

## Contents

<a href="#">Bike North Big Ride Day</a>	1
<a href="#">Street Memorial – Ghost Bikes</a>	3
<a href="#">Bar Ends or Bar Ins?</a>	4
<a href="#">Overseas Cycle Trip – The Planning</a>	5
<a href="#">The Timbuktu Trail</a>	6
<a href="#">The Wrap – Bike North Century Challenge (BNCC)</a>	7
<a href="#">Calendar</a>	
<a href="#">Other Editions</a>	

## Bike North Big Ride Day

### Sunday 15 August 2010

Start looking ahead to the next big BN event - the Big Ride Day and AGM BBQ. With lots of rides and a BBQ, this event celebrates the end of Winter and looks forward to Spring fairs and Summer events.

There are rides to cater for all BN members so choose yours and come along.

Most rides will start from the same location at the Concord West Picnic Area Bicentennial Park. Use the entrance to Bicentennial Park off Victoria Avenue, Concord West with lots of parking in the park and nearby streets. This is also conveniently accessible by train from Concord West station via the same entrance.

Joan's ride starts from a different location and returns after the event.

Rides start at different times but all aim to finish between 11:00-11:30am at the Hill Pavilion in Bicentennial Park for a BBQ lunch. And you don't need to bring anything! Just turn up after the rides and socialise.

The Bike North Annual General Meeting will take place at approx 12 noon at this venue, so you also have the opportunity to provide input on how Bike North is run. All members are welcome to attend the BBQ and AGM (even if not able to participate in one of the rides).

Bring the whole family – after the AGM, if there is interest, we can look at putting

**Editor:** Gloria Blonde

**Production:** Stacey Ward + 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.

on a kids ride in Bicentennial Park.

Ride	Leader	Grade	Avg Pace	Dist.	Start Time	Start Location
Gorge and Berowra	Darryn Capes-Davis	Hard	Fast (>25 km/hr)	95 km	6:30am	Concord West Picnic Area Bicentennial Park (see map next page)
Meadowbank to Bobbo	Doug Stewart	Medium Hard	Moderate (19-22 km/hr)	60 km	7:30am	
Park to Park	Fran Griffin	Medium	Relaxed (17-19 km/hr)	50 km	7:30am	
Concord for Cake	Debbie Edwards	Easy	Gentle (15-17 km/hr)	28 km	8:30am	
Olympic Park	Alister Sharp	Easy	Gentle (15-17 km/hr)	28 km	9:00am	
Lane Cove to Olympic Park	Joan Kerridge	Easy Medium	Relaxed (17-19 km/hr)	50 km	9:30am	Lane Cove Plaza (cnr Burns Bay and Longueville Rds)

[Next Page](#)

And why not improve your cycling style by purchasing a BN jersey on the day. Debbie Edwards will bring along a stock and you can try on for size. Jerseys are a very reasonable \$94.00 (short sleeve) and \$99.00 (long sleeve). [Correct cash or cheque as payment please.]

This is a great chance to catch up with other BN members so put Sunday August 15 in your diary!

***Of course, we'll need some help to stage the day. How about:***

- Sizzling some snags
- Turning some onions
- Preparing a salad
- Baking a cake or some succulent sweets
- Helping with other incidentals

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



# Street Memorial – Ghost Bikes

by Ghislaine

The loss of someone you love can often translate into new experiences. When my soul mate, Mike Bate, was killed while riding his beloved classic bike in January this year, I first sensed that the whole world had taken on a new meaning. Without expanding too much on the surrealism in which I floated for a few weeks, I am keen to share how much the support of the cycling community, Bike North in particular, has mattered and still matters in helping me cope with my grief. Words and gestures that I will not be able to forget, frequent and encouraging emails, teary eyes as we speak about the accident and miss our beautiful friend... all of this counts.

The most unexpected gesture first came in the shape of a post on the Sydney Cyclist website. Peter T, whom I'd never heard of before, invited me to consider participating in a ghost bike project. Not having ever heard of such a thing as a 'ghost bike' I checked the New York and Melbourne website links he had sent me to understand the concept better.

