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The "Autumn Classics" 2010

by Keith Griffin

In recent years, during the famous European "Spring Classics" cycling season, an increasing number of Bike North riders has been taking part in a parallel antipodean series of Bike North Autumn Classics. Our series is unofficial, much less competitive and includes several events not organised by Bike North.

In fact the Autumn Classics are so unofficial as to include different events for different people, but the main ones seem to be Loop the Lake, Tour de Hills, Tour de Cowra, Blayney to Bathurst Cyclosporitif, Bike North Century Challenge, and perhaps the Great Hunter Cycle Challenge. While only two of these are Bike North events, they are the two which get the greatest numbers of Bike North members participating each year.

Importantly, each of these events is designed to encourage cyclists of all levels (perhaps not novice riders) to participate, which may help explain the large numbers taking part.

This year, as always, I was dreading the most difficult of these events, the BNCC. I realised some months out from the event that I would need to decide either to prepare well, or opt for a nice relaxing day sitting in a chair reading a book and handing out jelly beans to tired cyclists at a checkpoint. Given that Fran was very keen to ride, and she was not really sure with whom she could team up, my choice was made for me.

Editor: Jennifer Gilmore
Production: Keith Griffin

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.

We were unable to get away to do Loop the Lake, and I heard the next day that many Bike North riders who had intended to ride did not due to significantly bad weather. We've never done Tour de Hills and again it fell on a day when we would not be able to ride. Therefore we began some training on our own: we started doing more rides, Thursday evening training was reborn and our weekend rides moved to harder and longer ones where possible.

What I should explain at this point is that not only had we decided to enter the Blayney to Bathurst short course (B2B, 70kms) but Fran had decided to enter the NSW Hill climb championship with a climb up Mt Panorama (using a service road, very steep!) and we were also volunteers to assist with the electronic timing equipment at the B2B weekend. The weekend before would be Tour de Cowra, and thus provide excellent final training with 4 days of good rides, a day off and then a few easier rides on our own before moving to Bathurst on the Friday afternoon.

Our lead up training to TdC worked well and we both felt pretty good. But best of all was the large number of people taking part in TdC and having a great time. Several did their longest ever day ride, some were recent Bike for Life graduates and were now out doing 80 kms rides in the country! Others were keen to find the best coffee shop in Canowindra, or sink a pint at the pub après ride. The excellent weather helped.



A sea of Bike North riders in Cowra

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Everyone joined in the "Jersey Days" with great spirit. On day 2 we had world champions, Tour de France leaders, Kings of the mountains and Paris to Dakar by Bike veterans. Day 3 saw the largest number of Bike North jersey wearing riders ever assembled. A few of the many wonderful contributions to the Silly Jersey day included Cats in the Hat, a crash test dummy, a skeleton, and the now familiar Pinarello Princesses complete with tiaras.



He's been losing weight lately

With TdC over we took a day off, then did some relatively easy rides for the next few days, not wanting to have tired legs for the B2B. Fran's hill climb was up early-ish on the Saturday, but not nearly as early as we were up and about setting up equipment at Mt Panorama for the hill climb and the criterium races. Fran did really well in the hill climb and now has a medal to prove it. Next day was another early start to drive to Blayney and set up the equipment at the starting line, watch the long course (110km) riders leave and then wait until our luxuriously late 10 am start. It had been raining until just after the long course riders departed. The weather almost immediately turned for the better and took our spirits and resolve with it. At 10 am we were riding toward Bathurst the long but very scenic way.

I had not prepared myself mentally for this at all, partly because it was not very long, and partly because I was concentrating on the work we had been doing with equipment for the events.



A good breakfast is essential before a ride

The advice always proffered for these events is "get into a good peloton and stick with them". Previously I had tried this and over exerted myself too early, so this year I decided to ignore everyone else and ride at my own pace. To my delight I found that no-one was passing me, and I was passing many riders. Fran, a little further back, was having a similar experience.



relaxing in Canowindra

During the ride we were both so grateful for the skills we have learned in Bike North. There were very few other riders out on course who knew how to ride in a rolling pace line, very few who know how to spin up hills and few who could descend well. Bike North had an outstanding day with at least ten riders in the event, each achieving an excellent finishing time.



