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## Don't Miss the Bike North 2009 Christmas Party

By Amanda & Darryn Capes-Davis

<b>When:</b>	Sunday 6 December, 11am
<b>Where:</b>	Blackman Park Lane Cove West - Look for the Bike North banners. Gather at the far end of the park, past the sports fields, in the picnic area.
	BYO food and drinks
	Join one of 3 rides making their way to Blackman Park from Epping (Covert Operation), Cammeray and Gladesville. Check the Calendar at the end of ChainMail for information on these rides. And to tempt you further, negotiations are under way to convince a mobile coffee van to stop by to provide us coffee and sweets (to be confirmed).
	See you there!

Editor: Gloria Blonde/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.

## True Colours

By Keith Griffin



There is a story attached to the design of the Bike North jersey, but I'll leave that to be told by someone who was "there at the time", like Doug Stewart. My interest is not so much in its history as in its use. On Bike North rides lately, I have noted how few people are wearing the Bike North jersey. By contrast almost every other group of riders we see go by at Meadowbank Wharf or on the old Pacific Hwy, or at Olympic park, is wearing matching jerseys. There is nothing which looks quite so good as a group of cyclists riding along neatly, lawfully, and all in the same jersey (well, no, not the same jersey, that would be uncomfortable, but you know what I mean).

Bike North's jersey is very different from most others in design, and whether you like it or not, the jersey is extremely visible and recognisable even at distance. Wearing the jersey identifies you as a member of Bike North, which has become a well known and respected organisation with the general community, and the cycling community. It also helps identify a group of riders as being together, which can be important when new riders or non-members come on our rides.

At Tour de Cowra 2010 (10th Bike North Easter Tour) we will be running some days as special "jersey" days. Day 2 will be favourite jersey day, so you can wear the jersey you bought on the top of the biggest mountain you've climbed, or the one which best matches the colour of your bike, or the one Stuart O'Grady signed for you that time. The next day will be club jersey day. We have people from several other BUGs and cycling organisations join us in Cowra so it will be fun to see so many Bike North jerseys alongside others.

Show your true colours - wear the Bike North jersey on rides. If you don't yet have one, go to the website and place an order. You'll probably want more than one, and there are both long and short sleeved versions available. The long sleeved one is not overly warm, but it has a full length zipper which makes it ideal to wear over other warmer garments during the cooler months. Go the purple and orange!

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# Missing Link - Naremburn to Bridge (October 2009 Update)

By Carolyn New

The completion of the North Ryde to Naremburn shared-use path is very popular but it has highlighted a major missing link for people who need to ride their bikes to North Sydney and the City. The path abandons people in the middle of the expressway at Naremburn. This needs to be continued all the way to the Sydney Harbour Bridge with access points along the route.

This route was designated as part of a regional route in RTA Bike Plan 2010 and was originally scheduled to be completed in 2004. Regional bicycle route funding was almost completely withdrawn in 2005 but design work by the RTA for the route Chatswood to Sydney Harbour appeared to continue for years after.

## HarbourLink

North Sydney Council has heavily promoted the concept of HarbourLink. If realised, this would continue the Sydney Harbour Bridge cycleway to North Sydney and then Falcon St. This would be a continuous shared use path at 3% grade bypassing the heavy trafficked roads and footpaths and providing access to the North Sydney CBD. North Sydney Council produced a promotional DVD which was sent to federal and state level politicians, and have spoken with key Ministers.

As a result North Sydney Council received a \$50,000 grant from NSW Dept of Environment and Climate Change for a HarbourLink feasibility study. The RTA has recently offered another \$93,037 to be matched by \$25,000 from Council for a total of \$168,037. The scope of the study is the whole missing link corridor from Naremburn to the Bridge. This proposed study went out to tender and council has now approved the proposal from PriceWaterhouseCoopers and Sinclair Knight Merz, along with the extra funding. The study, expected to commence October 2009 and be completed by February 2010, provides a strategic demand model, informed by a survey, forecasting usage and a strategic economic evaluation of the cost-benefit performance. ***This is a first major cycling study/evaluation of this type in Australia and many organizations/authorities are watching with interest.***

## Falcon St SUP Bridge and Underpass

A new shared use bridge spanning the Warringah Freeway at Falcon St was recently completed. These works include an underpass of Falcon St (eastern side) and a ramp access to the Ridge St footbridge. These works were triggered due to North Sydney Council lobbying the state government regarding the negative impact due to the Falcon St road ramps on the existing continuous footpath alongside Falcon St over the Warringah Freeway. All the new works are shared use, ie include bicycle use. As built, they provide an excellent connection for pedestrians but for cyclists they have only marginal local usefulness and no regional value.

