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Let's celebrate! Epping Road Cycleway party

It's only about 5-6 weeks to go before we expect that the new shared user path (SUP) along Epping Rd will be fully open and ready to use. This path will connect to the shared user paths that were completed last year along the Gore Hill Freeway and along Epping Rd west of the Lane Cove River. That will mean we have a 7.5 kilometre route connecting the lower North Shore with the North Ryde area - through Naremburn, Willoughby, Artarmon, St Leonards, Lane Cove and North Ryde.

I'm personally very excited! And I'm sure many others are too. There are times that I felt this project dominated my life over the last eight years - and I'm sure there are a couple of other people that feel likewise. So I want to celebrate this event in a big way... and so do others.

Bicycle NSW has organised a couple of breakfasts during the week in May (you can see details of these on the BN website) and these are great.

BUT WE WANT MORE!

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.

We want a weekend celebration that gets big media coverage and brings in lots of members of the local communities on both sides of the river. Because not only do we want to party... we also want to encourage lots and lots of people to use this new path, so the people who put the money into these projects will know its worth doing! And spend more again!

It's clear that it won't happen unless we drive it. So Bike North is initiating a celebration and hoping to bring in as many partners as we can. Bicycle NSW is happy to support us in whatever way they can. Willoughby Council will most likely help - and I'm sure others will too once they see our proposal. We now have a planned date - Sunday 15th June!

We have great ideas for the day, but it will take lots of help. What we can actually do, will depend on support from our membership base. We need you! So please contact me to offer your services.

Carolyn New

Phone: 9438 1903

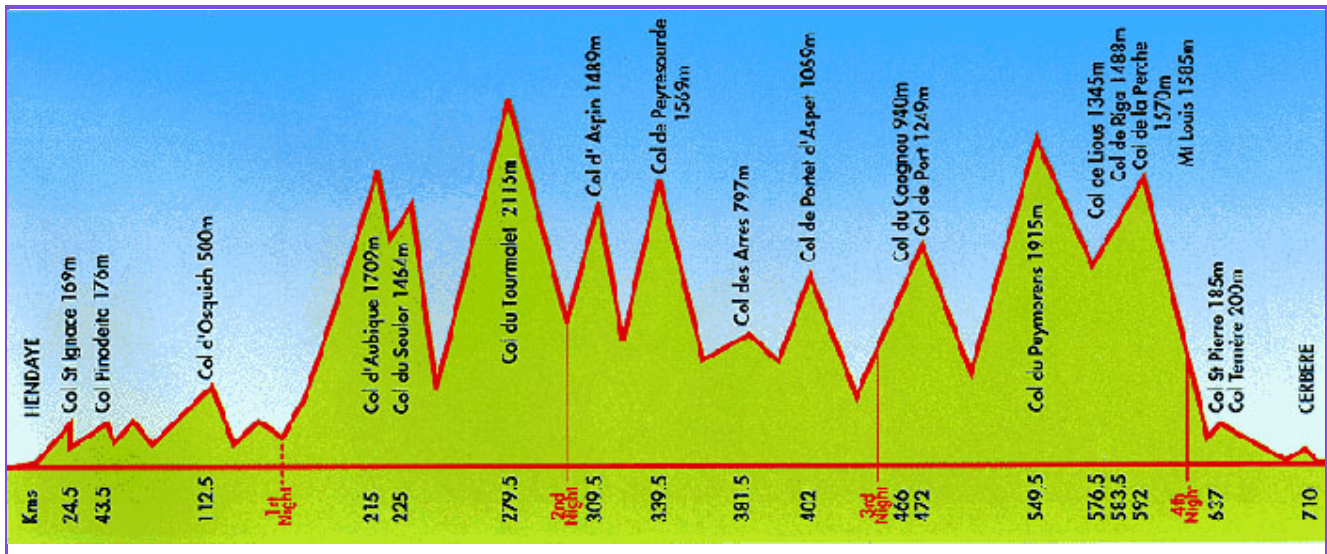
Email: carolynn@ihug.com.au / carolynn@inet.net.au

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Raid-Pyrenees

By Craig McMurdo



For many of the cyclists in BikeNorth, the onset of the cooler months turns many to thoughts of France, and the world's premier cycling event, the Tour De France. Some follow "Le Tour", some even ride stages, but for those who want to avoid the crowds, a lesser known, but equally challenging option awaits.

The Raid Pyrenees is a 710 km odyssey from the Atlantic coast to the Mediterranean, taking the keen cyclist over some classic "Tour De France" climbs along the route that roughly follows the French / Spanish border. The challenge is to complete the route within 100 hours elapsed time, which earns you a medallion and certificate from the Cycling Club Bearnais, who have been overseeing this event for over 50 years.

