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Bike North Big Ride Day – Sunday 16th August

Since it was such a success last year, we thought we'd do it again. So get ready for the BN Big Ride Day.

The idea is to celebrate the end of Winter and look forward to Spring fairs and Summer events, with lots of rides and a BBQ.

On Sunday 16th August, we'll be running rides to cater for all BN members - see table below.

All rides will start from the same location at the Concord West Picnic Area Bicentennial Park. Use the entrance to Bicentennial Park off Victoria Avenue,



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.

Concord West with parking in the park and nearby streets. This is also conveniently accessible by train from Concord West station via the same entrance.

The rides start at different times and aim to finish between 11:00-11:30am at the Hill Pavilion in Bicentennial Park for a BBQ lunch. You won't need to bring anything, just turn up after the rides and socialise.

Ride	Grade	Leader	Time
Gorge and Berowra	(Hard)	Leader: Darryn Capes-Davies	Start: 06:30am
Meadowbank to Bobbo	(Medium)	Leader: Doug Stewart	Start: 07:30am
The Big Loop	(Medium)	Leader: Alan Corven	Start: 07:45am
Concord for Cake	(Easy)	Leader: Debbie Edwards	Start: 08:30am
Olympic Park Ride	(Easy)	Leader: Alister Sharp	Start: 10:00am

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The Bike North Annual General Meeting will take place at approx 12:00noon at this venue, so you can also have your input into how Bike North is run for 2010. Members are welcome to attend the BBQ and AGM even if you don't participate in one of the rides.

Your family is also welcome to attend and we may look at putting on a kids ride in Bicentennial Park after the AGM, if there is interest.

This will be a great chance to catch up with other BN members for a chat. So put Sunday August 16th in your diary!

Of course, we'll need some help to stage the day. Help is needed for:

- Sizzling snags
- Turning onions
- Preparing a salad
- Baking a cake or some succulent sweets
- Other incidentals.

If you can assist, please contact Mal Hart (mal.hart@bigpond.com or 9713 1994).

The Wrap - Bike North Century Challenge (BNCC)

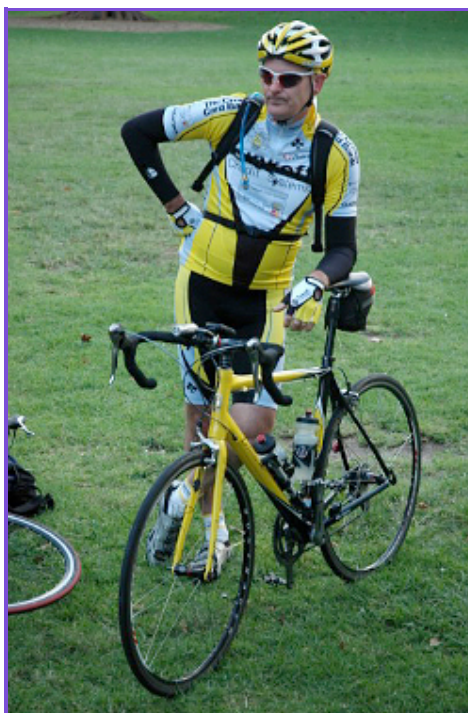
This year's BNCC was a great success and is testament to the desire of all 64 ride participants in building up their fitness through regular riding in the preceding weeks and coping with all conditions on the day to complete a significant mental and physical challenge.



Tandem Stokers get ready for their 60kms - Should be easy says Damon!

Staged on Sunday 26th April, the eighth running of this annual event saw a record roll up of riders and teams. The BNCC is deliberately a very different ride to our normal BN ride. Riders participate in small teams and complete one of three courses. The two longer courses are proving ever more popular and a new 60km course provided great scenery and cycling through Berowra and Bobbin Head - albeit with more hills. The rides were:

- Hawkesbury Randonnee - 165km - 6 teams and 18 riders
- Classic 100 Loop - 105 km - 12 teams and 33 riders
- Bound for Berowra and Bobbo - 60 km - 3 teams and 13 riders



Jeff ponders whether he should really have yellow trim on his tyres

Having endured the rain last year, this year brought the wind with many riders hoping the weather gods will get it right soon. Certainly it was a tough day for riding, made even worse by the large number of punctures (12 in all) and mechanical problems with 3 separate instances of broken spokes on the 165 km ride. Most riders came in between 3-4 pm, all with a big smile to greet the finish and to tuck into a great BBQ to warm their hearts.

Many thanks to the on-course volunteers (Paul Sheppard, Justin Holmwood and Lyness Beaviss) who worked admirably on the day keeping everything on track and cheery. Certainly the 165km riders appreciated Paul's sweep vehicle presence and mechanical help, despite the fact he never got to read his paper.

Andrew Elliston and son Jaden officially managed the start. This year we benefited from Scott Ratcliff's photography interests with some great on-ride photos. Keith Griffin also got some great shots at the home base. You can see the photo display of the day at

http://www.bikenorth.org.au/gallery/bncc_2009/index.html

Also a special thanks to Stephanie Groves for preparing and coordinating a fine BBQ and banquet at the finish - of course, featuring all the right food groups to nourish the cockles of every rider's heart after a long day. Chief BBQers Matt Berry and John Williams kept excellent control of the hungry hordes so that all got their share.