Basically, it is a project run by volunteers to honour cyclists who have been killed on the streets. It seeks to 'foster mutual respect among all people who share the streets'. On the sites were photos of pre-loved bikes which had been painted white all over (including the tyres) and chained to a pole or a tree in full view of passing traffic. Usually tied to the frame is a note to provide some explanation.

When Peter T kindly offered to find a bike similar to Mike's, to paint it, to secure it with a good u-lock, to part-write and laminate the note for the frame, I was almost lost for words. Many emails and a couple of weeks later, here we were, meeting after dark for the very first time in the street where Mike had lost his life. The bike looked ghostly enough and we did the deed like a couple of underground partisans! We took several photos of the bike propped on the street sign pole and are in the process of writing to the relevant local council to seek their permission to leave it there. The photos will be attached to the letter for support.

What will never stop striking me is Peter's generosity: a family man, six years in Australia, who actually lives quite far from the scene of the accident, who has a full-time job and many other commitments (including riding for leisure with his wife and kids). Yet he took the time to care for a total stranger.

And though he didn't make fuss about it, I have the feeling the painting job took quite some time and effort to achieve the desired effect. What's more, he wouldn't let me contribute to either the cost of the paint, nor the lock or the old bike (where on earth did he find it?!). Altruism in its purest form. Will the bike stay there? Will council approve? To me, that's not as important as the compassionate gesture of a total stranger who gave a new meaning to my world. To all the 'Peters' on this planet, a big thank you! Take care, everyone.



# Bar Ends or Bar Ins?

by Alister Sharp

I used to hate flat bars. As a teenager, then much later as an adult, I'd always ridden bikes with drop bars. Now I have a couple of bikes with flat bars, and after a while my wrists begin to ache.

Bar ends are the usual solution, but now I've found something superior. 'Bar-Ins!' They're more comfortable, and more aerodynamic, as well!

It started when I bought a Birdy bike, which came with flat bars. I fitted bar ends, which solved the wrist problem, but left me feeling as though I was harvesting the wind instead of slicing through it.



Stubby bar-ends fitted to Blue Birdy (bars cut down to 480mm)

I tried drop bars (quite a difficult conversion for a bike with V-brakes and Grip-Shift), but they didn't feel right on the Birdy, so I swapped back to the original bars. Next I cut several centimeters off the already-narrow bars, and that helped. Ahah! I thought, maybe bar ends would work if they weren't so far apart! So I slid off the rubber grips (and the brake levers) and installed stubby bar ends in-board of the brake levers. Bar-Ins! (see photos)



'Bar-Ins' fitted to Orange Birdy (standard 520mm bars, since taped for greater comfort)

After a bit of trial-and-error, I've set my bar-ins so I can rest on them without having to grip. From there it's just a small movement of the hand for my finger to reach the gear triggers. And no further to the brake levers than from normal bar ends.

For starting off, and for tricky occasions I use the normal grips, but for normal riding I use the bar-ins most of the time.

## Hints

You can buy stubby bar ends in most bike shops, but I just cut down an old pair of bar ends, and wrapped them with some left-over handlebar tape.

How do you remove handlebar grips without destroying them? I use a syringe and fine needle to inject water through the rubber to the bar/rubber interface. Water is a good lubricant for rubber. Provided the grips haven't been glued in place, they slide off quite easily once you've worked the water around the length of the grip. Wet the grips before reinstalling them, and they slide on fairly easily.

# Overseas Cycle Trip – The Planning

by Marea Williams

## *The story begins...*

A couple of years ago, James and I embarked on our first ever cycle trip overseas. We were absolute novices and thought the best way was a fully guided tour. Many of our friends had done self-guided tours where your luggage is transferred daily from hotel to hotel and you set off merrily with bicycle and maps to your next destination. Although our friends gave us lots of encouragement and said ‘... getting lost is part of the adventure’, we elected to have a guide, a group and hotels which appear magically at the end of a great day’s cycling.

