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Cycling - Get Into It!!

By Mal Hart, BN Rides Coordinator



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

As I've become more enthusiastic about cycling, I've had greater motivation to talk to friends and colleagues about this passion - of course to try and convince them to take it up. In the workplace there are great opportunities for cycling promotion and influence. Many workplaces have safety and health meetings and committees to enhance safety and health skills and behaviours in employees. These forums are often crying out for relevant material to discuss so what a great opportunity for each and every Bike North member to spread the word about the benefits of cycling!

With this in mind, a small band of Bike North members has developed a CD presentation about cycling: Cycling - Get Into It!

The presentation focuses on the benefits to individuals and employers about cycling to work or for recreation:

- regular exercise creates more productive and healthier workers;
- cycling provides an outlet for stress relief making the workplace a more pleasant environment
- employees cycling to work takes pressure off car parking issues; and
- importantly, businesses contribute to their sustainability objectives and obligations.

The presentation CD is supplemented with other related and useful information for employees and businesses about cycling in Northern Sydney. In particular it contains:

- A Ride to Work brochure
- Cycle route maps for local government areas - Ryde, Lane Cove, Willoughby and North Sydney
- Introduction to key commuting routes (including the recently completed Lane Cove to Macquarie Park Cycleway and the Gore Hill Cycleway - Naremburn to Lane Cove)
- Bike North brochures - membership; information and skills for riding; tips for buying a bike

The presentation contains some great graphics and notes a variety of promotional sources such as the Cycling Promotion Fund, BNSW, Bike Vic and Bike North. Why not see for yourself and view the presentation on the Bike North website at: www.bikenorth.org.au. All Bike North members can get a FREE copy of the CD with presentation and support material simply by contacting Keith Griffin at communications@bikenorth.org.au.

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Take every opportunity to talk to friends and colleagues about the benefits of cycling to stimulate use of bikes for recreation and/or transport. Feel free to supplement this material with your own experience or additional information relevant to your audience and to hand out copies of the CD to those interested.

Suggestions or comments to enhance this material are most welcome!

Special thanks to Anna Lane, Keith Griffin and Doug Stewart for their contribution in creating this valuable promotional pack.

Bike for Life - Bringing women back to cycling

By Caroline New



Bike North's program to bring women back to cycling by developing self confidence and basic cycling skills is now running and we have our first graduates. The first full day skills session was held in late October with 17 trainees and 7 coaches. This was followed up with two buddy rides where they practiced their skills at their own level with one of our accredited cycling coach. They finally graduate after successfully completing their first Bike North easy ride.

This program has been made possible under a Healthy Active Australia grant through which 18 Bike North experienced women cyclists are now accredited cycling skills coaches.

This grant has also made it possible for us to appoint a part time Project Officer, Jeanette Lloyd, to coordinate the program activities.

The next series commences on 22 March, will be run at Meadowbank and registration is now open at www.bikenorth.org.au/bike4life.

Places are limited so if you know someone who needs this course, tell them to sign up fast. With Christmas coming up, perhaps this is the year she gets a new bike and registers with Bike for Life to get her started.

Milawa Gourmet Tour

By Keith Griffin

Pre-Tour

You may expect "Pre-tour" to be about the boring drive along the Hume Hwy, or a training regime, but no, the Pre-tour was just that - a mini tour to prepare us for the Milawa tour. Fran and I had the week off, and had decided to go to Cootamundra to do two wonderful rides we have done before. Another Bike North member, Phil, joined us for the pre-tour. A circuitous but scenic route to Stockinbingal provided us with the jolt we needed to get us going for the next week or so. The ride is a good 81 kms with some rolling country and a long climb just before the final 10 km descent back to town. The next day we did the famed Cullinga Mines Rd, using a 90 km route which is hilly, and no easier than the Wyangala Dam ride at Tour de Cowra.

Our next day was, predictably, a day off the bikes and the drive to Milawa, but using the back roads which Fran and I have travelled by trike many times when on tour. Our compatriot Milawa tourers, however, probably have stories about the boring drive along the Hume Hwy.

Fran, Phil and I arrived mid afternoon and not too long afterwards Richard and Simone logged in. Robert had also arrived. My phone made one of its noises. SMS from the trio of Adam, Elizabeth and Mary saying they had only left Sydney a few moments ago. Quick calculations had us realising they would not arrive until midnight or later, so we all went to the pub for dinner and a quiet drink.