The underpass of Falcon St and the ramp access to the Ridge St footbridge should some day contribute to a regional bicycle route but, despite frequent requests from the bicycle groups, these two sections do NOT link and do not appear to have been built to encourage linkage.

Unfortunately the underpass has also been built so as to remove the majority of the breakdown/bike lane underneath Falcon St creating a major hazard on what had been a quick and relatively safe route from Cammeray to North Sydney along the freeway.

## Warringah Freeway Bus Layover Project

The RTA will shortly commence work on a bus layover adjacent to the Warringah Freeway just north/west of the Miller St on -ramp. This should have been an opportunity to at least build one section of the future pathway from Naremburn to the Sydney Harbour Bridge. A shared use path which integrated with the bus layover was designed but the state government has refused to fund it. This decision means a lost opportunity to cost effectively build both the path and the layover and leaves the pathway open to the threat that RTA land required for it could be sold. Both Willoughby and North Sydney Councils have written to the Minister in support of the pathway being completed as part of the project.

The bus layover works will remove the existing breakdown lane used by numerous cyclists. Consequently the RTA is signposting a detour route from the Merremburn Ave path exit to the Miller St entrance to the freeway at Cammeray. This is not a route suitable for many, especially inexperienced cyclists, and does nothing to progress the shared use path.

**What can you do?**

Write polite, positive emails to the State Government, especially acknowledging their funding for the feasibility study and requesting they

- fund the staged continuation of the shared use path from Naremburn to the Sydney Harbour Bridge for completion within the next four years and
- immediately fund the completion of the shared use path as part of the bus layover project

Click the links to email these people

The Premier <a href="#">Mr Nathan Rees</a> GPO Box 5341 SYDNEY NSW 2001	Minister for Transport <a href="#">Mr David Campbell</a> GPO Box 5341 SYDNEY NSW 2001
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Write and/or email the Federal Government requesting they provide funding to the NSW State Government for the continuation of the shared use path from Naremburn to the Sydney Harbour Bridge.

Minister for Infrastructure, Transport,  
Regional Development and Local Government  
[Mr Anthony Albanese](#)  
PO Box 6022, House of Representatives  
Parliament House, Canberra ACT 2600

Prime Minister  
Mr Kevin Rudd  
PO Box 6022, House of Representatives  
Parliament House, Canberra ACT 2600  
Email (via the web) :[www.pm.gov.au](http://www.pm.gov.au)

There's no time like the present while this is fresh in your mind to get those letters or emails on their way!

## Braveheart and Wuss-in-Boots Go Out With the Group

*By Fran Griffin*

It's a lovely day, and there's a ride advertised. For once, Braveheart and Wuss-in-Boots agree the distance, terrain and pace are just what they want, and it will be fun to ride with other people.

Braveheart spends the night before dreaming up cunning strategies for getting to the top of every hill first, while Wuss-in-Boots just contemplates how nice it will be to wheel-suck the other riders and avoid the wind. At the start, Braveheart checks out the other riders and bikes, while Wuss-in-Boots listens attentively to the briefing.

The ride sets out, the ride leader keeping the group orderly and looking like it knows what it's doing. He calls changes of pace, traffic lights, and indicates obstacles and potholes. The other riders pass calls and signals down through the group so nobody gets into trouble.

All except Braveheart of course, who is too busy trying to out-tactic one of the stronger riders. He doesn't bother to pass the pothole signal back, assuming that the other riders can see the gaping abyss in the middle of the road through his less than transparent body. The rider behind him avoids the chasm, but has no time to signal, and the next rider goes straight through it, getting a pinch flat and damaging her rim. The riders behind her hear the expletives and realise something is up, but two of them collide in their attempts not to disappear down the crevasse.

Meanwhile Wuss-in-Boots has dropped back into a slower, chatty part of the group and isn't involved in the crash. This group is not well organised, however, and many of the riders are not very experienced. As a result they are not confident to ride close together in case there is a hole or patch of glass they can't see. The weaker riders are struggling because of a brisk headwind, and are being dropped.