Alan, Steve and Elizabeth compare catering notes



Lets hope we don't have another one (Truth is they had 6 in all)

This year we had some exceptional standout performances and acknowledge them below by special mention:

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Most Coordinated Rider:	Jeff Heslington
Most Coordinated Team:	The Scallywags, comprising Stuart Corner and Michael Cowdroy
Least Prepared Bike:	Bucky (Ben Herman), Ben has volunteered to show all how best to clean a bike!
Best Multi-tasker:	Darryn Capes-Davies who rode 165km BNCC Challenges and makes tasty pancakes and chocolate cookies
Highest Distance for Age:	Tandem Stokers comprising Malcolm Wade and Richard Leigh with energetic riders Damon (11), Keira (9), Richard (11) and Caroline (8)
Action man award:	Paul Sheppard in the sweep vehicle
Most Inappropriate team member:	Evan Hawthorne of Pinarello Princesses

Looking forward to seeing you in a team for next year.



No Pinarellos catch up with Two Tuft

By Mal Hart, BNCC Event Coordinator

My Favourite Ride - The Gorge and Berowra

By Amanda & Darryn Capes-Davis

Ride:	The Gorge and Berowra
Route:	Hornsby - Galston Gorge - Arcadia - Berowra Waters - Berowra
Distance:	45km
Grade:	Medium Hard
Bike:	Road, Tourer, Hybrid or MTB with Road setup, comfortable gears for long climbs
Fitness:	Good fitness
Skills	Long climbs. Downhill riding. Single lane rural fringe riding.

Chainmail (CM): What are the special features of this ride?

The ride starts with a short warm up through Hornsby Heights to the top of Galston Gorge. 6 hairpin turns through majestic bushland take you down to the bottom. Then there is the first of the two major climbs. This is a hard climb but a steady pace will get you to the top.

The ride then travels through the rural fringe areas of Galston, Arcadia and Berilee. The air is fresh and the scenery tranquil. Another downhill takes the ride down to Berowra Waters with coffee often taken at the marina.

After crossing on the vehicular ferry you will find one of the best climbs in northern Sydney. The first part of the climb has spectacular water views. Overall the climb is a fairly steady 5 percent through the bushland and because the traffic from the ferry is ahead of you, it is generally void of uphill traffic. Riding to Berowra and along the Pacific Highway takes you back to Hornsby.

CM: Who suits this ride?

This ride suits those who are getting to know their gears well. The secret to the two main climbs is to find the gear that lets you spin all the way to the top. You need to be confident riding on single lane roads. The ride is not overly long so you don't need to be an endurance rider. Also the moderate pace means that you do not need to be a speed demon.

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

The best time of the year is early autumn and late spring. This reduces the chance of early fog down the valleys. However, it can be ridden at any time as long as you rug up for the descents in winter. As for the time of day, it is best to do this ride early to avoid traffic through Galston Gorge.

CM: Could someone do this ride unescorted? Any suggested variations?

The ride can be ridden unaccompanied if desired. However Galston Gorge is best ridden in a group. An alternative would be to ride from Hornsby up to Berowra, descend to Berowra and climb back up.

CM: Where does it start?

The ride starts in Hornsby at the bus shelter near the pool.

CM: Do you have any pointers for new participants of this ride?

The climb up Galston Gorge one of the more technical climbs. It starts easy but don't let this fool you into putting too much effort in near the bottom. After the waterfall it gets steadily harder with a steep pinch as the road turns around to the left. There is a bit of a reprieve as you are nearing the top but the road again rises as you emerge from the bush so you need to leave some legs in reserve to get to the T-Intersection marking the top of the climb.

Climbing a Mountain

By Kin-Yat Lo



I've not been fortunate enough to ride the big mountain passes of the Alps or the Pyrenees.

The closest I came to climbing Mont Ventoux was in my imagination as I gazed at its bald dome from the comfort of a speeding TGV train many miles away - and later from the comfort of my living room as I watched the Tour de France peloton scale the peak on an epic stage. The biggest climbs I had actually climbed on a bike are those in the Canadian Rockies where I spent summer years ago, where a 7km climb rising from 1700m on the valley floor to 2200m at a stunning lookout was just minutes from my home. It was a great test of fitness. Alas, that was just a pass, not quite a peak.

It's indeed very weird that I climbed my first "real" mountain on a bicycle in Hong Kong - a city normally associated with shopping, glittering neon signs and an endless sea of high-rise buildings. But cycling? Hong Kong is home to a small enthusiast cycling community (mainly driven by Western expatriates), and is one of the few places in the world where the biggest sporting household name is that of a cyclist - Wong Kam Po is a World Champion in the velodrome and multiple Asian Champion on the road - and his face is everywhere. Hong Kong was also the place where I first rode a bicycle at age 5.

