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## The 7th Bike North Century Challenge

By Mal Hart, Event Organiser

Since 2002 Bike North riders have been lining up from 7am on the first Sunday in May to take the challenge to ride 100km or 100miles (160km). Our approach of riding in small teams of 2, 3 or 4 people provides a different riding experience than a normal BN day ride. You get to share your successes but also to receive support when times get tough, as you grapple with the physical and mental challenges of the day. Not to mention sharing those precious spare tubes when times get really tough.

We will run the BNCC on Sunday 4th May with just enough daylight to finish the event (sunset is 5:10pm) but with cooler temperatures to avoid overheating. It is also at a good time of the year to peak your riding fitness, which probably dropped a bit after those Christmas excesses. For those who are training for the BNSW Big Escapade, Tour de Hills, Loop de Lake or the Tour de Cowra, it is the next logical step before the winter sets in. Don't wait until the Gong ride, where you do a much less interesting ride with crowds of people, take the Challenge this May!

This year we offer some different challenges with some new routes, yet retain an original classic, which ought to spark interest across the full BN membership. In 2008 the options are:

- Hawkesbury Randonnée (175km & 3 main climbs) Wahroonga, Galston Gorge, Wiseman's Ferry, Central Mangrove, Mt White, Wahroonga
- Classic 100 Loop (100km & 5 main climbs) Wahroonga, Galston Gorge, Berowra, Mt White, Wahroonga
- Beyond the Pie (60km & 1 main climb) Wahroonga, Pie in Sky, Hawkesbury River, Pie in the Sky, Wahroonga

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.**

I must stress that this is NOT a competitive event. It is designed to offer an alternative ride to extend you beyond your normal preferred distance and terrain. Most members of Bike North will be able to find a challenge to suit.

### How do I participate?

The BNCC is only for Bike North members, but you can join and then ride. Tell your friends about the great event. The BNCC is a FREE event presented as a service to Bike North Members.

You must form a team of 2, 3 or 4 riders to participate. You form a team yourself through chats on the email or on rides. We don't do this for you. If you don't know people then come along on some rides at your level of difficulty to meet people before the registration date.

Each team must pre-register for the event by Wed 23rd April using the BNCC Registration Form which will be available soon on the BN website ([www.bikenorth.org.au](http://www.bikenorth.org.au)).

All applications must be sent electronically to the Event Coordinator: ([mjhart@bigpond.net.au](mailto:mjharts@bigpond.net.au)) by the due date. There will be no entries after this day and no on-the-day entries.

### How does it work?

The BNCC requires self-sufficient riding and navigation as each team follows a published route guide. Detailed route notes in the BNCC Ride Guide will be available soon from the BN website. Watch out in BN News for this.

Each group of 2, 3 or 4 (on at least two separate cycles) will start together but separate from all the other groups. You must attend the briefing at the times shown and you will be given your start time then. No briefing, no ride. Simple.

Your group must always stay together, within 20 metres or so. You will ride at the pace of the slowest rider on hills and all stop together when you stop. Therefore to avoid frustration groups should be made up of riders of similar ability.

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Unlike most other BN rides there are no ride leaders or sweeps, no on-the-road support and you must fix any minor mechanical problems. You have to consider the time and plan your progress to finish by 5pm. Groups should rest, refill bottles and eat as needed. Planning your food and drink stops is an essential part of riding the BNCC.

I recommended you take a significant quantity of food and drink with you in your pockets or bag when you start the ride. Items such as fruit, muesli bars, chocolates and sandwiches are good choices made by experienced challengers.

For those taking on the 175km Challenge, you will need to give careful consideration to food and drink replenishment as the event will not loop back through Wahroonga this year.

If you withdraw from the event you will need to arrange your own transport. You also must phone and let us know you are out. No group of fewer than 2 cycles is allowed to continue in the Challenge.

## What do I do now ?

The BNCC is not an event that you can just turn up for on the day and complete. It is a good idea to get yourself ready well ahead, particularly by improving your cycling fitness. Look at the rides calendar and pick out some rides that you feel may gradually extend or push your fitness and capability a bit further. Perhaps get in some extra riding whilst on holidays or early in the New Year when things are a bit less hectic. Secondly, seek out some team members and put the date in your diary – Sun 4th May. For more information contact Mal Hart (mjhart@bigpond.net.au) or phone 9713 1994.

