fitness:</b>	Average – ideal for riders who enjoy a flat ride with few hills

## CM: Is there anything else to note about this ride?

Helen Middleton (Eric's sweep) (HM): As I'm not an especially skilled rider, I find this ride safe, stress free, scenic and easy as it's mostly on cycleways. Eric doesn't conduct the ride too fast and regroups often. I get to have a chat with the other riders which I enjoy very much as the social aspect is VERY important to me, and I still feel like I have had a good workout because of the distance.

## Update from the President

*By Graeme Edwards*

M2: As a result of our M2 activities BN are now seen by Transurban as a key stakeholder. Both Doug Stewart and I have been invited to participate in a survey so they can identify and attempt to satisfy stakeholder needs.

Ride Leader Assessors: During May a number of BN ride leaders acted as assessors at the BNSW ride leading course. We now have four experienced assessors able to participate in this activity in the future. This puts BN in a good position to assist BNSW in the future and improves the existing close bond between BNSW and BN.

# Cycling Issue of the Month

## Naremburn to the Harbour Bridge

Usage of the new bike path from the Pacific Highway to Naremburn shows what we all know. Unfortunately the bike path stops at Merremburn Ave, Naremburn with no satisfactory route to North Sydney and the City. This is a vital connection that impacts everyone who rides from the north or north west to North Sydney and the City and it is long overdue.

This is another opportunity to provide positive feedback regarding the new bike paths along the Gore Hill Freeway and then to point out the urgent need to continue this bike path to North Sydney and the Sydney Harbour Bridge Cycleway.

We ask you to contact:

Chief Executive Officer RTA	<a href="http://www.rta.nsw.gov.au/cgi-bin/index.cgi?action=feedback.form">www.rta.nsw.gov.au/cgi-bin/index.cgi?action=feedback.form</a>	P.O. Box K198 Haymarket 1240
Minister for Roads. Eric Roozendaal	<a href="mailto:Enquiries.roads@roozendaal.minister.nsw.gov.au">Enquiries.roads@roozendaal.minister.nsw.gov.au</a>	Governor Macquarie Tower Level 30, 1 Farrer Place SYDNEY NSW 2000

Congratulate and thank them for the completion of the bike path as part of the Lane Cove Tunnel Project AND stress how much you need them to continue this bike path to North Sydney and the Sydney Harbour Bridge.

Also ask your local state member of parliament for his/her support. Write to:

Electorate	Name	Email Address	Postal Address
North Shore	Jillian Skinner	<a href="mailto:northshore@parliament.nsw.gov.au">northshore@parliament.nsw.gov.au</a>	Suite 3 40 Yeo Street NEUTRAL BAY NSW 2089
Willoughby	Gladys Berejiklian	<a href="mailto:willoughby@parliament.nsw.gov.au">willoughby@parliament.nsw.gov.au</a>	280 Willoughby Road NAREMBURN NSW 2065
Davidson	Jonathan O'Dea	<a href="mailto:davidson@parliament.nsw.gov.au">davidson@parliament.nsw.gov.au</a>	6/303 Pacific Highway LINDFIELD NSW 2070
Ku-ring-gai	Barry O'Farrell	<a href="mailto:barry.o'farrell@parliament.nsw.gov.au">barry.o'farrell@parliament.nsw.gov.au</a>	27 Redleaf Avenue WAHROONGA NSW 2076
Lane Cove	Anthony Roberts	<a href="mailto:lanecove@parliament.nsw.gov.au">lanecove@parliament.nsw.gov.au</a>	Suite 3 230 Victoria Road GLADESVILLE NSW 2111
Ryde	John Watkins	<a href="mailto:ryde@parliament.nsw.gov.au">ryde@parliament.nsw.gov.au</a>	Ground Floor 123 Blaxland Road RYDE NSW 2112
Hornsby	Judy Hopwood	<a href="mailto:hornsbys@parliament.nsw.gov.au">hornsbys@parliament.nsw.gov.au</a>	Suite 5 The Madison 25-29 Hunter Street HORNSBY NSW 2077
Epping	Greg Smith	<a href="mailto:epping@parliament.nsw.gov.au">epping@parliament.nsw.gov.au</a>	Suite 303 Level 3 51 Rawson Street EPPING NSW 2121

## Lane Cove Tunnel – Update

The bike path alongside the Gore Hill Freeway between the Pacific Highway and Naremburn has now been open for over two months and continues to be well used by families and other groups. It's now a common sight to see clusters of bikes parked around Naremburn Village as people make a refreshment stop. There is a pressing need for bike parking which Willoughby Council promises to satisfy.

We understand that work will commence soon to extend the Gore Hill bike path under the Pacific Highway and under the Longueville Rd on-ramp. These works are part of the bus interchange and are estimated to take six months. This underpass will improve access between Naremburn/Artarmon and Lane Cove, something to look forward to for next summer!

Over at North Ryde, the path from Wicks Road to the Lane Cove River has been made much more useful with the completion of the path to (and slightly beyond) Mowbray Road. This provides good access to the shared path up the Mowbray Rd hill to Avian Cres where you can choose to ride the hilly Willoughby bike route to Chatswood or just continue on Mowbray Rd.