It is heaven being able to cycle along and not have to worry about getting lost, to have pointed out the best spots for coffee and eats, to easily find the next hotel, etc - a bit like a Bike North ride – bliss!! That trip was approximately 360km over 7 days from Prague to Vienna. We averaged 50km per day on mountain bikes with often unpredictable terrain but it was absolutely unforgettable in the best possible way. It was autumn so the days were crisp and we often cycled along quiet roads, past paddocks with a tractor in the distance, through forests where the ground was covered with a blanket of golden leaves, dappled light peaking through the myriad of trees along our cycle path. Occasionally someone would appear out of nowhere carrying a cane basket with freshly picked mushrooms from deep within the forest.

Other times, we cycled through quiet villages where locals were stocking up their houses with lots of timber cut ready for a cold winter’s night. The most bananas we have ever eaten in a week were on hand after a strenuous uphill climb. Our support van carried our luggage and was on hand to provide water and other tasty energy snacks at periodic intervals each day. Highlights of our trip included Cesky Krumlov with a castle that just had to be seen to be believed; the remnants of the iron curtain, barbed wire fencing alongside “no man’s” land, crossing the border from the Czech Republic into Austria and my personal favourite was my adrenaline-fuelled first place, crossing the official finishing line after a long hill climb!! I even flew past our guide. That literally brought tears of pride to my eyes. James and I both had the immense satisfaction of being very fit by the end of that trip. So, being our first cycle trip and a rip-roaring success, it was going to be a hard one to top!

## *And continues ...*

Fast forward to 2010 and we are bound for Europe again for our next cycle trip in August. This time, I particularly wanted to do at least part of the Romantic Road region of Germany (southern/Bavaria region of Germany). However, finding a guided tour of Germany in this region was a challenge. We did find a company whose closest tour was from Ulm to Regensburg. At the same time, we thought why stop at one bike tour. So, we researched guided bike tours in the Loire region of France. So we signed up for this one as well. All good! Well... it was until the Germany tour was cancelled due to lack of numbers. Apparently Germany is by all reports, incredibly easy to cycle and therefore, most tours are self guided. There are many cycle paths crossing the country. So, it was back to square one. We then thought to ourselves, do we contemplate plan B and dare try a self guided bicycle trip? We spent a few hours looking at various self guided tours, and as tempting as they were, we still felt unsure. Maybe next time.

One day, we thought of another idea - plan C emerged for our Germany cycle touring. We would base ourselves in a couple of towns for around 3 – 4 days each, and hire a bike in both places. This way we can do day tours by bike, again with the aim of averaging around 50km each day to allow time for sightseeing, a nice break somewhere along the way, returning to our home base at the end of a lovely day’s ride. Thanks to our friends’ recommendations again, we have decided to stay in two medieval towns - Rothenburg, located in the middle of the Romantic Road, followed by Regensburg which is situated further over to the eastern part of Germany (not far from Passau). Both are reasonably well situated for access by train from Munich (our arrival destination city in Europe). And of course we’ll cycle tour Munich for the couple of days we are there - a nice way to see the city and ease into our cycling holiday.

We now have a map of the cycle paths in Germany and have been happily working through various options for our daily bike tours - round trip or one way (train return). You never know, we may start a trend – stay a few days and get to know the local countryside and then move on. The idea of basing ourselves in a town or village for a few days and then moving on has enormous appeal to us. No need to continually pack and unpack. You can relax and enjoy not only the beautiful countryside but also the town or village in which you are based.

After our Germany sojourn, it’s on to France for our guided cycle tour of the Loire Valley. We will be visiting lots of Chateaus and staying in some wonderful centuries old accommodation. This trip will again average around 50km per day by hybrid bike and will be interesting for us to compare the scenery and history with our earlier week in Germany. As with any trip, we have always found that the more comprehensive our pre-trip planning and research such as the history, maps etc, the more we enjoy it.

Watch for the next Chainmail! – a review of our trip, and no doubt a few photos.

# The Timbuktu Trail

by Bill Tomlin

Are you adventurous?

Do you know where Timbuktu is?

Have you cycled in West Africa?

Are you happy to raise money for kids with cancer?

In a previous issue of ChainMail I wrote about my fantastic adventure of cycling from Paris to Dakar. Now, I'm encouraging members to come and join me in November 2011 for the new ride announced by Bike Dreams ([www.bike-dreams.com](http://www.bike-dreams.com)).