Phil joined us for the two rides in Cootamundra

Day 1

We greeted last night's late arrivals as they emerged from their various rooms. Everyone was ready to go! Milawa to Beechworth on the "Murray to the Mountains" Rail Trail is a 30 km climb, never steep, but always up. We started at our comfortable HQ, the Milawa Lodge Motel, rode across to Everton where we joined the Rail Trail at Everton "station". Another larger group of keen riders was taking a rest break there as we arrived. On chatting we discovered they were from Canberra and had made an early start to the day. They were mostly much younger than us, but also less experienced as riders, and they had a way to go yet along the much flatter route to Myrtleford.

We began the climb, treating this ride as our introductory day, knowing that tomorrow we would have some bigger hills to conquer. This climb proved quite manageable, and of course scenic. Climbing through the bushland with just occasional minor road crossings, or the back of a vineyard is just wonderful... even the local echidnas agreed!



A regrouping point along the Rail Trail climb to Beechworth

Beechworth provides a serious array of places to eat and drink, so we split up, each group finding its preferred cafe for lunch. One group indulged in locally made gelato, in large doses if we are to believe them.

Then, of course, came the best fun of the ride. A short climb to the edge of town, then 30 kms downhill back to our starting point! We chose to use the road to return as it is much safer than the Rail Trail at speed, and because it gives a different view.

Having spent an entire morning together the crew dispersed to various corners of the region, though oddly many went to Dean Woods Cycles in Wangaratta, and just about everyone ended up at the Milawa Cheese factory at some stage

Dinner was at Oxley just 6km down the road, and excellent it was too. During dinner we discovered that at least one member of the crew was a little saddle sore. Today had been his longest ride ever! Ouch. Tomorrow is longer - how will he cope?

Day 2 - Warby Double Cross

I suspect the Kelly gang, which once roamed this region, was better at getting going in the mornings. It was perhaps the fault of the wonderful breakfasts supplied by our hosts which kept us from wanting to turn the first pedal, but eventually we sped away along the flat, straight road to the west, aiming for the Warby Ranges. The first climb is over Taminick Gap - a long slow lead up with the main hill hitting 10% in the early stages and not dropping back below 6% for the rest of the climb.

It came as no surprise to me that those of us who had opted for the lighter fruitier breakfast managed the climb slightly better than those who indulged in a cooked meal. Of course Richard Vagg was in a class of his own, powered by some uncountable number of weetbix, and sitting comfortably atop the hill at the KOM line as the rest of us puffed across.

After a wonderful descent, we toured on past two of the district's older wineries, then turned north on a very narrow quiet road along the western side of the Warby Ranges. At a suitable point we stopped to eat our various snacks and enjoy the peacefulness of this place, ever aware that another big climb was looming. This climb was much longer than the first though a little less steep overall. Naturally the group fragmented, though the front three or four riders regrouped before attacking the long and fast descent. We all regrouped before assaulting Wangaratta's cafe district for a well earned lunch. After that, it was a cruisey 20kms or so back to Milawa. Adam was now even more sore and had done an even longer ride... how will he go tomorrow?

For dinner The motel had agreed to provide us with a banquet - Klaus, the owner, did all the cooking which was sensational. We had plenty of food, a huge variety and all excellent. Even the bread and paté were freshly made that day. Naturally we managed to wash this down with various of the local wines, sourced during the afternoon.

Day 3 - Don't get the Lurg-i

Lurg is a weird name for a place but no matter, that's where we are headed today, then on to Glenrowan (Kelly country again) via Winton and back to our base. It should be just more than 100 kms. No big hills today, but not flat either apart from the first 10 and last 20 kms. We had cautioned Adam against riding while sore but he was determined to ride. Young blokes are like that. Today would also be Phil's first century ride.

We were later told that Lurg was a term (Welsh Gaelic I think) for little hill.

I was concerned that the group might find the ride a little dull after the great scenery of the previous days, but this ride proved the best with magnificent views to the alpine region, hills in another direction, great weather, good quiet roads, and mad people riding bikes together. We had planned our drink and food well but were still pleased to roll into Glenrowan after 80kms. An excited cafe employee ran to greet us. "Welcome cyclists - we'll fill your water bottles with cold water and if you'd like to have anything to eat we have damper and soup for \$9, but it's \$8 for cyclists today". After the treatment many of us receive at some Sydney outlets, we were all a bit stunned at this overt display of good business practice aimed at cyclists. The meal was superb. The giant Ned Kelly statue just nearby reminded us to remove our helmets.