Starting in the port town of Hendaye, under sullen skies in late June, myself and 9 other riders headed along the undulating coastline before turning east, bidding farewell to the Atlantic. Unfortunately for me, after 27 km, I also bid farewell to an upright position, losing control, thanks to some spilt diesel, and slid down the road. After a quick assessment of the grazed hip and forearm, I found I was fine to carry on, with the rolling countryside of the Bearn region taking my mind off the incident as we headed to Arudy. The ride is fully supported, so punctures, food and other issues are taken care of. Some of the cafes and restaurants in the smaller towns or mountain passes stamp your 'Brevet card', as proof you have followed the route. These stops also provide much needed rest and sustenance, as well as allowing the rider to experience the charm of regional France. While the first day covered approx 180km, the hill climbing was minimal. This was all about to change...

Day 2 starts with 1200m of climbing up the Col d'Aubisque. The 16km route was mainly in fog and mist, which meant the vistas were hidden, but the temperature was cool. I recall spending a lot of time seeing single digit km/h numbers on my bikes computer up many slopes with 8 – 10 % gradients. The Tourmalet was tackled in the afternoon, after a suitably French lunch of bread sticks, ham and cheese. This 2115m mountain seldom revealed her beauty, as the climb up the western valley was made in alternating cloud and sunshine. Most of us sampled the fare at the café atop this mountain, and donned our warmest clothes and jackets for the long descent to St Marie de Campan, where our hotel provided good food and a comfortable bed.



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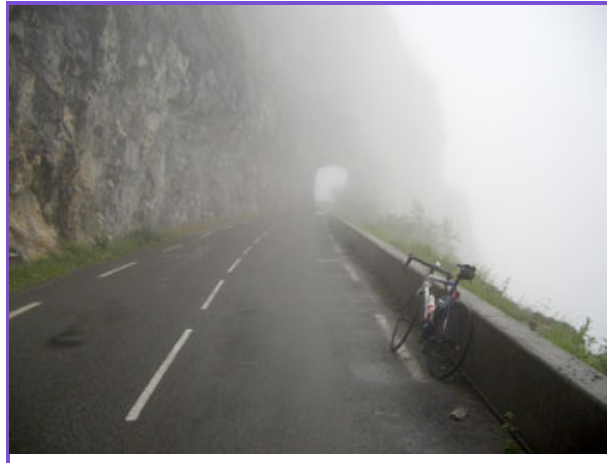
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The next morning dawned fresh and clear, and the climbs up the Col D'Aspin and Col de Peyresourde were made on beautiful roads, with lush green vegetation, wooded hills and cow bells heralding the morning. Alas, as in many mountain climates, the weather can change quickly and dramatically, and the afternoon brought a short but intense storm. For the most intense part of the downpour, I huddled in the doorway of a French farmer's house; reasoning that steep descents, wet brakes, thunder, hail and lightning are all less than desirable ingredients for cycling! After about 160km on this third day, our lodge in Massat (another stop on recent Tour De France itineraries) came into view, and our group shared many soggy stories over a dinner fortified with local red wine.



Our weary troupe hit the road early the next morning for the climb over Col de Port (1249m), and a headwind greeted us as we rode along the valley floor towards Andorra, the small landlocked country in the eastern Pyrenees between Spain and France. The final part of the climb up the Col du Puymorens (1915m) is quite steep, and was not pleasant in the hottest part of the day. Thankfully, the reward soon after is a 39km descent into Prades as it makes its way down a valley punctuated by sweeping turns, stark rocky outcrops and magnificent roman styled arches. Sadly, it was here that my Australian compatriot hit a stone wall, lost several teeth, and because of facial injuries, was taken to hospital for surgery. Given his lack of French, we were lucky to get him back from the medical system over a day later!

The last day was a relatively breezy 90km, with few hills and a gentle tailwind. The group was aware that we had to finish by midday to achieve the sub 100 hours time, so the pace was still hectic. The heat and glare from the rolling countryside, dotted with orchards and olive groves soon revealed the expanse of the Mediterranean in the distant blue haze, and the final kilometres were taken at a brisk pace, as the road swept around the headlands and valleys near the sea. We regrouped just before Cerbere, and rode into the finish together, stamping our brevet cards for the last time at the local restaurant. After a quiet ale to celebrate the achievement, we took to the soothing warm water of the Mediterranean, and my tired and aching muscles responded well to such treatment.



