

## Contents

<a href="#">Bike North Big Ride Day</a>	1
<a href="#">Coaches Rehearsal Day</a>	2
<a href="#">One Less Car</a>	3
<a href="#">Fitz's Challenge 2008</a>	4
<a href="#">A Unique Cycling Adventure</a>	5
<a href="#">The new Executive Committee</a>	6
<a href="#">Calendar</a>	
<a href="#">Other Editions</a>	

## Bike North Big Ride Day

### HUGE SUCCESS

**Editor:** *Gloria T Blonde*  
**Production:** *Deborah Hirst*

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.



The new Bike North Exec, from left to right: back row, Tony McClelland, Graeme Edwards, Carolyn New, Lindsay Harvey. Front row Mal Hart, Keith Griffin, Stephen Paine.

Its well known that if there is free food and drink available, people will turn up. With this principle in mind, Rides Coordinator Mal Hart, organised Bike North's first "Big Ride Day" with four different rides programmed.



Member, Stephen Lo, baked all these delicious treats for the lunch



Never have so many turned up for so much so happily

Not only did people turn up for the rides and come back from them smiling (as usual), but they stayed around and enjoyed the fabulous lunch put together by a small team of helpers.

But wait, there's more ... Bike North history was made when more than 70 members attended the AGM during the lunch festivities!

A vote of thanks goes to the ride leaders for the day, the chefs and buyers of the fine food, and whoever it was who organised the weather!

[Next Page](#)

## Coaches Rehearsal Day

*Text and photos by Keith Griffin. The new Bike for Life logo has been designed by Bike North member Anna Lane.*

On August 9, many of Bike North's new female Cycle Skill coaches put their skills to the test during a day's 'rehearsal' for the first real training course which will be run in October. A number of volunteer trainees helped make the day a great success.

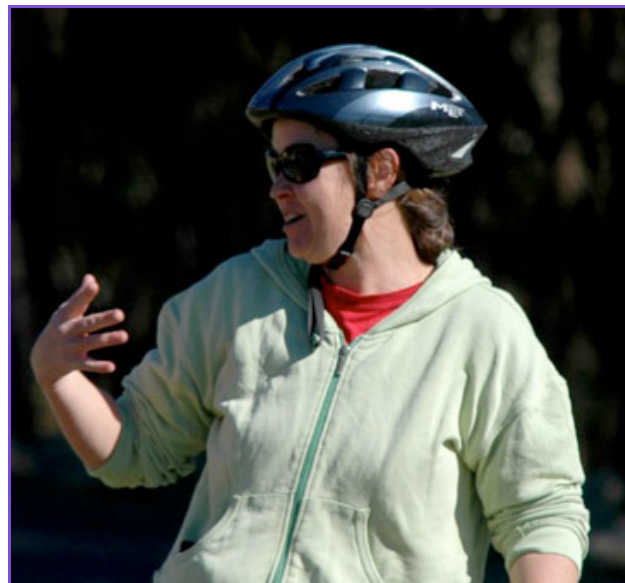


Coach Marjorie Au explains braking to a volunteer trainee

Bike North's new training scheme is called Bike For Life and is aimed at adults who are either new to cycling or who have not ridden a bike since... well, a long time ago.

The initial courses, three in all, are funded by a grant (Healthy Active Australia) and will target women, a group which is under-represented in cycling at almost every level.

At the rehearsal day, volunteers received coaching free of charge as our coaches showed them the finer points of braking, cornering, riding in straight lines and so forth. Of course some of the volunteer trainees on the day had significantly better skills than will be the case when the real



Coach Jenny Brown in action

More photos can be seen at

[http://www.bikenorth.org.au/gallery/coach\\_rehearsal\\_2008/](http://www.bikenorth.org.au/gallery/coach_rehearsal_2008/)

Bike for Life information is at <http://www.bikenorth.org.au/bike4life/>



The 'Col Twins' (volunteer trainees) are not paying attention!



Now they are !



courses begin, but in the spirit of helping out they were able to fall off, wobble, ask "is this the front brake?" and act like real trainees. Some volunteers were even less believable as they were men.



Trainee John out on the course

## One Less Car

by Kerry Tipton.

Fate is a funny thing. On 30th December last year when my car got rear-ended by an uninsured driver, little did I think that disastrous end to the old year would inspire a fresh beginning to the new year. But so it came about when I found myself without a car or sufficient funds to purchase a new one that I finally put into practice something I have always secretly hankered after - living off my bike.