A country lane

The final 24 kms home turned into a time-trial for Fran, Richard and me. Fran sat on while Richard and I did turns on the front, keeping the pace at 37-8 kms/hr. Why? Why not? It was great fun killing ourselves like that and a shower and beer soon eased any remaining pain. The others were not far behind us, but some elected to stop at the pub before returning to the motel.

Again we each chose various afternoon activities, though we all walked up to the local honey place for a tasting, before the return to the motel for dinner - this time a BBQ which was supplied for us to cook.

More great salads from Klaus, plenty of good red wine and beer - what a great way to end a stunning three days of riding, (5 days for me, Fran and Phil).

Milawa was perhaps a long way to go for a few bike rides, but the scenery, wineries and other gourmet attractions, combined with tranquility and good company had made this weekend special.

The 8th Bike North Century Challenge

Sunday 26 April 2009

By Mal Hart, Event Organiser

Since 2002, Bike North riders have been lining in mid-Autumn to take the challenge to ride 60km, 100km or 100miles (160km). Our approach of riding in small teams of 2, 3 or 4 people provides a very 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.

This year we will run the BNCC on Sunday 26 April to take advantage of Sydney's great Autumn cycling weather with just enough daylight and cooler temperatures. It is also at a good time of the year when your riding fitness is at a peak, which probably dropped a bit after those Christmas excesses. There are plenty of other lead-up events such as the Tour de Hills, Loop de Lake or the Tour de Cowra, to get you ready for BNCC. The BNCC is the next logical step before the winter sets in. Don't wait until the Sydney Spring Cycle or the 'Gong Ride', where you do much less interesting rides with crowds of people. So take the Challenge this season!



The ScallyWags

In 2009, we are again running the longer events, which proved very popular last year. The 60km level will be a more challenging route this year. Note that the climbs on this ride are not as steep as many of those on a lot of Easy-Med and Medium BN rides, albeit they are longer rides. There are plenty of BN riders out there capable of doing this as a challenge. So target an event and start preparing.

The 2009 route options are:

- **Hawkesbury Randonnee** (165km & 3 main climbs) Wahroonga, Galston Gorge, Wiseman's Ferry, Central Mangrove, Mt White, Wahroonga
- **Classic Loop** (100km & 5 main climbs) Wahroonga, Galston Gorge, Berowra, Mt White, Wahroonga
- **Bound for Berowra and Bobbo** (60km & 3 main climb) Wahroonga, Galston Gorge, Berowra, Bobbin Head, Wahroonga

This is **NOT** a competitive event. Rather it is designed to offer an alternative ride to extend you beyond your normally preferred distance and terrain. Remember that you are encouraged to go at your own pace. Most members of Bike North will be able to find a challenge to suit.

Of course, we welcome all riders home with a post ride BBQ. So bring your friends and family along to meet you at the finish for them to hear all about it!!

How do I participate?

The BNCC is only for Bike North members. If not a member, you can join and then ride. Tell your friends about this great event. It is FREE.

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

Each team must pre-register for the event by Friday 17 April using the BNCC Registration Form, available along with all route and other event details on the BN website

http://www.bikenorth.org.au/cycling/annual_events.php

All applications must be sent electronically by the due date to the Event Coordinator: (mal.hart@bigpond.com). There are no entries accepted 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 are in the BNCC Ride Guide available from the BN website.

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.

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 recommend 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 165km Challenge, you will need to give careful consideration to food and drink replenishment.

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 26 April. For more information contact Mal Hart (mal.hart@bigpond.com) 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:



Hills are our friends!

- 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 165km 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

Bound for Berowra and Bobbo - 60km

- Wahrenonga, Galston Gorge, Berowra, Bobbin Head, Wahrenonga
- Overall time: 4 to 6 hours (allows 1 hour stopping)
- Briefing 8:45. Start: 9am. Finish: 1pm to 3pm

Classic Loop - 100km

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

Hawkesbury Randonnee - 165km

- Distance: 165km. Grade = Very Hard.
- Extended loop, partly in remote communications area.
- Overall time: 8 to 10 hours (allows 3 hours stopping)
- Briefing 6:50. Start: 7am. Finish: 3pm to 5pm

Cycling in Tuscany and Umbria

By Ainslie Robinson

Recently Moya and I completed cycling trips through Tuscany and Umbria. The trips were booked through UTracks, a division of World Expeditions. UTracks use a German company called Eurobike to run these trips and we found Eurobike to be extremely efficient. (Note - we believe we would have saved a fair bit of money if we had booked direct with Eurobike, although we would have had to pay them in Euros.) Eurobike run a lot of bike tours in Europe and elsewhere, generally starting on a Saturday evening and finish on the following Saturday morning. Some trips can be done back-to-back as was the case with our trips in Tuscany and Umbria.