And if you thought Sydney is hilly you have obviously not seen Hong Kong! The tallest point in Hong Kong is Tai Mo Shan (it translates literally as "Big Hat Mountain"), a mountain standing 969m above sea level (and being a city surrounded by the sea, the mountain is a 969m climb!). And what's more, a sealed road extends all the way up to the summit. Perfect for torture on two wheels.



My ride took place on a cool and overcast day - typical spring weather for the region. I was aboard my friend's Dahon folding bike (co-incidentally the same model as my own) and he on his other folding bike - a Birdy. These bikes are very popular in many parts of Asia where their ease of storage and transportation wins over a normal bicycle, and contrary to popular belief they're not that different to ride. The flat ride on the way to the climb was interesting in itself. The many cycleways that connect the north-western area of the New Territories have plenty of road and blind driveway crossings,

and many points where poles are 'conveniently' built into the middle of the cycleway - plus solid concrete bollards that measure 30cm in diameter!

Then there are the backroads passing sleepy villages where their former farming land is now home to massive container storage parks, second-hand car dealerships and scrap metal merchants - these "businesses" might look unsightly but they simply make far more money for the indigenous landholders than farming ever did. Why take the winding backroads instead of the shorter and flatter main road? Well, Hong Kong is about the only place that's worse for cyclists than Sydney. You really only get 2 seconds of "holding up traffic" before the drivers actually will squeeze past a non-existent gap and will not hesitate to hit you out of the way. No kidding.

Turning right at a busy roundabout brought us onto Route Twisk - the first stage on the long climb to Tai Mo Shan. The gradient immediately kicks to 5%, passing the military barracks on the hillside. Cheshire House (among others) might seem a weird name as a residence for the People's Liberation Army, but like many other landmarks and public buildings the Chinese administration have kept the names given by the British colonial government.

Soon the road twists and climbs to 10% ... then 15-20% around corners. Gasp! The trip computer shows we had barely climbed for 2km and the top was nowhere in sight. This next section at 12-15% was as tough a climb as I had done. I was very thankful my friend's Dahon had a double chainring (53/39T) instead of the single chainring (53T) on my own ... even so I was struggling in the lowest gear. Oh well, just shut up and pedal ...

The military barracks soon gave way to lush, green vegetation that characterises the lower slopes of Tai Mo Shan Country Park - for such an urban city it's perhaps surprising that 40% of Hong Kong's total land area is covered by Country Parks - which are modelled on Australia's National Parks. The view of the valley is quite good at this point, looking over the military airfield at Shek Kong which I remember visiting as a young child where I was mesmerised by the spicy aromas of Gurka cooking.

My jersey is now soaked in sweat and my helmet had long since been removed, replaced by a now very wet cycling cap. Undeterred, we climbed on. The road starts to level off to a more manageable 7-8% grade for the next 1.5km, with some "flat" 4-5% sections. We stopped for a break at another lookout where there's a "mandatory" bus stop for the half-hourly bus service that still serves Route Twisk - a throwback to the days when regular stops are necessary on the descent to ensure the bus' brakes still worked!



Ah, "the top" – after 4km we reached the pass on Route Twisk. At 400m above sea level this was not yet halfway to Tai Mo Shan, yet we're now faced with a short downhill of about 600m at 4%, where we would turn left onto the small service road to the summit ... and where the climb would be at its steepest. In a little over 2km we would gain almost 300m in altitude. This next section was to be a major test of perseverance!

The signs say the gradient is 1:8 (12.5%), but it feels more like 1:2! (To be honest I feel there were quite a few sections that were at least 15% and pinches at 20%) The climb is so steep now that I have simply run out of gears, zigzagging across the road, all the while struggling to keep the gear turning at 7km/h - the slowest I could ride in this gear. There was no alternative but to shut up, grit my teeth and tap out a rhythm that allowed me to stay upright. The vegetation changes here from lush green forest to low grass, a result of the freezing winter nights and high winds that blast this hillside.

We can see the top! We have now reached the "checkpoint", where a guard stops unauthorised vehicles access to the communications station at the summit. Of course, we were on a bicycle, so we could keep climbing. Having reached a little short of 700m, there was still almost 30% of altitude to be gained. After consuming a much needed slice of cake, we soldiered on.



The final section to the summit was surreal. The vegetation grew ever more alpine-like - moss, low grass and shrubbery dominates. Around us we can only see the grey/yellow tinge of the fog/smog, and it was eerily quiet except for the freezing wind. At least the gradient is somewhat manageable at 5-8% - in any case my legs are used to climbing now and even an 8% gradient seemed flat after that last section. The road narrows and goes into a series of tight hairpin switchbacks. Believe it or not it was these switchbacks which gave the biggest satisfaction of the climb - inside the mist I felt I had reached a high pass in the French Alps!



An hour after we began climbing, we reached the summit. My friend's girlfriend had already reached the top after cycling up from the other side of the mountain. Being a weekday, there was no-one else here. The gentle hum of the communications towers behind sounded ominous. Were our brains being fried? We could see virtually nothing from the summit ... the fog/smog had closed in. Every now and again the tall residential towers of Tsuen Wan came vaguely into view - but even the 318m tall Nina Tower looked short from our lofty position. All in all the climb itself is exactly 10km long, or 9.6% average gradient. But we made it! And how exhilarating was it to know you've climbed every metre under your own steam?