On the starting line of B2B

I remained calm, but still dreaded the final pinnacle of my Autumn Classics, the BNCC 165 km ride. Fran and I would ride with Doug Stewart, who we knew would be cruising while we struggled. Once again, sensible preparation combined with skills and experience gained in Bike North came to the fore and we finished with our best ever average speed (Doug could have done it faster, but hey) for that distance. Best of all, we felt good at the end. I am usually a wreck for at least two days after the BNCC and this time I recovered very quickly and was back out training on the following Tuesday.



Fran takes the corner in Newbridge on B2B

If you've not done any of the Autumn Classics, give it a go. Try one next year, and then move to doing more the following year. Certainly it takes some planning and training, but the rewards of so much great cycling in such scenic places are great, and the camaraderie among the Bike North participants in these events is extraordinary. There is so much free advice, help and information available from experienced riders in Bike North. Use this resource, observe how people ride and what they say at the coffee stop. Ask questions. See you at the Autumn Classics next year!

Advocacy 101

A letter to Bike North from a new member

I am writing to share my experience with Bike North advocacy meetings...

Simply, I just turned up for one of the meetings just to see what they do and how they go about it. I found it was quite serious but friendly, everyone was engaged in one project or another – it was nice to see the support that everyone gave to each other. What I did not know at first was the commitment that others had given to some of the projects that have been ongoing for several years – gaining little wins along the way. After a couple of meetings I eventually put my hand up to assist with one of the festivals.

The experience was good and I was able to share my experience promoting BN (from a new members' perspective) with people who dropped in at the stall. I gave out some pamphlets, answered questions and asked others in the stall for assistance if the questions became too technical for me to answer. I was asked to assist for a few hours and ended up staying for the afternoon. At the end of the day, I came away feeling good that I had participated. I have since assisted in several stalls and every now and then it is nice to hear someone on a ride say that they met me at a stall and took my advice to "come along to one of the BN rides".

I am currently assisting in a project to obtain bike parking at my local shops, visiting the site (with an experienced committee member) and identifying locations for the placing of bike racks and the drafting a submission.

I have been part of the committee now for 6 or 7 months, I am enjoying the camaraderie in being part of an active team, working together to get things done for our area, not just for BN but also for my community and other riders passing through. All those little successes join together to eventually make big advances for cycling.

It was also eye opening to see several of our local Councils asking for our assistance in matters relating to cycling which reinforces that BN is a respected group in our area, so I am pleased to be part of it.

So come along to one of the meetings - bring your positive attitude - you will find people who are happy to have you join the team, a cup of tea, coffee and biscuits. If you want to be involved in a project, know that you won't be thrown in at the deep end but you will be mentored into a project. You will enjoy the experience.

Regards,
Maria Boros

NOW OPEN - Parramatta Valley Cycleway

By David Edwards

The section of the Parramatta Valley Cycleway (PVC) on the eastern side of Silverwater Bridge is now officially opened.

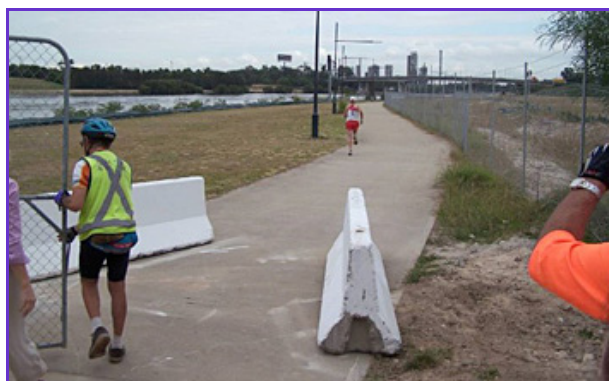
This section of the path, between the old Naval Stores and the Parramatta River, has been closed for a number of years. For much of this time, the notices at each end giving an opening date were regularly "updated" and finally disappeared, with this section of the PVC remaining firmly closed.

Bike North member Brian Willis has been very active in lobbying local Federal MP Maxine McKew in relation to this path, and at last he was successful. With minimal notice, he was advised that the path would be officially opened by Maxine at 10am on Thursday 15 April 2010.