Wuss-in-Boots has found someone to gossip with, and is engrossed in a riveting conversation, when the riders in front stop suddenly as the lights change. There is no call of "stopping!" or "slowing!" and Wuss-in-Boots and his conversant are caught unawares, not looking ahead. The rider talking to Wuss-in-Boots skids to a halt a nanometre away from the wheel of the rider in front, but Wuss-in-Boots swerves as he brakes, bringing down the rider behind, who by this time has been forced to overlap his rear wheel.

Once the injured are patched up, the ride goes on its way, but nobody wants to ride near Braveheart or Wuss-in-Boots, as they have earned reputations for inattentiveness and dangerous riding!

At the coffee stop, BH and WiB tactfully ask (not normal behaviour for BH, but he feels a bit guilty) the other riders what the proper group riding behaviour is. They learn that they should stay in 2x2 formation, unless the ride leader recommends single file. They are told about the collection of standard calls - stopping, slowing, lights, car up/back/left/right - and that when heard, should be repeated so that riders further back know what's happening.

Signals include not only stopping and turn signals, but riders point out obstacles such as glass, potholes, bumps, longitudinal cracks, debris on the road, dogs, kids and pedestrians, often calling as well. These signals and calls are always passed on, and if it is not possible to signal safely, a loud call is better than nothing.

Most of all, paying attention to the riders in front, the road surface and traffic conditions, and anticipating where the riders around are likely to be, are the major skills Braveheart and Wuss-in-Boots have learned today. They are keen to do another group ride, and BH even has aspirations to becoming a ride leader (hmmm... let's hope WiB leads with him to moderate the pace)!

## Murphy's Law Alive and Well in Bike North Rides

*By Keith Griffin*

It's Wednesday evening, and your computer has just signalled the major event for today has occurred: the Bike North weekly email news has arrived!

Skimming the contents, you decide there are two items of interest but for now, it's much more important to check the weekend rides. Of course you could have done this at any time, but somehow you just hadn't found the time to play with the Bike North calendar this week. You find one you like for Saturday and decide to get a family leave pass so you can go on the ride. That decision made, you scroll back to read the other articles that caught your attention, and decide to volunteer for that Bike North job advertised in item 2 (OK, maybe that's stretching the story).

### Scenario 1 - the sad ending

Saturday, you turn up to the ride, along with another 53 riders! The ride leader has the sign-on sheet in the shelter over yonder, so you queue up to sign on. While you're in the queue, the leader starts the briefing because time is marching on. You sign on, taking extra time to check the number of your on-ride new mobile because you can't yet remember it. You jot down your home number as the off-ride emergency number. Meanwhile the leader has explained a small detour around road works which is not in the published route but your attention only swings back to the briefing just as it concludes and riders are moving off. You follow. After a few minutes you realise that there are no longer any familiar faces around you, in fact there are not too many faces at all. You stop, and find yourself lost.

Meanwhile the ride leader has realised you are no longer in the group and is searching the sign-on sheet for your phone number. The leader doesn't know your name but others on the ride do and they find you on page 3. Your on-ride phone number is not easy to read but they give it a go and end up ordering three pizzas, with a free jug of lemonade, for after the ride. The leader then tries your emergency off-ride phone number but no-one is actually home. Disaster and no-one is happy.

### Scenario 2 - the happy ending

On Wednesday night, after deciding which ride you'll do on Saturday, you go the Bike North online calendar, click the ride, and pre-register. You check with the family and discover everyone will be out that day, so you give your friendly next door neighbour's phone number as your emergency off-ride number.

On Saturday you turn up to the ride as do another 53 riders. The ride leader has the sign-on sheet in the shelter over yonder, so you queue up to sign on. While you're in the queue the leader starts the briefing because time is marching on. As all your details are already on the sheet, you simply sign and go back to listening to the briefing. The leader points out a detour that is not in the published route and you note this mentally, but quickly forget it again.

On the ride you find yourself lost. The ride leader realises this and looks at the ride log. You have pre-registered so your new mobile number has been automatically lifted from the membership database and printed legibly on the sheet. The leader calls you and you sort out where to meet. You are only a street away so all is well. After a safe return for everyone, the leader orders pizzas for the hungry riders.

