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## Federal Election 07

The federal election is coming up, so it's time to kick our lobbying efforts up a notch. At an over-arching level the Cycling Promotion Fund (CPF) is working with the Bicycle Federation of Australia and state cycling organizations, such as Bicycle NSW, on a campaign to get greater Federal Government support for cycling.

The national cycling community has agreed on three key 'asks' of the Commonwealth Government:

**1** To provide financial assistance to local governments to improve their walking and cycling infrastructure. The proposed Healthy and Active Transport Program (HEAT) funding initiative would provide \$50m each year for four years to allow local councils to develop a physical environment more conducive to walking and cycling.

**2** To support and extend the national Ride to Work Program.  
More info: [www.ride2work.com.au](http://www.ride2work.com.au)

**3** To support and extend the national Ride2School Program. These two programs have been piloted and proved highly successful in Victoria and are now spreading around Australia. Each program delivers significant and measurable change in physical activity, reducing obesity and related diseases including diabetes, heart disease and depression. The increases in riding from these programs deliver other benefits such as clean air, increased workplace productivity and improved student results. Commonwealth responsibilities in health, environment and transport can be effectively met by supporting these cost effective, high return programs and extending them across the Australian community.

More info: [www.ride2school.com.au](http://www.ride2school.com.au)

**Editor:** Jennifer Gilmore

**Production:** Keith Griffin

**The views expressed in Chain Mail articles are those of the authors only and do not necessarily represent either the common views shared by a majority of Bike North members, or Bike North policy as formulated by the Bike North Executive Committee.**

Bike North members can play an important role in assisting the campaign. For loads of ideas on what you can do, go to: <http://www.vote4cycling.com.au>. The site includes information and resources including suggestions on what individuals can do to increase cycling investment at the federal level, whoever wins the election.

One of the highest impact actions is to contact your local candidates and ask them about their support for these issues.

Some tips when contacting your local MP or candidate:

- State clearly the purpose of your letter, email or conversation
- Be courteous, polite and non-confrontational
- Focus on specific programs proposed by the cycling sector and point out how they will benefit your local area
- Personalise the letter or communication: tell a story how this issue affects you, your family or local community. Politicians receive hundreds of letters and unfortunately form-letters / emails are becoming less effective. Your own words will make a bigger impact!
- Ask for a response. Always include your name and postal address on letters and emails and ask for a response to your inquiry.

Please see the next page for a list of candidates in your electorate.

Here are maps in PDF format of the electoral boundaries.

- [Bennelong](#)
- [Bradfield](#)
- [North Sydney](#)

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Member / Candidate	Party	Office / Contact details
<b>Bennelong</b>		
John Howard	Liberal member	230 Victoria Road Gladesville NSW 2111 Postal Address: PO Box 336 Gladesville NSW 2111 Tel: (02) 9816 1300 / Fax: (02) 9816 1349 On-line contact: <a href="http://www.pm.gov.au/contact/index.cfm">http://www.pm.gov.au/contact/index.cfm</a>
Maxine McKew	ALP candidate	Level 3, Eastwood Centre 160 Rowe Street Eastwood. NSW 2122 Postal Address: PO Box 600 Eastwood NSW 2122 Tel: (02) 9874 7888 / Fax: (02) 9874 7688 Email: <a href="mailto:Maxine.Mckew@alp.org.au">Maxine.Mckew@alp.org.au</a>
Peter Goldfinch	Australian Democrats candidate	Phone: (02) 8003 4865 Email: <a href="mailto:Peter.Goldfinch@nsw.democrats.org.au">Peter.Goldfinch@nsw.democrats.org.au</a>
Lindsay Peters	Greens candidate	Postal Address: The Ryde Epping Greens PO Box 1037 Epping NSW 1710 Phone: 0418 643 064 Email: <a href="mailto:bennelong@nsw.greens.org.au">bennelong@nsw.greens.org.au</a>
Gavin Spencer	Citizens Electoral Council candidate	Phone: 1800 636 432 Email: <a href="mailto:cec@cecaust.com.au">cec@cecaust.com.au</a>
<b>Bradfield</b>		
Brendon Nelson	Liberal Member	Location & Postal Address: Suite 8 12-16 Tryon Road Lindfield NSW 2070 Tel: (02) 9465 3950 / Fax: (02) 9465 3999 On-line contact: <a href="http://www.brendannelson.com.au/Pages/Contact/Contact.aspx">http://www.brendannelson.com.au/Pages/Contact/Contact.aspx</a>
Victoria Brookman	ALP candidate	Mobile: 0424 733 338 Email: <a href="mailto:victoria.brookman@alp.org.au">victoria.brookman@alp.org.au</a>
Suzie Gemmell	Greens candidate	Mobile: 0431 458 102 Email: <a href="mailto:kuringgai@nsw.greens.org.au">kuringgai@nsw.greens.org.au</a>
Bob Butler	Citizens Electoral Council candidate	Phone: 1800 636 432 Email: <a href="mailto:cec@cecaust.com.au">cec@cecaust.com.au</a>
<b>North Sydney</b>		
Joe Hockey	Liberal Member	100 Mount Street (Cnr of Mount & Walker) North Sydney NSW 2060 Postal Address: PO Box 1107 North Sydney NSW 2060 Tel: (02) 9929 9822 / Fax: (02) 9929 9833 Email: <a href="mailto:J.Hockey.MP@aph.gov.au">J.Hockey.MP@aph.gov.au</a>
Mike Bailey	ALP candidate	Suite 1/246 Pacific Highway, Crows Nest Postal Address: PO Box 770 Crows Nest, NSW, 2065 Tel:(02) 9966 5999 Email: <a href="mailto:mike.bailey@alp.org.au">mike.bailey@alp.org.au</a>
Ted Nixon	Greens candidate	Email: <a href="mailto:northsydney@greens.org.au">northsydney@greens.org.au</a>
Kundan Misra	Citizens Electoral Council candidate	Phone:0422 251 040 Email: <a href="mailto:kundan@austi.org">kundan@austi.org</a>