It won't be much longer before Stage 2 works commence, as these are scheduled for completion within eleven months of the tunnel opening – i.e. February 2008. These will include the joining of these two bike paths to form one continuous path between North Ryde and Naremburn - many of us are looking forward to this!

Unfortunately, we can also expect to hear negative comments and read negative letters about these Stage 2 works as they require a reduction in motor traffic lanes on Epping Road. Please do make sure the other points of view are also heard. That is: The local community wants Epping Road downsized to a local road. From the beginning this project was intended to cater for all road users (buses, bicycles, walkers), not just motor vehicles.

It is unsustainable to retain Epping Road purely for motor cars as it will only induce more motor vehicle use and will fail to encourage more use of public transport, walking and cycling. The capacity of the tunnel far exceeds the equivalent number of lanes on Epping Road. With the tunnel in place, the capacity of this transport corridor is constrained by the Harbour Bridge and Tunnel, not Epping Road.

## National Ride to Work Day

**“Be part of Australia's biggest active workplace event!”**



On 17 October 2007, regular and first-time riders will join the inaugural National Ride to Work Day.

HYPERLINK "<http://ride2work.bv.com.au>" Government and corporate organisations as diverse as the ATO, the Department of Environment & Water Resources, the Australian Red Cross, South West Sydney Area Health Service, Intrepid Travel, Lend Lease and the Chamber of Commerce and Industry have made the commitment to join this huge event.

You can register as a Workplace Coordinator at: <http://ride2work.bv.com.au/home>. Sign up before 31 July to receive your free promotional pack and go in the draw to win a Grape Escapade cycling holiday in the Hunter Valley.

Bicycle Victoria has some great resources on the website: the Cycle Friendly Workplace guide, loads of tips on how to make national ride to work day a success at your workplace, a Where do I Start? guide for beginner cycle-commuters, 5 reasons to give-it-a-go, and info about community breakfasts being held on the day. The Sydney CBD breakfast for registered riders will be hosted by Lend Lease adjacent to their offices in the state-of-the-art environmentally sustainable building, 'The Bond' at 30 Hickson Road. They promise cyclists a hearty breakfast including fresh coffee and a re-hydration station.

*Afoot and light-hearted I take to the open road,  
Healthy, free, the world before me,  
The long brown path before me leading wherever I choose.*

*Henceforth I ask not good-fortune, I myself am good-fortune,  
Henceforth I whimper no more, postpone no more, need nothing,  
Done with indoor complaints, libraries, querulous criticisms,  
Strong and content I travel the open road.*

*Extract from "Song of the Open Road" by Walt Whitman*

# 6<sup>th</sup> BN Century Challenge

By Mal Hart, Organiser

It was a perfect autumn morning that greeted our 11 intrepid teams and 31 riders seeking a challenge in this year's BNCC. In fact the weather all day could only be described as a "bottler"- one might say truth in advertising!! The hiccups in this year's event occurred prior to the start with one rider leaving his cleated shoes at home and another team leaving the key for the car bike lock on the kitchen bench!



Of course this was my first go at organising an event, and Doug's first chance to really see how the challenge actually stacked up. After setting off, all went fairly smoothly for most of the morning with some gourmet food consumed at the lunch stop. This year all teams drifted in between 3:30 and 4:30 pm ending what proved to be a very enjoyable and long day's riding. Unfortunately this year two 160 km riders developed cramps and had to shorten their course. This is a lesson to us all to make sure that you maintain your hydration and sustenance, particularly on longer rides or when conditions are warmer.

The team that impressed me most was the only entrant in the 60km challenge – two tandems with 9yr olds Damon Wade and Richard Leigh on board. The young guns were calling for more at the end!

## Planning for Future Events

Many people have given me feedback, both in writing and verbally, regarding the event. Over the last few years numbers have declined dramatically for the 60km event, whilst those for the 160km and 100km events have grown. 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 a great opportunity for independent riding. The event is organised by one person with 4-5 friendly volunteers on the day.

In many respects the BNCC is just like a day's cycle touring. Many riders have enjoyed riding the touring events we run at Easter. The BNCC provides an opportunity for riders to have a go at a different type of ride where they need to plan a bit more and pace themselves to reach the goal.

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 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.

Pleasingly the feedback strongly supports an annual event, including a 60km distance option, with many happy with the current event format. Many have vowed to do the 60km event next year – so we look forward to lots of participation in lead up events. Many members expressed that they still want to have a challenge to aim for. We will investigate alternative courses to give some variety (after 6 yrs); some options will be investigated over coming months.

Well done! to all the riders on a great day. Once the muscles eased and the reality of the achievement set, all riders mentioned that in the end they'd enjoyed the experience.

Thanks to the checkpoint helpers who provided support on the day and to Doug for his helpful organisational tips, making for a smoothly run event.

Look out for announcements about next year's event later in the year.

## Diary Dates

### AGM Sat 19 August

**Bike North Executive Meetings** 3 July, 7 August, 4 September. 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:

**Advocacy Group - contact Carolyn New** 1 August, 26 September

**Ryde/Hunters Hill Eastwood Womens Rest Centre** 7:30pm. 10 July, 14 August, 11 September

**Hornsby Blue Gum Hotel, Hornsby** 7pm. 13 August

**Lower North Shore (Willoughby, North Sydney & Mosman)** Geddes Room, North Sydney Council, 7pm. 16 July, 10 September

For other working groups please contact the Convener for dates.