Moral of the Story....Pre-registering for a ride is a good idea! Not all rides offer pre-registration, but many do. And it doesn't matter if you pre-register and then don't show up as if you haven't signed in, the leader knows you aren't there. It is advisable to pre-register at least 48 hours ahead so the ride leader can print the sheet out a day or two before the ride.

### Why not pre-register now for a ride to the Bike North Christmas Party ?

[Gladesville to Lane Cove West](#)

[Covert Operation](#)

[Cammeray to Lane Cove West](#)

# Paris - Dakar - September Highlights

*Editor's Note - Bill Tomlin has sent through several ride updates on the epic Paris-Dakar journey. The below is excerpted from some September emails.*

## 11 September - Le Puy en Velay - Rest Day One

We've arrived in Le Puy en Velay for our first rest day. The five days of cycling out of Paris have been excellent and we have covered a little over 650 km. The first two days were flat. The past two days have been spectacular since leaving Vezelay, with a climb up the Col de la Plantarde (around 700 mts) and the Col du Perthuis (970 mts). Each climb was rewarded with an excellent, fast descent through forest and parklands. Yesterday we climbed the Col du Cheminrand at 1028 mts and enjoyed an absolutely stunning day of cycling through farming country and little villages as we descended to the gorges of the Loire River and followed River into Le Puy en Velay.

The group is great - 14 nationalities and a lot of English, Dutch and French spoken. The youngest is Eric the Swiss at 25 years and the oldest is Alan from Canada at 73 years of age. Hannelore from Sweden, a grandmother of two, cycled from Stockholm to Paris to join the group, and will continue on past Senegal to visit a child she sponsors and to donate her bike to that child. There are about 6 or 7 cyclists who are competing for fastest times; I am definitely not one of them. Like the rest of the group I have been enjoying 'un pause cafe' in the morning and the occasional ice cream in the afternoon.

The next four days have more hills as we head through the Massif Central to Languedoc Rousillon and the next rest day in Carcassonne. The weather so far has been great and the forecast is for at least four more days of sunshine and light cloud cover.

Encore une chose ... mon cul me fait mal :-)) mais c'est normal et tout sera bien.

Time to go sightseeing now in this beautiful town and find somewhere nice for lunch avec un peu de vin rouge bien sur.

## 16 September - Carcassonne

The first 1000 kms of this 7,200 km ride are done! Unfortunately, missed a turn a couple of days ago and added about a 10 km detour to the camping ground ... but others have done worse.

Our two big fire trucks and our red shirts have attracted a lot of attention. In Sainte Enimie some locals were extremely impressed that I was doing the ride. One asked if I was married and when I told him I was single he offered me two of the women with him!! It was an offer I politely refused, especially since they appeared to be the local drunks!

The countryside has been spectacular, especially as we cycled along the gorges of the Tarn River, and then yesterday over the big hills to Carcassonne. We have 3 days of cycling to our next rest day in Ager, Spain. However, those three days will be climbing to Ax-les-Thermes, then to Andorra and then into Spain. The Pyrenees loom. The forecast is for rain for the next couple of days, which will make it a lot harder too if that eventuates.

## 20 September - Hola from Ager, Spain

After three tough days crossing the Pyrenees, we've reached a welcome rest day in Ager. There is pretty much nothing to do on a Sunday except clean the bike, replace brake shoes on the bike and rest.

The route from Carcassonne was beautiful, initially through the countryside to Couiza (coffee stop) and Quillan, before climbing the mountains. First came the Col de Coudons (883 mts), col des Sept Freres and then the Col de Marmare at 1361 mts. Each was through absolutely stunning forest and with views out over the Languedoc region. The goal (and lunch) was at the Col de Chioula at 1431 mts. From the col, it was a fast and steep descent into Ax-les-thermes for the evening.

The next morning was cold and the forecast wasn't good as we headed off, climbing 37 kms to the port d'Envalira, the highest paved road through the Pyrenees. Unfortunately it rained on the way up for about 45 mins and got colder and colder as I climbed to the col at 2400 mts. By the time I reached the top it was -1 deg and snowing!! I couldn't get warm, even with a dry jacket on so took the option of the truck for the descent into Andorra, along with a few others. It turned out to be a good decision as the snow and rain intensified.