Maxine McKew attempting to open the gates with some small bolt cutters. Fortunately a key for the lock was available.

A quick round of emails rounded up a number of Bike North members to attend the official opening. After some brief speeches from the representative of the local community association and from Maxine, the locked gates were officially opened and access to the path provided to walkers, runners and cyclists.



Brian Willis finally opening the gate. Note that the keen runner is already christening the path!



David Edwards, Brian Willis and Keith Griffin from Bike North with Federal MP Maxine McKew.

It is now possible to cycle from the ferry terminal at Kissing Point to the James Ruse Drive Bridge in Parramatta, with detours along Hope Street in Rydalmere and South Street in Ermington the only on road detours.

Diary Date: Bike North AGM Sunday 15th August

As the AGM is always the third Sunday in August, that makes it the 15th. Stay tuned for more info on:

- rides that will end at the AGM;
- and lucky door prizes for members.

Not quite there yet...

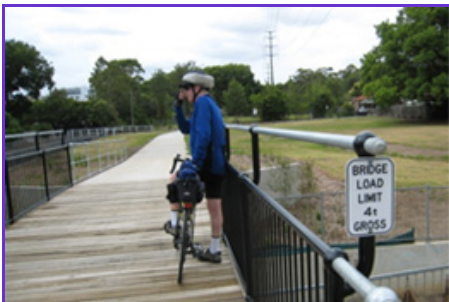
(Cycling infrastructure – outside Bike North's patch)

North Strathfield



On an Epping-Strathfield easy ride – those who arrived at the start were a small group of experienced riders, so with their permission we picked up the pace a little and use the extra time to

check out some new cycling infrastructure. Pomeroy Canal path, North Strathfield. What we discovered was a path to nowhere (just yet). Funded through Strathfield Council and a Dept. of Planning 'Sharing Sydney Harbour (SSH)' grant. Though it is a bit of a stretch to say it has harbour views. Fortunately Strathfield Council has since got a second round of SSH funding to match their contribution to complete the path. The path will link to the Olympic Park paths at Pomaroy Street to North Strathfield town centre (Bakers Quarter and station), from there an on-road route takes you to Homebush.



Note the bridge load: not sure there was ever a 4-ton bike! An example of over engineering – built for council trucks to access / build the path, but it increases the construction cost of path building.

PS: Thank you for the willingness of my fellow riders to go exploring after the original end of the ride. As a result, future 'Northern Line Coaster' rides will extend to include riding through

Rookwood and Lidcombe and return to finish at Rhodes station to catch the train back up the hill, remaining an easy grade at 22km.

Barangaroo site Sydney CBD

From time to time Bike North is asked to provide advocacy contribution to projects outside our area, but that have regional connections. Barangaroo is a large brown-fill site in a main harbour location. In keeping with the harbour foreshore promenade policy, development will be set back from the water's edge allowing a public space accessible to walkers and cyclists. The foreshore area is now open to the public with gates on Towns Place at the northern end and currently Hickson road at the southern end. The southern entrance will extend to the meet the King street wharf in March or April when the Sydney Ports site will be included in the foreshore promenade. The intention is for cycling on the foreshore at Barangaroo to be recreational with the higher speed/commuting route to remain along Hickson road.



The Barangaroo Development Authority initially asked BN for comment on a proposed (inadequate) pedestrian/cyclist access map to go on their web site. So to provide a detailed written response we suggested a 'saddle survey' (e.g. ride the space to comment on route connections, directional signs, surface etc.) The City of Sydney cycling map is now a link on the Barangaroo website as the cycling route resource. The space is sufficient to have separate space for walkers, joggers and cyclists, even allowing for the commercial / residential development on the site. Directional signage is to be installed in March / April and will include indicating directions to the Harbour Bridge cycle access – which were not initially included. You can check out the location on Bike North rides such as Bays and Bridges, Wharves and Providores.



Bicycle advocates from City of Sydney, Bike Sydney and BNSW on the saddle survey, project representatives in the golf cart.