I did not know how long I would be able to keep it up before things got too hard. Car dependency is an insidious thing; the very idea of trying to break that habit had my family and friends shaking their heads in disbelief. However, armed with a love of cycling and only 7 minutes walking distance from Harris Park train station, I felt like I was in an ideal position to make a go of it. Now, as I have watched petrol prices soar this past year, I can only marvel at the timing of the "accident". If there was ever a time to wean ourselves away from cars, now is that time. Especially as CSIRO predict in 10 years time petrol will be \$8.00 a litre!

So how has my life changed now I am behind the handlebars instead of in the driver's seat? That is the main gist of my Chainmail contribution; what kind of changes are in store for the suddenly car-less? Speaking from the perspective of a single female, here is how it has affected me:-

**Financially** - Definitely noticed a change in the weekly budget. I use \$20.00 of my petrol money allowance for public transport fares each week, but even so I am still way ahead of what I was shelling out for registration, car insurance, repairs and so on.

**Getting Around** - Although I am mainly a cycling commuter, I take Tuesdays off from the bike and take the train just to give myself a break. I usually ride the rails as well on the weekend, sometimes with my bike, because I like to get away from the familiar places and we have such a great train system, there is really nowhere you can't go, especially if you take your bike as well.

**Attitude** - The biggest thing I have noticed about myself this year is how well rested I am. It used to be I'd wake myself up at 6.15 am every day to get in a bike ride, shower and breakfast before plunging into the morning traffic, trying to get to work on time (and usually failing by 10 minutes). Now I wake up completely well-rested at 7.00 am and combine my exercise with my transport by cycling to work - an efficient use of energy that never fails to thrill me. There I shower and dress at my local gym (which is like 3 doors down from my offices) and stroll into work on time. I am blessed in that my commute is from Harris Park to Eastwood and there are three well established cycling routes I can use to get there (Parramatta Valley Cycleway, Bicentennial Park or through Dundas) so my commute is never boring. But the biggest attitude change is no more road rage! In the car, I was always one of those drivers cursing every red light, muttering "idiot" under my breath at other drivers and generally just feeling my blood pressure percolate in my veins at all the endless waiting that comes with driving. Now my commute is a beautiful flowing experience. Even when I am on the train or bus, there is such peace in letting someone else do the driving while I sit back and read a good book.

**Convenience** - But what about the whole beast of burden factor, you ask. How can someone do without a car when there is shopping to do and large purchases to buy? Well, as for shopping, I have not found it too much of an issue.

I bought a front basket for my bike plus I have two rear panniers so between them I can carry enough groceries to feed more mouths than my one. Of course, there are still times when I have needed a car for purchases too large for my bike to carry or if I want to take my nieces and nephew out for the day. I suppose if you are going without a car it is good to have a back-up car for this kind of situation. Luckily, my mother has been a trooper in this regard and is kind enough to lend me her car when I need it. Although there have really not been too many such occasions.

I was reading a book by Bill Bryson recently - *Made in America* - where he wrote how in the 1940's the greater percentage of the population were car-less and had no problems in that regard. People generally lived close to where they worked, they shopped at their local shops and hopped on a train when they wanted to explore. Then ten years later cars were everywhere and councils started separating "working" districts from "residential" districts and suddenly the car was promoted from a luxury item to a necessity for modern day survival. Although he was writing about America, his observations are applicable to our own beloved country. As I listen to travellers tell me of how easy it is to abstain from cars in the European cities which are designed for both living and working, I cannot help wishing our city planners had followed that model rather than the American one.

Still, if petrol prices push the car back into the category of a luxury item, perhaps we will see a return to this pre-motorised world and who's to say we will not be a better and healthier nation for it? Although there is a lot of wailing and gloomy predictions of how we can possibly survive without our vehicles, it is amazing how quickly you adjust to doing without something once it is no longer an option. I for one have no regrets of withdrawing my own cumbersome steel box from our overcrowded roads and am proud to be one less car.

[Previous Page](#)

[Next Page](#)

## Fitz's Challenge 2008

*text by Ralph Lattimore For Fitz's Challenge Organising Committee.*

The Cycle City Fitz's Challenge 2008 is on again on 26 October 2008 in Canberra.

You can choose the challenge that is right for you, with four levels of difficulty from 50 km to a gruelling 207 km climbing epic, in the picturesque, and sometimes hilly, countryside around Canberra. This is the 21st anniversary of one of Australia's classic cycling events, so come to see the national capital in spring and enjoy an extraordinary experience with hundreds of other cyclists. This is a personal challenge not a race.