All of us who enjoy and care about cycling need to act now to help to make Australia, and especially northern Sydney, more bicycle friendly.

Hats-off to the [Cycling Promotion Fund](#) for their work in creating the [Vote4Cycling](#) resources.

## Tenacity pays off in North Carlingford

By Barbara Darmanin

Recently, Hornsby Council finally installed the bike stand shown in the attached photo at the North Carlingford Shopping Centre at the eastern end of North Rocks Road. There are plenty of shops open on weekends at this little shopping centre where a hungry cyclist can stock up.

It took 10 months, 6 letters and several phone calls to make it happen, but it really wasn't until 2 weeks after I sent a copy of all the correspondence to a newly elected local councillor that it was installed.



The rack is just near the bottle shop and the supermarket

## Spring Fever

By Jennifer Gilmore

Spring-cleaning aside, spring is a hectic season for Bike North. Not only is the weather great for getting out on the saddle, but...

There are the large scale rides that we participate in: Spring Cycle on 21 October and the Gong Ride on 4 November, as well as the National Ride to Work day on 17 October where many of us played leading roles in our workplaces.

Of course, spring is also festival time. We've had our booth at the Mocooboola Festival in Hunters Hill, the Willoughby Spring Festival, the Lane Cove Sustainability Lane, the Spring Cycle finish and the Granny Smith Festival in Eastwood. These are great opportunities to share information about cycling in northern Sydney and to promote our rides and publicise our advocacy work and achievements. All of that takes person power – we rely on the generosity of members to give some of your precious time to contribute to the work of Bike North at these events. A big thank you to everyone who has helped to make this a very successful spring!

## Wussy Gears

By Keith Griffin with thanks to Suzy J



These are the familiar, gentle, reminding sounds that the time has come again: the time when one must finally admit that the running gear on the bike is "stuffed".

Such noises and the associated lack of smooth and reliable shifting have dogged me for the last few months while I procrastinated and pondered, preferring to wait until something stopped working completely.

Riding around Sydney and on Bike North rides I have never found the need to change my gearing setup. On occasions one hears comments such as "... but Sydney is so hilly" and while this is certainly true in comparison to Adelaide or Forbes, it is most certainly not true in comparison to many other places I have been. What Sydney lacks is that most dreaded of all hill species, the very long and very steep climb, known in Tour de France parlance as "Cat 1 and HC" and in my lingo as "bloody ridiculous". When one attempts such silly hills it becomes apparent, more quickly than one's pride would wish, that the bike's gearing is not necessarily optimised for this task.

Certainly a Tour de France rider with his requisite skills, fitness, sponsorship, funny potions and pills and support car can do this using the normal racing bike setup. I remember watching in awe the riders ascending Col de Galibier using the same gearing I have used, but at 20 km/hr after having already done two other huge mountains and more than 200kms!

With my drive train shot, opportunity was crashing through the door. I took the decision to change the setup on the bike, so when I did have to climb monster hills, or do the BNCC 160, I might stand some chance of finishing the ride in reasonable shape.

As with all decisions there was one niggling doubt. Could I pamper my weakness, hill climbing, and still keep the gears I needed for the fun stuff like fast descents and silly sprints?

A visit to a few websites soon answered with a resounding yes, and my decision to fit the weirdly named "compact cranks" to my bike "Sophia" had been made.

I am one of those people who likes to support local businesses and enjoy the extra service and friendliness which attends regular customers. So off I toddled to my bike shop.