Most Eurobike tours are available either guided or unguided. We opted for the guided tours as we wanted some company, and we don't speak Italian. In terms of timing, we chose the last trips of the season for cooler conditions and less crowds. The trips were fully supported and accommodation was in comfortable hotels. The support vehicle was a large van which was used to transport our luggage and carry people who did not want to ride. It towed a long trailer designed to carry 21 bikes.



Eurobike support vehicle

Montecatini Terme, a short train ride from Florence, was the start of the Tuscany trip. We met our guides and the rest of our group in the early evening for a briefing and dinner. Our guides were a young German couple who took turns to lead the group and drive the van. Our group consisted of 12 German speakers and 6 English speakers. Fortunately most of the Germans spoke at least some English and we all got on well together. We, along with most of the group, hired the Eurobike bikes which were unisex hybrid-type machines. Although quite heavy, they were comfortable and very suitable for the riding which was hilly and had short stretches on dirt tracks. (One of the German couples had electric bikes!)



Moya cools off after the 10km climb!

The Tuscany ride is described in detail in the Bikeline guide "Toskana", unfortunately not available in English. Day 1 was a round trip through flat rural countryside to Vinci, Leonardo's birthplace where we had a look at the Leonardo museum and enjoyed a good lunch in a restaurant (55kms covered). Our German companions did not wear cycling helmets, and also enjoyed a glass or two of wine with lunch!

On Day 2 we took a train from Montecatini Terme to Lucca where we rode around the medieval city walls and had a look around the town. We then rode to Pisa with a stop for a picnic lunch. We had a number of picnic lunches on the trip and they were all excellent with fruit, salads, cheeses, cold meats and of course wine. After checking into our hotel we were taken on

a guided tour of the cathedral. That night we had the first of a number of huge dinners we were to enjoy in Tuscany (50kms covered today).

On Day 3 we rode from Pisa to Casciana Terme with stops for morning tea/coffee and another excellent picnic lunch (50kms today). That evening we were driven to a farmhouse outside town where we had a superb dinner of local produce and wine.

Day 4 covered about 50kms through rolling countryside including a 10km climb, and finishing at San Gimignano.

On Day 5 we rode through more hilly country to Monteriggione for lunch, then on to Siena (45kms) where we had a tour of the city.



The Tuscany Group with lunch

Day 6 was our last riding day and we rode about 50kms through hilly country covered in vineyards (Chianti country) to Greve where we caught a public bus (clean, comfortable and punctual, unlike NSW buses) to Florence.

The following morning was the last day of the Tuscany tour and we were taken on a guided tour around Florence. That evening we met up with our Umbria tour group for a briefing and dinner. This group consisted of 5 English speakers and 9 German speakers. The Umbria trip is described in the Bikeline guide Florenz-Rom, again not available in English.



The Umbria Group

On Day 1 of the Umbria trip we caught a train from Florence to Arezzo, then rode about 60kms to Passignano on Lake Trasimene. The riding was mostly flat and our Umbria group was generally slower and less competitive than the Tuscany group, giving us more time to enjoy the scenery.

Day 2 involved a 40km ride to Perugia where we were taken on a city tour and shown, amongst other things, a 2400 year old Etruscan gateway. On Day 3 we rode about 30kms to Assisi where we also had a tour of the ancient city.

Day 4 covered about 60kms to Spoleto with stops at Spello and Bavagnano and a picnic lunch below Trevi. Day 5 was a short 20kms from Spoleto to Terni, but, it included a very steep climb, fortunately followed by a superb descent. In the afternoon we were taken out to see the Marmore Waterfalls which would have been spectacular had there been a lot of water flowing over them.

On our last riding day (6), we caught a bus to Narni and rode about 65kms to Poggio Mirteto where we caught the train into Rome. The next morning we were taken on a tour of Rome.

The Umbria tour was very pleasant and it was great to see Perugia and Assisi. That said, we enjoyed the Tuscany trip more as the Tuscan countryside is more rural and scenic, and there was less traffic on the roads. Overall we found Italian drivers to be very courteous and considerate.