### What to bring to the BNCC

You must comply with these instructions to participate in the event. These are your responsibilities!

EVERY rider MUST carry these items otherwise you can't start:

- a bike suitable for the event and in TOP mechanical condition. We strongly advise a bike service prior to the BNCC.
- helmet, water bottle, wind/rain jacket & tail light;
- pump, 2 spare tubes, puncture repair kit & appropriate tools;
- cash (for food/drink, phone calls or train ticket);
- your own 2008 BNCC Ride Guide.

Additionally EVERY 175km rider MUST carry:

- bike lights on each bike.

Finally EVERY Riding Group MUST carry at least one of:

- bike computer, basic first aid kit & mobile phone

### BNCC Summary

#### *Beyond the Pie – 60*

- Distance: 60km. Grade = Medium.
- Wahroonga, Pie in the Sky, Hawkesbury River, Pie in the Sky, Wahroonga
- Overall time: 4 to 5 hours (allows 1 hour stopping)
- Briefing 8:45. Start: 9am. Finish: 1pm to 3pm

#### *Classic 100 Loop - 100*

- Distance: 103km. Grade = Hard.
- Wahroonga, Galston, Berowra, Mt White (part), Pie In the Sky, Wahroonga
- Overall time: 6 to 7 hours (allows 2 hours stopping)
- Briefing 7:45. Start: 8am. Finish: 2pm to 5pm

#### *Hawkesbury Randonnée - 175*

- Distance: 175km. Grade = Very Hard.
- Extended loop, partly in remote communications area.
- Overall time: 8 to 10 hours (allows 3 hours stopping)
- Briefing 6:45. Start: 7am. Finish: 3pm to 5pm

## Ride to school

*By Chris Hart (aged 10yrs)*

I love to ride to school because it's the best way to get fresh air in the morning.

I don't know why more people don't ride to school. There never seem to be many bikes in the racks at my school.

It is very easy to do it. You just need your bike, helmet and a bike lock. I put an arm through each of the straps on my school bag and away I go. When you get to school you just lock up your bike and throw your helmet in your bag.

I love riding my bike because it is so much fun and I really like that feeling of going fast.

I want to continue riding my bike forever, as it is such a unique way of getting to other places. I don't know how my Dad rides such long rides, but hopefully I'll be able to do that one day too.

## Here a BUG, there a BUG, everywhere a BUG BUG!

*By Alan Corven (eBUG Convenor, Bike North member, Bicycle NSW Member, cycling commuter and weekend recreational cyclist)*

Well, that would be annoying if it were the insect type bug. And perhaps a few of the people at my work think that's exactly what I am - an annoying, overenthusiastic, cycling fanatic! I prefer to think of myself as an enlightened (thanks to Bike North and Doug Stewart), environmentally friendly, cycling nut.

Based on my new found enthusiasm for cycling and some info coming out for Ride 2 Work day, I decided to form a BUG at my work - eBUG, the Ericsson Bicycle User Group (members are affectionately known as eBUGers!

I scheduled the inaugural meeting on the 16th of August (at lunch time so as not to upset management) with a few colleagues that either already cycled or seemed interested in cycling. And on the day a whole 4 people turned up (including me)! I was a bit disappointed but determined to spread the good word. So...

We set the objectives of the BUG and discussed what we could do to help people get into cycling. Some good suggestions were made and then who ended up with ALL the action points? ME of course! So off I go and create a "marketing brochure" and FAQ based on various information sources including the Bike North, Bicycle NSW and CPF web sites.

After a few updates to the documents, I took a few hours off work one arvo and started handing them out and talking to unwitting (or was it unwilling) colleagues. Quite a few laughs, some negative comments from dedicated car drivers and motorbike riders, and about 150 brochures later I realised that MOST people didn't really want to know how good cycling was for them and the environment - shock, horror!!