The ride will start at beautiful Lac Rose, just outside Dakar, in Senegal, and cycle through The Gambia and into Mali. The goal is to reach the fabled city of Timbuktu, the intellectual and spiritual capital of Islam in the 15th and 16th centuries.



Lac Rose, Senegal

From Timbuktu, we'll enjoy a three-day boat trip and camping along the Niger River back to the main road and Christmas in Mopti. Then we'll cycle into Burkina Faso, spend New Year in the capital, Ouagadougou, and then cycle through Ghana to the capital, Accra, on the Gulf of Guinea.

The preferred charity for Australian and New Zealand riders is the Oncology Children's Foundation ([www.ocf.com.au/200tomorrows](http://www.ocf.com.au/200tomorrows)), which raises money for cancer research and supports kids that don't yet have the opportunities to enjoy riding their bikes as often as we can.

In November next year, I'll be asking Bike North members to help me raise funds for the kids whose sickness means they can't just hop on their bikes and cycle when they want to ... like we do. But I'd prefer you to join me on the ride, experience an adventure of a lifetime, and raise even more funds for the Oncology Children's Foundation.



Kids in Senegal

For more information please send me an email at [wtomlin@ozemail.com.au](mailto:wtomlin@ozemail.com.au) and check the Bike Dreams website at [www.bike-dreams.com](http://www.bike-dreams.com).



Bush camp in Senegal

# The Wrap – Bike North Century Challenge (BNCC)

by Mal Hart, BNCC Event Coordinator

Bike North Century Challenge, held on Sun 18 April and blessed with great weather, was a huge success. The event continues to grow with a record 70 riders on the day. Many riders acknowledge afterwards how much they really enjoy the challenge of the ride. Clearly many had aimed for this event over recent months and built up their capability and fitness to give them confidence. Testing your riding capabilities can be a good thing and provides a strong reason for BN to continue to support and run this event.



Ecstatic Red Riding Hoods after 100kms

BNCC is deliberately very different to normal BN rides. Riders participate in small teams and self-navigate around one of three chosen courses:

- Hawkesbury Randonnee - 165km - 6 teams and 19 riders
- Classic 100 Loop - 105 km - 11 teams and 28 riders
- Bound for Berowra and Bobbo - 60 km - 7 teams and 24 riders

Given almost balmy conditions, there were few issues to contend with on the day, other than a few punctures. Most riders finished between 3-4pm - earlier than normal - so they must be getting fitter! All enjoyed the welcoming BBQ.

Thanks to the on-course volunteers (Graeme Edwards, Stephen Paine, Peter Oliver, Mary Nicholson & Ghislaine Barbe) who worked admirably on the day keeping everything on track and cheery. Thanks also to Justin Holmwood who captured the team excitement and details on the finish line.

Of course we can't do without the catering team who did a sterling job managing the BBQ and food so that all were sated - Mathew Berry, Terence Turton, Phil Burge, Tony and Charmain Ward.

Photos of the day can be found on the BN website at [www.bikenorth.org.au/gallery](http://www.bikenorth.org.au/gallery)



The Pinarellos Princess and the Loopy One

Having run the last four BNCC events, I am going to take a break as organiser so I can ride in it myself next year. With 2011 being the 10th anniversary BNCC ride, it is fitting I hand the reins back to Doug Stewart - the initiator of this great event. Of course that means you will need to be prepared for Doug's quirky twists on a new challenge. Looking at the glint in his eye, my recommendation is get ready for some extra challenge and get fit!!

A well run event like BNCC is a fun way to improve your cycling capability – why not give it a go? Looking forward to seeing you in a team for next year.



