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Hornsby Shire Mountain Bike Alliance (HSMBA)

HSMBA

A new group has been formed by Hornsby Shire mountain bikers to promote mountain biking within the Shire. They have preliminary pledges of support from the Council to build mountain bike-specific facilities in the Shire similar to those at Somersby, Appin and Yarramundi.

HSMBA is a volunteer organisation who is inviting cyclists to lend them support and to volunteer for trail building and trail maintenance when the project/s go ahead. To find out more, volunteer your help or register for updates go to the web-site: <http://www.hsmba.info>

If you are already involved with HSMBA, please get in touch with the BN Hornsby Working Group.

Editor: *Jennifer Gilmore*
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.

Bike Auction

Pam & Col Kendrick

Bike North was recently bequeathed three bikes which belonged to the late Geoff Shearn, for disposal within BN, with all proceeds to BN. Thanks go to Geoff's family in England and his local riding mate Chris, who organized for this to happen.

A silent auction is being held for the bikes, which may be inspected by appointment with Pam & Col Kendrick, email colin_kendricks@optusnet.com.au or ph 9872

2583.

Bids may be made by making your offer by email to president@bikenorth.org.au or by snail mail with name and contact details in a sealed envelope marked BN Bike Auction and sent to PO Box 719 Gladsville NSW 1675.

The closing date is 30 April 2009.

The Bikes:



Trek 520

Bike	Detail
Type	Trek 520 touring bike with drop bars, size 58cm (stand over height 84cm).
Frame	Reynolds 520 Cromoly steel with cromoly forks.
Gears	27 speed with bar end shifters.
Pedals	Shimano SPD.
Colour	Metallic charcoal.
Additions	Comes with mudguards and rear rack.
Condition	Excellent, just needs panniers and a map....

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Bike	Detail
Type	Peugeot Galibier road racing bike, stand over height 81.5cm.
Frame	Reynolds 531 cromoly steel, hand brazed.
Gears	12 speed with down tube shifters.
Pedals	Shimano SPD.
Colour	Purple and yellow.
Condition	Fair, rideable.



Peugeot Galibier

Bike	Detail
Type	Avanti Blade Comp, flat bar road fitness bike, size L (stand over height 79cm)
Frame	7005 Aluminium, cromoly forks.
Gears	27 speed (damaged rear derailleur).
Pedals	Shimano SPD.
Colour	Metallic grey. Comes with rear rack.
Condition	Needs work, currently unrideable.



Avanti Blade Comp

New Calendar - Much more than a face lift

by Keith Griffin and Mal Hart

You will soon see a change in the look of the online Bike North Calendar, but there has been a significant set of improvements behind the facade.

A user guide (PDF) to the new system can be found at <http://www.bikenorth.org.au/calendar/help/>

Why the changes?

For many years now our online rides system has been driven by a database. This database has proved its worth in so many ways, but some of the information it stores is no longer relevant, and there are data that our ride leaders requested, which we do not store. To address this required changing not only the database, but the way the information is presented.

What are the changes?

For most of us the changes are subtle but significant. The calendar operates the same way: buttons and menus to choose the month and year, click on an event to see more detail, click on a ride or rideleader's name to see the full data for a ride (profile, google map etc) or a photo and biography of a ride leader. This is not new, but behind the scenes it is better structured.

Also retained is the ability to email a month's rides programme to yourself, or someone else, in a simple text format. Rather than having to go to a special page, this function is integrated into the calendar. Better integration of the parts which make up the whole system has also allowed links to the complete rides database and complete ride leaders list to be placed on the calendar page: no need to go searching in hidden recesses of the web site.

Pre-registration

A completely new feature is the ability to "pre-register" for a ride, made possible by integrating the rides system with our membership system. Pre-registration is simply a way of getting all your information onto the ride sign-on sheet before the day of the ride. It is done online (click the ride in the calendar, then you will see a pre-registration button on the details page) and requires you to provide your membership number, and the emergency off-ride phone number you will use for that ride. Once you've pre-registered your details are taken from the membership system and added to the sign-on sheet for the ride, so all you have to do when you show up for the ride, is sign your name! If you decide not to go on the ride afterall, that's fine.

Pre-registration will not be available for all rides as some ride leaders may choose not to use it, and some events (BNCC, Tour de Cowra) have their own special and complete registration requirements already. A ride leader may choose to make pre-registration compulsory for a particular ride, especially if the ride can take limited numbers (due to ferry trips for example) or has some unusual requirements.

Pace

Many riders who come on our rides have little or no experience of what an average speed means, so while we retain the average speed information we have added a descriptor which will help those people who don't like the hard numbers. The categories for average ride pace (rolling speed not including time for stops and coffee) are: slow spin (<15), gentle (15 - 17), relaxed (17-19), moderate (19-22), brisk (22-25), fast (>25) .

Our ride leaders have requested more flexibility to run rides at different paces. This will give us more options to run rides and give us a more flexible programme. A ride leader may now choose to run a ride slower or faster than its usual pace, and this will be flagged, in red, on the ride calendar details page. This way it is possible to have Olympic Park run at a brisk pace, just as its possible to have The Gorge and Berowra at a relaxed pace.

Different starting location

A ride leader can now also choose to start a ride at a different location, without having to call the ride something new. Naturally any alternative location needs to be not too far distant from the usual starting point. If this happens it will be flagged on the ride details page, in red! Again this is aimed at giving us more flexibility with our rides programme.