Go to <http://www.pedalpower.org.au/> for more information. You can register online at early bird prices or register on the day. Email [fitzs@pedalpower.org.au](mailto:fitzs@pedalpower.org.au) for any inquiries.

# A Unique Cycling Adventure

A Photo essay from Joan Kerridge's recent cycling trip to Africa



A dream comes true



Excellent mountain bikes



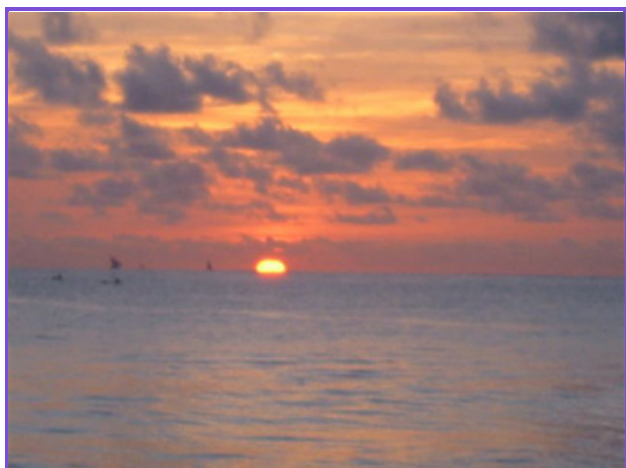
Well worth the climb



In touch with the wild



Graceful Maasai



A new day begins

[Previous Page](#)

[Next Page](#)

# The new Executive Committee

*The new committee is actually the same as last year, but now that the one year plan date has been passed, this committee is into the three year plan, so Chain Mail asked for some updated views on how this group will manage Bike North's affairs this year. Some were not available for comment by the time of publication, but others were and have provided this view of the forthcoming year for us all.*

## President: Graeme Edwards

The President's job in Bike North is a busy position. It demands reading and sending emails every day and at least an hour each day is devoted to Bike North affairs. Beside the obvious job of chairing the Bike North executive meetings the President also convenes the corporate sub-committee. This sub-committee continues to document all the policies and procedures that go to make Bike North what it is.

This year I will continue to work towards completing the tasks outlined in our 1, 3 and 5 year plan. Whilst encouraging the other Executive members to progress the tasks in the plan that come under their control my main focus will be on streamlining some of the financial processes in Bike North. Along with this I hope to strengthen the communications group through the development of a full media strategy utilising the new media relations position. As always we will continue to work closely with BNSW in particular as part of the BUG council.

## Advocacy Officer: Carolyn New

With a full complement of convenors taking charge in each of our six local government areas my main advocacy goal for this year is to assist them to strengthen their groups so they can become even more effective in working with their local council. These groups are the backbone of Bike North's effort in advocating for a better cycling environment and promoting cycling in each of our local areas. With upcoming council elections the job begins again in educating the new councillors as to the proper priority of cycling in any local area..

The most exciting news this year has been the almost completion of the cycleway alongside Epping Rd. This has been a long on-going project for Bike North and the whole 7.5km cycleway associated with the Lane Cove Tunnel is now usable, although not officially complete. A major activity this year will be to promote its use throughout the community and demonstrate how much these cycleways are needed. This, of course includes, lobbying for the completion of this cycleway to its more appropriate destination.

As one long term regional project completes, another begins and so the proposal to widen the M2 will keep many in Bike North very busy for some years to come.

## Rides Coordinator: Mal Hart

Our ride leaders do a fantastic job each year, putting on a wide range of rides, across a range of grades, with a lot of appeal, to keep you coming back for more. So my role is mainly pulling together and advertising our rides programme, ensuring that we have enough ride leaders and generally making sure that any issues raised by the ride leaders are addressed. Getting more ride leaders is an important issue for us in the coming year to ensure we can offer enough rides of sufficient variety. I'd like to see us offer regular commute rides to show cyclists how to get to work by bike and also link in with rides to support the coaching programmes that we develop.

## Communications Manager: Keith Griffin

The Communications Group in Bike North is very diverse in its skills, and in some ways a backstage affair. The group provides IT, graphic design and production services, clothing and other merchandise and could be seen as glue which joins the rides programme, the advocacy work and the skills (Bike for Life) initiative together. The past year has seen the introduction of a new membership system offering new features to both members and the Membership Officer, hopefully making everyone's life a little easier. We have also gained new helpers in the Comms group to assist with Chain Mail production and graphic design work.