Yesterday was our final day in the Pyrenees - 141 kms and with a climb over the Port de Canto at 1725 mts. The views were sensational as was the 15 km descent to lunch at Sort. Eventually we reached the camping ground at Ager after tackling a headwind for the final 15kms.

Backside is fine, knees are fine but legs are tired and sore - a rest day is for recuperation, and a beer or two.

## Cuenca ... at last - 26 September

Buenos dias

We've reached Cuenca, our next rest day. The five days from Ager have included the two toughest days so far with a lot of climbing. However, each day has been rewarded with stunning routes through pine forests, mountains and along scenic river gorges.

The highlight was the camping ground at Allepuz - a restaurant / hotel, where we camped in the yards. The owner has welcomed the previous two editions of Paris - Dakar by Bike and signed jerseys hung proudly in the bar. We each signed a 2009 jersey to add to his collection. The owner cooked a huge paella with 18 kgs of chicken and rabbit plus beans, artichokes etc added to the rice. Along with some great salads, it was a wonderful dinner, washed down with the wine.

The last two days to Cuenca have been a little easier, plus the sun has been shining and it is getting hotter again as we travel south. Tomorrow we start the next section of cycling, 4 days to the next rest day in Granada.

A la prochaine, and Adios

## Calendar, December 2009 – January 2010

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
1/12/2009 Tuesday	<b>BN Executive Meeting</b>	<i>Contact:</i> <a href="mailto:info@bikenorth.org.au">info@bikenorth.org.au</a> <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.
2/12/2009 Wednesday	<b>Bays &amp; Foreshores</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 35 <i>Pace:</i> gentle pace <i>Contact:</i> <a href="mailto:Bob.Chambers@bikenorth.org.au">Bob Chambers</a> 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.
5/12/2009 Saturday	<b>Wharves and Providores</b>	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> slow spin pace <i>Contact:</i> <a href="mailto:Alison.Pryor@bikenorth.org.au">Alison Pryor</a> 9874 2383 <i>Starts at:</i> 08:00:00. North Sydney station. Ride to scenic wharves and providores in Pyrmont/inner city area. Lots of stops to look and buy. Bring bag/panniers & bike lock.
5/12/2009 Saturday	<b>Meadowbank to Bobbo</b>	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Pace:</i> moderate pace <i>Contact:</i> <a href="mailto:Malcolm.Hart@bikenorth.org.au">Malcolm Hart</a> 9713 1994 <i>Starts at:</i> 07:30:00. Meadowbank Wharf. Hilly ride via Eastwood, Browns Waterhole, Turrumurra, & Bobbin Head. Coffee and return. Long climbs and descents.
6/12/2009 Sunday	<b>BN Christmas Party</b>	<i>Contact:</i> <i>Starts at:</i> 11:00:00. . Blackman Park, Lane Cove West. Ride to the event from Epping, Cammeray or Gladesville (see rides in Calendar). Bring a picnic lunch. A mobile coffee van will make a visit for any coffe lovers.
6/12/2009 Sunday	<b>Gladesville to Lane Cove West</b>	<i>Grade:</i> Easy <i>Distance:</i> 8 <i>Pace:</i> slow spin pace <i>Contact:</i> <a href="mailto:Alister.Sharp@bikenorth.org.au">Alister Sharp</a> 9879 3664 <i>Starts at:</i> 10:30:00. Monash park, cnr Westminster Rd and Ryde Rd. Ride through Boronia Park, then Abigail St and Martin St, over Fig Tree Bridge and up Burns Bay Rd <b>Ride to the Bike North Christmas party, Blackman Park,</b>