"Yes, no problems, you'll need a new front derailleur as well so that will come to \$x fitted."

Two hours passed... "Sorry to call and disturb you but... It seems the suppliers have none in stock and the parts will not be arriving in the country for a month".

Now I rethought my plan. Would the bike last that long? How realistic is waiting at least a month? How long after that will the bike shop get the parts? How long after that will they be able to do the work?

As usual Bike North friends came to the rescue. I was advised to look at online suppliers overseas, particularly in the UK. So I did, and soon managed to find what I thought I needed, and get a price. WOW! That's less than \$x/2! Further pestering of renowned Bike North road demon Suzy Jackson revealed that I needed one other part and I decided to splurge and buy new levers as well! The cost now was \$3/4x. Still good, given that Suzy offered to fit all the gear for me and show me how it should be done. Now the cost was \$3/4x + some good red wine... a bargain!

Sheepishly I explained to my bike shop that I was cancelling the order, and I mentioned why. The staff took it very well. It's a shame that the importers and suppliers here in Australia are making life very hard for the retailers.

In due course the gear arrived (well before the month was out) and Suzy came over, toolbox in hand, and fitted all the gear on the bike. New levers, crank set, cassette, chain and cables.. oh and bar tape of course. A few hours later Suzy left, toolbox in one hand, red wines in the other.

The test came a day or so later after the rain had stopped. On my first ride I was not able to test my new low gear really, but I did get to push the new high gear! A few days later I decided to cycle to my afternoon teaching and this meant climbing Fullers Rd from Lane Cove park. Fullers Rd is not really a hill which is both steep and long, but it is very steep (17%) for a while, and so provided me with that desperately sought after excuse to try the new low gear. The hill was still hard work, but I was only puffing a lot rather than looking for a hospital when I reached the top.

Thus I deemed the change provisionally successful! The big test will come on rides outside of Sydney - Blayney to Bathurst, Tour de Cowra, and is that the Southern Alps I hear calling?

If you are considering buying a road bike - think hard about the gearing, and do not just accept what is sold with the bike! Some people will always prefer to have a triple chain-ring set, giving the widest possible gear range. My preference was to get a wider range and keep the double chain-ring, and compact cranks provided that very well.



## Wine Women & Wheels

Renegade Cycles in Lane Cove is again hosting a celebration of women and cycling.

Commonwealth Games gold medal winner Natalie Bates (who is currently racing in Europe) and Australian Senior Track and Paralympics gold medallist Janelle Lindsay will be star attractions on the evening. You can hear from these two enthusiastic and encouraging ambassadors for cycling – not only for women already riding but also for those contemplating taking up cycling as a recreational activity.

There will also be a fantastic range of women's cycling gear on sale. Many of Renegade Cycles' suppliers including Trek, Bianchi, and Polar (heart rate monitors), will be hand to offer advice and technical information on their products. The evening will also feature a raffle and silent auction of women's cycling products to raise money for charity. Women participants will also be able to register their interest in joining up with other women for group rides with those who share similar abilities and preferred places and times to ride. Wine Women & Wheels™ is on 6-10pm on 8 November at Renegade Cycles, 43-45 Burns Bay Road, Lane Cove.

# My (New) Bike

By Ben Herman

In December last year, I was in a nasty accident while commuting to work on my bike. My body was shattered, and my precious Trek was totalled. It was "time out" from cycling along with copious amount of time to reflect on the next stage...



British racing green gives it a classic feel  
 Red makes the bike go faster  
 Bucky is the bike's name and not a manufacturer  
 Longer head tube increases comfort and improves steering  
 Frame pump is held in place by a lug protruding from the head tube  
 Frame pump is painted the same colour as the bike

After four months of recuperation, the Doctors finally took me off the medication. Around the same time the Insurance Company saw fit to compensate me for the bike that was destroyed. My thoughts turned to getting a new bike, but what should I get? I thought about it for a while and drew up a 'needs and wants' list, which surprised even me. In this incarnation I was no longer obsessed with lightness and exotic carbon composites. Instead my thoughts turned to increased comfort and the potential to create a bike that was eminently practical and yet a joy to ride. I was looking for the fastest road bike I could get, while making certain compromises for comfort, and commuting. I scouted various magazines for bikes across many different manufacturers, but the more I looked the more obvious it was to me that I needed to do a custom build to get what I wanted, which was:

## Comfort

- Ability to stay in the saddle for long periods
- Reach the drops without contorting my body
- Traditional geometry (say NO to those compact frames)
- Superb Fit

## Commuting

- Smooth ride absorbing those nasty bumps
- Ability to fit panniers
- Pump attached to the frame
- Good cockpit for Lights/Bell/etc

## Performance

- Acceleration out of the box
- Strong and robust - able to resist the occasional tumble
- Efficient power transfer
- Route cables internally

The frame I chose was steel. While a little old fashioned in modern terms, it has some key properties that made it my obvious choice: Easily customised to achieve personal preferences Well understood material science much stronger than carbon, yet only fractionally heavier Traditional material yet constantly undergoing development gives a ride that is comparable to carbon in comfort and shock absorption.