Shaken but not deterred, I rallied those few who showed some interest and expanded the ranks of eBUG from the original few up to about 20. Of course not all of them ride, but at least they seemed a little interested and were willing to receive (if not read) my emails. Then, using promotion material for Ride 2 Work day, I managed to find one poor soul who brought his son along to a Bike North ride (Olympic Park) - and they actually enjoyed it!

Since then, I've:

- been a Bike Buddy to three people riding to work for the first time, two from Chatswood and one from Cherrybrook;
- had two people buy bikes;
- expanded the eBUG distribution list to 29;
- issued 5 weekly newsletters promoting rides (BN, R2W, Spring Cycle, Sydney to Gong, etc), cycling safety and cycling news;
- started running a once a month lunch time ride; and
- almost have building management agreeing to install bike parking racks at one of our sites.

It's been hard work, frustrating, time consuming... and wonderful and rewarding. I commend all cycling enthusiasts to start a workplace BUG or get actively involved in a BUG like Bike North. Don't just be a cyclist, be a change agent for improving our society!

# Tour de Femme, 11th November

By Jane Ellis

This year 10 intrepid Bike North ladies descended on Canberra on Saturday the 10th November to participate in the 18th Tour de Femme. The team was made up of Pam, Marion, Fran, Liz, Ali, Debbie, Judy, Jeanette, Ronni and myself plus a couple of extras that tagged along for the ride on their tandem (Kim & Judi). On Saturday afternoon we registered, which was a challenge within itself. Registration was held at Mt Stromlo Forest Park, an amazing place that has numerous facilities available for different cycling abilities and styles, from MTB tracks, a cross-country running track, a criterium circuit as well as equestrian trails. We all managed to find our way there eventually, which involved getting lost by both car and bike. Registration was waylaid when we discovered the criterium circuit and our primary aim became to do a few laps instead of registration. It was a pleasure riding on such a smooth, clean surface after riding from Kingston (our accommodation) on rough roads and cycle paths.



Team Bike North - Back L-R Jane, Liz, Fran, Marion, Pam. Front L-R Jeanette, Judy, Debbie, Ali.

The estimate of the ride to registration by Liz, Kim, Judi and I was that it would only be 10km; but we didn't take into account misreading the map and getting lost, as a result of which it ended up being 40km return. At one stage we pulled off the road into a palatial driveway, which turned out it to be the Lodge. So as you do, we posed for photos sitting on the bollards in front of the gate. At least we broke the monotony for the security guards; they had a good laugh at the strange women in lycra. After our team-building dinner at an Italian restaurant on Saturday evening we all went to bed early in anticipation of the Big Race.

Race day dawned as a perfect day for cycling. After a hearty breakfast we set off for the start at the Canberra Sailing Club. Approximately 600 women lined up for this year's race, all ages and abilities were represented. There was an air of excitement waiting for the starter's gun to go off. First off were the tandems; some of which had disabled riders and their pilots on them. Next were the 'elite' (of which Fran was one!). After this the rest of the racers took off, jockeying for a good position to break free of the pack. With no race strategy in mind and nothing to lose I took off. What an adrenalin rush. The 20kms of the route went by in a blur and despite being pipped at the post by Debbie I managed to finish it in 40:43. The Bike North Team finished eighth overall in the teams' race. The presentation of prizes was held when all the ladies had come across the finish line. It was excellent to see such a large number of female cyclists gathered for one event.



Liz, Kim and Jane outside the Lodge

Bring on the 2008 Tour de Femme – imagine how well we could go if we actually trained seriously!

### **Congratulations to all the team. Great results!**

Fran Griffin	35:25
Debbie Edwards	40:43
Jane Ellis	40:43
Pam Kendrick	41:40
Judy Engall	47:48
Marion Clout	49:23
Alison Wong	50:11
Jeanette Lloyd	51:05
Liz Quine	1:19:03 (due to a flat)
Ronnie Essam	Pulled out due to injury

# Our Favourite Rides: Meadowbank to Bobbo

By Doug Stewart

<b>Ride</b>	Meadowbank to Bobbo (an iconic introduction to longer hills)
<b>Location</b>	Meadowbank Wharf
<b>Distance</b>	50km with a 20km/hour average speed
<b>Bike:</b>	Road bike, flat bar, hybrid or MTB with road tyres
<b>Fitness</b>	Medium level fitness
<b>Skills</b>	Hill climbing, descending, pacing on a two climbs 4km long