We didn't stay at the summit for long. The switchbacks were amazingly fun and scarily fast - I could see myself on a breakaway on a descent in the Alps. With gravity now assisting us, riding the steepest middle section was akin to freefall. Woooooooooooooooooooooooooooooooooooo. Until a flat, that is. My friend's Birdy is equipped with smaller 18-inch rims, which combined with narrow high pressure tyres and powerful v-brakes, didn't take kindly to the heat generated by repeated braking and burst on a hard stop. Fortunately, he was able to stay upright but the tyre and tube were beyond roadside repair ... so he waited for the local bus (there's an advantage of folding bikes for you!) and we would meet him at the local bike shop.

At the bus stop we met a group of downhillers unloading their burly downhill mountain bikes from a van (this point is also the trailhead of one of the few mountain bike trails in Hong Kong), who expressed their disbelief in us actually climbing the hill under our own steam, never mind on our funny looking bikes. Typical downhillers!!! The descent of the wider, smoother Route Twisk was hugely entertaining, the constant twists and turns at high speed was a hoot, and for a while I kept pace with a pack of motorcyclists (and wondered why I couldn't keep up when the road became straight?!).

Nevertheless the descent was too short and before long we were back at the bottom. The cream soda at the general store never tasted better!

After a new tube was installed the three of us rode on all afternoon ... and all night, going shopping at a night flea market in Kowloon where I purchased a carry bag for my folding bike (for just AUD\$20) as well as an assortment of flashing LED front and tail-lights for about AUD\$2 each. We dined at a hawker market where our bikes were welcomed - we sat on one side of a big round table with our bikes leaning against the other. By the time we returned home just before midnight we had covered 135km - 10 of them on climbing my first mountain.

Cycling Indonesia

By Colin Freestone

Cycling in Indonesia is heaps of fun. The people are so incredibly friendly towards foreigners, especially those on pushbikes and particularly those who make an effort to interact with and get to know the locals. You're a real hit if you speak just a few words of bahasa.

This friendliness is exemplified by the pondok tradition. Pondokos are wooden and bamboo, open walled shelters that village ladies use to display and sell fruits-in-season, local snacks and sometimes simple meals. They're also used for resting during the heat of the day and as places where locals gather and catch up on gossip. For the inevitably tired, thirsty and hungry international cyclist the pondoks are real havens. At them you can lie down and enjoy the breeze through their bamboo slats, quench your thirst with mangoes, watermelons, rambutans or whatever fruits may be available and there'll usually be a small group of people all eager to help you with your Indonesian or wanting your assistance with their English. If there are teenagers they'll be keen to take any number of photos - with the foreigner smack bang in the middle - on their mobile telephones. Pondokos most often form the front or roadside part of a house complex and at rest stops you nearly always need to use toilet facilities. In this situation the owner of the house is invariably quite happy for you to do so, which means shoes off and wander all the way through the house, out to the back. Often they see how tired you are that they take pity on you invite you to rest in their houses or even share a meal with them.

Much of Indonesia would be ideal for cycle touring but for one thing, the traffic. Java, for example, has over 50 active cone shaped volcanoes with supporting fabulous tropical mountain scenery and once you're off the main thoroughfares you're cycling in exquisite terraced hillsides, vegetable gardens with rows of this or that crop and quaint traditional villages, ladies

sweeping the road in front of their houses and men off to the fields with hoes, rakes and shovels thrown over their shoulders, young children in their school uniforms, chickens scooting here and there. But finding these quiet back roads in Java is not easy and usually requires local knowledge.

Outside of Java there are several areas where the traffic is light enough to permit relaxed cycle touring, such as the Minangkabau province of West Sumatra, the islands of Nusa Tenggara east of Bali (Lombok, Sumbawa and Flores) and Sulawesi.

I've been fortunate enough, over a 10 year period, to have been able to explore most of Sulawesi, which is that spidery shaped island, lying to the east of Borneo (Indonesian Kalimantan) and north of Bali. In strong contrast to both Bali and Java, traffic on Sulawesi's major roads is never really that heavy and its easy to find quiet alternatives.

Last January I took a group of 22 riders on a 27 day, 1200 km trip that started in the historic spice-trade capital of Makassar and circumnavigated the province of South Sulawesi taking in the magical Land of Toraja.

I've planned several more trips. The first of these - a 530 km mostly mountain ride - will take place in August while a dedicated Toraja trip is planned for early 2010. My ambition is to lead a 2500km trans-Sulawesi trip from Makassar in the south-west to Manado in the north-east. I'm currently planning my reconnoitring trips for this big undertaking. Anybody interested in coming along? For more info see: <http://www.cycleindonesia.com.au/>

Pearls of Venice

Yaffa Gould

In April, 2008 Geoff and I did a couple of cycle tours in Italy, booking online through the Austrian company 'Rad and Reisen'. We have now done three tours through this company, making all the arrangements via their web page, and have been extremely satisfied with the quality of the tour guide documentation, hotels with breakfast, bikes and luggage handling provided. All this for approximately EUR550 per person for each trip. This was a self-guided tour, and while they do have guided trips available, we prefer the challenge!