This really is a wonderful ride that captures the essence of cycling in France, and combines it with the challenge of completing a tough course within a specified time, come rain, hail or shine. The added bonus for me some weeks later was to be able to chat with Cadel Evans at the conclusion of the 2006 Tour De France, where he finished 4th, and discuss some of the monster climbs in the Pyrenees. Cadel might wear the Yellow Jersey on "Le Tour", but I will be just as proud of my achievement and the little medallion and certificate that says I completed the Raid Pyrenees. I hope some other BikeNorth members might one day experience the same satisfaction.



(My ride was organised by Pyrenean Pursuits:
<http://www.bikepyrenees.com/tours/ppraid.htm>)

Get Happy!

By Jen Gilmore (with thanks to Charles Montgomery's article "The Happy City" in *En Route* Feb 08)

"Happiness belongs to the self-sufficient." - Aristotle

Well, it seems that not a lot has really changed over the 2300 odd years since Aristotle committed these wise words to paper.

With our increasingly comfortable but fast-paced lifestyles, it seems that more and more of us 'city dwellers' are seeking the keys to happiness. Look at the millions being made by authors of books like "Learned Optimism" and "The Happiness Handbook", not to mention the thousands of psychologists, counsellors, life-coaches and therapy groups that are all helping people work towards this goal.

A new angle on this mission is being taken in some rather unlikely places, such as: Paris, Bogotá, Seoul and Mexico City. The approach is to bring people into more personal contact with each other. Rather than insulated inside our steel-can vehicles, where we communicate through flashing yellow lights and horn-blasts, these cities are encouraging people to learn new ways of sharing the city. To meet one another as pedestrians and cyclists, and thereby to make eye contact and to communicate through smiles and greetings.

In some ways this may be a positive side effect of changes that were initially designed to address pollution, noise and traffic congestion.

The theory goes that changing the ways we use our streets may make us happier. The core of this is trust. Researchers, such as Professor John Helliwell of the University of British Columbia, have found that like our cave-man ancestors, our brains still release feel-good neurotransmitters when we cooperate with others – even strangers on the street.

Compare this to the feelings often induced in the harried, peak-hour driver – aggression, stress and a build up of adrenalin that can sometimes lead to road-rage.

Apparently, it's the many small moments of eye contact that we have when we move around on foot or on our bikes that build trust. The cumulative effect is that we become just a little more familiar and a little less fearful of each other. So the more we "meet" outside our cars, the kinder and gentler we're likely to become.

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In Bogotá this effect was no accident. Nearly a decade ago, the then Mayor Enrique Peñalosa decided to apply happiness theory to help a city that was labouring under poverty, chaos, violence and crippling traffic. First, he declared war on cars. He tore up plans for new highways and instead used the money to build parks, hundreds of kilometres of bike paths and pedestrian "freeways". He also pushed cars out of the way to create an efficient rapid bus system so that the city would feel more fair. His philosophy wasn't too far from Aristotle's when he declared that for happiness: "we need to walk, just as birds need to fly. We need to be around other people. We need beauty. We need contact with nature. And, most of all, we need not to be excluded. We need to feel some sort of equality."

Most remarkably, these changes did have a psychological impact on the people of the city. Over time, the polls showed that optimism was up and crime statistics showed murder was down.

It seems that the more time we spend on foot, on bikes or even sitting together on efficient, comfortable public transport the more we slow down and take the time, not only to smell the roses but to fuel one another's well-being.

Ironically, given all the other places we seek it; it may be that the crisis of climate change may be the very thing that guides us to creating happier places to live.

It may only be a small nod of recognition to another cyclist as we pass each another on our commute over the harbour bridge, but – as another famous orator would put it: "go ahead, make my day!"

Bike North in Vietnam

By Robyn Tuft



Ha Long Bay

In March this year, 16 intrepid cyclists under the BikeNorth banner braved the hectic traffic and rural wildlife of Vietnam.

The trip was offered by Pedaltours (whom some of the group had used in New Zealand) via a local company, Ecotours.

All but two of the group hired Pedaltours' Giant mountain bikes which did the job, but the culture of the mechanics was not one of getting the fine tuning right.

Our leader was a wonderful fellow named Trung who on first meeting seemed a bit 'over the top' but turned out to have just the right outgoing personality to give us great first hand experiences with the locals. Our other guide was Binh, a very versatile mechanic, musician, cook and all-round good bloke who came from one of the hill tribes near Dalat and who plans to return to tribal leadership in a few years.

