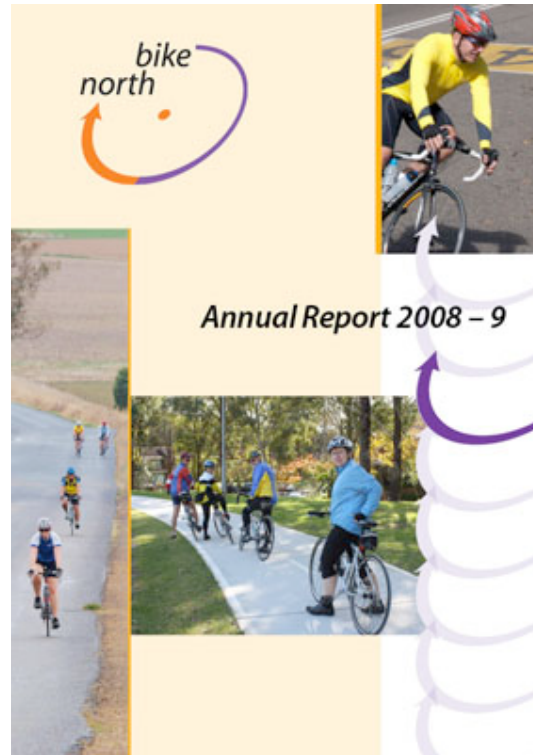


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## Bike North Annual Report

By Keith Griffin



This year the Bike North Executive decided to produce a more formal report of our activities. While our main aim is promoting Bike North in the wider community, members are encouraged to read it. You may be surprised at just how much Bike North does every year.

The report is available electronically to members (by clicking on the picture of the front cover). The limited number of hard copies we've had printed are being distributed in a targeted way, to maximise the impact they may have in promoting Bike North and our work in the community to make cycling better.

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.

## My Favourite Ride - Footloose in the Foothills

By Mal Hart

Ride:	Footloose in the Foothills
Route:	Windsor - Grose Wold - Kurrajong - Freeman's Reach - Windsor
Distance:	60km
Grade:	Medium
Coffee Stop:	Kurrajong
Bike:	Road, Tourer, Hybrid or MTB with Road setup, comfortable gears for uphill; bike must be in good condition as help can be far away
Fitness:	Reasonable fitness
Skills	Climbing short steeper itches, downhill at a good rolling speed, comfortable with road riding with some passing traffic for short sections

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

This ride offers a different appreciation of life in Sydney as we traverse the outer reaches of suburbia and the rural fringes of the Sydney Basin. Getting to the start location at Windsor will give you a good feeling of the business and

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residential development in western Sydney. From historic Windsor, we quickly get the feel of a touring atmosphere as we travel through turf farms and the food bowl that supports Sydney with spinach, cauliflower and all sorts of vegetables accompanied by that country smell in the air, occasionally tainted with blood and bone. After passing some historic houses in Richmond we cross the Hawkesbury River and head through the Grose Wold, which brings us into the undulating country associated with that quaint English term, punctuated with the bell calls of lyre birds in leafier parts.



Sassafras Creek Cafe

The good thing about the climbing is that it means we can earn our break at the fantastic Sassafras Creek Cafe in the lovely little village of Kurrajong. This is possibly the best coffee stop on a BN ride with a long list of delectable cakes in a picturesque setting. There are a number of cafes here as well as the well regarded bakery. Back on the bike and we generally take a long gentle descent with vistas over the entire Sydney basin. Some short sharp pinches take us through Glossodia followed by long flat sections and further descents to bring us back down to the turf farms at Freeman's Reach. Some riders traditionally enjoy a peleton ride for the 8km trip home to stretch out the legs. Once back at Windsor, it's either off to the train or car, or go while away some time at the Windsor street market.

#### **Chainmail (CM): Who suits this ride?**

This ride suits a wide range of riders used to doing medium through to hard rides. There are some shorter climbing sections, which provides an opportunity for those looking to improve their climbing skills on shorter sections but still be able to travel a reasonable distance on flatter roads. Except for a short section at Richmond, there is generally little traffic on this ride. For those riders looking to experience a touring ride, this is the ideal one; even bring your panniers.

More capable riders can make this ride a great workout by riding to the start or they can treat it as a very nice training or recovery ride. So there is something in it for all.

One other aspect of this ride that may interest is that you do encounter some roads that have a rougher surface. If you want to see what all the fuss is about with carbon bikes, this is a great ride to try out the new technology. You will certainly notice the difference against aluminium frames.