I should also mention that April turned out to be rather cold, in fact people were still skiing the week before in the Dolomites, but we still managed to have a great time!

The hotels throughout the trip were comfortable, easy to find and within walking distance of the town for exploring in the evenings. On our arrival we were supplied with maps and the

Road book, this was a cue sheet with additional historical and interesting notes, especially important, where to find the best gelato!

Our Itinerary:

Day 1:	Vicenza
Day 2:	Vicenza - Bassano del Grappa (approx. 40 km/26 miles)
Day 3:	Bassano del Grappa - Treviso (approx. 62 km/39 miles)
Day 4:	Treviso - Venedig / Mestre (approx. 38 km/24 miles)
Day 5:	Venedig / Mestre - Chioggia (approx. 32 km/20 miles)
Day 6:	Chioggia - Padua (approx. 60 km/38 miles)
Day 7:	Padua - Vicenza (approx. 48 km/30 miles)
Day 8:	Vicenza

At the start we and one other family were met by a representative from Girolibero (they run the Radreisen trips in Italy - unfortunately their web page is all in Italian). He fitted our bikes and gave us a general overview of riding in Italy (including mentioning that the little blue arrows they put on intersections can be vandalised so we shouldn't rely on them). We also met after the ride for a drink and debrief!

The bikes were solid, very serviceable, with Deore gears, great for hill climbing, we were also supplied with a pannier for our day use, our luggage was moved on 'magically' to our next hotel each day.

We headed off for a pleasant day ride into the foot hills of the Dolomites, the town of Bassano del Grappa approx 40kms away, famous for its Palladio designed wooden bridge, white asparagus and not to be missed Grappa distillery. From 4pm onwards the bridge is the focal point for the passeggiata, the ritual evening walk.

The ride over the next few days varied in distance from 32 to 62 kms mainly flat. There were a few worthwhile climbs: the medieval village of Asolo, for the pre-roman fortress, ancient walls, and panoramic views, and up through the village of Costozza overlooking the gorgeous gardens, churches, La Rotunda designed by Palladio, through country laneways, walled estates, a delightful way to return to Vicenza. There were also some unavoidable short main road sections, these were very well described in the Road Book, so at least we knew what to expect!

Highlights were riding into Venice over the "Freedom Bridge", that was quite an adventure in navigation as well. Chioggia was a charming fishing village at the Southern tip of the Venice lagoon, the cycling day from Venice to Chioggia involved catching a car ferry to the Northern tip of the Lido (Day 1 time trial of the Giro d'Italia is held here), we rode along the dykes catching ferries between the islands, it was such fun.

Padua is a must to visit! With a history dating back to 49BC, it claims the oldest Botanic Garden in the world, basilicas and domes to rival Florence, the famous university with links to Copernicus and Galileo, as well as the breathtaking blue Scrovegni Chapel by Giotto. We could have spent more time strolling the narrow streets or sitting in the many cafes sipping our coffees watching the street scenes, of particular note the strange graduation rituals - underpants clad, newly awarded doctorates being humiliated by their peers, all in the name of tradition!

The trip can be summed up by the advertising blurb: "Venice is world famous and you can still see the magnificence and sense the power this city once held. And yet there are numerous secrets to discover in this area. You will discover soft green hills, dreamy lagoons, sleepy villages and pulsating cities and of course the splendid villas of the famous architect Palladio in the very attractive and mainly flat region of Veneto."

Time for Change in Hornsby

by Carolyn New

It's a time for change for Steve Hillier, our man in Hornsby, who has announced he is moving on and out of the Hornsby area and so, regretfully, will not be able to continue to convene the Hornsby workgroup. For around four years Steve has been quietly beaver away with the local Hornsby Council which has not been an easy task as cycling has been very low on their priority list. Thank you Steve from all of us at Bike North, for your constant efforts in promoting cycling in Hornsby.

During Steve's time with Council they released their local bike map showing where the bike routes are in Hornsby - not a very extensive set of routes that we all would like to see greatly expanded. While funding for bicycle routes is fairly marginal, Steve has found that the sustainable action committee is the most effective reach into Council. Steve has gained an excellent reputation with that committee that has resulted in good outcomes such as the bike map, bicycle racks and opportunities to participate in local festivities and help promote cycling to the community. Steve has also been invited to offer input on planned improvements in the Hornsby area.

With significant gradients and busy roads, cycling is not easy for the cycling beginner but there is much that can be done to make the roads safer for cyclists. Hornsby Station is also a popular commuter destination with all the bicycle lockers at the station full. Well done Steve!

We are very happy to announce that Alan Corven will take over the convenor position in Hornsby. Alan would love to see many Bike North residents at the next working group meeting to support him in his new responsibilities.

Sydney Spring Cycle

By Darryn Capes-Davis

This year's Sydney Spring Cycle is on Sunday 27 September.