Fork is the only carbon component on the bike (other than the seat post).  
 Share the road advocacy  
 At one level this bike is all about the pursuit of a Good cup of coffee

I was in a wistful mood when I ordered the bike, and it shows! My sense of humour emerged with a vengeance and I did my best to sublimate it, but failed dismally. The bike turned out to be a unique one off work of art. It reflects my growing interest in advocacy, yet my almost irrational need for a coffee stop whenever I ride a bike.



Coffee cups are liberally sprinkled throughout.  
 Bike North logo on the seat stay (gotta love that! Ed.)  
 My name is on the top tube, just where the cable pops out from it's internal route

All in all, I could not be happier with the result. The bike I ended up with is both comfortable and lively. It has great geometry, and potential for me to grow into it. It is unique, interesting, amusing, yet has a serious side as well. Best of all, it costs less than the bike it replaced, and so there is money left in the bank for future experimentation. It just does not get better than that!



Note the braze on for a pannier, just above the rear brake assembly

## Vietnam Tour 2008

Interested in a cycle tour in Vietnam? We're looking to put together a group of BN members for a tour, which is likely to be in Feb 2008 for 14 days. We expect the cost will be up to approx A\$2000 (depending on numbers) plus airfares, taxes etc.

The tour company will most likely be Pedaltours, who ran our very successful NZ tour earlier this year.

Interested? Contact Pam or Col Kendrick on ph 98722583 or email: [colin\\_kendricks@optusnet.com.au](mailto:colin_kendricks@optusnet.com.au)

## HarbourLink

By Carolyn New

There are a number of projects within the Bike North area that would benefit hugely from the injection of Federal funding. The most critical project is HarbourLink. This is an amazing concept which would provide a low-stress, easy gradient off-road pathway connecting the Harbour Bridge cycleway to the North Sydney CBD and beyond. Under this concept, the existing cycleway would continue alongside the railway line leveraging off the existing bridge infrastructure and then follow alongside the Warringah Freeway north. This would have to be major infrastructure works and would cost many millions of dollars to build, but there is simply no other way to provide a bicycle friendly cycling route through North Sydney, unless space is dedicated on the Pacific Highway and that has proved to be an impossible ask.

North Sydney Council is leading this project, dedicating significant funds to the development of concept pictures and a promotional DVD and poster. HarbourLink will require significant funding from all sources, private and public, federal and state and the objective, at this stage, is to capture that interest, support and then funding. At the state level the RTA has supported this project as they can see there is no other suitable alternative.

This is a great project to ask for support from your federal candidates. While situated in North Sydney, this is a vital connector that impacts on most people who simply want to ride a bike in Sydney.

# Giro Toscana

By Liz Quine

In May 2007 as the 'Giro Italia' set off from the island of Sardinia, through the hills near Sienna to the mountains in the north of Italy, Joan and I completed our own 'Giro Toscana' through the hills of Tuscany.



Our adventurous cycling tour around Tuscany began in Montecatini Terme, a picturesque spa resort in the Tuscan Hills. As we met our host from Eurobikes and were given our bikes, maps, vouchers and instructions, it felt a little like the TV show 'The Amazing Race'. We represented six different nationalities – Norway, Germany, Austria, Canada, USA and Australia – each following the same cycling tour, but at our own pace, and meeting each evening at our destination.

We cycled an average of 50kms each day through the picture-perfect Tuscan Hills, including cycling quiet country lanes, cycle paths, gravel tracks and even wading across a bubbling brook. This is not a tour for the lycra boys (although we met plenty of these along the way) but a cycling tour suited to the latte set, with plenty of stops for café or gelato and a trattoria along the way.

The pedals churned almost as much as the camera shutter. This part of the world really is picture perfect. Not content with the cycling for my daily exercise, I also managed to climb every tower in Toscana (well some of them) Pisa (300 steps), San Gimignano (400+) and Sienna (lost count). The views were breathtaking... literally! We dined in the Piazza Il Campo where they hold the famous horse race 'Il Pallio' and were serenaded by the gondoliers as we floated along the canals in Venice. Throw in a few (dozen) duomo, basilica and museums to add a bit of 'kulcha' to the trip. And, of course, I just have to mention the Italian food – 'fresh, tasty and tantalising'. Shopping in the markets or the local patisseries sets your mouth watering. It was a real cultural experience for me and I find that I am now bilingual in sign language and that certain Aussie expletives are understood in all languages.