Metres climbed, RDI and REE

With the proliferation of GPS devices within Bike North, it has become easier to gather data about our rides. We use GPS data to provide the Google map and the profile, but now we have linked the GPS data to our Ride Difficulty Index (RDI). The RDI is a simple but effective way of comparing the difficulty of ride A with ride B. It is calculated from the ride distance and the "metres climbed". This latter is interesting in itself and is now displayed with the rest of the ride information on the details page.

Also now displayed on the details page is a link to the REE calculator. Ride Energy Expended is a way to compare different riders on the same ride. It takes into account the RDI, the bicycle type, the combined mass of rider and bike, and the average speed achieved. The REE is given in kilojoules, and thus may help you justify that extra food and drink après-ride.

But the biggest changes...

...affect Ride Leaders and the Rides Coordinator. The way these people interact with the system has been greatly improved and will allow them to spend more time on the real work of providing our excellent rides programme, and less time doing "virtual paper-work".

So what does this all mean to me as a ride participant?

With this added flexibility, all riders will need to pay closer attention to the specific details for rides. Rides will still be advertised in the normal manner through the Bike North Website, Chainmail, BNSW PushOn and Bike North News with all the usual details about the rides. You will though, need to pay close attention to specific ride details such as the START LOCATION, the ride PACE and RIDE GRADE.

Our Secretary moves on

Graeme Edwards, President

After more than two years in the Secretary's position Lindsay has decided to move on. On behalf of the Bike North Executive and members I would like to thank Lindsay for all the work he has done as part of the Executive team during his tenure.

We are very fortunate that Malcolm Beech-Allen has agreed to step in and fill the Secretary's position. I would like to thank Malcolm on behalf of the members for taking on this role.

Cycling in Thailand - Jan/Feb 2009

By Helen Middleton

Eric and I have just returned from the most wonderful 14 day fully supported cycling trip in Thailand. Our ride started in Chiang Mai and finished in Bangkok.

We went with a company called Spiceroads as they specialise in cycling in Asia. We organised 10 of our friends to join us plus 2 guys came from England and 1 guy from Belgium. All 15 of us got on really well together with lots of jokes, fun and laughter.



The Group

Day 1 Chiang Mai

Today was a 'meet and greet' day as everyone was arriving at different times. We spent the morning visiting an elephant camp which was just fantastic. In the evening we enjoyed the very colourful and buzzy Sunday night market. You can stroll up to about 2km along a closed road looking at the outdoor stalls. Even if you are not an especially keen shopper, it was fun just to wander through. There were lots of good buskers creating a great atmosphere.

Day 2 Chiang Mai (Australia Day)

The group met at the same time for breakfast so we were a bit noisy to say the least! The 12 Aussies wore Oz Day T-shirts, caps, badges etc. Apart from wearing an Aussie T-shirt, I also wore a huge badge which said 'Proudly Australian'. I

must say we made quite a statement while sightseeing in Chiang Mai on foot. I especially enjoyed visiting Wat Doi Suthep (as well as climbing 306 steps to the top). This is the most sacred Wat (temple) in Northern Thailand. In the afternoon we tested our bikes on a flat 35km loop, on quiet back lanes. This was quite lovely and was a really good introduction for the riding to come.

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Day 3 Chiang Mai to Lampang

Today we were driven 10 minutes to the start of our ride. We rode 50km through lovely rural scenery and passed through various markets. Everyone we passed was happy and very friendly. After about 20kms we stopped at a nice little town where Eric and I found a shop just selling wind chimes. We tested just about every one before buying one.

Day 4 Lampang to Uttaradit

This was the hardest day of riding. We rode 60kms with a few long climbs, but thankfully towards the end there were some really good downhills. The route was mostly on a highway, but there wasn't a lot of traffic and we had a wide shoulder to ride on, so it felt quite safe. We passed a small herd of oxen and their shepherdess along the way. We finished the ride at about 2pm leaving time for a relaxing afternoon including a swim in the hotel pool.

Day 5 Uttaradit to Sukothai

A good day but very hot, so I found the ride tiring. We rode along very pretty scenery following the Yom River, stopping along the way to visit a couple of Wats. By lunch-time I had ridden 52km and I decided that was enough for me. I then enjoyed travelling on the support bus for the final 30km. A few others joined me on the bus, and on arrival I jumped straight into the pool at our hotel.



Buddha at Sukhothai Historical Park

Day 6 Sokothai

A very relaxing day today. We only rode 25km, through beautiful scenery on quiet back roads following the river, and visited Sokothai Historical Park. Sukothai was once the capital of Thailand and is now one of Thailand's World Heritage sights. Meandering around Sukothai on the bike was very relaxing and a really good way of visiting the Wats.



Wat at Si Satchanalai Historical Park

Day 7 Sukothai to Khampeng Phet

We had a good solid ride today of 84kms. It was mostly on quiet back roads with lots of rice paddies and people working in the fields. The ride was flat and although quite hot, all of us managed to ride the whole 84kms. I was very pleased with myself.

Day 8 Khampeng to Uthai Thani

This was one of my favourite days as it was 50km amongst rice paddy fields - so green and lush. We also passed young banana plantations. Locals working in the fields would wave to us all the time. After finishing the ride at about 1pm, we had lunch on board a converted rice barge cruising the Sakaekrang River, seeing how people still live in floating houses. Really interesting.

Day 9 Uthai Thani to Pa Mok to Ayutthaya

An interesting ride of 60kms on Thepho Island. We crossed the Chao Phraya River twice on Punts. This was lots of fun and the locals on the punts with us found us quite amusing!