During the next year a major task will be a complete overhaul of the website, and for this project I will be calling for 9 volunteers, in groups of three, to assist... details coming to a "put your hand up station" near you soon! There will also be an overhaul of the software governing our online rides programme: another major undertaking. We will expand our promotion much more widely into the general community and look to keeping up to date in this digital communications world. No doubt, other things will crop up too!

As Bike North expands the Comms group must follow, so I will be calling for more helpers, for both one-off tasks and for medium term jobs. Supporting Bike for Life will be an exciting and new part of the work the Comms group will do this year and beyond.

## Calendar, October 2008 – November 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
1/10/2008 Wednesday	<b>Mirambeena Magic</b>	Grade: Medium Distance: 72 Contact: <b>Robert Chambers</b> 9449 9112 Starts at: 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.
3/10/2008 Friday	<b>Milawa Gourmet Tour</b>	Grade: Medium Hard Distance: 240 Contact: <b>Keith Griffin</b> 0434 496 299 Starts at: 08:30:00. NOT FOR PUSH ON <b>3 day event</b>
4/10/2008 Saturday	<b>Milawa Gourmet Tour</b>	Grade: Medium Hard Distance: 240 Contact: <b>Keith Griffin</b> 0434 496 299 Starts at: 08:30:00. NOT FOR PUSH ON <b>3 day event</b>
5/10/2008 Sunday	<b>Milawa Gourmet Tour</b>	Grade: Medium Hard Distance: 240 Contact: <b>Keith Griffin</b> 0434 496 299 Starts at: 08:30:00. NOT FOR PUSH ON <b>3 day event</b>
7/10/2008 Tuesday	<b>Exec Meeting</b>	Grade: none Distance: 1 Contact: Starts at: 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
11/10/2008 Saturday	<b>Wend Your Way to Wyong Tortoise</b>	Grade: Medium Hard Distance: 80 Contact: <b>Robyn Tuft</b> 9144 1325 Starts at: 07:45:00. Berowra stn. Medium hard ride at a slower pace than the hare version. Long & hilly ride on country roads to Wyong via Peats Ridge & Yarramalong. Ret by train.
11/10/2008 Saturday	<b>Olympic Park Ride</b>	Grade: Easy Distance: 25 Contact: <b>Colin Lambert</b> 0407 639 433 Starts at: 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.
11/10/2008 Saturday	<b>Luna - Kirribilli Commuter</b>	Grade: Medium Distance: 40 Contact: <b>Alan Corvey</b> 0414 538 977 Starts at: 08:00:00. Start Eastwood Station East Side. Learn the commute route to North Sydney/Milsons Point using the Epping Rd cycleway and other marked routes or enjoy a ride to harbour views. Some hills. Intermittent regrouping.
12/10/2008 Sunday	<b>Meadowbank to Bobbo</b>	Grade: Medium Distance: 50 Contact: <b>Doug Stewart</b> 9874 5594 Starts at: 08:00:00. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.
12/10/2008 Sunday	<b>Lane Cove Sustainability Lane</b>	Grade: Distance: 0 Contact: Starts at: 00:00:00. Bike North stall in Sustainability Lane at the Cameraygal Festival in Lane Cove Village. Contact lane_cove@bikenorth.org.au for more detail or to offer your help
14/10/2008 Tuesday	<b>North Sydney Working Group</b>	Grade: none Distance: 1 Contact: Starts at: 19:00:00. Geddes Room, North Sydney Council. All Bike North members welcome.
14/10/2008 Tuesday	<b>Ryde - Hunters Hill</b>	Grade: none Distance: 1 Contact: Starts at: 19:30:00. Ryde Working Group meeting. Venue : Eastwood Women's Rest Centre, Hillview Rd Eastwood.