Party time

## Calendar, August 2010 – September 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.	<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
1/8/2010 Sunday	<b>Akuna Bay and Church Point</b>	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> fast pace <i>Contact:</i> <b>Malcolm Hart</b> 9713 1994 <i>Starts at:</i> 07:30:00. Eastwood Station, East side. Ride via de Burghs Br, Pymble, Terrey Hills, Akuna Bay, Church Pt (coffee). Return via Turrumurra. Fast pace. <b>cancelled if raining</b>
3/8/2010 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.
7/8/2010 Saturday	<b>Wharves and Providores</b>	<i>Grade:</i> Easy <i>Distance:</i> 25 <i>Pace:</i> slow spin pace <i>Contact:</i> <b>Alison Pryor</b> 9874 2383 <i>Starts at:</i> 08:00:00. North Sydney station. Ride to scenic wharves and providores in Pymont/inner city area. Lots of stops to look and buy. Bring bag/panniers & bike lock.
8/8/2010 Sunday	<b>Spaghetti Western</b>	<i>Grade:</i> Easy Medium <i>Distance:</i> 39 <i>Pace:</i> moderate pace <i>Contact:</i> <b>Keith Griffin</b> 0434 496 299 <i>Starts at:</i> 07:30:00. Whitby Rd King's Langley, near Hutchins Cr.. Whitby Rd King's Langley, near Hutchins Cr. Medium paced ride on the M7 cycleway to Lighthorse Interchange and return. Coffee at Rooty Hill shops.
8/8/2010 Sunday	<b>Botany Bay Bacon</b>	<i>Grade:</i> Medium <i>Distance:</i> 65 <i>Pace:</i> <b>special pace</b> moderate <i>Contact:</i> <b>Phillip Burge</b> 0402 918775 <i>Starts at:</i> 08:00:00. <b>special start Meadowbank Wharf. Ride via the Cooks River c/w to Botany Bay. A refuel at our favourite cafe at Brighton, then return. Special pace</b>
10/8/2010 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.)
10/8/2010 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.
14/8/2010 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. 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.
14/8/2010 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 <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.
15/8/2010 Sunday	<b>Bike North Annual General Meeting</b>	<i>Contact:</i> <a href="mailto:info@bikenorth.org.au">info@bikenorth.org.au</a> <i>Starts at:</i> 11:00:00. . All members welcome. Come along to vote in the new Executive, have a picnic lunch, chat about cycling and have a real say in how cycling can be improved in northern Sydney