We did get lost (OK, numerous times); we did get a flat tyre; we cycled in the heat and humidity and we cycled in a torrential downpour. NOTE: covering in an olive grove provides absolutely no shelter from hail whatsoever!

At the end of it all I can say, we didn't just see Tuscany we experienced Italy, in our Giro Toscana.

Lizabetta ona bicicletta

## Charity Cycle Challenge 2007

James Burton of Greenwich was about to turn 40, and rather than mark the occasion with the traditional boozy celebration he enlisted his mate, Cameron Hall, into doing something "different".



As a result the two, with their support teams, spent the October school holidays completing their own marathon challenge – cycle Sydney to Melbourne in 12 days and raise at least \$20,000 for the Queensland Brain Injury Association.

Not only did they make it to Melbourne, they exceeded the fund-raising target!

For more info see their website: <http://www.charitycyclechallenge.org.au/>

# Tour de Femme

## Sunday 11th November

The Tour de Femme is a women-only twenty kilometre ride that doubles as both a race and a participation event. This year it will be held on Sunday 11th November. Many of Australia's top female riders have competed in previous events and are expected to return this year including Oenone Wood. Previous winners have included Oenone Wood, Alison Wright, Kim Palmer and Tracey Gaudry. There are a range of age divisions with separate prizes that are hotly contested each year.

In addition to those interested in racing, the Tour de Femme attracts a large number of participants who treat it as a 'fun-run' on wheels. More than 600 riders competed in 2006. Everyone who enters by the closing date will receive a T-shirt and a water bottle. You don't need a club or open racing licence to enter. Riders from teens to those in their eighties participate. [On line registration](#) closes 5pm Wednesday 8th November. If you are doing the on-line entry please put "Bike North" as your team name.

It is possible to register on the day of the race but there is a \$5 late fee and you will also need to have somewhere to put the "show bag" you receive when you enter.

Registration, to collect race number, timing device, T-shirt and water bottle, is from 4pm to 6pm Saturday 10th November at Stromlo Forest Park.

The Race starts at 9am but you need to be assembled and ready to start by 8:30am on the Sunday. The start is at Mariner Place east, next to Alexandrina Drive near the Canberra Yacht Club.

Last year three intrepid Bike North women participated and had a ball. This year more women have decided to give it a go. It is recommended that participants and their "support teams" travel down to Canberra on Saturday (or earlier) so that they have time to go for a short ride and/or check out the sights of Canberra, not forgetting that you need to register on the Saturday afternoon.

For further info. check out the website <http://www.canberracyclingclub.org.au> or contact Debbie Edwards on 9436 0969 (after 6pm).

[Here is a map of the route \(PDF\)](#)

Thanks to / source: Canberra Cycling Club website

# BUG Needs Analysis

By Mal Hart

Bike North, along with other Bicycle User Groups (BUGs), provided input that enabled the Cycling Promotion Fund (CPF) to develop a comprehensive picture of the scope of BUG's, what they do and what they need to develop in the future. Hart

Here is the [link to the report which was compiled by Helen Cronin on behalf of the CPF](#)

This report is an impressive piece of work and gives an interesting insight into the wide range of BUG activities. It's interesting to see the enormous proportion of workplace BUGs in Vic!

The conclusions raise many of the same issues that we have discussed at Bike North.

The CPF is investigating a number of opportunities on how to address some of the needs identified through the survey. These include:

- Improving the CPF website to make it easier for cycling organisations to locate resources and publications for promotion and advocacy.
- Exploring opportunities to provide a website template for BUGs to make it easier and more affordable to have a web presence, including hosting options.
- Exploring options to make insurance more affordable and accessible for BUG's. Investigating opportunities for training (as identified in the survey).
- Setting up an e-news bulletin to enable BUG's and Club's to subscribe to keep them informed about cycling issues, campaigns, resources and training opportunities.

A number of the recommendations require further exploration and discussion and the CPF is encouraging BUG members to register your interest, if you would like to be involved in a working group. Please email Rosemary Speidel if you'd like to participate: [speidel@cyclingspromotion.com.au](mailto:speidel@cyclingspromotion.com.au)

Reading the summary of planned follow-up activities makes me wonder, if the CPF does all that, then what will be the role of BNSW?

It would certainly make our life at BN a lot easier if we could get easy access to their promotional packs and material about the benefits of cycling information.

Bike North is planning to respond to CPF acknowledging the good base this survey provides and to say that we look forward to working with them to make a BUG's life easier.