New! City of Sydney Cycleways

Bourke Rd, Mandible St and Bowden St

By Alison Pryor

Some Bike North riders (along with some from Liverpool BUG) recently checked out the new City cycling facilities on a ride out to Botany Bay. (Thanks to Russell from LiveBUG for the photos).

These are two way cycle-only facilities – it pays to have a look cycling maps – to check the best locations to join the cycle facilities. There are on road routes from the northern end of Redfern station and once the renovations in Prince Alfred Park are finished there will be a safe route through to Central station. The southern end has an on-road route to join up with Coward St Mascot, where the cycle path on the north side of the Airport starts.

While fast, sporting style cyclists would get more speed up on the main section of the road (the green paths curve around each bus stop and requires watching for vehicles turning so going flat out is not recommended) they are functional for cycling on and certainly increase the perception of safety by being separate from cars. The prime target is local and commuting transport.

The green sections of road are part of the City of Sydney's efforts at cultural change about bikes – seeing them as an excellent form of local transport. As well as the large investment in on-the-ground facilities such as separated cycle lanes, cycle parking rails and rings, there is also a concerted effort in community education including free cycling skills programs and maps. [The cycling section of their web can be found here](#) .

On the City of Sydney website they claim that:

- Alexandria and Beaconsfield have the second highest percentage of residents cycling to work in the City of Sydney.
- The new separated cycleways on Bourke Road, Bowden and Mandible Streets will give local bike riders a connection from southern Alexandria to Green Square. A separated cycleway is part of the road but is physically separated from cars by a raised median to protect bike riders. Standard road rules apply to bike riders using a separated cycleway.
- The Bourke Road cycleway and the Bourke Street cycleway (currently under construction) will create a seven kilometre bike corridor between southern parts of the City and the City centre.

Opportunity to Cycle Sulawesi

Dear Fellow Bike North riders,

Would you like to join me on a ride I've organized on the Indonesian island of Sulawesi, the crablike island north of Bali?

Trip dates are: July 3–12 2010. It's 525 km in 9 days (with 6 cycle days of an average of about 85km per day). I've planned the trip with riders who've prepared themselves in mind. The ride is on quiet back roads following a scenic mountain route so on five of the six cycle days the route will contain serious ascents. As well as a great ride there will be genuine cultural immersion in Indonesian life.

Cost is US\$1299 - with discount available for Bike North members. The price includes most things including support vehicle and bike mechanic but it doesn't include your flight to Indonesia, bike (BYO) and parts.

There are four places left.

For me, this trip is not a money making venture. It's an opportunity to do what I love doing and to share it with others.

[More details here.](#)

If you're interested please call or sms me on 0416 944 202.