Naturally, this is an ideal ride for visitors to Sydney.

#### **Chainmail (CM): When is the best time to do this ride?**

This ride is most suited to autumn, winter and spring seasons. With a later start time to enable people to get to Windsor, the worst of the coldest weather can be avoided in winter. During summer this ride is very hot and I'd suggest you try rides which get some coastal breezes at that time.

#### **Chainmail (CM): Could someone do this ride unescorted? Any suggested variations?**

Certainly this is a great ride to take your time over by yourself. Probably best to take the directions though with you if you are not so familiar with the route. There are ample opportunities to stop and enjoy the views and linger in Kurrajong.

One variation is to ride out to the start or ride from Rouse Hill or ride out and catch the train back. The route along Old Windsor Rd is very flat with a wide verge making good conditions for faster-paced riding. There are some that prefer this ride in the reverse direction, including the 19% climbs making this a Medium Hard grade. For more details, see Feet Not So Loose In the Foothills in the BN rides database.

Another variation for the harder riders is to climb approx 8km up Bowen Mtn, which is a detour after Grose Wold. There are steep sections on this part, so that's only for the seriously keen.

#### **Chainmail (CM): Where does it start?**

This ride starts at McQuade Park in Tebutt St at Windsor.

## New Hornsby Convenor

*By Alan Corvey*

Alan Corven (Bicycle NSW member, Bike North member, eBUG convenor, commuter and recreational cyclist) is the newly appointed Hornsby Working Group convenor.

Alan began cycling during his early teens on a nice orange 3 speed hub geared Malvern Star, riding to friends homes, the beach and various parks to play football. Cycling gave him an easy means to get around, and his first taste of freedom. After a break for several years, whilst focussing on 'cool cars' and 'hot girls', Alan returned to cycling for occasional commuting

and recreation. This interest continued for many years whilst developing a career, getting married, bringing up a family, renovating a house, going through a mid life crisis, etc.

Over the last few years Alan's interest in cycling has increased to the point where cycling has become not only his main means of transport, but a passion. He credits this is in large part to the fantastic support and cycling rides arranged by Bike North, and the encouragement of Bike North members such as Doug Stewart. Alan sees cycling as an environmentally friendly, efficient and healthy means of transport. Two years ago he started a bicycle user group at his work which has now encouraged several staff to 'give away their cars' and cycle commute most days!

In 2007 Alan became involved in local cycling advocacy through the Bike North Ryde-Hunters Hill group. He attended monthly meetings, providing his thoughts/input, helped out at local festival/fair stalls, and ended up taking the meeting minutes. Having recently moved into the Hornsby shire, he will now be directing his advocacy work through convening the Bike North Hornsby advocacy group and representing BN to Hornsby Council.

## New Rides Co-Ordinator

*By Darryn Capes-Davis*

I would like to thank Bike North members for giving me the opportunity to take on the position of Rides Coordinator. In taking up the position I would like to thank Mal Hart for his tremendous efforts across the years that he held the position. The great legacy he has left will make it easy for me to pick up the role and keep Bike North rides rolling on.

As the Rides Coordinator I hope that I will be able to:

- Manage a rides calendar that provides great, safe and enjoyable rides for all grades.
- Encourage existing ride leaders to put on rides across all grades they are able to lead.
- Prepare new ride leaders by fostering and growing the talents of riders within Bike North.

You will need to forgive me if I still need to stretch my legs when on a hard ride. However this will not mean that all Bike North rides will now be hard and fast. On the contrary, I hope to be able to coordinate a diverse rides calendar and encourage all members to get out there and join rides of all grades that you enjoy and are capable of riding on. I also encourage all Ride Leaders to lead put on rides across all grades they are able to lead. Lastly, if you are not a Ride Leader but can manage easy and medium rides, and you have

the leadership bug, then it may be time to join our ride leader training program to get qualified and give something back to Bike North. Interested? Please email me: [acapdav@gmail.com](mailto:acapdav@gmail.com)

## NW to City Commuting

*By Alan Corvy*

Cycle commuting to St.Leonards or Pymont from Hornsby is something I do nearly every day now, and it's a great way to start the day! There are a couple of regular cycling groups servicing the north west commuters (that I know of), including Easy Riders and Bush to Bridge (B2B).