There are four ride options:

1. Ride North Sydney (40/50km)
2. Ride Blacktown (45/50km)
3. Ride Liverpool (50/60km) and
4. Ride the Park (7km)

BikeNorth has been registered as a team. We hope to see many BikeNorth faces on the road this year. There will be a group travelling to the North Sydney start. We will travel by train from Epping to Chatswood and then ride down to the start. This is a great way to get to the start without the bottleneck of North Sydney station. Afterwards you can catch the train from Concord West back to Epping.

At the end of the ride at Olympic Park we will all try to meet up to share stories. There may be the possibility of a team photo as well.

You can register for the Sydney Spring Cycle at <http://www.springcycle.com.au>

When entering your details please select 'BikeNorth' as your team. For more information contact Darryn Capes-Davis (acapdav@gmail.com), BikeNorth team captain.

Web Survey Prizes

60 members completed the recent web survey, and we promised some lucky draw prizes. In cases where the membership is a family one we don't know who did the survey, so the its up the family to decide who gets the prize.

- **Polar RS100 Heart rate monitor** - Martin Zierer & Jennifer Gilmore
- **BBB Minifold 12 function multitool** - Justin Penn
- **BBB rear flashing LED light** - Eric & Helen Middleton
- **BBB rear flashing LED light** - The Leigh family of East Ryde

Your prizes are on their way!

Calendar, August 2009 – September 2009

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 dangerous recreational activity, you may be exposing yourself to a significant risk of harm. Bike North, the ride organisers and leaders wish to warn you of the risks and hazards that are an inherent part of cycling, and to take care to prevent putting yourself, your fellow participants and/or others into danger. By signing this form, you accept the warning as to risk, and you agree to ride in a safe and responsible manner and to obey all Australian Road Rules. Adult carers must sign this waiver for any riders under 16 yrs of age.	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 tubes For night rides, have lights fitted with batteries charged for at least 4 hrs of riding.	The rides are graded Easy, Easy-Medium, Medium, Medium-Hard or Hard depending on factors such as terrain, pace, traffic level and number of regroup points. Differences between grades can mean significant additional physical and riding capability is required by riders. Conditions can vary unexpectedly on a ride due to weather conditions. Please choose a ride that is suitable to your own fitness level and riding experience. Please always check with the ride leader before coming on a ride that you haven't done before or if you are tackling a ride at a harder grade than you would normally do.

Date	Ride	Information
1/8/2009 Saturday	Wharves and Providores	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> slow spin pace <i>Contact:</i> Alison Pryor 9874 2383 <i>Starts at:</i> 08:00:00. North Sydney station. Ride to scenic wharves and providores in Pymont/inner city area. Lots of stops to look and buy. Bring bag/panniers & bike lock.
1/8/2009 Saturday	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 Coronation St, near pool. Ride along Old Pacific Hwy to cafe overlooking Brooklyn with great views. Back track to Hornsby. Moderate hills.
2/8/2009 Sunday	Footloose in the Foothills	<i>Grade:</i> Medium <i>Distance:</i> 60 <i>Pace:</i> moderate pace <i>Contact:</i> Malcolm Hart 9713 1994 <i>Starts at:</i> 09:00:00. MacQuade Park (Tebbutt St) Windsor. Very scenic ride through Grose Valley, Kurrajong and Freemans Reach
2/8/2009 Sunday	Olympic Park Ride	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> special pace gentle <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.
2/8/2009 Sunday	Moocaboolah Festival	<i>Contact:</i> Alister Sharp on sharps11@tpg.com.au <i>Starts at:</i> 00:00:00. . This year the festival will be held on Sunday 2nd August, at Boronia Park Oval (same venue as last year) and Bike North will again be running in information stall. We need helpers please, for 1 hour, 2 hours or longer. This is the first festival of the year for us and the best opportunity to come along and learn about how Bike North does it. It is easy and fun to talk to the community about cycling. Please send offers to help to our Hunters Hill Coordinator Alister Sharp on sharps11@tpg.com.au
4/8/2009 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.
5/8/2009 Wednesday	Botany Bay Bacon	<i>Grade:</i> Medium <i>Distance:</i> 65 <i>Pace:</i> special pace relaxed <i>Contact:</i> Bob Chambers 9449 9112 <i>Starts at:</i> 08:30:00. Meadowbank Wharf. Ride via the Cooks River c/w to Botany Bay. A refuel at our favourite cafe at Brighton, then return.
8/8/2009 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
9/8/2009 Sunday	Brooklyn Brunch	<i>Grade:</i> Hard <i>Distance:</i> 90 <i>Pace:</i> brisk pace <i>Contact:</i> Malcolm Hart 9713 1994 <i>Starts at:</i> 07:30:00. Eastwood Station, East side. Ride Bobbin Head, then Brooklyn for brunch. Return via Hornsby & Turramurra. Fit, experienced riders only.
9/8/2009 Sunday	Brunch by the Beach	<i>Grade:</i> Easy Medium <i>Distance:</i> 45 <i>Pace:</i> gentle pace <i>Contact:</i> Joan Kerridge 99098925 <i>Starts at:</i> 09:30:00. St Thomas Rest Park, West St, Crows Nest. Ride via Beauty Point, over Spit Br to Balgowlah & Manly. Take an extended stop for brunch at Manly, then return on a similar route.
11/8/2009 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.)
11/8/2009 Tuesday	Ku-ring-gai Working	<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