Regards,

Colin Freestone

Calendar, June 2010 – July 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
1/6/2010 Tuesday	BN Executive Meeting	Contact: info@bikenorth.org.au Starts at: 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.
2/6/2010 Wednesday	Bays & Foreshores	Grade: Easy Medium Distance: 35 Pace: special pace relaxed Contact: Bob Chambers 9449 9112 Starts at: 08:30:00. Meadowbank Wharf. Ride to Gladesville Bridge, then follow the bays & foreshores around to Concord for coffee.
5/6/2010 Saturday	Further Beyond Barrenjoey	Grade: Hard Distance: 85 Pace: fast pace Contact: Peter Tuft 9144 1325 Starts at: 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. Call to confirm, so we know numbers for the ferry
5/6/2010 Saturday	Beyond Barrenjoey	Grade: Medium Hard Distance: 60 Pace: relaxed pace Contact: Robyn Tuft 9144 1325 Starts at: 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 Call to confirm, so we know numbers for the ferry
5/6/2010 Saturday	Epping - Chatswood	Grade: Easy Medium Distance: 37 Pace: relaxed pace Contact: Alison Pryor 9874 2383 Starts at: 08:00:00. Epping Station, East side. Using the key cycle transport routes between Epping and Chatswood. Predominantly cycle paths with some sections on local streets. The route is undulating so is a good introduction to adding hills and includes some town centre riding. The ride will end at Chatswood railway. Catch the train back, or stay and shop in Chatswood, or make your own way back.
5/6/2010 Saturday	Olympic Park Ride	Grade: Easy Distance: 25 Pace: special pace relaxed Contact: Doug Stewart 9874 5594 Starts at: 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.
6/6/2010 Sunday	Brooklyn Brunch	Grade: Hard Distance: 90 Pace: brisk pace Contact: Darryn Capes-Davis 0406 380 862 Starts at: 07:15:00. Eastwood Station, East side. Ride Bobbin Head, then Brooklyn for brunch. Return via Hornsby & Turramurra. Fit, experienced riders only. We will turn around at the river and ride back to Pie in the Sky for coffee rather than going into Brooklyn
6/6/2010 Sunday	Lane Cove Village Ride	Grade: Easy Distance: 17 Pace: gentle pace Contact: Ian Meller 0419 621 848 Starts at: 08:00:00. Lane Cove Plaza (corner Burns Bay & Longueville Roads). Loop ride through Lane Cove, Bicentennial Reserve, Artarmon and Chatswood. Passes site of Lane Cove community garden and Stringybark Creek. Uses Epping Road and Gore Hill cycle paths and quieter cycle access routes to adjoining suburbs.
8/6/2010 Tuesday	Ryde Hunters Hill Meeting	Contact: ryde@bikenorth.org.au Starts at: 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.)
8/6/2010 Tuesday	Ku-ring-gai Working Group meeting	Contact: Bob Chambers, 9449 9112 Starts at: 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.
12/6/2010 Saturday	Pie in the Sky	Grade: Medium Distance: 40 Pace: moderate pace Contact: Evan Hawthorne 0409 606 853 Starts at: 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.