The Easy Riders group were featured recently in the Australian Cycling magazine ('My Commute' in the July/August 09 edition) and this is my usual bus. They meet near Gordon station (Werona Ave near Park Ave) for a 6:45am departure, go down the back roads running along the northern side of the train line, through Archer St Chatswood and arrive in Naremburn about 7:10am. I break off from the group to head to St.Leonards or, when I'm going to Pymont, carry on with the team along Willoughby Rd, West St and through Nth Sydney to the Harbour Bridge cyclepath. The exception to this route is on Fridays when it's a 6:30am start in Turrumurra then via Rhodes to the city (just for a change).

Bicycles include some expensive road bikes (not mine!), inexpensive road bikes (mine), flat-bar roadies, touring bikes and on occasion some mountain bikes. The cyclists are from all walks of life including the legal profession, accounting, sales, engineering, CEOs and even some IT dudes. The bus runs at a fairly quick pace (BN brisk), but we do slow down to accommodate newbies and so that we are generally travelling together (mostly single file due to road width and prevailing traffic).

As I start in Hornsby I use the roads north of the train line (Alexandria Pde & bumpy old Millewa Ave) to get to Wahroonga, then along the Pacific Hwy to Gordon. Although the Pacific Hwy may sound like a difficult place to ride, because it's three lanes wide and generally downhill my speed is not that much slower than the cars (sometimes faster!). The only squeeze point on this part of the journey is at Pymble on the bridge over the train line, which I manage by blending in with the motorised vehicles after the traffic lights at Telegraph Rd. Of course if you don't want to ride on Pacific Hwy there are plenty of other routes to get from Hornsby to Gordon on back roads.

The Bush to Bridge [B2B] riders take a longer but more scenic route through Lane Cove National Park, and starting in Hornsby Heights & Mount Colah. They take the back streets to Turrumurra, down Kissing Point Rd and onto the M2 through to Lane Cove National Park and up to Chatswood, then more back streets to the city.

Started by three friends who had never ridden to work, the B2B crew encourage others to give it a go and are more than happy to provide you and your friends suggestions about how to make that first daunting step of undertaking the 35km commute to the City.

So, if you live in the north west of Sydney and you work anywhere from Chatswood to the city (or beyond), why not try joining one of these north west bike groups for your commute! It's fun, and there is 'safety in numbers'

Contact details are:

Easy Riders - Mark at mark.stubbings@aar.com.au

B2B - Mike at bushtobridge@gmail.com

## Tibet Cycle Challenge

By Ross Trevena



I can thoroughly recommend this trip - it was utterly stupendous! It had everything: adrenalin and challenge on the bikes, massive scenery, clear weather around Everest (both on the road and the flight from Kathmandu to Lhasa), dust storm, snow storm, hot springs, culture and history, even fossils! My endorphins are still running hot and I've been on a high ever since I got home. I need to lock in plans for another trip to help deal with the anticlimax.

Some of the highlights were:

Our support was excellent. We had a truck with camping and mess gear, 3 landcruisers, a Tibetan guide (which is essential for the permit processes for getting in and out of Tibet, visiting monasteries and for Everest base-camp), a hotshot young Canadian guide with his girlfriend as assistant, drivers, cooks / camp crew, a Nepali bike mechanic and sweep rider (who ironically suffered badly from altitude sickness). Most bike nights were camping in good 2 man tents.

We had 2 days in Kathmandu at the front end and then 4 days in and around Lhasa to acclimatise before we hit the



bikes. In total, we had 14 days biking (the plan was for 16-17 days but the last 2 days we were hit by snow, fog and roadworks) and a few days rest at the end.

I rode a Trek mountain bike which was hired from Himalayan Mountain Bikes in Kathmandu - it had full suspension, disc brakes and lots of gears - yes the granny gear was used a fair bit, but did still need to walk some stretches). Despite being well and truly abused, the bike performed admirably - 1 broken spoke and 1 flat only. Most others took their own saddle and gel cover, I suffered by not having done that. I used walking shoes, no pedal clips or straps - which was a disadvantage going uphill - but I wanted the freedom to get my foot down in a hurry in crowds or going downhill.



Our total riding distance was around 1000kms. 6 days were on dirt, mostly rough, uphill and with headwinds. There were some sensational down-hill runs, both dirt and sealed. 5-6 passes at over 5000m, highest point 5250m, most climbs were long (up to 30kms) and relatively gentle with lots of switchbacks (i.e. they were slogs!).