After lunch we travelled by support bus to wat Pa Mok to visit a 50metre reclining Buddha covered with a bright orange cloak. Dinner tonight was a lot of fun as we had a hot pot (similar to a fondue).



The Group on punt

Day 10 Ayutthaya to River Kwai

This was another great day visiting the Summer Palace of King Rama V. 60kms with wonderful scenery all the way. We had some gentle hills and some fabulous downhills. We were happy to arrive at our jungle lodge where we each had our own villa set into the jungle. As soon as we arrived four of us decided to have a Thai massage - mmmmm!



King Rama V Summer Palace

Day 11 River Kwai to Kanchanaburi

Today was a special day as we visited a small school of about 65 children, the youngest would have been about 5 years old. Before the trip we had decided to take along some crayons, pencils, colouring books, pencil sharpeners and stickers for the kids. The kids were very well mannered, shy and very cute. We all took turns in handing them our gifts and they all gave us the happy wei (this is the palms of hands together under the chin with a small bow). Some of the very special moments on holidays are when you interact with the locals.

We visited the Bridge over the River Kwai which was interesting. More great riding day of 50kms.

Day 12 Kanchanaburi to Floating Markets

Today we spent about 2 hours visiting the Floating Markets at Damnoen Saduak outside of Bangkok. This is a bit touristy but very interesting to see how women paddle their canoes up and down the canals selling their wares. It was fun and very colourful. Today would have to be my favourite day of riding. A 40km meander through banana plantations and canals.



Floating Market

Day 13 Bangkok

This was our last day of riding. Only 20kms through an area called Ban Kra Jao. This is a green area of Bangkok which not many people know about. It was very pretty and a lovely way to finish the trip.



Starting Point of last ride

Summary

All up we cycled 600kms and because the cycling was mostly flat and at a relaxing pace and with frequent stops, I found the whole ride comfortable. The hardest part was coping with the heat, but we were kept well hydrated, so we were all ok.

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The riding was on excellent sealed roads and back lanes with about 500 metres on hard packed dirt trails. The riding was mostly flat apart from one day with some undulating hills. We rode through wonderful rural scenery, every day was different. We rode beside rivers, rice fields, banana plantations, cornfields, local markets. Everywhere we rode people would acknowledge us with a cheer and a wave. We would respond by saying Sawasdee (Hello).

We got some culture thrown in by visiting Wats, Buddha's and the Bridge over the River Kwai.

As we were a large group of 15 we had 3 guides and 3 drivers looking after us and they were all outstanding. The level of service, care and safety was exceptional. Our guides were fantastic throughout the journey, nothing was too much trouble for them. They even stopped the traffic when we crossed the roads! We were given unlimited water throughout and roughly every 10kms. About every 20kms we would have a pit stop of about 20 minutes usually in the grounds of a Wat. They provided us with cold water melon, pineapple, papaya, bananas and biscuits - so nice and refreshing!



Ride through banana plantation

By the time we had finished the ride we all felt that we had seen so much of the real Thailand that most tourists never see. Everywhere we went people were friendly, helpful and courteous. The scenery throughout was just wonderful.

Four of our friends had never been to Asia before and they enjoyed everything. If you'd like to do a stress free cycling trip

in Thailand, can take some warm and humid weather and can ride an average of 50 km per day, I would strongly recommend this trip.

Trip cost includes return transfers to / from airport, most meals, snacks and water, wonderful accommodation, guides and full back-up support. We would recommend you do this trip in the months of December, January or February as these are the cooler dry months.

If you would like more information, please call on 9958 2546 or email ehmiddleton@iprimus.com.au

Novice to Leader - my journey

By Darryn Capes-Davis



Darryn Capes_Davis

With blood pressure readings of 140s/90d the doctor put the shock of bad health into me. I was overweight and sure to have impending health problems due to my condition and lack of fitness. So I started to do more walking and changing my diet in small ways. While it helped it did not have the life changing effect that I needed.

In July 2007 I decided to do more. I needed to put fitness into my daily regime so I thought that commuting by bike would be the way to go. I had cycled when I was young and as a teenager but had not for nearly 20 years. I went to K-mart and an impulse decision had me coming out with a brand new Huffy mountain bike and accessories.

That afternoon, a Saturday, I decided to try the 7km ride from home to work. My commute is from Carlingford to Westmead via North Rocks Rd and the back streets of Northmead.

Driving this route every day I knew that the ride down to Westmead would be easy. However I was impressed by how 'efficient' it was. Even at my novice pace it was comparable with door to door driving, if parking etc. is taken into account, the benefit taking the back road route to Windsor Rd.

Getting down the hill was one thing, then I turned around to climb home. 100m in elevation with two short main climbs. That first time I walked both short climbs. I made it home at about 12km/h average and even though it was hard, it was doable as a daily commute and I figured that I could only get better. The next few weeks I kept it up and my ride time up the climbs before resorting to walking got longer, and then finally I could cycle the whole route; bumping up my average to about 14km/h.

I was hooked. I had the desire to improve. My early Saturday mornings, before sunrise, became my cycling time. I visited routes around Homebush and the M7 cycleway. I looked around and found that there was the Sydney Spring Cycle (2007) to train for; 50km! I was sure I could do it. I remember well my first 50km+ ride out to Plumpton and back (I do like McCafe coffees!). Good training for the Spring Cycle, which I completed, even though I did experience my first 'hitting the wall' in the last 10km's.