The Exec would welcome reactions and comments from members on these issues too. Please feel free to send your input to: [info@bikenorth.org.au](mailto:info@bikenorth.org.au)

*Our Favourite Rides*

# Wend Your Way to Wyong

*By Robyn Tuft*

<b>Ride:</b>	Wend your Way to Wyong
<b>Location:</b>	Old Pacific Highway – Peats Ridge – Yarramalong – Wyong
<b>Distance:</b>	82km
<b>Bike:</b>	Road/Tourer/MTB with road set-up, comfortable gears for uphill
<b>Fitness:</b>	Good fitness
<b>Skills:</b>	Downhills at speed, comfortable with road riding with passing traffic (including fast motorbikes)

**Chain Mail (CM): Who suits this ride?**

Robyn Tuft (RT): Wend your Way to Wyong is classed as a medium hard ride, mainly because of the hills and distance. There is a hare and tortoise version. The 'relaxed pace' of the tortoise means that anyone who can do a medium ride who also has some perseverance and love of up and down hills will find it quite doable. For the speed maniacs, the hare provides a good workout and (if you lift your head) some great views.

**CM: What are the special features of the ride?**

RT: There are some great downhills - Cowan to the Hawkesbury and the challenging Bumble Hill (300m descent). The gradients up the hills are gentle and there are the wildflowers in spring to take your mind off the pavement. Once up on the plateau there are extensive views. At the bottom of Bumble Hill we stop at Yarramalong Manor for a sit down lunch. The Yarramalong valley is easy coasting through green pastures to Wyong station. Even the train trip back is picturesque as you glide past the Hawkesbury, resting weary muscles.

**CM: When is the best time to do this ride?**

RT: Autumn and spring is the optimum time for this ride. Winter can get a bit nippy on the descents and summer heat can take the edge off the climbs. The following description shows that weather need not be a deterrent.

The last time this ride was run, the day dawned with steady rain but with a forecast of clearing showers. A total of 6 intrepid starters turned up at Berowra station. Richard was in training for some touring so had filled four panniers with everything but the kitchen sink. It was a fine start and we had a smooth run down to Brooklyn and up to Calga but the wet road meant that those of us without mudguards had wet bums after the first 100 metres from the wet road.

After the first shower, just after leaving the Road Warriors Café, we re-named the ride from "tortoise" to "turtle". We thought we would suggest a re-name of the hare version to "wet hair (sic) ride" which Scotty was nobly leading (minus rain gear). We stayed nicely cloistered in the Manor until the rain stopped. The weather was soon forgotten as the sun came out and produced iridescent colours along the Yarramalong Valley.

**CM: Could someone do this ride unescorted?**

RT: Yes, navigation is fairly straightforward to Calga, and then follow the signs to Peats Ridge. There is a right turn at Kulnura onto Greta Road then the first left leads you to Bumble Hill. The ride turns right at the bottom and it's straight ahead to Wyong.

**CM: Where does it start?**

RT: The start is Berowra station so people have the option of training, biking or driving. There is plenty of parking. There is a train every hour back to the start.

**CM: Any other comments on this ride?**

RT: The ride provides the opportunity to get out of Sydney into the countryside without a long drive to the start. The tortoise version is particularly suited to those who like the challenge of a longer distance at a relaxed pace and don't mind spending the best part of a day doing it. On the hare version you can be back at the start in under 6 hours, given good train connections.

## National Ride to Work Day

*By Carolyn New*

Congratulations to everyone who made the first national Ride to Work Day such a huge success on Wednesday October 17. Locally there were four community breakfasts at Milsons Point, Lane Cove, Macquarie Park and Macquarie University and an unknown number of workplace celebrations. The Macquarie Park event, held on the grounds of the new Optus site, was an outstanding success thanks to the persistent efforts of Graeme Woodward and Optus (a new employer in the area which looks like making a great contribution to the cycling community in Macquarie Park). Over at Milsons Point there were reports of cycleway traffic jams and queues at the steps.

Numbers and reports are still coming in as we go to print, and full details are not yet available, but we know that at least 30,000 people nationwide registered for this event. The national organisers say that usually one in three people who participate actually register. If it is true, this represents a wonderful vote for cycling as transport. Experience in Victoria where Ride to Work Day has been a regular event for some years says that riding to work can be addictive with many people continuing to ride on a regular basis. In recent years each annual event has usually resulted in a significant participation jump, which bodes well for the future of the national event and a higher profile with our political masters.

Bicycle New South Wales must be congratulated for its successful media coverage, particularly in the last days before the event, and Bicycle Victoria thanked for extending its local event to the whole nation. National sponsors such as the ABC and Bakers Delight, who sponsored the community breakfasts, were significant contributors to the success of the day.

Note Wednesday 15 October, 2008 in your diary for the second national Ride to Work Day.