Of our group, most people spent some time in the sag-wagon usually due to exhaustion, the effects of altitude, cold or occasionally fear of some of the downhills on dirt. My only visit



was the final slat 12kms on day 1 - I picked up a belly-bug at lunch - after skipping dinner that night I was good enough (albeit slow) the next day for the first big pass. No one suffered too badly from altitude - everyone gets breathless, especially when lying down, but we were usually so bugged at the end of the day we got reasonable sleep anyway! A few had mild headaches and nausea. I pushed myself on a sprint one day to test myself - it took ages to get my breath back, so bad that I thought I'd never breathe again; a bit scary for a while.

I plan to back to Tibet in the next year or two, and to do some more long distance rides overseas, perhaps in Asia and/or a more upmarket European tour.



## Le Tour 09

*By Gloria Blonde*

My highlight was Rongbuk monastery and Everest basecamp, closely followed by a huge tailwind ride down a gorge, across a plain and ending in a duststorm - it was absolutely wild.

Watching the Tour de France on SBS in Oz is great..... Being at the Tour for a stage finish and start is awesome. Les Arcs, outside Bourg St Maurice, in sight of Mont Blanc, and about 2 hrs by car from Geneva, is one of our 'ski homes'. When we heard the Tour was starting and finishing in BStM - Stages 16 and 17 - and even better that the Tour had booked out much of the Les Arcs resort area for accommodation, we just HAD to go.

The only negative was the last 2 days coming of the Tibetan plateau, across the border and down into Kathmandu Valley, the worlds biggest downhill ride form a 5200m pass down to about 1300m. The weather, extensive roadworks and landslides defeated us and we only rode bits of it. A bit of an anticlimax at the end but you need to expect something to go wrong at some point on a trip like this.

For anyone who has experienced the 'parade' that precedes the Tour, you will understand very well that it is a mix of weird, fun, bizarre, exciting, quirky - with a heavy dose of sponsorship and marketing pizzazz.



Beautiful bikes!

Standing for hours on the side of the street, waiting for the most unusual of parades to pass, and waiting even longer before the main event whizzes by - one might wonder why? Then again, think about a leisurely lunch in a pub on a street corner in a little French village; drinking cold beer on a hot day; meeting people from all over the world and experiencing the excitement of the Tour de France passing a few feet in front of you. What more could cycling devotees ask for?

The day before the Tour's arrival in BStM, we decided to go for a little ride, heading up the route to Cornet de Roseland, to see how hard it was, how far we might go. It was only 20 kms to the first peak. Ignorance is bliss (no idea it was a Category 1 climb... hadn't bothered to check ... just going out for a ride... ).

At about 9km, having passed gradient markers moving from 5 to 6 to 8 to 9% and back to 7%, I was sure I'd had just about enough. My water bottle was already getting low as it was quite a warm day. I encouraged Greg to go ahead - he of course was heading off to the peak - and I would keep going if I could. If I couldn't, I would turn back and see him at the bottom. Not long had passed before he returned...



Greg

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"it flattens out not too far ahead to only 1% and it looks like there's quite a distance of rolling terrain - thought you'd want to keep going at least til then?" he said hopefully. So on I plugged, and indeed, it did flatten out. By the time it started to climb again, we were then at about 15 km. The voices said 'really, it's only another 5, so just keep going'.



1km from the Cornet de Roseland - Bike North at rest...

The scenery was spectacular. We passed a camping/cabin area a few kms off the main road. No, we wouldn't go in as that would be another 6km and we might not get going again. Even though we were almost out of water and with NO FOOD either. Just going out for a little ride...

Fortunately, I missed the next marker, head down counting my breathing and crank turns - just 10 at a time, and another 10, and another 10. Along comes my husband who had stopped to take photos. "I thought you might have stopped" he says. When I ask why, he mentions the 7% gradient sign that I obviously missed with my head down. Silent scream. Now we're at 16 kms - it's possible to see the road winding up before us. Doesn't look too bad. Really, we should keep going. Ok, you go ahead, and I'll take my time, walking when I need to.



At the TOP!



Greg arriving

Feeling ill from the altitude, wondering whether there was even an ounce of energy left to go to the top, the voices inside my head arguing "it's only another km you wimp" vs "who cares if you make it the top or not?" and so it went on. My personal adviser admonished "you have to finish, there will be spectacular views at the top over the valleys." My reflection "what difference does that make when you've been surrounded by magnificent views for the past week??" OK, yes, 4.5 hrs after starting, we were at the Cornet de Roseland.