15/8/2010 Sunday	<b>Concord for Cake</b>	Grade: Easy Distance: 28 Pace: gentle pace Contact: <b>Debbie Edwards</b> 9436 0969 Starts at: 08:30:00. special start Bicentennial Park, Victoria Ave carpark. Ride along the PVC over Silverwater bridge to Olympic Park, then on to Concord for coffee. Return a different way. Big Ride Day. Special Start: Victoria Ave entrance park at Sydney Olympic Park (Bicentennial Park) at Concord West.
15/8/2010 Sunday	<b>The Gorge and Berowra</b>	Grade: Hard Distance: 45 Pace: special pace fast Contact: <b>Darryn Capes-Davis</b> 0406 380 862 Starts at: 06:30:00. special start Bicentennial Park, Victoria Ave carpark. Ride through Galston Gorge, rural Arcadia & on to scenic Berowra Waters. After coffee, ride via Berowra & Pac. Hwy to Hornsby Big Ride Day. Special Start: Victoria Ave entrance park at Sydney Olympic Park (Bicentennial Park) at Concord West. This is an extended Gorge and Berowra ride. We will ride via Brown's waterhole both ways to and from the usual Hornsby start. The ride is also changed to a HARD ride at a FAST pace.
15/8/2010 Sunday	<b>Meadowbank to Bobbo</b>	Grade: Medium Hard Distance: 50 Pace: moderate pace Contact: <b>Doug Stewart</b> 9874 5594 Starts at: 07:30:00. special start Bicentennial Park, Victoria Ave carpark. Hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents. Big Ride Day. Special Start: Victoria Ave entrance park at Sydney Olympic Park (Bicentennial Park) at Concord West.
15/8/2010 Sunday	<b>Lane Cove to Olympic Park</b>	Grade: Easy Medium Distance: 0 Pace: relaxed pace Contact: <b>Joan Kerridge</b> 99098925 Starts at: 09:30:00. Lane Cove Plaza (corner Burns Bay & Longueville Roads). Ride to the BN AGM. Leader will also be returning to St Leonards via the city after the AGM.
15/8/2010 Sunday	<b>Park to park</b>	Grade: Medium Distance: 50 Pace: relaxed pace Contact: <b>Fran Griffin</b> 0414 187 427 Starts at: 07:30:00. special start Bicentennial Park, Victoria Ave carpark. Ride from Macquarie Uni to Lane Cove National Park, then across to Homebush Bay for coffee at Newington. Return by a different route. Big Ride Day. Special Start: Victoria Ave entrance park at Sydney Olympic Park (Bicentennial Park) at Concord West. The same ride but with the start point half way round the normal loop.
15/8/2010 Sunday	<b>Olympic Park Ride</b>	Grade: Easy Distance: 25 Pace: gentle pace Contact: <b>Alister Sharp</b> 9879 3664 Starts at: 09:00:00. special start Bicentennial Park, Victoria Ave carpark. Loop around Homebush Bay with a coffee stop. Suitable for beginners and children OVER 12 accompanied by an adult carer.
17/8/2010 Tuesday	<b>Lane Cove Working Group</b>	Contact: <a href="mailto:lane_cove@bikenorth.org.au">lane_cove@bikenorth.org.au</a> Starts at: 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.
21/8/2010 Saturday	<b>Fitness ride hard</b>	Grade: Hard Distance: 1 Pace: fast pace Contact: <b>Darryn Capes-Davis</b> 0406 380 862 Starts at: 07:00:00. Call for all details including distance and pace.
22/8/2010 Sunday	<b>Three Gorges Pies</b>	Grade: Hard Distance: 75 Pace: special pace brisk Contact: <b>Doug Stewart</b> 9874 5594 Starts at: 07:30:00. 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.
22/8/2010 Sunday	<b>Brunch by the Beach</b>	Grade: Easy Medium Distance: 30 Pace: gentle pace Contact: <b>Joan Kerridge</b> 99098925 Starts at: 09:30:00. St Thomas Rest Park, West St, Crows Nest. Ride via Beauty Point, over Spit Br to Balgowlah & Manly. Take an extended stop for brunch at Manly, then return on a similar route.
28/8/2010 Saturday	<b>Beyond Barrenjoey</b>	Grade: Medium Hard Distance: 60 Pace: relaxed pace Contact: <b>Robyn Tuft</b> 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 <b>Call to confirm</b>
28/8/2010 Saturday	<b>Further Beyond Barrenjoey</b>	Grade: Hard Distance: 85 Pace: fast pace Contact: <b>Peter Tuft</b> 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. <b>Call to confirm</b>
28/8/2010 Saturday	<b>Metro Mangrove Meander</b>	Grade: Medium Distance: 47 Pace: relaxed pace Contact: <b>Ian Meller</b> 0419 621 848 Starts at: 07:30:00. special start St Thomas Rest Park, West St, Crows Nest. Scenic loop ride via river foreshores, from Huntleys Cove and Gladesville Bridge to Kissing Point Bay crossing Parramatta River via the Putney Punt to Meadowbank. Return via back roads, Shrimpton's Creek and Epping Road/Gore Hill cycle paths. Includes qui
29/8/2010 Sunday	<b>The Big Loop</b>	Grade: Medium Distance: 55 Pace: moderate pace Contact: <b>Malcolm Hart</b> 9713 1994 Starts at: 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. <b>cancelled if raining</b>
1/9/2010 Wednesday	<b>Bays and Bridges</b>	Grade: Easy Medium Distance: 45 Pace: special pace relaxed Contact: <b>Bob Chambers</b> 9449 9112 Starts at: 00:00:00. special start Naremburn Shops, Willoughby Rd and Rohan St. 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. Call to Confirm - Note Start and finish at Naremburn shops
4/9/2010 Saturday	<b>Meadowbank to Bobbo</b>	Grade: Medium Distance: 50 Pace: moderate pace Contact: <b>Malcolm Hart</b> 9713 1994 Starts at: 07:30:00. Meadowbank Wharf. Hilly ride via Eastwood, Browns Waterhole, Turramurra, & Bobbin Head. Coffee and return. Long climbs and descents. <b>cancelled if raining</b>
4/9/2010 Saturday	<b>Covert Operation</b>	Grade: Easy Medium Distance: 24 Pace: gentle pace Contact: <b>Darryn Capes-Davis</b> 0406 380 862 Starts at: 07:30:00. Epping Station, East side. Ride via Macquarie Uni and Epping Rd bicycle path to Lane Cove. Return via North Ryde
4/9/2010 Saturday	<b>A to C and Back</b>	Grade: Medium Distance: 30 Pace: relaxed pace Contact: <b>Graeme Edwards</b> 9436 0969 Starts at: 08:00:00. Artarmon Station, East side. Hilly ride to Balmoral and Middle Head. After coffee at Chowder Bay