## Test ride: Great Cycling Rides in NSW

By Alison Pryor

Earlier in the year on a visit to family in the Riverina, I added an extra day's travel in each direction to make use of an NRMA guide: "Great Cycling Rides in NSW" to do some short rides in the towns along the way. The guide was released late last year with the help of Bicycle NSW and many regional BUGs.

My favourite type of cycling is checking out an area by riding around, which generally means riding at an easy-medium pace and doing lots of looking (at houses and architecture styles, gardens and nature spots) and stopping to visit attractions on the route. This guide is a great encouragement to put the bike in/on the back of the car when heading out of town and stop to visit towns rather than pass straight through.

All the rides are fairly short – 10-40kms, and many are suitable for family cycling. Some rides take in the wide streets of rural towns or go to a local nature area, and some are a loop on small rural roads. It was easy to combine a couple of short rides in different towns or regional cities with a day of driving. Many rides start at the local visitors centre, which is well sign-posted for visiting drivers.

On the way out I did rides from the guide in: Bathurst (which coincided with a farmers market at the showground – best bacon & egg roll!), Orange (to a nature area) and Parkes (around the town)

On the way back to Sydney at: Leeton, Cootamundra and Goulburn (a historical tour).

I particularly liked the rides in Leeton and Cootamundra because I hadn't visited these places before. The guide has a rural and a town ride for each place. I did the Leeton 'town circuit' cycle path and rural path out to Yanco, both of which started at the visitors centre. Cootamundra has beautiful tree lined streets. There are some regions that aren't covered in the book. For example: Griffith, where I was staying had no rides included, but I was able to get information from my family about the cycle path to the local lake.

The guide has a mud map and cue sheet for each ride developed by the local Bicycle User Group. I found the rides were easily to navigate. Cappuccinos and lattes had reached all the towns/centres I visited, so you won't miss out on the coffee fix.

"Great Cycling Rides in NSW" is available from NRMA retail offices or online <http://www.mynrma.com.au> (\$19.95 or \$14.95 NRMA members)

## ICE = In Case of Emergency

By Liz Quine

"Riding along on my pushbike honey, when I..."

We all head out on a ride never imagining that an accident will happen; but if it does are we prepared?

Helmet – check  
Water bottles – check  
Pump – check  
Spare tube – check  
Repair kit – check  
Mobile – check

A recent mishap whilst out cycling made me reconsider my trip preparation. On a ride to Kurnell I abruptly came off my bike, did a swan-dive and landed on my face. No damage to limbs or bones but I knocked myself unconscious. I had my mobile with me so help could be called but when the ambulance officers asked some basic questions – I was unconscious and I had no identification on me.

I had moved house the previous week so my address and home phone number were unknown.

ICE – In Case of Emergency. I had recorded my daughter's number in my mobile under ICE but she had flown to London 2 weeks earlier and I hadn't changed the ICE number in my mobile.

So in future, next to my spare tube and puncture kit I will also be carrying some form of ID in case it is me that needs patching up and not the bike.



This is how a Newcastle cyclway looked during the recent floods

# Celebration: the Ride of Her Life

In November 2007 Deb Warren will ride a tandem bike from Armidale to Bundanoon over 9 days. Some of you may say: "so what!" and then you discover Deb is both blind and a cancer survivor!

This is a celebration of her life and her abilities.

Deb has never ridden a bike; it will be the ride of her life!

Here are Deb's reflections on her life and the journey ahead: The work of the Quest for Life Centre has great significance to me, which is why I am undertaking this adventure in support of their work. The variety of programs offered means that virtually everyone can find something of benefit and assistance during times of life's greatest challenges. The programs assisting people with life threatening illnesses, grief, trauma and depression are simply life changing and have helped me to find meaning out of the events in my life.

I have been blind since seven months of age, due to a cancer of the retina known as retinoblastoma. I was also diagnosed with malignant melanoma when I was 20. Up until I knew about Quest, I lived in a very private world, different from that which I displayed to others. As a person who has known blindness all my life, I was often told it was better that way; at least I'd known no different, didn't have to learn to do things another way, and at least I wasn't deaf! I could never decide which would be worse, all I knew was that I did miss being able to see and all that came with it.



Deb Warren with Quest Car

The differing treatment from others, not knowing about colours, rainbows, sun, clouds, and anything else I couldn't touch, being unable to simply pick up a book and read to my hearts content, driving, going somewhere new easily and independently and in fact going somewhere without a plan of where and how, facial expressions, body image and fashion, and on and on. These were the private pains that I kept to myself, knowing it would create discomfort and awkwardness, if not out right ill feeling, if such frustrations and emotions were expressed. I can certainly say, that I grieved my loss of sight despite never really having it.

The tandem ride appeals to me because I see it as a celebration of life. Thanks to the Quest for Life Centre I'm in a place where I accept that this experience of being blind is a part of me, but it's not entirely me. I am a person who is blind, but I am also more than that. I don't want to be defined by this. I want to celebrate what I can do. Why give so much power to a very small part of me, two eyes, when the rest of my physical body, mind and

spirit/consciousness work perfectly well! This is so clearly demonstrated by my legs which, I hope, will have the capacity to pedal from Armidale to Bundanoon!