What next? Tour de Hills (2008) - 100km! I discovered the Cook's River Cycleway and that gave me the opportunity to cycle longer distances. My preparation was often interrupted by the 'disintegration' of my beloved Huffy. The pedals broke, the front derailleur had to be persuaded to work and one of the rear wheel spokes went. It meant a new rear wheel (even though now I think it may have been recoverable with what I know now). And then disaster! While trying to tidy up the garage with a bike hook the beloved Huffy took a fall. Now with buckled wheels the Huffy had come to the end of its life.

Feb 2008 saw me as the proud owner of a Trek Soho 3.0 urban bike. This is the bike I currently ride. And what a change it was! The weight of my bike was now about 11.5kg instead of 18kg. The inefficiency of shocks for road riding was gone. I was a new cyclist. I prepared well for the Tour de Hills and did the 100km comfortably with no problems at all.

The Glenhaven Road climb of the Tour de Hills had me wanting to find more hills. So one early Saturday in April last year found me riding up the east side of Galston Gorge. I found it quite pleasurable and it is a ride I still do today. It also had me looking for other climbing rides and this is when I found Bike North.

My first Bike North ride was The Gorge and Berowra with Mal Hart. The professionalism and camaraderie really impressed me. I had a great ride. Since then I have done many a Bike North ride from Easy to Hard. You may have also seen me out

with my daughter Renee trailing behind on the shadow rider. Since I was getting a lot from Bike North I decided that I wanted to give something back. So I looked into what was needed to become a Bike North ride leader.

As per the ride protocol I acted as sweep on some rides. They were medium rides with Doug Stewart and Mal Hart. Riding as sweep helped me to see a ride from a great perspective, the rear. Both Mal and Doug also gave great ride leader tips as I progressed along. I then did some co-leads with Mal Hart gaining even more experience and more great tips. The training culminated with my ride leader assessment which I am pleased to say I passed.

So getting back on a bike in has led me to a) reduce my blood pressure from Stage 2 hypertension to normal; b) reduce my weight by 20kg; c) ride my commute climb home at up to 25 km/h; d) find the great bike group Bike North and e) put a bit back into Bike North by becoming a ride leader. So now I am finishing writing this on the eve of my first ride as leader with a forecast for heavy rain overnight with rain in the morning. Now why did I want to become a leader?

The JetBlack twenty four hour mountain-bike race

By Martin Zierer

On Valentine's Day weekend a bunch of us mountain bikers - more than 300 in total, including a number of Bike Northers - headed out to the Del Rio Resort at Wiseman's Ferry to ride in a new endurance event on Sydney's mountain bike calendar: the JetBlack twenty four hours race.



Photo courtesy of Cycle-Photos

The organisers, Rocky Trail Entertainment are a new mountain bike events company, who set out a few months ago to build a brand new track at the Del Rio Resort, located on the Hawkesbury River. The track build is only the first step towards developing what could be great new mountain bike destination in Sydney's North West. Rocky Trail are working with the local mountain bike clubs who have been running club downhill races close to where the new cross country track runs. The track includes gravel fire trails, dirt switchbacks, grassy paddocks and a rock garden section through a gully with bridges and windy downhill sections!

The JetBlack twenty four hour race was the first endurance event to be held at the new destination. Not scared away by the cruel weather forecast of the Valentine's Day weekend, 80 teams started the twenty four hour event at 12:00pm sharp on Saturday in drizzling rain and continued in fierce competitive mode withstanding the increasing showers. Eighteen solo riders were battling on, pumping out lap after lap. The transition zone became a boiling hotpot - with incoming riders skidding past the timing tent to gain valuable moments, before handing over to the team member in line to ride the next lap. Among the largest categories - Male 4, Male 6 and Mixed 6 - the leading teams were sometimes only minutes apart!

The on-site bike shop, Blackman's Bicycles from Penrith, had a lot to do, adjusting and fixing bikes – especially with the wet course, break pads were wearing out very fast. We weren't doing it too tough though as a lot of riders had arranged cabins or lodges for their teams and were able to have warm showers between laps. The pub on-site served hot food and a coffee van kept the coffee and tea supplies flowing.



Photo courtesy of Cycle-Photos

8pm. Event management were getting worried about the safety of the riders and the event director rides up the gully to inspect and assess the track situation.

8:45pm. On his return and after consultation with some of the riders, race marshals and commissaries, the difficult decision is made to pause the event.

9.28pm. The last rider, one of the roaming marshals, crosses the finish line and the organisers see a lot of relieved, albeit, muddy faces in the crowd in the event centre. It is agreed for everyone to meet again at 7am the next morning.

6.30am. Slight drizzle. Overcast skies. Weather forecast is not too bad, even promising. At 7am the decision is made to start the race again at 7.30am, as per the current standings.

7.53am. The first rider is back across the finish line - with the biggest smile on his face and the race is on again! After another 4 hours the finish countdown begins. Teams in the transition zone are getting nervous - until 12pm their last rider is still allowed to go out to do one more lap. Might that be the one that sets them apart from the other team that's so close in the results?

The last rider crossed the line a little after 12.30pm on Sunday and at 1pm everyone congregated in the event centre's major tent for the prize ceremony. Prizes were handed out and everyone is relieved and happy (no doubt, with endorphins still pumping). It was a great achievement for all the riders to have finished an endurance event in those conditions. Next year? Well the weather can only be better!



Photo courtesy of Cycle-Photos

6pm. Eventually, "increasing showers" turned into torrential downpours, with a muddy 8km track that was getting slippery and quite difficult to ride - especially as darkness descended on the Hawkesbury.