	<b>Meeting</b>	(Near the station and just behind the Library.) Contact: ryde@bikenorth.org.au
<b>15/10/2008</b> Wednesday	<b>Akuna Bay Tortoise</b>	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Contact:</i> <b>Robert Chambers</b> 9449 9112 <i>Starts at:</i> 08:30:00. St Ives. Med loop to Akuna Bay for coffee, then tackle the two big hills to work off morning tea. <b>call to confirm - 9449 9112 ; This ride starts from the carpark at St Ives opposite Stanley St</b>
<b>15/10/2008</b> Wednesday	<b>Ride to Work Day</b>	<i>Grade:</i> none <i>Distance:</i> 1 <i>Contact:</i> <i>Starts at:</i> 00:00:00.
<b>18/10/2008</b> Saturday	<b>Granny Smith Festival</b>	<i>Grade:</i> Easy <i>Distance:</i> 5 <i>Contact:</i> <i>Starts at:</i> 00:00:00. Bike North Members Only Contact BN for details about this event. <b>Alf Torrissi is leading the parade. Time TBA</b>
<b>18/10/2008</b> Saturday	<b>Pie in the Sky</b>	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Contact:</i> <b>Evan Hawthorne</b> 04 0960 6853 <i>Starts at:</i> 07:30:00. Hornsby Park opp Coronation St near Pool. Medium ride along Old Pacific Hwy to cafe overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.
<b>19/10/2008</b> Sunday	<b>Sydney Spring Cycle Sydney</b>	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Contact:</i> <i>Starts at:</i> 00:00:00. Cycle Sydney is organised by BNSW. Many Bike North members will be entering and we encourage you to join in. Details at www.bicyclensw.org.au
<b>19/10/2008</b> Sunday	<b>The Gorge and Berowra</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 45 <i>Contact:</i> <b>Malcolm Hart</b> 9713 1994 <i>Starts at:</i> 00:00:07. 'Hornsby Park opp Coronation St. Med/hard ride through Galston Gorge, rural Arcadia & on to scenic Berowra Waters. After coffee, ride via Berowra & Pac. Hwy to Hornsby '
<b>20/10/2008</b> Monday	<b>Hornsby Area Meeting</b>	<i>Grade:</i> none <i>Distance:</i> 1 <i>Contact:</i> <i>Starts at:</i> 19:00:00. 'Blue Gum Hotel, Hornsby. Hornsby Working Group meeting. '
<b>25/10/2008</b> Saturday	<b>Olympic Park Ride</b>	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Contact:</i> <b>Doug Stewart</b> 9874 5594 <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>26/10/2008</b> Sunday	<b>City Circle</b>	<i>Grade:</i> Medium <i>Distance:</i> 35 <i>Contact:</i> <b>Joan Kerridge</b> 99098925 <i>Starts at:</i> 07:30:00. St Leonards Stn east side. Medium ride to the historical areas of Sydney CBD including Harbour Br., The Rocks, Darling Harbour, Paddys Mkt., Kings Cross and Woolloomooloo with coffee stop.
<b>26/10/2008</b> Sunday	<b>Akuna Bay and Church Point</b>	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Contact:</i> <b>Richard Vagg</b> 0402 637 534 <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.
<b>29/10/2008</b> Wednesday	<b>Hills and Surfside Cafe Tortoise</b>	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Contact:</i> <b>Robert Chambers</b> 9449 9112 <i>Starts at:</i> 08:30:00. EITHER Turrumurra Station -East Side OR St Ives carpark (Stanley St) - CHECK WITH LEADER. A slower paced ride to Oxford Falls & Narrabeen to meet faster riders from Eastwood for coffee. Return via Warriwood, Church Point, Terry Hills. Long moderate hill from Church Point to Terry Hills. <b>call to confirm - 9449 9112 ; This ride starts from the carpark at St Ives opposite Stanley St</b>
<b>1/11/2008</b> Saturday	<b>Akuna Bay Tortoise Longer</b>	<i>Grade:</i> Medium <i>Distance:</i> 60 <i>Contact:</i> <b>Evan Hawthorne</b> 04 0960 6853 <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.
<b>2/11/2008</b> Sunday	<b>Sydney to the Gong</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 90 <i>Contact:</i> <i>Starts at:</i> 00:00:00. Annual MS event
<b>4/11/2008</b> Tuesday	<b>Exec Meeting</b>	<i>Grade:</i> none <i>Distance:</i> 1 <i>Contact:</i> <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>8/11/2008</b> Saturday	<b>Meadowbank to Bobbo</b>	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Contact:</i> <b>Doug Stewart</b> 9874 5594 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Medium, hilly ride via Eastwood, Browns Waterhole, Turrumurra, & Bobbin Head. Coffee and return. Long climbs and descents.
<b>9/11/2008</b> Sunday	<b>Tour de Femme</b>	<i>Grade:</i> Medium <i>Distance:</i> 20 <i>Contact:</i> <i>Starts at:</i> 00:00:00. The Tour de Femme is a women's-only twenty kilometre ride that doubles as both a race and a participation event.
<b>11/11/2008</b> Tuesday	<b>Ryde - Hunters Hill Meeting</b>	<i>Grade:</i> none <i>Distance:</i> 1 <i>Contact:</i> <i>Starts at:</i> 19:30:00. Ryde Working Group meeting. Venue : Eastwood Women's Rest Centre, Hillview Rd Eastwood. (Near the station and just behind the Library.) Contact: ryde@bikenorth.org.au
<b>12/11/2008</b> Wednesday	<b>Beyond Barrenjoey</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 60 <i>Contact:</i> <b>Robert Chambers</b> 9449 9112 <i>Starts at:</i> 08:30:00. Medium hard ride from Turrumurra 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 <b>Start:Turrumurra Stn East Side</b>
<b>15/11/2008</b> Saturday	<b>Further Beyond Barrenjoey</b>	<i>Grade:</i> Hard <i>Distance:</i> 85 <i>Contact:</i> <b>Peter Tuft</b> 9144 1325 <i>Starts at:</i> 00:00:00. Hard fast ride from Turrumurra 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. <b>call to confirm details</b>
<b>15/11/2008</b> Saturday	<b>Olympic Park Ride</b>	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Contact:</i> <b>Colin Lambert</b> 0407 639 433 <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.