You can assist Deb in her challenge by:

- Riding the front seat of the bike
- Making a donation to this event at [www.questforlife.com.au](http://www.questforlife.com.au)

For more details please contact Kate van der Voort on (02) 4883 6599 or [kate@questforlife.com.au](mailto:kate@questforlife.com.au)

# Buying a Bike: 101

By Lindsay Harvey

In my experience most bike shops have no idea of the correct bike for a recreational cyclist. Most bike shops seem to be staffed by young, fit, skinny people who are (or were recently) competitive cyclists. They seem to be more interested in moving the stock off the floor rather than getting a good understanding of what you (yes, regular old you) actually need.

## *Type of Bike*

Mountain, hybrid or road bikes are the main choice for recreational cyclists. Having owned and experienced all three types I would never recommend a hybrid unless you need to sit upright for back reasons. A hybrid will not do what a mountain or road bike does so it is a poor choice unless you need to sit in an upright position.

Mountain Bikes will let you ride off road and are a lot of fun on dirt roads but they are slow on sealed roads. Road Bikes will get you to your destination very quickly on sealed roads and are great for short, medium, and long touring rides.

## *Gearing for a Road Bike*

Here is the key to the enjoyment of cycling and whether or not hill climbing becomes a pleasure or a chore: GEARS!

Important factors to consider are:

- **Gender:** In general males are stronger than females so it is likely that more women will need lower (easier) gearing than men.
- **Weight:** A light bike is good but when considering gearing a cyclist weighing 100kg will want easier gears than one weighing 70kg. It is really important to be aware of your weight and make your decision based on fact, not what you would like to weigh.
- **Fitness:** Whether you are just starting or are reasonably fit, it is my experience that it is much easier to pedal downhill than uphill. Therefore it is better to have a lower (easier) hill climbing gear than a high (harder) gear that you can ride at 60kmh. For the recreational cyclists 60kmh will generally only be achieved downhill and you probably won't be pedalling. Be realistic, and if in doubt you are better being under-gearred (hill climbing) than over-gearred (downhill). Remember you may want that easy gear after you have ridden a 100km and you find one more hill up ahead.
- **Terrain:** Sydney is hilly! This is one way many people justify their decision not to ride. In fact hill climbing is one of the best parts of cycling. With the gearing that is available today Sydney's hills can be conquered with ease. Hill climbing is safe (90% of bike accidents occur when you are going down hill), you get the rewards of the views as you gain altitude, fitness levels are improved, talking with other cyclists is easy, and you forget about your concerns as you aim for the summit.

- **Ego:** Forget about your ego and select the triple or compact crank set (see below). If you are swayed by your ego or the taunts of others it is you (yes little ol' you again) who will suffer.

Most road bikes for the recreational cyclist come standard with a 39/53 crank set with a 13/25 or 13/26 rear cogs. It is important you understand this. It is the number of teeth in the front and rear. This will determine how easy it is to pedal up a hill. The lower the number on the crank set and the higher the number on the rear cog, the easier will be the gearing.

There are also triple crank sets and these allow really low (easy) gears and are very useful when you are touring with heavy loads. Their disadvantage (only minor) is that the gears are not as easy to change as the double chain ring and do add some extra weight to the bike. However the compact cranks almost give you the gearing of the triple crank set without the added complication. The advantage is that gear changes are easier and there is less to maintain on your bike.

In most instances a 34/50 compact crank combined with a 13/27 or 13/29 rear cog will get you up the steepest hills. Campagnolo has the 34/50 with a rear cog of 13/29 whilst Shimano's is 13/27. If you are touring and carrying heavy loads a triple crank set would be recommended with the above rear cog combinations. Just recently I was advising on the purchase of a new bike at a North Shore cycle shop. They did not have a bike on the floor with a 34/50 crank and wanted to sell the bike with a 36/50 crank. The advice of the young gun salesperson was that this would get you up the steepest hills in Sydney. However, there was an older employee nearby and he advised us to stay with the 34/50 crank. Eventually this is what we purchased but not without considerable pressure to take the crank sets that had come with the bike. Remember the bulk of your riding will be between 20 to 40kmh and a compact crankset covers this easily.

## *Computers and Cadence*

If you buy a computer with your bike get one that measures cadence. Cadence measures how fast you are turning the pedals. In my opinion this is the most important function on the computer. The idea is to pedal fast with light foot pressure on the pedals. To get the best out of cycling your cadence should be as follows: uphill – 70 to 85 rpm. flat and down hill – 90 to 120rpm.

If you have not pedalled at these speeds it will take up to three months to get used to the higher cadence. It is best to practice on the flat and once you are used to these higher pedalling speeds, cycling becomes even easier.

# Bicycle NSW Ride Leader Course

By Alison Pryor



While it is hosted by Bicycle NSW, Bike North has had significant input in the Ride Leaders course content, presenting and assessing on the course and organising the

volunteers on the day. I signed up to attend as part of my Bike North Ride Leader apprenticeship but also to run rides with my workplace BUG at Liverpool that now has a social / community rides calendar.