	Group meeting	work in Ku-ring-gai.
15/8/2009 Saturday	Fitness ride hard	<i>Grade:</i> Hard <i>Distance:</i> 1 <i>Pace:</i> fast pace <i>Contact:</i> Keith Griffin 0434 496 299 <i>Starts at:</i> 08:00:00. . Call for all details including distance and pace.
16/8/2009 Sunday	Bike North Annual General Meeting	<i>Contact:</i> info@bikenorth.org.au <i>Starts at:</i> 11:00:00. . All members welcome. Come along to vote in the new Executive, have a picnic lunch, chat about cycling and have a real say in how cycling can be improved in northern Sydney
16/8/2009 Sunday	BN Big Ride Day	<i>Grade:</i> Distance: 0 <i>Pace:</i> pace <i>Contact:</i> Malcolm Hart 9713 1994 <i>Starts at:</i> 00:00:00. special start Bicentennial Park, Victoria Ave carpark. Various rides: West To Windsor(H)7:30am; Meadowbank to Bobbo(M)7:30am; The Big Loop (M)8:00am; Concord for Cake(E)8:30am; Olympic Park Ride(E)10:00am all followed by BBQ and BN AGM - see Chainmail and BN News for specific details BN BIG Ride Day- lots of rides on the day to coincide with the the BN AGM. For rides, see seperate ride details in Calendar
16/8/2009 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> 08:30:00. special start Bicentennial Park, Victoria Ave carpark. Ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way.
16/8/2009 Sunday	The Big Loop	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Pace:</i> moderate pace <i>Contact:</i> Alan Corven 0414 538 977 <i>Starts at:</i> 07:45:00. special start Bicentennial Park, Victoria Ave carpark. Ride to M2, Winston Hills. Down to Parramatta for coffee. Return via M4 c/p to Meadowbank & uphill to Eastwood. Please note the modified start location in Bicentennial Park! This ride is part of the Bike North Big Ride Day :)
16/8/2009 Sunday	Olympic Park Ride	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> slow spin pace <i>Contact:</i> Alister Sharp 9879 3664 <i>Starts at:</i> 10:00:00. special start Bicentennial Park, Victoria Ave carpark. Loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
16/8/2009 Sunday	The Gorge and Berowra	<i>Grade:</i> Medium Hard <i>Distance:</i> 45 <i>Pace:</i> special pace brisk <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <i>Starts at:</i> 06:30:00. special start Bicentennial Park, Victoria Ave carpark. Ride through Galston Gorge, rural Arcadia & on to scenic Berowra Waters. After coffee, ride via Berowra & Pac. Hwy to Hornsby This is the HARD ride for Big Ride day. The start is early (6:30am briefing - sunrise is 6:34am) and the pace is brisk as we need to get back by 11:30am while still having time for a mid ride break in Berowra Waters (and also for any on ride repairs). Rear flasher is recommended but not required as the sun will be up, but only just. To get to and from Hornsby we will ride via Eastwood, Brown's Waterhole and Turramurra with total distance of about 90km.
16/8/2009 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> 07:30:00. special start Victoria Ave entrance park at Sydney Olympic Park (Bicentennial Park) at Concord West.. Hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents. Big Ride Day. Special Start: Victoria Ave entrance park at Sydney Olympic Park (Bicentennial Park) at Concord West.
17/8/2009 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.
19/8/2009 Wednesday	Hills and Surfside Cafe Tortoise	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Pace:</i> relaxed pace <i>Contact:</i> Bob Chambers 9449 9112 <i>Starts at:</i> 07:30:00. special start St Ives, Mona Vale Rd, car park opposite Stanley St. A 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.
22/8/2009 Saturday	Akuna Bay and Church Point	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> fast pace <i>Contact:</i> Alan Corven 0414 538 977 <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 Turramurra. Fast pace.
23/8/2009 Sunday	Parramatta Park Parade	<i>Grade:</i> Easy Medium <i>Distance:</i> 35 <i>Pace:</i> relaxed pace <i>Contact:</i> Alison Pryor 9874 2383 <i>Starts at:</i> 08:30:00. Meadowbank Wharf. Ride along the PVC to Parramatta Park. Do a lap or two of the park before coffee, then return via M4 c/p.
25/8/2009 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
29/8/2009 Saturday	Three Gorges Pies	<i>Grade:</i> Hard <i>Distance:</i> 75 <i>Pace:</i> fast pace <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <i>Starts at:</i> 07:30:00. Hornsby Park, opposite Coronation St, near pool. Hard, hilly ride through Galston Gorge, Arcadia, Berowra Waters to Pie in The Sky for coffee. Return via Bobbin Head to Hornsby.
30/8/2009 Sunday	Gladesville to City Commute	<i>Grade:</i> Easy Medium <i>Distance:</i> 27 <i>Pace:</i> gentle pace <i>Contact:</i> Alister Sharp 9879 3664 <i>Starts at:</i> 09:00:00. Monash park, cnr Westminster Rd and Ryde Rd. Learn the commute route into the City from Gladesville
1/9/2009 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.
2/9/2009 Wednesday	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. special start 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.
5/9/2009 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> 07:45:00. Epping Station, East side. A ride to the city from NW Sydney using popular commute routes on both sides of the harbour. Few regroupes, some traffic and hills.
5/9/2009	Wood 2 Been	<i>Grade:</i> Hard <i>Distance:</i> 76 <i>Pace:</i> fast pace <i>Contact:</i> Darryn Capes-Davis 0406 380 862