## Chain Mail (CM): Who is this ride suited to?

Doug Stewart (DS): I guess this ride can be best described as a medium challenge ride. For those riders wanting to step up to the longer harder hillier rides this one is an important step — but not a first step. If you are doing Pie in the Sky and are finding the hills pretty easy, then this might be the next step up. The ride attracts a wide variety of riders so don't be worried if others initially seem much faster, as we expect an average of just 20km/hour and regroup at regular intervals. The ride runs with a sweep to ensure that we all reach the end together.



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

DS: This ride travels through quiet bush areas in the middle of the ride and at the northern end. It is marvellous to be able to ride in these great places from the middle of metropolitan Sydney. We start from the busy Parramatta River and turn around at the tranquil waters of Bobbin Head.

Apart from the scenery the main features of the ride are the hills. Mostly they are a steady gradient of 5% but there are a good few sharp ups (and downs). Three short sections are over 15% grade which makes them quite tough. Strong legs or low gears (or both) are recommended for these parts and the Kissing Point Road hill, where the really steep part is only about 200m long is renowned as one of the most difficult hills we climb. By one quarter ride distance the worst (or best) is over.

Another special feature is the descents because what goes up does come down. The descent into Bobbo is a sinuous 4km which gives plenty of practice at high speed cornering, setting up your lines and becoming smooth. The steep descents down Kissing Point Rd and both sides of Browns Waterhole are not times for bravado but for controlled speeds. As Lance Armstrong once said, "you won't win any races downhill, but you can sure lose them."

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

DS: Weekend mornings are the best times as the ride uses back roads for almost the entire distance. We start early to avoid the traffic and to make the hill climbs cooler. Actually the Bobbin Head climb is mostly in shade if tackled before about 11:00am, which is great news in summer but can present some challenges on damp mornings because the road doesn't dry out quickly.

**CM: Could someone do this ride themselves (without a BN Ride Leader)?**

DS: This is a great training ride for anyone in the northern part of Sydney, because the hills are always there and there are relatively few turns, so becoming lost would be difficult. In fact sections of this route are very popular, with cyclists outnumbering cars early in the mornings.

**CM: Where does it start?**

DS: This ride usually runs about once per month from the familiar Meadowbank Wharf. Many easier rides start here, but in heading north away from the river, we immediately get a sense of the hills ahead. Coffee is at the Corner Cafe on Bobbin Head Rd North Turramurra, which is a great place, with plenty of outside tables, healthy snacks and good coffee. I especially recommend the rice pudding or the fresh fruit and yoghurt.


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

DS: The ride is important in another way, because it introduces cyclists to the northern link across the Lane Cove River at Browns Waterhole. Without this critical link which was built in 1998, cyclists would have to travel via Pennant Hills or via De Burghs Bridge. Sections of this ride are included in most of the harder rides that travel north in Bike North territory. You need to take care in heavy rain crossing the Lane Cove River, because the ford can flood, however levels usually go down quite quickly (and there is also a high level crossing you can walk across if caught out badly).

The good news is that it doesn't get any harder than the Kissing Point Rd climb anywhere else on our standard rides, so if you're able to do this hill then a whole range of rides are open to you. If you haven't ridden with the particular leader before then make sure you phone a few days before the ride to discuss whether it is suitable for you, given your experience / fitness.

## President denies water bottles cause weddings.

*by Helmut, sporadic reporter*

It's one of those things... if an anomaly in the incidence of something arises, people always say "there must be something in the water". Bike North president Graeme Edwards has denied that Bike North water bottles contain anything unusual at the time of sale. He and wife Debbie form one of the couples blaming Bike North for their marriages.

Mr Edwards added, "Of course the water bottles were not on sale prior to our wedding, or any of the earlier Bike North hitchhings. This proves it is not Bike North's water bottles."

Many years ago Bike North was firmly blamed for the marriage of the very tall trike riding Ross Thomas and the très petite road bike riding Dominique. Not too many years later our Graeme married Debbie. There have been others as well!