After signing up we were sent a pack of pre-reading – which included an outline of the assessment tasks and criteria. You also have to find a volunteer rider / actor to participate on the day. There were participants from a number of BUGs including those wanting to lead MTB trail rides.

The day had three main components:

- Classroom based presentation/discussion. This included discussion of scenarios from rides and decision-making required by the ride leader;
- Planning assessment task. We had to plan a group ride in our local area or in Olympic Park. This included making up a cue sheet and mud map, talking the assessor through your ride, considering hazards, catch up points, etc;
- Ride leading assessment task. Here we had to brief and lead a group of cyclists on a pre-set ride; one of the assessors observes your behaviour and instructions. Warning: the volunteers have been trained to come up with a few unexpected challenges!

The day was well run and covered the essential leading tasks and I was able to complete the assessment task – of course it has helped observing lots of competently led BN rides. Co-leading a real BN ride the following week was useful to gauge other skills like 'ride pace' (riding fast enough to be at the front but slow enough to keep it within the advertised grading. I led a ride for the Liverpool BUG last month and have two more booked in with them for the 2nd part of the year. You may see me leading a BN easy ride in the next few months or continuing my leader's apprenticeship by being assessed on a medium ride.

So when the next NSW Ride Leaders course is held I'm sure they will be looking for more budding Ride Leaders and volunteer actors. Bike North



information on leading rides is on our website at: [http://bikenorth.org.au/cycling/rides/leaders\\_info.php](http://bikenorth.org.au/cycling/rides/leaders_info.php)

## Tour de Forbes 2007

by Keith Griffin

Photo: Graeme Edwards

Video HelmetCam: Scott Ratcliff

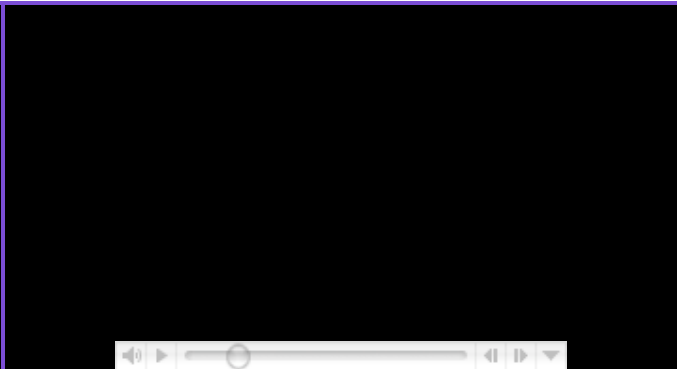
We arrived at 16:15 on the Thursday, eve of the first planned ride. On arrival the bright new blue van owned by John McGregor was immediately apparent, and having checked in, paid and been given keys to various things, we walked over to say hello.

"We have been waiting for ages for you to arrive, do you have a cork screw?" John's words were echoed in sentiment by Simon Rock who was sitting outside the tent with a bottle of wine, and no way to drink it.

Fran and I felt this was indeed a good omen. Yes, it was supposed to be a cycling weekend, but already the social aspects of weekend were coming to the fore. Not to give too much away about my own priorities I was able to find one of my two cork screws within 30 seconds, without unpacking any other item from the van.

We unpacked, pitched the tent, and were offered a glass of wine. There was important shopping to do so we declined (for now) and proceeded to empty one of the IGA supermarkets of all its bananas and apples, along with some supplies for ourselves. *continued...*

Then we accepted the offer of wine, and opened one of our own as well. Dinner was heated in the microwave. This returns us to the aforementioned keys. The usual keys to amenities were provided of course, but in addition, the owners of the caravan park entrusted us with the keys to an old service station at the front of the property. This building had been converted into a flat at some stage, though now was unused for accommodation purposes. The other contents of the building included a microwave, a cook top and oven, a large walk in pantry complete with a good assortment of cooking utensils, a toaster, jug, TV, lounge and armchairs, table and chairs, two showers and two toilets. All this was provided for our, that is Bike North's, exclusive use during the Tour.



This video shows an early morning trip through Forbes town centre

We were off to a great start! At 08:30 on Friday morning a very colourful mob of nearly 70 cyclists formed at the front of the caravan park. Those staying in the adjoining caravan park, or at other places in town swelled the ranks considerably. Ride briefing and other less interesting (but required) house keeping remarks over, we began the real business of the weekend and set out on our 72 km trip.

By the time we had coloured the paved streets of the town centre in every shade of lycra, we had formed into several riding groups, the largest of which was a 'sensible pace' group lead by Fran.

Several punctures later, and after a strange incident which saw me and Graeme Edwards do a sprint back to town retracing our route rather than completing the loop, everyone arrived back at base, happy, but making comments about the strong headwind. They were warned! Flatland is often windy, and can be every bit as challenging as hilly terrain.

Saturday's rides were 90 km and 70 km, though because this was measured from town centre, and following true Murphy's law we were on the opposite side of that centre, the rides turned out to be more like 75 and 98 kms. Again the wind played a major role in the way groups worked on the road. Several well disciplined groups kept together, rotated leaders, and fixed more flat tyres.

As always the Tour provided a wonderful platform for all riders to improve skills. Some did longer rides than they had done before, others found themselves with the responsibility of leading and organising a peloton, while others assisted with various mechanical tasks, giving advice, or worked on technique.