return to Artarmon.

5/9/2010 Sunday	<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> 07:30:00. Epping Station, East side. Explore local routes to the railway station, local shops and schools.
5/9/2010 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 <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.
7/9/2010 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.
11/9/2010 Saturday	<b>The Big Loop</b>	<i>Grade:</i> Medium <i>Distance:</i> 55 <i>Pace:</i> <b>special pace</b> relaxed <i>Contact:</i> <b>Darryn Capes-Davis</b> 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.
12/9/2010 Sunday	<b>North to West Head</b>	<i>Grade:</i> Hard <i>Distance:</i> 91 <i>Pace:</i> brisk pace <i>Contact:</i> <b>Doug Stewart</b> 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.
12/9/2010 Sunday	<b>Macdonald River Meander</b>	<i>Grade:</i> Medium <i>Distance:</i> 45 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Phillip Burge</b> 0402 918775 <i>Starts at:</i> 09:00:00. <b>special start Wisemans Ferry, kiosk. Ride via Webbs Ck ferry to St Albans for coffee. Return on other side of river to ferry. 50% dirt road, hybrid &amp; MTB only.</b>
14/9/2010 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.)
15/9/2010 Wednesday	<b>North Sydney Working Group</b>	<i>Contact:</i> <b>Caroline Minogue north_sydney@bikenorth.org.au</b> <i>Starts at:</i> 19:00:00. . Geddes Room, North Sydney Council. All Bike North members welcome.
15/9/2010 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> 00:00:00. Meadowbank Wharf. Ride via M4 c/p and Rail Trail to explore Prospect canal routes. Coffee at Abbotsbury. <b>Call to confirm</b>
18/9/2010 Saturday	<b>Hills and Surfside</b>	<i>Grade:</i> Hard <i>Distance:</i> 80 <i>Pace:</i> <b>special pace</b> fast <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.
19/9/2010 Sunday	<b>Brooklyn Brunch</b>	<i>Grade:</i> Hard <i>Distance:</i> 90 <i>Pace:</i> <b>special pace</b> fast <i>Contact:</i> <b>Darryn Capes-Davis</b> 0406 380 862 <i>Starts at:</i> 07:00:00. Eastwood Station, East side. Ride Bobbin Head, then Brooklyn for brunch. Return via Hornsby & Turramurra. Fit, experienced riders only. <b>We will turn around at the river and return to Pie in the Sky for coffee</b>
20/9/2010 Monday	<b>Hornsby area advocacy meeting</b>	<i>Contact:</i> <b>Alan corven</b> <i>Starts at:</i> 19:00:00. . 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.
26/9/2010 Sunday	<b>Lane Cove Village Ride</b>	<i>Grade:</i> Easy <i>Distance:</i> 17 <i>Pace:</i> <b>special pace</b> slow spin <i>Contact:</i> <b>Ian Meller</b> 0419 621 848 <i>Starts at:</i> 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.
29/9/2010 Wednesday	<b>A to C and Back</b>	<i>Grade:</i> Medium <i>Distance:</i> 30 <i>Pace:</i> relaxed pace <i>Contact:</i> <b>Bob Chambers</b> 9449 9112 <i>Starts at:</i> 00:00:00. <b>special start Naremburn Shops, Willoughby Rd and Rohan St. Hilly ride to Balmoral and Middle Head. After coffee at Chowder Bay return to Artarmon. Call to Confirm - Note Start and finish at Naremburn shops</b>