Calendar, April 2009 – May 2009

April/May is the peak time to be riding in Sydney with cooler weather and lovely days. So in this calendar we have lots of rides to get you out on that bike. Of course April sees the running of the annual Bike North Century Challenge, from which you chose one of three rides 160, 100 or 60km, to ride in a small group.

Many of your favourite rides are on again this calendar. Alison and Darryn are putting on Breakfast Point Punt, which has become very popular since its inception. Leigh has pulled together a new medium ride - Three Bridges Olympic Park - to add some hill climbing at relaxed pace.

Bob is also joined by Eric and Leigh on midweek sojourns, now on Tuesdays.

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
4/4/2009 Saturday	The Big Loop	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Pace:</i> moderate pace <i>Contact:</i> Malcolm Hart 9713 1994 <i>Starts at:</i> 08:00:00. Eastwood Station, West side. Ride to M2, Winston Hills. Down to Parramatta for coffee. Return via M4 c/p to Meadowbank & uphill to Eastwood.
4/4/2009 Saturday	The Gorge and Berowra	<i>Grade:</i> Medium Hard <i>Distance:</i> 45 <i>Pace:</i> brisk pace <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <i>Starts at:</i> 08:00:00. Hornsby Park, opposite Cronartion St, near pool. Ride through Galston Gorge, rural Arcadia & on to scenic Berowra Waters. After coffee, ride via Berowra & Pac. Hwy to Hornsby
4/4/2009 Saturday	Comms Group Meeting	<i>Contact:</i> Keith Griffin 0434 496 299 <i>Starts at:</i> 15:00:00. . All BN Comms team to meet and discuss various items as per circulated agenda. Other members of BN Exec welcome.
5/4/2009 Sunday	West to Windsor	<i>Grade:</i> Medium Hard <i>Distance:</i> 90 <i>Pace:</i> special pace fast <i>Contact:</i> Richard Vagg 0402 637 534 <i>Starts at:</i> 08:00:00. SW cnr Pennant Hills Rd and M2 (for parking tips call us).. Ride 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!
5/4/2009 Sunday	Manly Dam Picnic Ride	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> special pace relaxed <i>Contact:</i> Ian Meller 0419 621 848 <i>Starts at:</i> 08:00:00. St Leonards Station, concourse. Ride via Spit, Wakehurst Pkwy, down Allambie Hts to Manly Dam for BYO picnic. Ret via Balgowlah for coffee before returning to start. Earlier start than normal for this ride. A coffee stop will replace the usual picnic.
7/4/2009 Tuesday	BN Executive Meeting	<i>Contact:</i> info@bikenorth.org.au <i>Starts at:</i> 19:30:00. . All members welcome to attend our monthly Executive meetings. The venue is School of Arts Community Centre Hall Meeting Room 201 Cox's Road North Ryde. Walk down the walkway between the Community Centre and the Commonwealth Bank - the meeting room is part way along the right hand side of the building and up the 2nd ramp. Come and see how Bike North is run. Enjoy the fun of the meeting, and get a feel for what goes on behind the scenes.
10/4/2009 Friday	Tour de Cowra	<i>Grade:</i> <i>Distance:</i> 60 <i>Pace:</i> moderate pace <i>Contact:</i> Scott Ratcliff 0434 870087 <i>Starts at:</i> 00:00:00. Cowra. Starts at Cowra with various rides from 56 km to 200km exploring nearby towns and local points of interest during Easter. Registration required.
10/4/2009 Friday	Pie in the Sky	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> moderate pace <i>Contact:</i> Alan Corven 0414 538 977 <i>Starts at:</i> 07:30:00. Hornsby Park, opposite Cronartion St, near pool. Ride along Old Pacific Hwy to cafe overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.
11/4/2009 Saturday	Tour de Cowra	<i>Grade:</i> <i>Distance:</i> 60 <i>Pace:</i> moderate pace <i>Contact:</i> Scott Ratcliff 0434 870087 <i>Starts at:</i> 08:30:00. Cowra. Starts at Cowra with various rides from 56 km to 200km exploring nearby towns and local

points of interest during Easter. Registration required.