## Calendar, December 2007 – January 2008

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
1/12/2007 Saturday	<b>River Ride for Women</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> CPS <i>Distance:</i> 17 <i>Contact:</i> Debbie Edwards, 9436 0969 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Out and back along the Parramatta River with a coffee stop. Suitable for women who want to get back in to cycling.
1/12/2007 Saturday	<b>Wharves and Providores</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> <i>Distance:</i> 18 <i>Contact:</i> Alison Pryor, (02) 9874-2383 <i>Starts at:</i> 08:00:00. Start at North Sydney Station. Slow paced ride to scenic wharves and providores in Pymont/inner city area. Lots of stops to look and buy. Bring bag/panniers & bike lock.
2/12/2007 Sunday	<b>A to C and Back</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> 07:30:00. Artarmon Stn east. Med, hilly ride to Balmoral and Middle Head. After coffee at Chowder Bay return to Artarmon.
2/12/2007 Sunday	<b>Wood 2 Been and Back</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FHTX <i>Distance:</i> 76 <i>Contact:</i> Doug Stewart, 9874 5594 <i>Starts at:</i> 06:30:00. Starts at Eastwood Station (east) for a brisk hilly ride via North Ryde, Pymble, Narrabeen Church Point, Turramurra, Eastwood. Early return with optional coffee at end.
4/12/2007 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. School of Arts Community Centre Hall Meeting Room (around the back) 201 Cox's Road North Ryde
8/12/2007 Saturday	<b>Northern Beaches and Back Roads (tortoise)</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OHX <i>Distance:</i> 45 <i>Contact:</i> Robyn Tuft, 9144 1325 <i>Starts at:</i> 07:00:00. Turramurra Stn east side. Moderate paced ride via Terry Hills, Church Point and beaches to Manly. Ferry and train to start. Some hills and traffic.
8/12/2007 Saturday	<b>Northern Beaches and Back Roads</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> FHXT <i>Distance:</i> 86 <i>Contact:</i> Malcolm Hart, 9713 1994 <i>Starts at:</i> 06:30:00. 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.
8/12/2007 Saturday	<b>City Sunset</b>	<i>Grade:</i> Easy Medium <i>BNSW Grade:</i> STH <i>Distance:</i> 30 <i>Contact:</i> Joan Kerridge, 9909 8925 <i>Starts at:</i> 17:30:00. St Leonards stn concourse. Easy / Med ride to Bradleys Head via Cammeray for BYO picnic dinner at sunset. Return via Mosman. BIKE LIGHTS ESSENTIAL.
9/12/2007 Sunday	<b>BN Christmas Party</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> <i>Distance:</i> 15 <i>Contact:</i> Special Event, <i>Starts at:</i> 11:00:00.
10/12/2007 Monday	<b>Hornsby Area Meeting</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. 'Blue Gum Hotel, Hornsby. Hornsby Working Group meeting. '
11/12/2007 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'
15/12/2007 Saturday	<b>Brooklyn Brunch</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FTHHX <i>Distance:</i> 90 <i>Contact:</i> Doug Stewart, 9874 5594 <i>Starts at:</i> 07:00:00. Eastwood stn east. Hard ride at a Medium pace to Bobbin Head, then Brooklyn for brunch. Return via Hornsby & Turramurra. Fit, experienced riders only.
15/12/2007 Saturday	<b>The Gorge and Berowra</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> FHX <i>Distance:</i> 45 <i>Contact:</i> Evan Hawthorne, <i>Starts at:</i> 07:30:00. '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 '