Calendar, February 2009 – March 2009

In Feb Mar we have a wide selection of rides including some new rides from new ride leaders. Alan Corven plans to ride to the beach (Cycle Surf and Turf) to enjoy the best of summer weather- take the swimmers along as well for a dip. Peter Wilde has a variation on riding to Narrabeen (Bank To Been), which will give a work out for the more capable riders. Bob Chambers continues his fortnightly midweek Wednesday rides for those with a more leisurely week. There is a good hare and tortoise ride to Akuna Bay to give you some BNCC training. This is on top of many of the regular favourites from Easy to Hard rides. Enjoy the riding!!!

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
1/2/2009 Sunday	Northern Beaches and Back Roads	<i>Grade:</i> Medium Hard <i>Distance:</i> 86 <i>Contact:</i> <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.
4/2/2009 Wednesday	St Ives to West Head	<i>Grade:</i> Medium Hard <i>Distance:</i> 55 <i>Contact:</i> <i>Starts at:</i> 08:00:00. Starting in the car park on Mona Vale Rd opp Stanley Street St Ives. Note carpark limits are either 2hr or 4hr. Moderate paced ride via McCarrs Creek Rd to scenic West Head . Bring your own morning tea to savour with the magnificent views across Pittwater and Broken Bay.
7/2/2009 Saturday	Olympic Park Ride	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Contact:</i> <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.
7/2/2009 Saturday	Cycle, Surf & Turf	<i>Grade:</i> Medium Hard <i>Distance:</i> 80 <i>Contact:</i> <i>Starts at:</i> 06:45:00. Eastwood station - east side. Fast paced ride to Manly via St Ives, Forest Way and Wakehurst Parkway. Take an optional swim, then coffee and return same route or via ferry to city and cycleways. BYO swimmers, towell, togs, lock and money.
7/2/2009 Saturday	Music Ride	<i>Grade:</i> Easy <i>Distance:</i> 20 <i>Contact:</i> <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. Vintage Rock and Roll

8/2/2009 Sunday	Meadowbank to Bobbo	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Contact:</i> <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.
14/2/2009 Saturday	Parramatta Park Parade	<i>Grade:</i> Easy Medium <i>Distance:</i> 35 <i>Contact:</i> <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.
14/2/2009 Saturday	Pie in the Sky	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Contact:</i> <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.
15/2/2009 Sunday	Buon Appetito	<i>Grade:</i> Easy Medium <i>Distance:</i> 30 <i>Contact:</i> <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.
15/2/2009 Sunday	Bank 2 Been	<i>Grade:</i> Hard <i>Distance:</i> 87 <i>Contact:</i> <i>Starts at:</i> 07:15:00. Meadowbank Wharf. An excellent ride for fitness. We travel some main roads early in the ride when the traffic is a little easier. With some long but not steep uphill and great downhill this ride provides a chance to ride with the group.
18/2/2009 Wednesday	Akuna Bay Tortoise	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Contact:</i> <i>Starts at:</i> 08:00:00. St Ives. Med loop to Akuna Bay for coffee, then tackle the two big hills to work off morning tea.
21/2/2009 Saturday	The Big Loop	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Contact:</i> <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.
21/2/2009 Saturday	A to C and Back	<i>Grade:</i> Medium <i>Distance:</i> 30 <i>Contact:</i> <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.
22/2/2009 Sunday	Concord for Cake	<i>Grade:</i> Easy <i>Distance:</i> 28 <i>Contact:</i> <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.
28/2/2009 Saturday	Akuna Bay Tortoise Longer	<i>Grade:</i> Medium <i>Distance:</i> 60 <i>Contact:</i> <i>Starts at:</i> 07:30:00. Turramurra stn east. Med loop to Akuna Bay for coffee, then tackle the two big hills to work off morning tea.
28/2/2009 Saturday	Akuna Bay Hare	<i>Grade:</i> Medium Hard <i>Distance:</i> 65 <i>Contact:</i> <i>Starts at:</i> 07:45:00. Eastwood stn east. Med/hard ride through hilly terrain via Brown's Waterhole to Akuna bay for morning tea, all the while trying to catch the tortises
1/3/2009 Sunday	Olympic Park Ride	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Contact:</i> <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.
1/3/2009 Sunday	Tour de Hills	<i>Grade:</i> Easy to Hard <i>Distance:</i> 20 <i>Contact:</i> <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.
4/3/2009 Wednesday	Hills and Surfside Cafe Tortoise	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Contact:</i> <i>Starts at:</i> 08:00:00. EITHER Turramurra 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.
7/3/2009 Saturday	The Big Loop	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Contact:</i> <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.
7/3/2009 Saturday	Cycle, Surf & Turf	<i>Grade:</i> Medium Hard <i>Distance:</i> 80 <i>Contact:</i> <i>Starts at:</i> 06:45:00. Eastwood station - east side. Fast paced ride to Manly via St Ives, Forest Way and Wakehurst Parkway. Take an optional swim, then coffee and return same route or via ferry to city and cycleways. BYO swimmers, towell, togs, lock and money.
7/3/2009 Saturday	Wharves and Providores	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Contact:</i> <i>Starts at:</i> 08:00:00. Start at North Sydney Station. Slow paced ride to scenic wharves and providores in Pymont/inner city area. Lots of stops to look and buy. Bring bag/panniers & bike lock.
8/3/2009 Sunday	Loop the Lake	<i>Grade:</i> Medium Hard <i>Distance:</i> 80 <i>Contact:</i> <i>Starts at:</i> 00:00:00. Loop The Lake is a recreational bike ride around Lake Macquarie.
8/3/2009 Sunday	Brooklyn Brunch	<i>Grade:</i> Hard <i>Distance:</i> 90 <i>Contact:</i> <i>Starts at:</i> 07:30:00. Eastwood stn east. Hard ride at a Medium pace to Bobbin Head, then Brooklyn for brunch. Return via Hornsby & Turramurra. Fit, experienced riders only.
14/3/2009 Saturday	Further Beyond Barrenjoey	<i>Grade:</i> Hard <i>Distance:</i> 85 <i>Contact:</i> <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. call to confirm
14/3/2009	A to C and	<i>Grade:</i> Medium <i>Distance:</i> 30 <i>Contact:</i>