Lane Cove West

6/12/2009 Sunday	<b>Covert Operation</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 24 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Darryn Capes-Davis</b> 0406 380 862 <i>Starts at:</i> 09:45:00. Epping Station, East side. Ride via Macquarie Uni and Epping Rd bicycle path to Lane Cove <b>Ride to Bike North Christmas Party at Blackman Park, Lane Cove West. Possible Pick up at Macquarie Uni Station (call to confirm this option).</b>
6/12/2009 Sunday	<b>Cammeray to Lane Cove West</b>	<i>Grade:</i> Easy <i>Distance:</i> 16 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Joan Kerridge</b> 99098925 <i>Starts at:</i> 10:00:00. St Thomas Rest Park, West St , Crows Nest. Ride from Cammeray to Lane Cove West for the Bike North Christmas Party <b>Ride to Bike North Christmas Party, Blackman Park, Lane cove West. Possible pickup in Lane Cove (call to confirm this option)</b>
8/12/2009 Tuesday	<b>Ryde Hunters Hill Meeting</b>	<i>Contact:</i> <b>ryde@bikenorth.org.au</b> <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.)
8/12/2009 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.
9/12/2009 Wednesday	<b>Olympic Park Ride</b>	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> <b>special pace</b> relaxed <i>Contact:</i> <b>Keith Griffin</b> 0434 496 299 <i>Starts at:</i> 09:15:00. Meadowbank Wharf. Loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
10/12/2009 Thursday	<b>tri-Epping local</b>	<i>Grade:</i> Easy <i>Distance:</i> 20 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Keith Griffin</b> 0434 496 299 <i>Starts at:</i> 09:30:00. Epping Station, East side. Explore local routes to the railway station, local shops and schools.
12/12/2009 Saturday	<b>City Sunset</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 30 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Joan Kerridge</b> 99098925 <i>Starts at:</i> 18:00:00. <b>special start St Thomas Rest Park, West St , Crows Nest. Ride to Bradleys Head via Cammeray for BYO picnic dinner at sunset. Return via Mosman. BIKE LIGHTS ESSENTIAL.</b>
12/12/2009 Saturday	<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> 07:00:00. Eastwood Station, East side. Ride to Pymble, St Ives, Oxford Falls & Narrabeen. Return via Warriewood, Church Point, Terrey Hills & Turramurra. Fit & experienced riders only.
12/12/2009 Saturday	<b>North to West Head</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 91 <i>Pace:</i> <b>special pace</b> relaxed <i>Contact:</i> <b>Robyn Tuft</b> 9144 1325 <i>Starts at:</i> 07:30:00. <b>special start Turramurra Station, East side. Hilly ride via Browns w/h, Terrey Hills, West Head, Akuna Bay (coffee). Return a similar route. Brisk pace. Shorter tortoise version of a long and hilly but very scenic ride.</b>
13/12/2009 Sunday	<b>Merrylands Brickies</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 38 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Alison Pryor</b> 9874 2383 <i>Starts at:</i> 08:00:00. 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
14/12/2009 Monday	<b>Hornsby Working Group</b>	<i>Contact:</i> <b>hornsby@bikenorth.org.au</b> <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.
16/12/2009 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 St Ives, Mona Vale Rd, car park opposite Stanley St. 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 Return to Turramurra or Hornsby Station</b>
19/12/2009 Saturday	<b>Breakfast Point Punt</b>	<i>Grade:</i> Easy <i>Distance:</i> 17 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Darryn Capes-Davis</b> 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.
19/12/2009 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.
20/12/2009 Sunday	<b>Buon Appetito</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 30 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Eric Middleton</b> 99582546 <i>Starts at:</i> 07:30:00. St Thomas Rest Park, West St , Crows Nest. Ride gently across 3 bridges to Leichhardt for coffee. Enjoy a loop around Blackwattle Bay on the return trip.
20/12/2009 Sunday	<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> 07:15:00. <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 we will join the original route at cnr Pentecost Ave &amp; Mona Vale Road, and do a quick pickup at the Stanley St carpark St.Ives about 30mins after start time.</b>
20/12/2009 Sunday	<b>Northern Line Coaster</b>	<i>Grade:</i> Easy <i>Distance:</i> 15 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Alison Pryor</b> 9874 2383 <i>Starts at:</i> 08:30:00. Epping Station, East side. Epping to Strathfield with the return by train. Ride one of the on-road regional bicycle routes in Northern Sydney in the downhill direction and catch the train back.
26/12/2009	<b>Yacht Race</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 25 <i>Pace:</i> gentle pace <i>Contact:</i> <b>John Williams</b> 0409 324 317