**Secret Weddings**

Now it comes to light that in secret two more marriages have taken place: Suzy Jackson has tied the knot with long time partner Perry, and Simone Magri and Richard Vagg have not only been married recently, but are planning the ultimate step; to buy a tandem!

## Loop the Lake 2008

Loop the Lake, a leisure ride around beautiful Lake Macquarie of 16km, 50km or 85km finishing at Speers Point Park, is on Sunday 9 March 2008.

The ride is an annual event organised by the Rotary Club of Warners Bay. Loop the Lake is a medium to hard event and is 'on road'. Rain or shine, it's on! Cyclists must abide by the road rules and ride with care and consideration of others. Children under 12 years must be accompanied by an adult.

### Entry:

Download the online entry form at <http://www.loopthelake.com.au/entryform.pdf>

### or

Pick up an entry form from any branch of The Greater Building Society, and bicycle shops throughout Sydney and regional centres. Completed entry forms, cash or cheque only, can be lodged in person at any branch of The Greater Building Society,

### or

Completed entry forms with credit card details or cheque payment can be posted before 27th February to:

Loop the Lake  
PO Box 81  
Warners Bay, NSW 2282

There will also be entry forms at the starting areas to register on the day.

### Entry Fees:

Single entry paid on the day	\$40.00
Student (under 18)	\$25.00
Family entry	\$80.00
Earlybird entry (strictly paid before 27th February 2008)	\$35.00
Each Earlybird Entry receives a Ride Guide by return mail.	

All funds raised through sponsorship of riders and donations and funds remaining from entry fees, after expenses have been paid, will go to the John Hunter Children's Hospital Play Therapy Program and charities supported by the Rotary Club of Warners Bay.



## Tour de Hills 2008

### What's new?

This year the longer distance rides have been retained to take in some new and interesting roads.

### What?

Entrants have the choice of four routes to ride: The 100km, 70km and 35km routes take a scenic and challenging ride through the Hills District. The 20km route is more suited to families and less experienced riders looking for a pleasant ride through the local rural countryside. All courses finish at the Dural Country Club where a lunch and drink will be provided free of charge to all entrants.

### When?

Sunday 2 March, starting 7.30am (100km), 8.00am (70km), 9am (35km) and 9:30am (20km)

### Where?

Start and finish are at Dural Country Club (662a Old Northern Road Dural).

### Why?

For fun! Proceeds go to the Early Intervention Program at St Gabriel's School for Hearing-Impaired Children in Castle Hill and other charities supported by the Club. Get your family and friends to sponsor you on the ride and be in the running for some great prizes.

To enter, complete the entry form which can be found at:

<http://rotarnet.com.au/users/9/96807/Web%20entry%202008.pdf>

# Home Town Tourist – new rides in the BN calendar

By Alison Pryor

Here is the lowdown on a couple of new easy ‘activity’ rides in the BN rides calendar. They go through some iconic and some not so familiar parts of the City of Sydney. These are short distance / relaxed pace rides and combine with two ‘off-bike’ stops at locations on a particular theme – where you get to play bicycle tourist in your own Harbour city.

The rides start and end at North Sydney Station (those who wish to stay in the CBD to do something in the city after the ride can exit the rides at Circular Quay – be sure to let the Leader know if that’s your plan).



## Wharves and Providores (8am start)

Providores are the fresh produce suppliers to restaurants – so the highlights of this ride are stops at the Gourmet Growers Market (stop for coffee, buy quality farm fresh produce or just sample lots of free tastings) and Sydney Fish Markets both at Pyrmont. The other interesting aspect is checking out a part of Sydney harbour you might not have been before. If you want to buy produce you’ll need bike basket, panniers or backpack. A bike lock is also advisable.

## East Sydney Art (9am Start)

This ride follows the same route from North Sydney and Millers Point but then goes through Darling Harbour and the Haymarket. Explore cycle routes through Redfern, Surrey Hills & Woolloomooloo. The art (and coffee) stop are two small but nationally important public (free) galleries in East Sydney: Object Gallery (is the national centre for design & craft) and the National Art School Gallery (in the old Darlinghurst gaol). The route also passes by other art venues with changing exhibitions so there will always be something interesting to see.