The trip was, if anything, more about the cultural experiences than the cycling, with the added bonus of feeling like you were part of life and not isolated in a vehicle; cycling is a very intimate way to see a country. The tour included visits to agricultural enterprises such as rice paddies and a fish sauce factory, participating in a floating market, visiting a silk factory and observing brick-making. We even played volleyball with the locals (they won).

The first three days of cycling was in the Mekong Delta which was absolutely flat apart from the odd bridge over canals. Westerners are unusual and we attracted considerable attention as we rode through the villages which flanked the road. It seemed that our passing resulted in the emptying of whole primary schools as kids ran out to say "hello". At one point, Trung called a stop and we were invited to a wedding feast which was happening on the side of the road and were plied with rice wine and food.

The riding was sometimes quite challenging to dodge the odd chicken, dog or cow and/or rice that had been placed on the road to dry, not to mention the traffic in some places. It also took a while to adjust to the warm, humid climate and murky air. The traffic turned out to be less scary than first impressions and even quite fun given the apparently chaotic system of road rules (i.e. the only rule is "I got here first!"). However, it mostly worked as there appeared to be a lot of courtesy. If you wanted to pass someone, you tooted politely and they moved out of your way. At intersections motorbikes, pedestrians and bicycles just flowed around each other. Cars tended to be less accommodating and the system may brake down if cheap cars become more popular.

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After the Mekong, the group headed north from Ho Chi Minh City and discovered that the prevailing wind is always a headwind, regardless of how much you change direction! We stopped at Long Tan where we place flowers and incense on the Australian memorial. The very poignant comment from one of our guides was that "the war had only losers". We also visited My Lai (site of a shocking massacre by the Americans) which was very disturbing and moving.



High School transport

We worked our way up the coast and then inland to Da Lat for our first 'rest' day (which was full of activities). Da Lat is in the highlands and surrounded by coffee, market-gardens and flower farms. The next day included an exhilarating downhill run and we clocked up over 100 km. This was a welcome relief from the bum numbing flat country. The road then took us back to the coast to Nha Trang (the Gold Coast of Vietnam) where we rested by snorkelling and having massages. We then headed north up the coast as far as Hue, sweating up some challenging passes, including Hai Van pass (500m over about 9 km), with a tremendous downhill to follow. A rest day in Hoi An led many of us to temptation through the array of tailor's shops (less than \$20 for a custom fitted shirt, made in just a few hours).

Just before Hue the cycling ended and we flew on to Hanoi and then had a tough two days on Ha Long Bay, slumming it on a 5 star pseudo-junk cruise boat.

In all we covered between 700-800kms over 12 days of riding.

Participants were: Col and Pam Kendrick, Graham and Roz Tindall, Adrian and Margie Cohen, Peter and Robyn Tuft, Robert Faulks, David Johnson, Neil Tonkin, Carolyn New, Chau Giang, Marianne Reece, Denis Pennington and Terry Lampard.

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David trying to overtake



The Wedding

Calendar, June 2008 – July 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
3/6/2008 Tuesday	Exec Meeting	<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
7/6/2008 Saturday	The Gorge and Berowra	<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> 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 '
8/6/2008 Sunday	Northern Beaches and Back Roads	<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.
8/6/2008 Sunday	Buon Appetito	<i>Grade:</i> Easy Medium <i>BNSW Grade:</i> ETPW <i>Distance:</i> 30 <i>Contact:</i> Joan Kerridge, 9909 8925 <i>Starts at:</i> 08:00:00. St Leonards stn concourse. Easy Medium ride across 3 bridges to Leichhardt for coffee. Enjoy a loop around Blackwattle Bay on the return trip.
8/6/2008 Sunday	Botany Bay Bacon	<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.
10/6/2008 Tuesday	North Sydney Working Group	<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.
10/6/2008 Tuesday	Ryde - Hunters Hill Meeting	<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.) <i>Contact:</i> ryde@bikenorth.org.au
14/6/2008 Saturday	A to C and Back	<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 and Middle Head. After coffee at Chowder Bay return to Artarmon.
14/6/2008 Saturday	Olympic Park Ride	<i>Grade:</i> Easy <i>BNSW Grade:</i> CPS <i>Distance:</i> 25 <i>Contact:</i> Col Lambert, 9721 3931 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Easy loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
15/6/2008 Sunday	Concord for Cake	<i>Grade:</i> Easy <i>BNSW Grade:</i> PST <i>Distance:</i> 28 <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.
15/6/2008 Sunday	Feet no so loose in the foothills	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> <i>Distance:</i> 60 <i>Contact:</i> Keith Griffin, 0414 187 427 <i>Starts at:</i> 09:00:00. MacQuade Park (Tebbutt St) Windsor. An extremely scenic ride in the foothills of the Great Diving Range and on the flood plains of the Hawkesbury River. This route is the reverse of Footloose in the Foothills, and while it is a marginally safer route, it is also harder by virtue of some steep climbs. (16% +)
16/6/2008 Monday	Hornsby Area Meeting	<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. '
21/6/2008 Saturday	Pie in the Sky	<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> 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.
22/6/2008	tri-Epping	<i>Grade:</i> Easy <i>BNSW Grade:</i> ES <i>Distance:</i> 20 <i>Contact:</i> Keith Griffin, 0414 187 427