Sunday saw a number of riders feeling more like a quiet day in, but most still took to the roads, again with some wind but less than had been expected. The long ride of 120kms proved pretty gruelling, but everyone arrived back in good time. A pre-arranged water-drop (thanks Peta Turnbull) saved our lives as the dry weather took its toll. Those who chose the shorter ride of 60 kms had a much easier day, and all looked far too comfortable by the time we arrived back from the longer ride.

By Monday complaints of saddle soreness were common. Riding on flat terrain provides no opportunities to get out of the saddle, and constant pedalling, especially into headwinds, can make life hard. So the Monday ride was a very short 38kms with, unbelievably, a small hill climb. Even less credibly some riders actually chose not to climb this tiny hill, preferring to turn around about 1 km early. Of course, they missed a great chance for a downhill sprint with a tail wind!

During the weekend we had cyclists from several other Sydney BUGs join us, and a few locals from Parkes and Forbes not only met up with us, but met each other and are planning to join up and ride together before our next Bike North Easter Tour.

And on that note... where will the next Bike North Easter Tour be held? Cowra! The Tour is not just a good weekend away doing a little riding. It's an experience which has seen a core of riders coming back for more every year. The camaraderie is only matched by the great weather and cycling.



## Calendar, August 2007 – September 2007

Note	Risk Warning	What to Bring	Ride Conditions
All ride participants are requested to arrive at least 15 minutes prior to the scheduled ride start time (to get ready / dressed, get bikes out of cars, check bikes and sign on) at the designated departure point.	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	A bicycle in good working order SAA approved bicycle helmet Water: 1 litre per hour of riding Snacks Money A pump, repair kit and spare tube For night rides, have lights fitted with batteries charged.	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 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.

Date	Ride	Information
1/8/2007 Wednesday	<b>Advocacy Group</b>	<i>Grade: BNSW Grade: Distance: 1 Contact: Carolyn New, 9438 1903</i> <i>Starts at: 00:00:00. Come along and hear what is going on with promoting cycling in Northern Sydney</i>
4/8/2007 Saturday	<b>Meadowbank to Bobbo</b>	<i>Grade: Medium BNSW Grade: FHT Distance: 50 Contact: Doug Stewart, 9874 5594</i> <i>Starts at: 08:00:00. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turramurra, &amp; Bobbin Head. Coffee and return. Long climbs and descents.</i>
5/8/2007 Sunday	<b>Western Wander</b>	<i>Grade: Medium BNSW Grade: OPW Distance: 70 Contact: Eric Middleton, 9958 2546</i> <i>Starts at: 07:30:00. Meadowbank wharf. Medium but relaxed paced ride via M4 c/p &amp; Rail Trail to explore Prospect's canal routes. Coffee at Abbotsbury.'</i>
5/8/2007 Sunday	<b>Cowan Calga</b>	<i>Grade: Medium Hard BNSW Grade: FHXT Distance: 60 Contact: Keith Griffin, 0414 187 427</i> <i>Starts at: 08:00:00. Cowan Stn. Medium hard ride through magnificent Hawkesbury River valley on quiet roads. Return with a stop for coffee.</i>
7/8/2007 Tuesday	<b>Exec Meeting</b>	<i>Grade: none BNSW Grade: Distance: 1 Contact: Special Event,</i> <i>Starts at: 19:30:00. St Johns Anglican Church Hall, Coxs Road, Ryde</i>
11/8/2007 Saturday	<b>Olympic Park Ride</b>	<i>Grade: Easy BNSW Grade: CPS Distance: 25 Contact: Doug Stewart, 9874 5594</i> <i>Starts at: 09:00:00. Meadowbank Wharf. Easy loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.</i>
11/8/2007 Saturday	<b>Fitness ride medium</b>	<i>Grade: Medium BNSW Grade: O Distance: 1 Contact: Richard Vagg, 0402 637 534</i> <i>Starts at: 08:00:00. 'Call for all details including distance and pace. '</i>
12/8/2007 Sunday	<b>A to Z and Beyond</b>	<i>Grade: Medium BNSW Grade: OTH Distance: 30 Contact: Geoff Gould, 0412 993 344</i> <i>Starts at: 07:30:00. Artarmon Stn east. Med, hilly ride to Balmoral. After coffee climb to Middle Hd then to Zoo Wharf, ferry to Quay, ret. via Bridge &amp; Nth Sydney.</i>
12/8/2007 Sunday	<b>Exploring Eastwood</b>	<i>Grade: Easy BNSW Grade: EST Distance: 17 Contact: Keith Griffin, 0414 187 427</i> <i>Starts at: 09:00:00. Eastwood Stn west. An easy meander through rolling terrain of Eastwood and Marsfield and Macquarie Uni.</i>
12/8/2007 Sunday	<b>Hills and Surfside</b>	<i>Grade: Hard BNSW Grade: FTH Distance: 80 Contact: Malcolm Hart, 9713 1994</i> <i>Starts at: 07:30:00. Eastwood Stn east. Hard ride to Pymble, St Ives, Oxford Falls &amp; Narrabeen. Return via Warriewood, Church Point, Terrey Hills &amp; Turramurra. Fit &amp; experienced riders only.</i>
13/8/2007 Monday	<b>Hornsby Area Meeting</b>	<i>Grade: none BNSW Grade: Distance: 1 Contact: Special Event,</i> <i>Starts at: 19:00:00. 'Blue Gum Hotel, Hornsby. Hornsby Working Group meeting. '</i>
14/8/2007 Tuesday	<b>Ryde - Hunters Hill Meeting</b>	<i>Grade: none BNSW Grade: Distance: 1 Contact: Special Event,</i> <i>Starts at: 19:30:00. Ryde Working Group meeting. Venue : Eastwood Women's Rest Centre, Hillview Rd Eastwood. (Near the station and just behind the Library.)</i> Contact: ryde@bikenorth.org.au'
18/8/2007	<b>Brooklyn Brunch</b>	<i>Grade: Hard BNSW Grade: FTHHX Distance: 90 Contact: Doug Stewart, 9874 5594</i>