**object** | australian  
centre for craft  
and design

This could be the ride for demonstrating you don’t need fancy bike clobber to have a nice ride – the full fluoro-lycra look might be a bit dazzling to the artsy East Sydney locals and cleats are not

advised in art galleries with lovely wooden floors.



In summary, these are easy (low pace, short distance & flat terrain) urban rides in inner city and tourist areas of Sydney. Basic confidence in riding on the road is required as the route uses predominantly on-road cycle routes or cycle lanes. There are also some sections of slow paced riding in significant pedestrian areas (a skill in itself!). A bike lock is highly advisable.

## Calendar, February 2008 – March 2008

### About this calendar

In this edition we have focussed on providing Medium to Hard rides in the lead up to some key BN events: Tour de Hills, Loop the Lake, Tour de Cowra and the BNCC. These rides are all aimed at building your capability to tackle some longer and/or more difficult terrain.

There are also some gems. Alison Pryor will lead a new easy ride meandering around Paddington Green. Bob Chambers will go for a midweek ride out to Mirrambeena Lakes. New ride leader Evan Hawthorne runs a number of rides from Hornsby north, including Pie in the Sky. Finally if you are in the mood for some music, Alison Pryor will take you out to Sydney Olympic Park to see all the great Broadway hits in relaxed surroundings with dinner at the Overflow.

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
2/2/2008 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, 0409 606 853 <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 '
2/2/2008 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 Pyrmont/inner city area. Lots of stops to look and buy. Bring bag/panniers & bike lock.
3/2/2008 Sunday	<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> 07:30:00. Eastwood Stn east. Medium/hard ride via Browns Waterhole, Turrumurra, Church Point to Manly for coffee. Ferry to Quay then to Eastwood via Lane Cove NP and M2. Fit and experienced riders only.
5/2/2008 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 (part way along the right hand side of the building and up the ramp) 201 Cox's Road North Ryde
6/2/2008 Wednesday	<b>Mirambeena Magic</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OP <i>Distance:</i> 72 <i>Contact:</i> Bob Chambers, 9449 9112 <i>Starts at:</i> 08:30:00. 'Starts at Meadowbank wharf. Head west along the PVC and the M4 cycleway (under M4) to visit the picturesque lakes of Mirambeena Regional Park at Lansdowne and on to Liverpool Plaza.
8/2/2008 Friday	<b>Music by Moonlight Ride</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> OPT <i>Distance:</i> 20 <i>Contact:</i> Alison Pryor, (02) 9874-2383 <i>Starts at:</i> 18:30:00. Meadowbank Wharf. Easy ride to Sydney Olympic Park Stadium to relax and listen to music. Suitable for beginners and children OVER 12 accompanied by an adult carer. BIKE LIGHTS ESSENTIAL.
9/2/2008 Saturday	<b>Akuna Bay and Church Point</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FHX <i>Distance:</i> 80 <i>Contact:</i> Doug Stewart, 9874 5594 <i>Starts at:</i> 07:30:00. Eastwood Stn east. Hard, hilly ride via de Burghs Br, Pymble, Terrey Hills, Akuna Bay, Church Pt (coffee). Return via Turrumurra. Brisk pace.
9/2/2008 Saturday	<b>Akuna Bay Tortoise Longer</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTH <i>Distance:</i> 60 <i>Contact:</i> Ben Herman, 0417 261 608 <i>Starts at:</i> 07:30:00. Turrumurra stn east. Med loop to Akuna Bay for coffee, then tackle the two big hills to work off morning tea.
9/2/2008 Saturday	<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.