15/11/2008 Saturday	<b>Beyond Barrenjoey</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 60 <i>Contact:</i> <b>Robyn Tuft</b> 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 Kildare. Train from Woy Woy. Some hills, small dirtroad section, slower pace. Call to confirm <b>call to confirm details</b>
16/11/2008 Sunday	<b>The Big Loop</b>	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Contact:</i> <b>Malcolm Hart</b> 9713 1994 <i>Starts at:</i> 08:00:00. Eastwood stn westside. Medium ride to M2, Winston Hills. Down to Parramatta for coffee. Return via M4 c/p to Meadowbank & uphill to Eastwood.
18/11/2008 Tuesday	<b>Willoughby Working Group</b>	<i>Grade:</i> Distance: 1 <i>Contact:</i> <i>Starts at:</i> 19:00:00. Play Club room, Willoughby Leisure Centre, Small St Willoughby (Bicentennial Reserve). All Bike North members living in Willoughby welcome. Come and help improve cycling in Willoughby
22/11/2008 Saturday	<b>A to C and Back</b>	<i>Grade:</i> Medium <i>Distance:</i> 30 <i>Contact:</i> <b>Graeme Edwards</b> 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.
22/11/2008 Saturday	<b>Bobbo Banana</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 55 <i>Contact:</i> <b>Richard Vagg</b> 0402 637 534 <i>Starts at:</i> 07:30:00. Eastwood stn west. Medium/hard ride to Bobbin Head via Kissing Point Rd and return.
23/11/2008 Sunday	<b>Allambie Loop</b>	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Contact:</i> <b>Joan Kerridge</b> 99098925 <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.
23/11/2008 Sunday	<b>Concord for Cake</b>	<i>Grade:</i> Easy <i>Distance:</i> 28 <i>Contact:</i> <b>Debbie Edwards</b> 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.
26/11/2008 Wednesday	<b>Triple S from Seaforth</b>	<i>Grade:</i> Medium <i>Distance:</i> 35 <i>Contact:</i> <b>Robert Chambers</b> 9449 9112 <i>Starts at:</i> 08:30:00. Start at Seaforth (carpark at shops on Sydney Rd at roundabout). Cycle from Seaforth to Narrabeen and return via teh beaches to manly before before climbing back up to the start. Short dirt section and some hills. <b>Starts at Seaforth - Call to confirm - 9449 9112 ;</b>
29/11/2008 Saturday	<b>Pie in the Sky</b>	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Contact:</i> <b>Evan Hawthorne</b> 04 0960 6853 <i>Starts at:</i> 07:30:00. Hornsby Park opp Coronation St near Pool. Medium ride along Old Pacific Hwy to cafe overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.
29/11/2008 Saturday	<b>Olympic Park Ride</b>	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Contact:</i> <b>Doug Stewart</b> 9874 5594 <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.
30/11/2008 Sunday	<b>Northern Beaches and Back Roads</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 86 <i>Contact:</i> <b>Malcolm Hart</b> 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.
30/11/2008 Sunday	<b>Paddington Green</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 25 <i>Contact:</i> <b>Alison Pryor</b> 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.