11/4/2009 Saturday	Meadowbank to Bobbo	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Pace:</i> moderate pace <i>Contact:</i> Malcolm Hart 9713 1994 <i>Starts at:</i> 07:30:00. Meadowbank Wharf. Hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.
12/4/2009 Sunday	Tour de Cowra	<i>Grade:</i> <i>Distance:</i> 60 <i>Pace:</i> moderate pace <i>Contact:</i> Scott Ratcliff 0434 870087 <i>Starts at:</i> 00:00:00. Cowra. Starts at Cowra with various rides from 56 km to 200km exploring nearby towns and local points of interest during Easter. Registration required.
12/4/2009 Sunday	Brooklyn Brunch	<i>Grade:</i> Hard <i>Distance:</i> 90 <i>Pace:</i> special pace brisk <i>Contact:</i> Peter Wilde 0411102671 <i>Starts at:</i> 07:30:00. special start Meadowbank Wharf. Ride Bobbin Head, then Brooklyn for brunch. Return via Hornsby & Turramurra. Fit, experienced riders only. Return through Bobbin Head
12/4/2009 Sunday	St Leonards to North Head	<i>Grade:</i> Medium <i>Distance:</i> 45 <i>Pace:</i> relaxed pace <i>Contact:</i> Joan Kerridge 99098925 <i>Starts at:</i> 08:00:00. St Leonards Station, concourse. Ride via Beauty Point, over Spit Br to Balgowlah & Manly. Coffee at North Head, return on a similar route.
13/4/2009 Monday	Tour de Cowra	<i>Grade:</i> <i>Distance:</i> 60 <i>Pace:</i> moderate pace <i>Contact:</i> Scott Ratcliff 0434 870087 <i>Starts at:</i> 00:00:00. Cowra. Starts at Cowra with various rides from 56 km to 200km exploring nearby towns and local points of interest during Easter. Registration required.
14/4/2009 Tuesday	Ryde Hunters Hill Meeting	<i>Contact:</i> ryde@bikenorth.org.au <i>Starts at:</i> 19:30:00. . Advocacy at work. Good tea and coffee. Good company. A meeting for cyclists in the Ryde area is held on the second Tuesday of each month. If you have something to say, something to ask for, want to help, or just want updates, come along. Join in to "make cycling better" in Ryde. All welcome. Venue : Eastwood Women's Rest Centre, Hillview Rd Eastwood. (Near the station and just behind the Library.)
14/4/2009 Tuesday	Ku-ring-gai Working Group meeting	<i>Contact:</i> Bob Chambers, 9449 9112 <i>Starts at:</i> 19:30:00. . venue is 9 Greenhill Crescent St Ives. All Bike North members welcome, esp. those who live or work in Ku-ring-gai.
18/4/2009 Saturday	B2B Cyclosporitif	<i>Contact:</i> Cycling NSW <i>Starts at:</i> 00:00:00. . Annual event in Bathurst which includes a Hill climb race on the Saturday and various challenging rides on the Sunday in glorious country between Blayney and Bathurst, finish at Mt Panorama.
18/4/2009 Saturday	Breakfast Point Punt	<i>Grade:</i> Easy <i>Distance:</i> 17 <i>Pace:</i> special pace slow spin <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <i>Starts at:</i> 09:00:00. Meadowbank Wharf. Cross Parramatta river on John Whitton Bridge , ride through Rhodes and Concord West through to Cabarita Ferry Wharf then Breakfast Point for coffee. Cross the river on the Putney Punt and return to Meadowbank on the riverfront route.
18/4/2009 Saturday	Pie in the Sky	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> moderate pace <i>Contact:</i> Evan Hawthorne 0409 606 853 <i>Starts at:</i> 08:00:00. Hornsby Park, opposie Cronartion St, near pool. Ride along Old Pacific Hwy to cafe overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.
19/4/2009 Sunday	B2B Cyclosporitif	<i>Contact:</i> Cycling NSW <i>Starts at:</i> 00:00:00. . Annual event in Bathurst which includes a Hill climb race on the Saturday and various challenging rides on the Sunday in glorious country between Blayney and Bathurst, finish at Mt Panorama.
19/4/2009 Sunday	Hills and Surfside	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> brisk pace <i>Contact:</i> Malcolm Hart 9713 1994 <i>Starts at:</i> 07:30:00. Eastwood Station, East side. Ride to Pymble, St Ives, Oxford Falls & Narrabeen. Return via Warriewood, Church Point, Terrey Hills & Turramurra. Fit & experienced riders only.
19/4/2009 Sunday	Bays & Foreshores	<i>Grade:</i> Easy Medium <i>Distance:</i> 35 <i>Pace:</i> special pace relaxed <i>Contact:</i> Eric Middleton 99582546 <i>Starts at:</i> 07:30:00. Meadowbank Wharf. Ride to Gladesville Bridge, then follow the bays & foreshores around to Concord for coffee.
20/4/2009 Monday	Hornsby Working Group	<i>Contact:</i> hornsby@bikenorth.org.au <i>Starts at:</i> 19:00:00. . All Bike North members welcome, esp if you live in Hornsby Shire venue: Blue Gum Hotel, Hornsby. Hornsby Working Group meeting.
21/4/2009 Tuesday	Triple S from Seaforth	<i>Grade:</i> Medium <i>Distance:</i> 35 <i>Pace:</i> special pace relaxed <i>Contact:</i> Bob Chambers 9449 9112 <i>Starts at:</i> 07:30:00. 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.
25/4/2009 Saturday	Olympic Park Ride	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> slow spin pace <i>Contact:</i> Doug Stewart 9874 5594 <i>Starts at:</i> 09:00:00. Meadowbank Wharf. Loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
25/4/2009 Saturday	Merrylands Brickies	<i>Grade:</i> Easy Medium <i>Distance:</i> 38 <i>Pace:</i> special pace gentle <i>Contact:</i> Alison Pryor 9874 2383 <i>Starts at:</i> 08:30:00. Meadowbank Wharf. Parramatta valley cycle way route to Rydalmere Rail Station and UWS, through Harris Park with a look at historic houses before crossing to the western side of Church St. Complete a circuit of Holroyd using a number of cycle paths - Ollie
26/4/2009 Sunday	Bike North Century Challenge	<i>Grade:</i> Hard <i>Distance:</i> 0 <i>Pace:</i> pace <i>Contact:</i> <i>Starts at:</i> 00:00:00. . BN Members only. The challenge varies year to year.
28/4/2009 Tuesday	Willoughby Working Group	<i>Contact:</i> willoughby@bikenorth.org.au <i>Starts at:</i> 19:30:00. . 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