<b>10/2/2008</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> 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.
<b>10/2/2008</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>16/2/2008</b> Saturday	<b>Pie in the Sky</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTW <i>Distance:</i> 40 <i>Contact:</i> Evan Hawthorne, 0409 606 853 <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.
<b>17/2/2008</b> Sunday	<b>tri-Epping local</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> ES <i>Distance:</i> 20 <i>Contact:</i> Keith Griffin, 0414 187 427 <i>Starts at:</i> 08:00:00. Epping Station, city side. Explore local routes to the railway station, local shops and schools.
<b>17/2/2008</b> Sunday	<b>Hills and Surfside</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FTH <i>Distance:</i> 80 <i>Contact:</i> Malcolm Hart, 9713 1994 <i>Starts at:</i> 07:00:00. Eastwood Stn east. Hard ride to Pymble, St Ives, Oxford Falls & Narrabeen. Return via Warriewood, Church Point, Terrey Hills & Turramurra. Fit & experienced riders only.
<b>23/2/2008</b> Saturday	<b>Akuna Bay and Church Point</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FHX <i>Distance:</i> 80 <i>Contact:</i> Richard Vagg, 0402 637 534 <i>Starts at:</i> 07:00:00. Eastwood Stn east. Hard, hilly ride via de Burghs Br, Pymble, Terrey Hills, Akuna Bay, Church Pt (coffee). Return via Turramurra. Brisk pace.
<b>23/2/2008</b> Saturday	<b>Cowan Calga</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> FHXT <i>Distance:</i> 60 <i>Contact:</i> Keith Griffin, 0414 187 427 <i>Starts at:</i> 08:00:00. Cowan Stn. Medium hard ride through magnificent Hawkesbury River valley on quiet roads. Return with a stop for coffee.
<b>23/2/2008</b> Saturday	<b>Cowan to Calga for Women</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> <i>Distance:</i> 58 <i>Contact:</i> Fran Griffin, 9614 0777 <i>Starts at:</i> 07:40:00. Cowan Station. Medium hard ride through magnificent Hawkesbury River valley on quiet roads. Return with a stop for coffee. Women only.
<b>24/2/2008</b> 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.
<b>24/2/2008</b> Sunday	<b>Paddington Green</b>	<i>Grade:</i> Easy <i>BNSW Grade:</i> <i>Distance:</i> 25 <i>Contact:</i> Alison Pryor, (02) 9874-2383 <i>Starts at:</i> 08:00:00. Start North Sydney Station. Easy ride through city and meander through Centennial Park and Paddington. Coffee stop enroute
<b>1/3/2008</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> 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.
<b>1/3/2008</b> Saturday	<b>The Gorge and Berowra</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> FHX <i>Distance:</i> 45 <i>Contact:</i> Ben Herman, 0417 261 608 <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>2/3/2008</b> 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.
<b>2/3/2008</b> Sunday	<b>Tour de Hills</b>	<i>Grade:</i> Easy to Hard <i>BNSW Grade:</i> TH <i>Distance:</i> 20 <i>Contact:</i> Special Event, <i>Starts at:</i> 00:00:00. Starts and finishes at Dural Country Club. Annual ride supporting local charity. Join the Bike North team for this great rural ride. See BN News and Chain Mail for details.
<b>4/3/2008</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. School of Arts Community Centre Hall Meeting Room (part way along the right hand side of the building and up the ramp) 201 Cox's Road North Ryde
<b>8/3/2008</b> 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> 07:30:00. 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.
<b>9/3/2008</b> 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> 08:00:00. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.
<b>9/3/2008</b> Sunday	<b>Loop the Lake</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> <i>Distance:</i> 80 <i>Contact:</i> Special Event, <i>Starts at:</i> 00:00:00. Loop The Lake is a recreational bike ride around Lake Macquarie.
<b>9/3/2008</b> Sunday	<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>12/3/2008</b> Wednesday	<b>Ride2School</b>	<i>Grade:</i> none <i>BNSW Grade:</i> <i>Distance:</i> 1 <i>Contact:</i> Special Event, <i>Starts at:</i> 00:00:00. The Ride2School Program is a behaviour change program which aims to increase the number of students riding and walking to school. Ride2School encourages healthy lifestyles by increasing students' physical activity levels. It's good for their health, good for their education, good for the environment and good for the family budget. The program breaks down the barriers to more students riding and walking to school and beyond.
<b>15/3/2008</b>	<b>A to C and</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTH <i>Distance:</i> 30 <i>Contact:</i> Graeme Edwards, 9436 0969