Saturday	and Back	<i>Starts at:</i> 07:00:00. Eastwood Station, East side. A hilly ride via North Ryde, Pymble, Narrabeen Church Point, Turramurra, Eastwood. Early return with optional coffee at end. Coffee at the end for those who want to stay and chat.
6/9/2009 Sunday	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.
6/9/2009 Sunday	Exploring Eastwood	<i>Grade:</i> Easy <i>Distance:</i> 17 <i>Pace:</i> gentle pace <i>Contact:</i> Alison Pryor 9874 2383 <i>Starts at:</i> 08:30:00. Eastwood Station, West side. A meander through rolling terrain of Eastwood and Marsfield and Macquarie Uni.
8/9/2009 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.)
8/9/2009 Tuesday	North Sydney Working Group	<i>Contact:</i> Caroline Minogue north_sydney@bikenorth.org.au <i>Starts at:</i> 19:00:00. . Geddes Room, North Sydney Council. All Bike North members welcome.
12/9/2009 Saturday	Akuna Bay and Church Point	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> special pace brisk <i>Contact:</i> Doug Stewart 9874 5594 <i>Starts at:</i> 07:00:00. Eastwood Station, East side. Ride via de Burghs Br, Pymble, Terrey Hills, Akuna Bay, Church Pt (coffee). Return via Turramurra. Fast pace.
12/9/2009 Saturday	Akuna Bay Tortoise Longer	<i>Grade:</i> Medium <i>Distance:</i> 60 <i>Pace:</i> moderate pace <i>Contact:</i> Evan Hawthorne 0409 606 853 <i>Starts at:</i> 07:30:00. Turramurra Station, East side. Loop to Akuna Bay for coffee, then tackle the two big hills to work off morning tea.
13/9/2009 Sunday	Carlingford Rail	<i>Grade:</i> Easy Medium <i>Distance:</i> 20 <i>Pace:</i> gentle pace <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <i>Starts at:</i> 09:00:00. Carlingford Station. Ride from Carlingford Station to Parramatta Park via Oatlands. Return via Rydalmere following Carlingford railway line back to Carlingford Station
13/9/2009 Sunday	City Circle	<i>Grade:</i> Medium <i>Distance:</i> 35 <i>Pace:</i> gentle pace <i>Contact:</i> Joan Kerridge 99098925 <i>Starts at:</i> 08:00:00. special start St Thomas Rest Park, West St , Crows Nest. Ride to the historical areas of Sydney CBD including Harbour Br.,The Rocks, Darling Harbour, Paddys Mkt., Kings Cross and Woolloomooloo with coffee stop.
16/9/2009 Wednesday	Akuna Bay Tortoise	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Pace:</i> relaxed pace <i>Contact:</i> Bob Chambers 9449 9112 <i>Starts at:</i> 07:30:00. special start St Ives, Mona Vale Rd, car park opposite Stanley St. Loop to Akuna Bay for coffee, then tackle the two big hills to work off morning tea.
19/9/2009 Saturday	Olympic Park Ride	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> special pace gentle <i>Contact:</i> Doug Stewart 9874 5594 <i>Starts at:</i> 08:30:00. Meadowbank Wharf. Loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
20/9/2009 Sunday	Cowan to Peats Ridge	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> brisk pace <i>Contact:</i> Fran Griffin 0414 187 427 <i>Starts at:</i> 07:45:00. Cowan Station. Ride via Hawkesbury bridge to Peats Ridge. Coffee at 'Pie' on return leg.
26/9/2009 Saturday	Ryde Area Bike Week Event	<i>Contact:</i> <i>Starts at:</i> 00:00:00. .
26/9/2009 Saturday	Macdonald River Meander	<i>Grade:</i> Medium <i>Distance:</i> 45 <i>Pace:</i> relaxed pace <i>Contact:</i> Evan Hawthorne 0409 606 853 <i>Starts at:</i> 00:00:00. Wisemans Ferry, kiosk. Ride via Webbs Ck ferry to St Albans for coffee. Return on other side of river to ferry. 50% dirt road, hybrid & MTB only. Call to confirm all details
27/9/2009 Sunday	Sydney Spring Cycle	<i>Contact:</i> BNSW <i>Starts at:</i> 00:00:00. . Annual mass participation event (BNSW, RTA etc) Bike North usually enters a team so watch the weekly BN news for details
27/9/2009 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.