Saturday	Back	<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.
14/3/2009 Saturday	Beyond Barrenjoey	<i>Grade:</i> Medium Hard <i>Distance:</i> 60 <i>Contact:</i> <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 call to confirm
15/3/2009 Sunday	Botany Bay Bacon	<i>Grade:</i> Medium <i>Distance:</i> 65 <i>Contact:</i> <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.
15/3/2009 Sunday	Concord for Cake	<i>Grade:</i> Easy <i>Distance:</i> 28 <i>Contact:</i> <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.
15/3/2009 Sunday	Akuna Bay Hare	<i>Grade:</i> Medium Hard <i>Distance:</i> 65 <i>Contact:</i> <i>Starts at:</i> 07:15:00. Eastwood stn east. Med/hard ride through hilly terrain via Brown's Waterhole to Akuna bay for morning tea, all the while trying to catch the tortises
18/3/2009 Wednesday	Bays & Foreshores	<i>Grade:</i> Easy Medium <i>Distance:</i> 35 <i>Contact:</i> <i>Starts at:</i> 08:30:00. Meadowbank Wharf. Easy/medium ride to Gladesville Bridge, then follow the bays & foreshores around to Concord for coffee.
21/3/2009 Saturday	Pie in the Sky	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Contact:</i> <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.
21/3/2009 Saturday	Olympic Park Ride	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Contact:</i> <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.
22/3/2009 Sunday	Hills and Surfside	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Contact:</i> <i>Starts at:</i> 08:00:00. Eastwood Stn east. Hard ride to Pymble, St Ives, Oxford Falls & Narrabeen. Return via Warriewood, Church Point, Terrey Hills & Turramurra. Fit & experienced riders only.
28/3/2009 Saturday	Northern Beaches and Back Roads (tortoise)	<i>Grade:</i> Medium <i>Distance:</i> 45 <i>Contact:</i> <i>Starts at:</i> 07:30:00. Turramurra Stn east side. Moderate paced ride via Terry Hills, Church Point and beaches to Manly. Ferry and train to start. Some hills and traffic.
29/3/2009 Sunday	Miss Australia Ride	<i>Grade:</i> Medium <i>Distance:</i> 45 <i>Contact:</i> <i>Starts at:</i> 07:30:00. 'St Leonards stn concourse. Medium ride on quiet roads to Spit Bridge, then on to Tania Oval at Balgowlah Heights. On return visit Georges Heights and Bradleys Head. '
29/3/2009 Sunday	Olympic Park Ride	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Contact:</i> <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.