28/4/2009 Tuesday	Three Bridges Olympic Park	<i>Grade:</i> Medium <i>Distance:</i> 38 <i>Pace:</i> special pace relaxed <i>Contact:</i> Leigh Gibbens 9484-4093 <i>Starts at:</i> 08:45:00. Epping Station, East side. Relaxed paced ride down to Olympic Park, with coffee at Rhodes, then a long steady climb on the return journey.
3/5/2009 Sunday	Cowan to Peats Ridge	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> brisk pace <i>Contact:</i> Keith Griffin 0434 496 299 <i>Starts at:</i> 07:30:00. Cowan Station. Ride via Hawkesbury bridge to Peats Ridge. Coffee at 'Pie' on return leg.
3/5/2009 Sunday	Cowan Calga	<i>Grade:</i> Medium Hard <i>Distance:</i> 52 <i>Pace:</i> special pace moderate <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <i>Starts at:</i> 08:00:00. Cowan Station. Ride through magnificent Hawkesbury River valley on quiet roads. Return with a stop for coffee.
3/5/2009 Sunday	Longreef Lookout	<i>Grade:</i> Medium Hard <i>Distance:</i> 50 <i>Pace:</i> special pace relaxed <i>Contact:</i> Ian Meller 0419 621 848 <i>Starts at:</i> 08:00:00. St Leonards Station, concourse. Ride with significant hills, mostly on back roads, through to the Spit, Wakehurst Parkway and Beacon Hill to Long Reef Lookout. Return south along coast through Balgowlah, The Spit to start. (About 1km loose unsea Bring a snack to have at the lookout. Significant hills.
5/5/2009 Tuesday	BN Executive Meeting	<i>Contact:</i> info@bikenorth.org.au <i>Starts at:</i> 19:30:00. . All members welcome to attend our monthly Executive meetings. The venue is School of Arts Community Centre Hall Meeting Room 201 Cox's Road North Ryde. Walk down the walkway between the Community Centre and the Commonwealth Bank - the meeting room is part way along the right hand side of the building and up the 2nd ramp. Come and see how Bike North is run. Enjoy the fun of the meeting, and get a feel for what goes on behind the scenes.
5/5/2009 Tuesday	Three Bridges Olympic Park	<i>Grade:</i> Medium <i>Distance:</i> 38 <i>Pace:</i> relaxed pace <i>Contact:</i> Leigh Gibbens 9484-4093 <i>Starts at:</i> 08:45:00. Epping Station, East side. Relaxed paced ride down to Olympic Park, with coffee at Rhodes, then a long steady climb on the return journey.
9/5/2009 Saturday	The Big Loop	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Pace:</i> moderate pace <i>Contact:</i> Malcolm Hart 9713 1994 <i>Starts at:</i> 08:00:00. Eastwood Station, West side. Ride to M2, Winston Hills. Down to Parramatta for coffee. Return via M4 c/p to Meadowbank & uphill to Eastwood.
10/5/2009 Sunday	Meadowbank to Bobbo	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Pace:</i> moderate pace <i>Contact:</i> Doug Stewart 9874 5594 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.
10/5/2009 Sunday	West to Windsor	<i>Grade:</i> Medium Hard <i>Distance:</i> 90 <i>Pace:</i> fast pace <i>Contact:</i> Fran Griffin 0414 187 427 <i>Starts at:</i> 07:30:00. SW cnr Pennant Hills Rd and M2 (for parking tips call us).. Ride 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!
12/5/2009 Tuesday		<i>Contact:</i> <i>Starts at:</i> 19:30:00. .
12/5/2009 Tuesday	Western Wander	<i>Grade:</i> Medium <i>Distance:</i> 70 <i>Pace:</i> special pace relaxed <i>Contact:</i> Bob Chambers 9449 9112 <i>Starts at:</i> 08:30:00. Meadowbank Wharf. Ride via M4 c/p and Rail Trail to explore Prospect canal routes. Coffee at Abbotsbury. Due to the interruption of the Prospect Canal Cycleway by road construction, this Ride will route via Parramatta Valley Cycleway, Liverpool Railtrail and Orphan School Creek to Abbotbury, then Prospect Reservoir, to Greystanes for Lunch/Coffee, then rejoin the Canal Cycleway and return.
12/5/2009 Tuesday	Ryde Hunters Hill Meeting	<i>Contact:</i> ryde@bikenorth.org.au <i>Starts at:</i> 19:30:00. . Advocacy at work. Good tea and coffee. Good company. A meeting for cyclists in the Ryde area is held on the second Tuesday of each month. If you have something to say, something to ask for, want to help, or just want updates, come along. Join in to "make cycling better" in Ryde. All welcome. Venue : Eastwood Women's Rest Centre, Hillview Rd Eastwood. (Near the station and just behind the Library.)
16/5/2009 Saturday	A to C and Back	<i>Grade:</i> Medium <i>Distance:</i> 30 <i>Pace:</i> moderate pace <i>Contact:</i> Graeme Edwards 9436 0969 <i>Starts at:</i> 07:30:00. Artarmon Station, East side. Hilly ride to Balmoral and Middle Head. After coffee at Chowder Bay return to Artarmon.
16/5/2009 Saturday	Wend Your Way to Wyong Tortoise	<i>Grade:</i> Medium Hard <i>Distance:</i> 80 <i>Pace:</i> special pace relaxed <i>Contact:</i> Peter Tuft 9144 1325 <i>Starts at:</i> 08:00:00. Berowra stn. Long & hilly ride on country roads to Wyong via Peats Ridge & Yarralong. Ret by train. Optional fast group if there is sufficient interest
16/5/2009 Saturday	Breakfast Point Punt	<i>Grade:</i> Easy <i>Distance:</i> 17 <i>Pace:</i> special pace slow spin <i>Contact:</i> Alison Pryor 9874 2383 <i>Starts at:</i> 09:00:00. Meadowbank Wharf. Cross Parramatta river on John Whitton Bridge , ride through Rhodes and Concord West through to Cabarita Ferry Wharf then Breakfast Point for coffee. Cross the river on the Putney Punt and return to Meadowbank on the riverfront route.
17/5/2009 Sunday	Concord for Cake	<i>Grade:</i> Easy <i>Distance:</i> 28 <i>Pace:</i> gentle pace <i>Contact:</i> Debbie Edwards 9436 0969 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way.
17/5/2009 Sunday	Hills and Surfside	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> brisk pace <i>Contact:</i> Malcolm Hart 9713 1994 <i>Starts at:</i> 07:30:00. Eastwood Station, East side. Ride to Pymble, St Ives, Oxford Falls & Narrabeen. Return via Warriewood, Church Point, Terrey Hills & Turramurra. Fit & experienced riders only.
17/5/2009 Sunday	Pie in the Sky	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> moderate pace <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <i>Starts at:</i> 08:00:00. Hornsby Park, opposite Cronartion St, near pool. Ride along Old Pacific Hwy to cafe overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.