Sunday	local	<i>Starts at:</i> 08:30:00. Epping Station, city side. Explore local routes to the railway station, local shops and schools.
22/6/2008 Sunday	Hills and Surfside	<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.
28/6/2008 Saturday	West to Windsor	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> FTX <i>Distance:</i> 90 <i>Contact:</i> Richard Vagg, 0402 637 534 <i>Starts at:</i> 08:00:00. Cnr Pennant Hills Rd and M2: Medium/Hard, via the M2, Old Windsor Rd and back roads to Quakers Hill and beyond. Coffee at Windsor. Return to a different way. Brisk pace and few rest stops!
29/6/2008 Sunday	Parramatta Park Parade	<i>Grade:</i> Easy Medium <i>BNSW Grade:</i> PST <i>Distance:</i> 35 <i>Contact:</i> Alison Pryor, (02) 9874-2383 <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.
1/7/2008 Tuesday	Exec Meeting	<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
5/7/2008 Saturday	Cowan to Peats Ridge	<i>Grade:</i> Hard <i>BNSW Grade:</i> FHX <i>Distance:</i> 80 <i>Contact:</i> Fran Griffin, 9614 0777 <i>Starts at:</i> 08:00:00. 'Cowan stn. Hard ride via Hawkesbury bridge to Peats Ridge. Coffee at 'Pie' on return leg.'
5/7/2008 Saturday	Wharves and Providores	<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.
6/7/2008 Sunday	The Big Loop	<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.
8/7/2008 Tuesday	Ryde - Hunters Hill Meeting	<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
12/7/2008 Saturday	Further Beyond Barrenjoey	<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.
12/7/2008 Saturday	Beyond Barrenjoey	<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
12/7/2008 Saturday	Concord for Cake	<i>Grade:</i> Easy <i>BNSW Grade:</i> PST <i>Distance:</i> 28 <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.
13/7/2008 Sunday	Bays & Foreshores	<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.
13/7/2008 Sunday	A to C and Back	<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 and Middle Head. After coffee at Chowder Bay return to Artarmon.
19/7/2008 Saturday	Olympic Park Ride	<i>Grade:</i> Easy <i>BNSW Grade:</i> CPS <i>Distance:</i> 25 <i>Contact:</i> Col Lambert, 9721 3931 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Easy loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
19/7/2008 Saturday	Pie in the Sky	<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> 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.
20/7/2008 Sunday	The Gorge and Berowra	<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 '
26/7/2008 Saturday	Bobbo Banana	<i>Grade:</i> Medium Hard <i>BNSW Grade:</i> FHX <i>Distance:</i> 55 <i>Contact:</i> Richard Vagg, 0402 637 534 <i>Starts at:</i> 08:00:00. Eastwood stn west. Medium/hard ride to Bobbin Head via Kissing Point Rd and return.
26/7/2008 Saturday	Akuna Bay Tortoise Longer	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTH <i>Distance:</i> 60 <i>Contact:</i> Evan Hawthorne, 0409 606 853 <i>Starts at:</i> 08:00:00. Turramurra stn east. Med loop to Akuna Bay for coffee, then tackle the two big hills to work off morning tea.
27/7/2008 Sunday	Rooty Hill Rendezvous	<i>Grade:</i> Medium <i>BNSW Grade:</i> OPW <i>Distance:</i> 60 <i>Contact:</i> Fran Griffin, 9614 0777 <i>Starts at:</i> 08:00:00. Epping station, city side. Medium paced ride using M2, then M7 cycleway to Rooty Hill shops for coffee and return.
27/7/2008 Sunday	Manly Dam Picnic Ride	<i>Grade:</i> Medium <i>BNSW Grade:</i> OTH <i>Distance:</i> 40 <i>Contact:</i> Joan Kerridge, 9909 8925 <i>Starts at:</i> 10:00:00. St Leonards stn concourse. Med ride via Spit, Wakehurst Pkwy, down Allambie Hts to Manly Dam for BYO picnic. Ret via Balgowlah for coffee before returning to start.