And the run back down - I had to keep the brakes on much of the way - 40 min back to the centre of town, to wolf down chocolate bars and sugar drinks! An hour later, after the funiculair and bus back up to Arcs 1950, cold beer, fresh baguette, French cheese and smoked sausage - all meant the arduous climb up was now just a great day out. And we got to go out and stroll amongst the team buses, cars and bikes galore as the 'workers' repaired and washed everything ready for the next day.

We can now proudly say we've done a Category 1 climb (no matter the time/speed etc). And even if I had stopped, I'd be able to very comfortably say "I tried it, but after all, it was a Category 1 climb, so couldn't possibly finish it...". A win/win situation, don't you think?

## BN BIG Ride Day and AGM

It was a corker of a day on Sunday 16 August for the BN Big Ride Day and AGM. A great day's riding and socialising was had by all. Special thanks to the ride leaders for putting on the great rides, which saw 85 riders participate.

On behalf of the BN Executive, many thanks to those who helped out on the day with salads, sweet things, BBQ and other organisation.

Congratulations to those members accepting positions on the Executive Committee. The Executive has two changes from last year: Malcolm Beech-Allen has taken on the Secretary position; and Darryn Capes-Davis has taken on the Rides Coordinator position. Thanks also to all the other members that continue to help out each week in their various roles in BN.

Thanks from the members that the Exec team managed yet again to hold an AGM that takes less than half-an-hour.

Certainly it is days like these that give the BN organisation a real community feel. So thanks once again to all those riders and family members who came along. Together we do make a difference.

Photos from Big Ride Day AGM online at [http://www.bikenorth.org.au/gallery/AGM\\_2009/](http://www.bikenorth.org.au/gallery/AGM_2009/)

## Calendar, October 2009 – November 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.	<p>A bicycle in good working order</p> <p>SAA approved bicycle helmet</p> <p>Water: 1 litre per hour of riding</p> <p>Snacks</p> <p>Money</p> <p>A pump, repair kit and spare tubes</p> <p>For night rides, have lights fitted with batteries charged for at least 4 hrs of riding.</p>	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
2/10/2009 Friday	<b>Lockhart Tour</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 100 <i>Pace:</i> brisk pace <i>Contact:</i> <b>Keith Griffin</b> 0434 496 299 <i>Starts at:</i> 08:30:00. Lockhart, NSW. NOT FOR PUSHON <b>Registration is essential. Further information from Keith &amp; Fran</b>
3/10/2009 Saturday	<b>Lockhart Tour</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 100 <i>Pace:</i> brisk pace <i>Contact:</i> <b>Keith Griffin</b> 0434 496 299 <i>Starts at:</i> 08:30:00. Lockhart, NSW. NOT FOR PUSHON <b>Registration is essential. Further information from Keith &amp; Fran</b>
3/10/2009 Saturday	<b>Pie in the Sky</b>	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Evan Hawthorne</b> 0409 606 853 <i>Starts at:</i> 07:30:00. 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.
4/10/2009 Sunday	<b>Lockhart Tour</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 100 <i>Pace:</i> brisk pace <i>Contact:</i> <b>Keith Griffin</b> 0434 496 299 <i>Starts at:</i> 08:30:00. Lockhart, NSW. NOT FOR PUSHON <b>Registration is essential. Further information from Keith &amp; Fran</b>
4/10/2009 Sunday	<b>Willoughby Bike Path Discovery</b>	<i>Grade:</i> Easy <i>Distance:</i> 15 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Carolyn New</b> 9438 1903 <i>Starts at:</i> 10:00:00. Halstrom Park Playground, Bicentennial Reserve, Small St, Willoughby. Easy ride for 15km on exploring bike paths in Willoughby. Must book with Willoughby Council 9777 7706. <b>Willoughby Bike Week Ride. Must book with Willoughby Council 9777 7706. Explore Willoughby's bike paths and on-road bicycle routes in a group ride led by Bike North. Short option for beginners and young children. Limited free bike hire will also be available for the event.</b>
6/10/2009 Tuesday	<b>BN Executive Meeting</b>	<i>Contact:</i> <b>info@bikenorth.org.au</b> <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.
7/10/2009 Wednesday	<b>Mirambeena Magic</b>	<i>Grade:</i> Medium <i>Distance:</i> 72 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Bob Chambers</b> 9449 9112 <i>Starts at:</i> 08:30:00. Meadowbank Wharf. Head west along the PVC and the M4 cycleway (under M4) to visit the picturesque lakes of Mirambeena Regional Park at Lansdowne and on to Liverpool Plaza
10/10/2009 Saturday	<b>City Boomerang</b>	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Alan Corven</b> 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. <b>Coffee stop in Pymont for a change!</b>
10/10/2009 Saturday	<b>Carlingford Rail</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 20 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Darryn Capes-Davis</b> 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 <b>Do you work in Parramatta? Come and discover a multi-modal option for ride to work day (following Wednesday). Drive to Carlingford and ride to Parramatta. This ride covers two possible commute route variants.</b>
10/10/2009 Saturday	<b>A to C and Back</b>	<i>Grade:</i> Medium <i>Distance:</i> 30 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Graeme Edwards</b> 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.