19/5/2009 Tuesday	Three Bridges Olympic Park	<i>Grade:</i> Medium <i>Distance:</i> 38 <i>Pace:</i> relaxed pace <i>Contact:</i> Leigh Gibbens 9484-4093 <i>Starts at:</i> 08:45:00. Epping Station, East side. Relaxed paced ride down to Olympic Park, with coffee at Rhodes, then a long steady climb on the return journey.
23/5/2009 Saturday	Akuna Bay and Church Point	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> brisk pace <i>Contact:</i> Richard Vagg 0402 637 534 <i>Starts at:</i> 07:30:00. Eastwood Station, East side. Ride via de Burghs Br, Pymble, Terrey Hills, Akuna Bay, Church Pt (coffee). Return via Turrumurra. Brisk pace.
23/5/2009 Saturday	Akuna Bay Tortoise Longer	<i>Grade:</i> Medium <i>Distance:</i> 60 <i>Pace:</i> relaxed pace <i>Contact:</i> Evan Hawthorne 0409 606 853 <i>Starts at:</i> 07:30:00. Turrumurra Station, East side. Loop to Akuna Bay for coffee, then tackle the two big hills to work off morning tea.
23/5/2009 Saturday	BNSW Ride Leader Training Day	<i>Contact:</i> Donna Little, BNSW <i>Starts at:</i> 08:00:00. . Ride Leader training course run by Bicycle NSW. Participants must register with BNSW for the course ahead of the day and will receive documentation needed for the course. The course consists of a route planning exercise, and mock ride with each participant as leader, and some discussion sessions including case studies. Each candidate must bring a co-rider to assist in facilitation of the training. See BNSW for all details
24/5/2009 Sunday	Central Coast Century Challenge	<i>Contact:</i> TBA <i>Starts at:</i> 00:00:00. .
24/5/2009 Sunday	Allambie Loop	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> slow spin pace <i>Contact:</i> Joan Kerridge 99098925 <i>Starts at:</i> 08:00:00. St Leonards Station, concourse. Ride via Spit, Wakehurst Pkwy, down Allambie Hts to Manly for coffee. Ret via Balgowlah cycle paths to start.
26/5/2009 Tuesday	Bays & Foreshores	<i>Grade:</i> Easy Medium <i>Distance:</i> 35 <i>Pace:</i> special pace relaxed <i>Contact:</i> Bob Chambers 9449 9112 <i>Starts at:</i> 08:30:00. Meadowbank Wharf. Ride to Gladesville Bridge, then follow the bays & foreshores around to Concord for coffee.
30/5/2009 Saturday	Pie in the Sky	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> moderate pace <i>Contact:</i> Evan Hawthorne 0409 606 853 <i>Starts at:</i> 08:00:00. Hornsby Park, opposite Cronartion St, near pool. Ride along Old Pacific Hwy to cafe overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.
30/5/2009 Saturday	City Boomerang	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Pace:</i> moderate pace <i>Contact:</i> Alan Corven 0414 538 977 <i>Starts at:</i> 07:30:00. Epping Station, East side. A ride to the city from NW Sydney using popular commute routes on both sides of the harbour. Few regroups, some traffic and hills.
30/5/2009 Saturday	Breakfast Point Punt	<i>Grade:</i> Easy <i>Distance:</i> 17 <i>Pace:</i> gentle pace <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <i>Starts at:</i> 09:00:00. Meadowbank Wharf. Cross Parramatta river on John Whitton Bridge , ride through Rhodes and Concord West through to Cabarita Ferry Wharf then Breakfast Point for coffee. Cross the river on the Putney Punt and return to Meadowbank on the riverfront route.
31/5/2009 Sunday	Bobbo Banana	<i>Grade:</i> Medium Hard <i>Distance:</i> 55 <i>Pace:</i> special pace brisk <i>Contact:</i> Peter Wilde 0411102671 <i>Starts at:</i> 07:30:00. special start Meadowbank Wharf. Ride to Bobbin Head via Kissing Point Rd and return.
31/5/2009 Sunday	Paddington Green	<i>Grade:</i> Easy Medium <i>Distance:</i> 25 <i>Pace:</i> special pace gentle <i>Contact:</i> Alison Pryor 9874 2383 <i>Starts at:</i> 08:00:00. North Sydney station. Ride through city and meander through Centennial Park and Paddington. Coffee stop enroute.