Saturday		<i>Starts at:</i> 08:00:00. Eastwood stn east. Hard ride at a Medium pace to Bobbin Head, then Brooklyn for brunch. Return via Hornsby & Turramurra. Fit, experienced riders only.
<b>18/8/2007</b> Saturday	<b>Botany Bay Bacon</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OP <i>Distance:</i> 65 <i>Contact:</i> Alison Pryor, (02) 9874-2383 <i>Starts at:</i> 08:00:00. Meadowbank wharf. Medium ride via the Cooks River c/w to Botany Bay. A refuel at our favourite cafe at Brighton, then return.
<b>19/8/2007</b> Sunday	<b>Bike North Annual General Meeting</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> Nul <i>Distance:</i> 15 <i>Contact:</i> Special Event, <i>Starts at:</i> 11:00:00. 'Bike North Members only. Bike North's Annual General Meeting contact Bike North for more details about this event.'
<b>25/8/2007</b> Saturday	<b>Pie in the Sky</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTW <i>Distance:</i> 40 <i>Contact:</i> Graeme Edwards, 9436 0969 <i>Starts at:</i> 08:00:00. Hornsby Station West side, opposite the pub near the roundabout and bike lockers. Medium ride along Old Pacific Hwy to cafe overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.
<b>25/8/2007</b> Saturday	<b>Chipping Norton Caper</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> TPW <i>Distance:</i> 80 <i>Contact:</i> Pam Kendrick, 9872 2583 <i>Starts at:</i> 07:30:00. Meadowbank wharf. Med/hard trip to Liverpool via M4, Duck R c/ps, aerodrome & Chipping Norton Lake. Return via Tway c/p. Short dirt sections. Av spd 20+kph.
<b>26/8/2007</b> Sunday	<b>Three Gorges Pies</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FTHHX <i>Distance:</i> 75 <i>Contact:</i> Scott Ratcliff, 0425 349 104 <i>Starts at:</i> 08:00:00. Hornsby Stn west side. Hard, hilly ride through Galston Gorge, Arcadia, Berowra Waters to Pie in The Sky for coffee. Return via Bobbin Head to Hornsby.
<b>26/8/2007</b> Sunday	<b>Concord for Cake</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> PST <i>Distance:</i> 25 <i>Contact:</i> Debbie Edwards, 9436 0969 <i>Starts at:</i> 08:00:00. Meadowbank wharf. Easy ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way.
<b>1/9/2007</b> Saturday	<b>Olympic Park Ride</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> CPS <i>Distance:</i> 25 <i>Contact:</i> Doug Stewart, 9874 5594 <i>Starts at:</i> 09:30:00. Meadowbank Wharf. Easy loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
<b>1/9/2007</b> Saturday	<b>Spaghetti Western</b>	<i>Grade:</i> Easy Medium <i>BNSW Grade:</i> OP <i>Distance:</i> 39 <i>Contact:</i> Fran Griffin, 9614 0777 <i>Starts at:</i> 08:30:00. Whitby Rd King's Langley, near Hutchins Cr. Medium paced ride on the M7 cycleway to Lighthorse Interchange and return. Coffee at Rooty Hill shops.
<b>2/9/2007</b> Sunday	<b>The Gorge and Berowra</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> FHX <i>Distance:</i> 45 <i>Contact:</i> Malcolm Hart, 9713 1994 <i>Starts at:</i> 08:00:00. 'Hornsby stn west. Med/hard ride through Galston Gorge, rural Arcadia & on to scenic Berowra Waters. After coffee, ride via Berowra & Pac. Hwy to Hornsby '
<b>4/9/2007</b> Tuesday	<b>Exec Meeting</b>	<i>Grade:</i> none <i>BNSW Grade:</i> <i>Distance:</i> 1 <i>Contact:</i> Special Event, <i>Starts at:</i> 19:30:00. St Johns Anglican Church Hall, Coxs Road, Ryde
<b>7/9/2007</b> Friday	<b>Olympic Park Ride</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> CPS <i>Distance:</i> 25 <i>Contact:</i> Scott Ratcliff, 0425 349 104 <i>Starts at:</i> 08:30:00. Meadowbank Wharf. Easy loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
<b>7/9/2007</b> Friday	<b>Meadowbank to Bobbo</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> FHT <i>Distance:</i> 50 <i>Contact:</i> Richard Vagg, 0402 637 534 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.
<b>8/9/2007</b> Saturday	<b>Big Loop to Lane Cove Park</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OT <i>Distance:</i> 32 <i>Contact:</i> Doug Stewart, 9874 5594 <i>Starts at:</i> 09:00:00. Eastwood Stn west side. Medium ride to corner M2 & Pennant Hills Rd on quiet back streets, along M2 to Lane Cove River Park & return via Macquarie Uni.
<b>8/9/2007</b> Saturday	<b>Wend Your Way to Wyong Hare</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> OHT <i>Distance:</i> 80 <i>Contact:</i> Scott Ratcliff, 0425 349 104 <i>Starts at:</i> 08:30:00. Berowra stn. Hard ride at a brisk pace. Long and hilly ride on country roads to Wyong via Peats Ridge and Yarramalong. Return by train. Call to confirm.
<b>8/9/2007</b> Saturday	<b>Wend Your Way to Wyong Tortoise</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> OHT <i>Distance:</i> 80 <i>Contact:</i> Robyn Tuft, 9144 1325 <i>Starts at:</i> 07:45:00. Berowra stn. Medium hard ride at a slower pace than the hare version. Long & hilly ride on country roads to Wyong via Peats Ridge & Yarramalong. Ret by train.
<b>9/9/2007</b> Sunday	<b>Scheyville Windsor loop</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FHX <i>Distance:</i> 90 <i>Contact:</i> Fran Griffin, 9614 0777 <i>Starts at:</i> 08:00:00. Cnr M2 and Pennant Hills Rd. Ride to Windsor via Kenthurst and Scheyville Nat Park. Return via Kings Langley and M2.
<b>10/9/2007</b> Monday	<b>Lower North Shore Working Group</b>	<i>Grade:</i> none <i>BNSW Grade:</i> <i>Distance:</i> 1 <i>Contact:</i> Special Event, <i>Starts at:</i> 19:00:00. Geddes Room, North Sydney Council. All Bike North members welcome.
<b>11/9/2007</b> Tuesday	<b>Ryde - Hunters Hill Meeting</b>	<i>Grade:</i> none <i>BNSW Grade:</i> <i>Distance:</i> 1 <i>Contact:</i> Special Event, <i>Starts at:</i> 19:30:00. Ryde Working Group meeting. Venue : Eastwood Women's Rest Centre, Hillview Rd Eastwood. (Near the station and just behind the Library.) Contact: ryde@bikenorth.org.au'
<b>15/9/2007</b> Saturday	<b>Willoughby Fair</b>	<i>Grade:</i> <i>BNSW Grade:</i> <i>Distance:</i> 1 <i>Contact:</i> Special Event, <i>Starts at:</i> 00:00:00. Annual Fair in Willoughby. BN has a display stall.
<b>16/9/2007</b> Sunday	<b>Chatswood to the Surf</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> SWPH <i>Distance:</i> 40 <i>Contact:</i> Malcolm Hart, 9713 1994 <i>Starts at:</i> 08:00:00. Thomas Street Carpark, Chatswood. Medium ride via The Spit, Seaforth & Queenscliff, then Manly for coffee & ret. A few hills, pace relaxed, quiet roads.