11/10/2009 Sunday	<b>Concord for Cake</b>	<i>Grade:</i> Easy <i>Distance:</i> 28 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Debbie Edwards</b> 9436 0969 <i>Starts at:</i> 07:30:00. Meadowbank Wharf. Ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way.
13/10/2009 Tuesday	<b>Ryde Hunters Hill Meeting</b>	<i>Contact:</i> <a href="mailto:ryde@bikenorth.org.au">ryde@bikenorth.org.au</a> <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.)
14/10/2009 Wednesday	<b>National Ride to Work Day</b>	<i>Contact:</i> <b>TBA</b> <i>Starts at:</i> 00:00:00. . Various events will be held around the country
17/10/2009 Saturday	<b>Granny Smith Festival</b>	<i>Contact:</i> <i>Starts at:</i> 00:00:00. .
17/10/2009 Saturday	<b>Round (the) Corner to Windsor</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 72 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Robyn Tuft</b> 9144 1325 <i>Starts at:</i> 08:30:00. cnr. Derriwong Rd and Old Northern Rd. A scenic route through areas of varying landuse in Sydney's outer fringe, some short hills to test the legs. Call to confirm <b>Call to confirm</b>
18/10/2009 Sunday	<b>Bays and Bridges</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 45 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Ian Meller</b> 0419 621 848 <i>Starts at:</i> 08:00:00. St Leonards Station, concourse. Scenic loop ride via bridges and bays around Sydney Harbour. Gore Hill cycle path, Gladesville Bridge, Iron Cove, Blackwattle Bay, Walsh Bay, SHB and return to St Leonards. Cycle paths, quiet and a few busy streets, some hills.
18/10/2009 Sunday	<b>Bobbo Tortoise</b>	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Darryn Capes-Davis</b> 0406 380 862 <i>Starts at:</i> 08:00:00. Eastwood Station, East side. Ride via Browns Waterhole & Turramurra to Bobbin Head. Long climbs & descents. Coffee stop included.
19/10/2009 Monday	<b>Hornsby Working Group</b>	<i>Contact:</i> <a href="mailto:hornsby@bikenorth.org.au">hornsby@bikenorth.org.au</a> <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.
19/10/2009 Monday	<b>Rooty Hill Rendezvous</b>	<i>Grade:</i> Medium <i>Distance:</i> 60 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Keith Griffin</b> 0434 496 299 <i>Starts at:</i> 09:15:00. Epping Station, East side. Ride using M2, then M7 cycleway to Rooty Hill shops for coffee and return.
20/10/2009 Tuesday	<b>North Sydney Working Group</b>	<i>Contact:</i> <a href="mailto:Caroline Minogue north_sydney@bikenorth.org.au">Caroline Minogue north_sydney@bikenorth.org.au</a> <i>Starts at:</i> 19:00:00. . Geddes Room, North Sydney Council. All Bike North members welcome.
21/10/2009 Wednesday	<b>Beyond Barrenjoey</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 60 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Bob Chambers</b> 9449 9112 <i>Starts at:</i> 07:30:00. <b>special start Turramurra Station, East side. Ride via back roads to Palm Beach, ferry across Broken Bay, superb scenery around Kilcare. Train from Woy Woy. Some hills, small dirtroad section, relaxed pace. Call to confirm</b>
24/10/2009 Saturday	<b>Wood 2 Been and Back</b>	<i>Grade:</i> Hard <i>Distance:</i> 76 <i>Pace:</i> fast pace <i>Contact:</i> <b>Darryn Capes-Davis</b> 0406 380 862 <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.
24/10/2009 Saturday	<b>Big City Loop</b>	<i>Grade:</i> Medium <i>Distance:</i> 60 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Alison Pryor</b> 9874 2383 <i>Starts at:</i> 08:00:00. <b>special start Meadowbank Wharf. Ride via Cooks R C/P, Mascot, Moore Park Precinct, Return via City CBD, Pyrmont and ANZAC Bridges.</b>
25/10/2009 Sunday	<b>The Big Loop</b>	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Malcolm Hart</b> 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.
25/10/2009 Sunday	<b>Gladesville to City Commute</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 27 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Alister Sharp</b> 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 Gladeville
27/10/2009 Tuesday	<b>Willoughby Working Group</b>	<i>Contact:</i> <a href="mailto:willoughby@bikenorth.org.au">willoughby@bikenorth.org.au</a> <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
31/10/2009 Saturday	<b>Akuna Bay Tortoise Longer</b>	<i>Grade:</i> Medium <i>Distance:</i> 60 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Evan Hawthorne</b> 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.
1/11/2009 Sunday	<b>'Gong Ride</b>	<i>Contact:</i> <i>Starts at:</i> 00:00:00. .
1/11/2009 Sunday	<b>Tour de Femme Training Ride</b>	<i>Grade:</i> Medium <i>Distance:</i> 20 <i>Pace:</i> fast pace <i>Contact:</i> <b>Fran Griffin</b> 0414 187 427 <i>Starts at:</i> 09:00:00. MacQuade Park (Tebbutt St) Windsor. Practice ride for Tour de Femme (women only event) by riding at own pace on easy to medium ride. All welcome. <b>For the ladies to test themselves out a week before the fun event in Canberra. Guys welcome on the ride but they may be put to work as sign posts so the ladies can just gun it without having to navigate. This will be a 'ride at your best pace' ride.</b>