12/6/2010 Saturday	East Sydney Art	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> gentle pace <i>Contact:</i> Alison Pryor 9874 2383 <i>Starts at:</i> 09:00:00. North Sydney station. Ride on cyclways through inner city Pyrmont and tourist areas to see Art works. Bike lock and non cleated footwear recommended. Lots of stops. Return to North Sydney Visits will be to Object Gallery (Studio Glass) and State Library (100 Exhibition - Aust history objects). Free entry.
13/6/2010 Sunday	Hills and Surfside	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> special pace fast <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.
13/6/2010 Sunday	City Boomerang	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Pace:</i> special pace relaxed <i>Contact:</i> Alan Corven 0414 538 977 <i>Starts at:</i> 08:00:00. Epping Station, East side. A ride to the city from NW Sydney using popular commute routes on both sides of the harbour. Few regroup, some traffic and hills.
13/6/2010 Sunday	Whale of a Time	<i>Grade:</i> Medium <i>Distance:</i> 60 <i>Pace:</i> relaxed pace <i>Contact:</i> Eric Middleton 99582546 <i>Starts at:</i> 07:30:00. Bestic St car park, Brighton-le-sands. Brighton-le-sands over Capt Cook Bridge to Kurnell and Cape Solander. Wend our way round to Cronulla, returning a similar way. Refuelling stop included.
14/6/2010 Monday	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
15/6/2010 Tuesday	Lane Cove Working Group	<i>Contact:</i> lane_cove@bikenorth.org.au <i>Starts at:</i> 20:00:00. Lets make cycling better in Lane Cove. Come along and let us know about your issues, come make suggestions, offer to help or just keep up to date on whats happening locally. All very welcome. 2 Albert St, Greenwich NSW 2065.
16/6/2010 Wednesday	Mirambeena Magic	<i>Grade:</i> Medium <i>Distance:</i> 72 <i>Pace:</i> relaxed pace <i>Contact:</i> Bob Chambers 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
19/6/2010 Saturday	The Big Loop - Tortoise	<i>Grade:</i> Easy Medium <i>Distance:</i> 50 <i>Pace:</i> relaxed pace <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <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.
19/6/2010 Saturday	A to C and Back	<i>Grade:</i> Medium <i>Distance:</i> 30 <i>Pace:</i> relaxed pace <i>Contact:</i> Graeme Edwards 9436 0969 <i>Starts at:</i> 08:00:00. Artarmon Station, East side. Hilly ride to Balmoral and Middle Head. After coffee at Chowder Bay return to Artarmon.
20/6/2010 Sunday	North to West Head	<i>Grade:</i> Hard <i>Distance:</i> 91 <i>Pace:</i> brisk pace <i>Contact:</i> Doug Stewart 9874 5594 <i>Starts at:</i> 07:00:00. Eastwood Station, East side. Hilly ride via Browns w/h, Terrey Hills, West Head, Akuna Bay (coffee). Return a similar route.
20/6/2010 Sunday	Concord for Cake	<i>Grade:</i> Easy <i>Distance:</i> 28 <i>Pace:</i> gentle pace <i>Contact:</i> Debbie Edwards 9436 0969 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way.
22/6/2010 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.
26/6/2010 Saturday	Parramatta Park Parade	<i>Grade:</i> Easy Medium <i>Distance:</i> 35 <i>Pace:</i> relaxed pace <i>Contact:</i> Doug Stewart 9874 5594 <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.
27/6/2010 Sunday	Banana Pie	<i>Grade:</i> Medium Hard <i>Distance:</i> 67 <i>Pace:</i> moderate pace <i>Contact:</i> Fran Griffin 0414 187 427 <i>Starts at:</i> 08:00:00. Turramurra Station, East side. Practise your descending and climbing going both ways through Bobbin Head, and visiting Pie in the Sky. Cancelled if raining
27/6/2010 Sunday	Longreef Lookout	<i>Grade:</i> Medium Hard <i>Distance:</i> 50 <i>Pace:</i> gentle pace <i>Contact:</i> Ian Meller 0419 621 848 <i>Starts at:</i> 08:00:00. St Leonards Station, concourse. Ride with significant hills, mostly on back roads, through to the Spit, Wakehurst Parkway and Beacon Hill to Long Reef Lookout. Return south along coast through Balgowlah, The Spit to start. (About 1km loose unsea Bring a snack to have at the lookout if desired.
30/6/2010 Wednesday	Nareburn to Cronulla	<i>Grade:</i> Easy Medium <i>Distance:</i> 46 <i>Pace:</i> relaxed pace <i>Contact:</i> Bob Chambers 9449 9112 <i>Starts at:</i> 07:30:00. Nareburn Shops, Willoughby Rd and Rohan St. An interesting ride across Sydney using mostly quiet roads and Cycleways. Lunch in Cronulla before catching train home.
3/7/2010 Saturday	Cowan Calga	<i>Grade:</i> Medium Hard <i>Distance:</i> 52 <i>Pace:</i> brisk pace <i>Contact:</i> Keith Griffin 0434 496 299 <i>Starts at:</i> 08:30:00. Cowan Station. Ride through magnificent Hawkesbury River valley on quiet roads. Return with a stop for coffee.
3/7/2010 Saturday	Cowan to Calga for Women	<i>Grade:</i> Medium <i>Distance:</i> 52 <i>Pace:</i> moderate pace <i>Contact:</i> Fran Griffin 0414 187 427 <i>Starts at:</i> 08:15:00. Cowan Station. Ride through magnificent Hawkesbury River valley on quiet roads. Return with a stop for coffee. Women only.
3/7/2010 Saturday	Breakfast Point Punt	<i>Grade:</i> Easy <i>Distance:</i> 17 <i>Pace:</i> gentle pace <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <i>Starts at:</i> 09:00:00. Meadowbank Wharf. Cross Parramatta river on John Whitton Bridge, ride through Rhodes and Concord West through to Cabarita Ferry Wharf then Breakfast Point for coffee. Cross the river on the Putney Punt and return to Meadowbank on the riverfront route.
4/7/2010 Sunday	Park to park	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Pace:</i> relaxed pace <i>Contact:</i> Fran Griffin 0414 187 427 <i>Starts at:</i> 08:30:00. Macquarie University Station, Uni side of Herring Rd. Ride from Macquarie Uni to Lane Cove National Park, then across to Homebush Bay for coffee at Newington. Return by a different route.
6/7/2010 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.