15/12/2007 Saturday	<b>North Ryde Christmas Lights</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> ET <i>Distance:</i> 20 <i>Contact:</i> Col Kendrick, 9872 2583 <i>Starts at:</i> 19:30:00. Eastwood stn east. Easy night ride to Cutler Pde, Nth Ryde to view the spectacular Christmas display. Bring a picnic supper. BIKE LIGHTS ESSENTIAL.
15/12/2007 Saturday	<b>Parramatta Park Parade</b>	<i>Grade:</i> Easy Medium <i>BNSW Grade:</i> PST <i>Distance:</i> 35 <i>Contact:</i> Col Lambert, 9637 0746 <i>Starts at:</i> 07:30:00. 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.
16/12/2007 Sunday	<b>Christmas Lights by Bike Lights</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> EST <i>Distance:</i> 30 <i>Contact:</i> Col Kendrick, 9872 2583 <i>Starts at:</i> 18:00:00. Meadowbank wharf. Easy ride to Halliday Park, Five Dock for a BYO picnic in the park at dusk. Marvel at the array of Christmas lights. BIKE LIGHTS ESSENTIAL."
16/12/2007 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.
16/12/2007 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> 07:00:00. 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.
22/12/2007 Saturday	<b>Olympic Park Ride</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> CPS <i>Distance:</i> 25 <i>Contact:</i> Alison Pryor, (02) 9874-2383 <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.
23/12/2007 Sunday	<b>Meadowbank to Bobbo</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> FHT <i>Distance:</i> 50 <i>Contact:</i> Doug Stewart, 9874 5594 <i>Starts at:</i> 07:30:00. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.
23/12/2007 Sunday	<b>Big City Loop</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> O <i>Distance:</i> 60 <i>Contact:</i> Scott Ratcliff, 0425 349 104 <i>Starts at:</i> 07:30:00. Meadowbank Wharf. Medium ride via Cooks R C/P, Mascot, Moore Park Precinct, Return via City CBD, Pyrmont and ANZAC Bridges.
26/12/2007 Wednesday	<b>Yacht Race Ride</b>	<i>Grade:</i> Easy Medium <i>BNSW Grade:</i> SHT <i>Distance:</i> 25 <i>Contact:</i> Col Kendrick, 9872 2583 <i>Starts at:</i> 10:00:00. Artarmon station east. Easy, but hilly ride to Middle Head for a BYO picnic lunch and see the yachts heading to Hobart. Bring your sunscreen!
5/1/2008 Saturday	<b>Twilight on the Harbour</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTH <i>Distance:</i> 35 <i>Contact:</i> Joan Kerridge, 9909 8925 <i>Starts at:</i> 17:00:00. 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.
6/1/2008 Sunday	<b>Bays &amp; Foreshores</b>	<i>Grade:</i> Easy Medium <i>BNSW Grade:</i> PST <i>Distance:</i> 35 <i>Contact:</i> Eric Middleton, 9958 2546 <i>Starts at:</i> 07:30:00. Meadowbank Wharf. Easy/medium ride to Gladesville Bridge, then follow the bays & foreshores around to Concord for coffee.
12/1/2008 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> 07:30:00. 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.
12/1/2008 Saturday	<b>Further Beyond Barrenjoey</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> OTXH <i>Distance:</i> 85 <i>Contact:</i> Peter Tuft, 9144 1325 <i>Starts at:</i> 00:00:00. Hard fast ride from Turramurra via back roads to Palm Beach, ferry across Broken Bay, superb scenery around Kilcare, Gosford and Brisbane Water. Train from Woy Woy. Call to confirm.
12/1/2008 Saturday	<b>East Sydney Art</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> <i>Distance:</i> 18 <i>Contact:</i> Alison Pryor, (02) 9874-2383 <i>Starts at:</i> 09:00:00. Start at North Sydney station. Low paced ride on cyclways through inner city Pyrmont and tourists areas to see Art works. bike lock and non cleated footwear recommended. Lots of stops.
12/1/2008 Saturday	<b>Beyond Barrenjoey</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> OTXM <i>Distance:</i> 60 <i>Contact:</i> Robyn Tuft, 9144 1325 <i>Starts at:</i> 00:00:00. Medium hard ride from Turramurra via back roads to Palm Beach, ferry across Broken Bay, superb scenery around Kilcare. Train from Woy Woy. Some hills, small dirtroad section, slower pace. Call to confirm
13/1/2008 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> 07:30:00. Meadowbank wharf. Easy ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way.
13/1/2008 Sunday	<b>North to West Head</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FXTH <i>Distance:</i> 91 <i>Contact:</i> Doug Stewart, 9874 5594 <i>Starts at:</i> 07:00:00. Eastwood Stn east. Hard, hilly ride via Browns w/h, Terrey Hills, West Head, Akuna Bay (coffee). Return a similar route. Brisk pace.
19/1/2008 Saturday	<b>Wood 2 Been and Back</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FHTX <i>Distance:</i> 76 <i>Contact:</i> Doug Stewart, 9874 5594 <i>Starts at:</i> 06:30:00. Starts at Eastwood Station (east) for a brisk hilly ride via North Ryde, Pymble, Narrabeen Church Point, Turramurra, Eastwood. Early return with optional coffee at end.
19/1/2008 Saturday	<b>The Gorge and Berowra</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> FHX <i>Distance:</i> 45 <i>Contact:</i> Evan Hawthorne, <i>Starts at:</i> 07:30:00. 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 '
20/1/2008 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> 07:30:00. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turramurra, &

Bobbin Head. Coffee and return. Long climbs and descents.

<b>20/1/2008</b> Sunday	<b>Olympic Park Ride</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> CPS <i>Distance:</i> 25 <i>Contact:</i> Col Lambert, 9637 0746 <i>Starts at:</i> 07:30:00. Meadowbank Wharf. Easy loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
<b>28/1/2008</b> Monday	<b>Parramatta Park Parade</b>	<i>Grade:</i> Easy Medium <i>BNSW Grade:</i> PST <i>Distance:</i> 35 <i>Contact:</i> Scott Ratcliff, 0425 349 104 <i>Starts at:</i> 08:00:00. 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.