3/11/2009 Tuesday	<b>BN Executive Meeting</b>	<i>Contact: <a href="mailto:info@bikenorth.org.au">info@bikenorth.org.au</a></i> <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.
4/11/2009 Wednesday	<b>Triple S from Seaforth</b>	<i>Grade:</i> Medium <i>Distance:</i> 35 <i>Pace:</i> <b>special pace</b> relaxed <i>Contact:</i> <b>Bob Chambers</b> 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.
7/11/2009 Saturday	<b>The Gorge and Berowra</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 45 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Darryn Capes-Davis</b> 0406 380 862 <i>Starts at:</i> 07:30:00. Hornsby Park, opposite Coronation St, near pool. Ride through Galston Gorge, rural Arcadia & on to scenic Berowra Waters. After coffee, ride via Berowra & Pac. Hwy to Hornsby
7/11/2009 Saturday	<b>Parramatta Park Parade</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 35 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Doug Stewart</b> 9874 5594 <i>Starts at:</i> 08:00:00. <b>special start 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.</b>
8/11/2009 Sunday	<b>Tour de Femme</b>	<i>Contact:</i> <b>Canberra Cycling Club -- <a href="http://www.canberracyclingclub.org.au/ccf/tourdefemme/index.asp">http://www.canberracyclingclub.org.au/ccf/tourdefemme/index.asp</a></b> <i>Starts at:</i> 00:00:00. . Canberra. The Tour de Femme is a women's-only twenty kilometre ride that doubles as both a race and a participation event. Many of Australia's top female riders have competed in previous events. Previous winners have included Oenone Wood, Alison Wright, Kim Palmer and Tracey Gaudry. There is a range of age divisions with separate prizes that are hotly contested each year. In addition to those interested in racing, the Tour de Femme attracts a large number of participants who treat it as a fun-run on wheels. It is not necessary to have a club or open racing licence to enter. Riders from teens to those in their eighties participate. Entries are restricted to riders twelve years and over.
8/11/2009 Sunday	<b>Northern Beaches and Back Roads</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 86 <i>Pace:</i> brisk pace <i>Contact:</i> <b>Malcolm Hart</b> 9713 1994 <i>Starts at:</i> 07:30:00. Eastwood Station, East side. Ride via Browns Waterhole, Turrumurra, Church Point to Manly for coffee. Ferry to Quay then to Eastwood via Lane Cove NP and M2. Fit and experienced riders only.
8/11/2009 Sunday	<b>A slow ride around Hunters Hill</b>	<i>Grade:</i> Easy <i>Distance:</i> 15 <i>Pace:</i> slow spin pace <i>Contact:</i> <b>Alister Sharp</b> 9879 3664 <i>Starts at:</i> 09:00:00. Figtree Park, corner Ryde Rd and Matthew St. We will ride slowly on the byways of Hunters Hill admiring the Jacarandas , with a coffee stop somewhere friendly. Please phone to confirm, especially if it looks like rain. Child Friendly ride, children accompanied by an adult carer welcome.
10/11/2009 Tuesday	<b>Ryde Hunters Hill Meeting</b>	<i>Contact:</i> <a href="mailto:ryde@bikenorth.org.au">ryde@bikenorth.org.au</a> <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.)
10/11/2009 Tuesday	<b>Ku-ring-gai Working Group meeting</b>	<i>Contact:</i> <b>Bob Chambers, 9449 9112</b> <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.
14/11/2009 Saturday	<b>BNSW BIKE BUS Leader Training Day</b>	<i>Contact:</i> <b>Donna Little, BNSW</b> <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
14/11/2009 Saturday	<b>Wend Your Way to Wyong Tortoise</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 80 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Robyn Tuft</b> 9144 1325 <i>Starts at:</i> 07:15:00. Berowra stn. Long & hilly ride on country roads to Wyong via Peats Ridge & Yarramalong. Ret by train. <b>Call to Confirm</b>
14/11/2009 Saturday	<b>Pie in the Sky</b>	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Evan Hawthorne</b> 0409 606 853 <i>Starts at:</i> 07:30:00. 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.
15/11/2009 Sunday	<b>Feet no so loose in the foothills</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 60 <i>Pace:</i> brisk pace <i>Contact:</i> <b>Fran Griffin</b> 0414 187 427 <i>Starts at:</i> 08:00:00. MacQuade Park (Tebbutt St) Windsor. An extremely scenic ride in the foothills of theGreat Diving Range and on the flood plains of the Hawkesbury River.
15/11/2009 Sunday	<b>Olympic Park Ride</b>	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> slow spin pace <i>Contact:</i> <b>Doug Stewart</b> 9874 5594 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
18/11/2009 Wednesday	<b>Western Wander</b>	<i>Grade:</i> Medium <i>Distance:</i> 70 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Bob Chambers</b> 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.
21/11/2009 Saturday	<b>Cycle Surf and Turf</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 80 <i>Pace:</i> brisk pace <i>Contact:</i> <b>Alan Corven</b> 0414 538 977 <i>Starts at:</i> 07:30:00. <b>special start Hornsby Park, opposite Coronation St, near pool. Ride to Manly via St Ives, Forest Way and Wakehurst Parkway. Take an optional swim, then coffee and return same route or via ferry to city and cycleways. BYO swimmers, towell, togs, lock and money. Starting at Hornsby, joining original route on Mona Vale Road cnr Pentecost Ave. Will pickup at St.Ives in carpark opposite Stanley St.</b>
21/11/2009	<b>Breakfast</b>	<i>Grade:</i> Easy <i>Distance:</i> 17 <i>Pace:</i> <b>special pace</b> slow spin <i>Contact:</i> <b>Darryn Capes-Davis</b> 0406 380 862