Saturday	<b>Back</b>	<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.
15/3/2008 Saturday	<b>Pie in the Sky</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTW <i>Distance:</i> 40 <i>Contact:</i> Evan Hawthorne, 0409 606 853 <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.
16/3/2008 Sunday	<b>Hills and Surfside</b>	<i>Grade:</i> Hard <i>BNSW Grade:</i> FTH <i>Distance:</i> 80 <i>Contact:</i> Malcolm Hart, 9713 1994 <i>Starts at:</i> 07:30:00. Eastwood Stn east. Hard ride to Pymble, St Ives, Oxford Falls & Narrabeen. Return via Warriewood, Church Point, Terrey Hills & Turramurra. Fit & experienced riders only.
21/3/2008 Friday	<b>Tour de Cowra</b>	<i>Grade:</i> Medium Hard to Hard <i>BNSW Grade:</i> O to FHX <i>Distance:</i> 60 <i>Contact:</i> Keith Griffin, 0414 187 427 <i>Starts at:</i> 08:30:00. Starts at Cowra with various rides from 56 km to 200km exploring nearby towns and local points of interest during Easter. Ring for details
22/3/2008 Saturday	<b>Tour de Cowra</b>	<i>Grade:</i> Medium Hard to Hard <i>BNSW Grade:</i> O to FHX <i>Distance:</i> 60 <i>Contact:</i> Keith Griffin, 0414 187 427 <i>Starts at:</i> 08:30:00. Starts at Cowra with various rides from 56 km to 200km exploring nearby towns and local points of interest during Easter. Ring for details
22/3/2008 Saturday	<b>The Big Loop</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTP <i>Distance:</i> 55 <i>Contact:</i> Malcolm Hart, 9713 1994 <i>Starts at:</i> 08:00:00. Eastwood stn west. Medium ride to M2, Winston Hills. Down to Parramatta for coffee. Return via M4 c/p to Meadowbank & uphill to Eastwood.
23/3/2008 Sunday	<b>Tour de Cowra</b>	<i>Grade:</i> Medium Hard to Hard <i>BNSW Grade:</i> O to FHX <i>Distance:</i> 60 <i>Contact:</i> Keith Griffin, 0414 187 427 <i>Starts at:</i> 08:30:00. Starts at Cowra with various rides from 56 km to 200km exploring nearby towns and local points of interest during Easter. Ring for details
23/3/2008 Sunday	<b>Allambie Loop</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTH <i>Distance:</i> 40 <i>Contact:</i> Joan Kerridge, 9909 8925 <i>Starts at:</i> 07:30:00. St Leonards stn concourse. Med ride via Spit, Wakehurst Pkwy, down Allambie Hts to Manly for coffee. Ret via Balgowlah cycle paths to start.
24/3/2008 Monday	<b>Tour de Cowra</b>	<i>Grade:</i> Medium Hard to Hard <i>BNSW Grade:</i> O to FHX <i>Distance:</i> 60 <i>Contact:</i> Keith Griffin, 0414 187 427 <i>Starts at:</i> 08:30:00. Starts at Cowra with various rides from 56 km to 200km exploring nearby towns and local points of interest during Easter. Ring for details
29/3/2008 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.
29/3/2008 Saturday	<b>BNSW Great Escapade</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> <i>Distance:</i> 300 <i>Contact:</i> Special Event, <i>Starts at:</i> 00:00:00. Bicycle NSW special multiday event
30/3/2008 Sunday	<b>BNSW Great Escapade</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> <i>Distance:</i> 300 <i>Contact:</i> Special Event, <i>Starts at:</i> 00:00:00. Bicycle NSW special multiday event
30/3/2008 Sunday	<b>Cowan Calga</b>	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> FHXT <i>Distance:</i> 60 <i>Contact:</i> Evan Hawthorne, 0409 606 853 <i>Starts at:</i> 07:40:00. Cowan Stn. Medium hard ride through magnificent Hawkesbury River valley on quiet roads. Return with a stop for coffee.
31/3/2008 Monday	<b>BNSW Great Escapade</b>	<i>Grade:</i> Medium <i>BNSW Grade:</i> <i>Distance:</i> 300 <i>Contact:</i> Special Event, <i>Starts at:</i> 00:00:00. Bicycle NSW special multiday event