7/7/2010 Wednesday	Western Wander	<i>Grade:</i> Medium <i>Distance:</i> 70 <i>Pace:</i> relaxed pace <i>Contact:</i> Bob Chambers 9449 9112 <i>Starts at:</i> 08:30:00. Meadowbank Wharf. Ride via M4 c/p and Rail Trail to explore Prospect canal routes. Coffee at Abbotsbury.
10/7/2010 Saturday	Round (the) Corner to Windsor	<i>Grade:</i> Medium Hard <i>Distance:</i> 72 <i>Pace:</i> moderate pace <i>Contact:</i> Peter Tuft 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
10/7/2010 Saturday	Three Gorges Pies	<i>Grade:</i> Hard <i>Distance:</i> 75 <i>Pace:</i> special pace brisk <i>Contact:</i> Doug Stewart 9874 5594 <i>Starts at:</i> 08:00:00. special start Turramurra Station, East side. Hard, hilly ride through Galston Gorge, Arcadia, Berowra Waters to Pie in The Sky for coffee. Return via Bobbin Head to Hornsby.
10/7/2010 Saturday	A to C and Back	<i>Grade:</i> Medium <i>Distance:</i> 30 <i>Pace:</i> relaxed pace <i>Contact:</i> Graeme Edwards 9436 0969 <i>Starts at:</i> 08:00:00. Artarmon Station, East side. Hilly ride to Balmoral and Middle Head. After coffee at Chowder Bay return to Artarmon.
11/7/2010 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
11/7/2010 Sunday	Concord for Cake	<i>Grade:</i> Easy <i>Distance:</i> 28 <i>Pace:</i> gentle pace <i>Contact:</i> Debbie Edwards 9436 0969 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way.
13/7/2010 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.)
17/7/2010 Saturday	Meadowbank to Bobbo	<i>Grade:</i> Medium <i>Distance:</i> 50 <i>Pace:</i> moderate pace <i>Contact:</i> Doug Stewart 9874 5594 <i>Starts at:</i> 08:00:00. Meadowbank Wharf. Hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents.
17/7/2010 Saturday	Covert Operation	<i>Grade:</i> Easy Medium <i>Distance:</i> 24 <i>Pace:</i> gentle pace <i>Contact:</i> Darryn Capes-Davis 0406 380 862 <i>Starts at:</i> 08:00:00. Epping Station, East side. Ride via Macquarie Uni and Epping Rd bicycle path to Lane Cove. Return via North Ryde
19/7/2010 Monday	Hornsby area advocacy meeting	<i>Contact:</i> Alan corven <i>Starts at:</i> 19:30:00. . Held at the Blue Gum hotel (for the moment). Discussion of various advocacy issues affecting the Hornsby Council area. All welcome to come along and put your suggestions forward, and hopefully take an active part in improving cycling facilities in Hornsby shire.
21/7/2010 Wednesday	Summer Hill Circle	<i>Grade:</i> Medium <i>Distance:</i> 35 <i>Pace:</i> relaxed pace <i>Contact:</i> Bob Chambers 9449 9112 <i>Starts at:</i> 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.
24/7/2010 Saturday	Olympic Park Ride	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> special pace relaxed <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.
25/7/2010 Sunday	Manly Dam	<i>Grade:</i> Medium <i>Distance:</i> 40 <i>Pace:</i> gentle pace <i>Contact:</i> Joan Kerridge 99098925 <i>Starts at:</i> 10:00:00. St Leonards Station, concourse. Ride via Spit, Wakehurst Pkwy, down Allambie Hts to Manly Dam. Ret via Balgowlah for coffee before returning to start. Bring a Picnic Lunch
25/7/2010 Sunday	Hills and Surfside	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> special pace fast <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.
31/7/2010 Saturday	North to West Head	<i>Grade:</i> Medium Hard <i>Distance:</i> 91 <i>Pace:</i> special pace moderate <i>Contact:</i> Robyn Tuft 9144 1325 <i>Starts at:</i> 07:30:00. special start Turramurra Station, East side. Hilly ride via Browns w/h, Terrey Hills, West Head, Akuna Bay (coffee). Return a similar route.
31/7/2010 Saturday	Berowra Hill Climb	<i>Grade:</i> Medium <i>Distance:</i> 30 <i>Pace:</i> relaxed 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 from Hornsby along Pacific Highway to Berowra. Head down to Berowra Waters and climb back up again.