<b>16/9/2007</b> Sunday	<b>Fitness ride hard</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FX <i>Distance:</i> 1 <i>Contact:</i> Scott Ratcliff, 0425 349 104 <i>Starts at:</i> 00:00:00. 'Call for all details including distance and pace. '
<b>16/9/2007</b> Sunday	<b>Botany Bay Bacon</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OP <i>Distance:</i> 65 <i>Contact:</i> Eric Middleton, 9958 2546 <i>Starts at:</i> 07:30:00. Meadowbank wharf. Medium ride via the Cooks River c/w to Botany Bay. A refuel at our favourite cafe at Brighton, then return.
<b>22/9/2007</b> Saturday	<b>Concord for Cake</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> PST <i>Distance:</i> 25 <i>Contact:</i> Debbie Edwards, 9436 0969 <i>Starts at:</i> 08:00:00. Meadowbank wharf. Easy ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way.
<b>23/9/2007</b> Sunday	<b>A to Z and Beyond</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTH <i>Distance:</i> 30 <i>Contact:</i> Graeme Edwards, 9436 0969 <i>Starts at:</i> 08:00:00. 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.
<b>23/9/2007</b> Sunday	<b>Willoughby Spring Festival Easy Ride -Gore Hill Bike Path Discovery</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> SEW <i>Distance:</i> 20 <i>Contact:</i> Carolyn New, 9438 1903 <i>Starts at:</i> 00:00:00. Starts from Chatswood Station, west side. Showcases the natural and historic highlights of the City of Willoughby including the new Gore Hill Freeway Bike Path .
<b>26/9/2007</b> Wednesday	<b>Advocacy Group</b>	<i>Grade:</i> <i>BNSW Grade:</i> <i>Distance:</i> 1 <i>Contact:</i> Carolyn New, 9438 1903 <i>Starts at:</i> 00:00:00. Come along an hear what is going on with promoting cycling in Northern Sydney
<b>30/9/2007</b> Sunday	<b>Meadowbank to Bobbo</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> FHT <i>Distance:</i> 50 <i>Contact:</i> Scott Ratcliff, 0425 349 104 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.