Saturday	<b>Ride</b>	<b>Starts at:</b> 10:00:00. <b>special start St Leonards Station, concourse. Ride to Middle Head for a BYO picnic lunch and see the yachts heading to Hobart. Bring your sunscreen!</b>
28/12/2009 Monday	<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 <b>Starts at:</b> 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
30/12/2009 Wednesday	<b>Summer Hill Circle</b>	<i>Grade:</i> Medium <i>Distance:</i> 35 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Bob Chambers</b> 9449 9112 <b>Starts at:</b> 08:30:00. Meadowbank Wharf. Ride via Concord, Five Dock, Hawthorne Canal c/p. Coffee at Summer Hill then complete the loop via Cooks R c/w.
2/1/2010 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 <b>Starts at:</b> 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.
9/1/2010 Saturday	<b>Beyond Barrenjoey</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 60 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Robyn Tuft</b> 9144 1325 <b>Starts at:</b> 00:00:00. 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
9/1/2010 Saturday	<b>Further Beyond Barrenjoey</b>	<i>Grade:</i> Hard <i>Distance:</i> 85 <i>Pace:</i> fast pace <i>Contact:</i> <b>Peter Tuft</b> 9144 1325 <b>Starts at:</b> 00:00:00. Turramurra Station, East side. Ride via back roads to Palm Beach, ferry across Broken Bay, superb scenery around Kilcare, Gosford and Brisbane Water. Train from Woy Woy. Call to confirm.
9/1/2010 Saturday	<b>Hawthorne Canal</b>	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Alison Pryor</b> 9874 2383 <b>Starts at:</b> 08:30:00. Meadowbank wharf. Ride via Cooks River c/p, to Murrumbidgee, then Hawthorne Canal c/w stopping for coffee at Concord.
9/1/2010 Saturday	<b>Twilight on the Harbour</b>	<i>Grade:</i> Medium <i>Distance:</i> 35 <i>Pace:</i> slow spin pace <i>Contact:</i> <b>Joan Kerridge</b> 99098925 <b>Starts at:</b> 17:30:00. <b>special start St Thomas Rest Park, West St , Crows Nest. Ride to Manly &amp; North Head for BYO picnic dinner at sunset. Ferry to Quay before returning to St Leonards via the Bridge. BIKE LIGHTS ESSENTIAL.</b>
10/1/2010 Sunday	<b>Bays &amp; Foreshores</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 35 <i>Pace:</i> gentle pace <i>Contact:</i> <b>Eric Middleton</b> 99582546 <b>Starts at:</b> 07:30:00. Meadowbank Wharf. Ride to Gladesville Bridge, then follow the bays & foreshores around to Concord for coffee.
13/1/2010 Wednesday	<b>Botany Bay Bacon</b>	<i>Grade:</i> Medium <i>Distance:</i> 65 <i>Pace:</i> <b>special pace</b> relaxed <i>Contact:</i> <b>Bob Chambers</b> 9449 9112 <b>Starts at:</b> 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.
16/1/2010 Saturday	<b>Cowan Calga</b>	<i>Grade:</i> Medium Hard <i>Distance:</i> 52 <i>Pace:</i> brisk pace <i>Contact:</i> <b>Darryn Capes-Davis</b> 0406 380 862 <b>Starts at:</b> 08:00:00. Cowan Station. Ride through magnificent Hawkesbury River valley on quiet roads. Return with a stop for coffee.
17/1/2010 Sunday	<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 <b>Starts at:</b> 07:00:00. <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, towel, togs, lock and money. A Hornsby start will see us join the original route at cnr Pentecost Ave and Mona Vale Rd, with a quick pickup at the Stanley St carpark St.Ives about 30mins after start time.</b>
23/1/2010 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 <b>Starts at:</b> 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.
24/1/2010 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 <b>Starts at:</b> 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.
27/1/2010 Wednesday	<b>Naremburn to Cronulla</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 46 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Bob Chambers</b> 9449 9112 <b>Starts at:</b> 08:30:00. Naremburn Shops, Willoughby Rd and Rohan St. An interesting ride across Sydney using mostly quiet roads and Cycleways. Lunch in Cronulla before catching train home.
30/1/2010 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 <b>Starts at:</b> 07:30:00. Artarmon Station, East side. Hilly ride to Balmoral and Middle Head. After coffee at Chowder Bay return to Artarmon.
31/1/2010 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 <b>Starts at:</b> 07:00:00. Eastwood Station, East side. Ride via Browns Waterhole, Turramurra, Church Point to Manly for coffee. Ferry to Quay then to Eastwood via Lane Cove NP and M2. Fit and experienced riders only.
31/1/2010 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 <b>Starts at:</b> 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.