Saturday	<b>Point Punt</b>	<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.
22/11/2009 Sunday	<b>The Big Loop</b>	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Malcolm Hart</b> 9713 1994 <i>Starts at:</i> 07:30:00. Eastwood Station, West side. Ride to M2, Winston Hills. Down to Parramatta for coffee. Return via M4 c/p to Meadowbank & uphill to Eastwood.
28/11/2009 Saturday	<b>A to C and Back</b>	<i>Grade:</i> Medium <i>Distance:</i> 30 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Graeme Edwards</b> 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.
28/11/2009 Saturday	<b>Meadowbank to Bobbo</b>	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Doug Stewart</b> 9874 5594 <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.
29/11/2009 Sunday	<b>Hills and Surfside</b>	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> brisk pace <i>Contact:</i> <b>Malcolm Hart</b> 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.
29/11/2009 Sunday	<b>Concord for Cake</b>	<i>Grade:</i> Easy <i>Distance:</i> 28 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Debbie Edwards</b> 9436 0969 <i>Starts at:</i> 07:30:00. Meadowbank Wharf. Ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way.
29/11/2009 Sunday	<b>Miss Australia Ride</b>	<i>Grade:</i> Medium <i>Distance:</i> 38 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Joan Kerridge</b> 99098925 <i>Starts at:</i> 07:30:00. <b>special start St Thomas Rest Park, West St , Crows Nest. Ride on quiet roads to Spit Bridge, then on to Tania Oval at Balgowlah Heights. On return visit Georges Heights and Bradleys Head. '</b>