



# Bike North Century Challenge Ride Guide 2017 (16<sup>th</sup> Edition)

## About the Challenge

The BNCC allows Bike North members to take on a difficult ride within an organised structure, however self-sufficiency, navigation, fitness and riding skills are essential pre-requisites. Riding Groups will be unsupported and must cope with all the challenges, including long and steep up-hills bumpy and fast down-hills. There may be heavy traffic. Riders must be competent and confident of managing in these conditions or else they should not take part.

This is an all-day event starting and finishing at Wahroonga Park (Millewa Ave near Wahroonga Railway Station). Participants choose one of five ride options with staggered starting times so that most people will finish within a few hours (2pm to 5pm). We hope that you will stay around at the end, enjoy some catered food and chat while others come home.

Please note that this is NOT a competitive event! There is no suggestion that your time or performance counts for anything and you are required to stay with and look after your other group members. Our recommendation is that you ride at a comfortable speed to pace yourself over the distance.

## How the event is run

Pre-registered riding groups consist of 2, 3 or 4 Bike North members riding two or more separate human powered vehicles. Groups must be formed by riders and we recommend joining with those of approximately the same riding ability.

Each route option has a designated briefing time and then after the briefing groups will start several minutes apart. Groups will ride separately and independently following directions to designated checkpoint locations. Group members must stay within 30m of each other (easy voice contact) at all times. They may meet and pass other Riding Groups, but should not join up. Riders may drop out for any reason, but no Group of fewer than two cycles will be permitted to continue in the Challenge.

Groups need to plan stops as appropriate for rest, food and drink. You must eat and drink regularly throughout the ride to sustain energy for the full event. Rest time should be closely monitored to ensure that time does not

run out, especially on the 160km and 200km routes. The sun sets just after 5pm and Groups must finish before that time. If you are short of time, consider taking a shortcut or withdrawing from the event.

There are no ride leaders or sweeps and there is no on-the-road support or navigation. Groups must navigate correctly and fix problems that occur including action taken, such as repair, backtracking or withdrawing from the event. If you withdraw, contact the organiser by phone and then arrange your own transport, either a lift from a friend or family member or return by public transport.

## Have these items with you or you can't start:

EVERY rider MUST have::

- a suitable bike in TOP mechanical condition. We strongly advise a service prior to the event;
- an approved helmet, and water bottle, and wind or rain jacket, and a working legal tail light;

EVERY 160km and 200km rider MUST have in addition:

- a working legal head light on each bike.

EVERY Riding Group MUST have at least:

- suitable tyre pump (not just CO<sub>2</sub>) at least 1 spare tube of the correct size per bike (we recommend 2), puncture repair kit, appropriate tools;
- bike computer, basic first aid kit, mobile phone, cash (for food, drink or train ticket);
- a copy of the relevant ride Cue Sheet.

## Route summaries

### The Double Hundred (200km)

- Wahroonga to Bobbin Head, Peat's Ridge, Berowra Waters, Galston, Wahroonga, Galston, Berowra Waters, Bobbin Head, Wahroonga
- Grade : Very Hard Plus
- Distance : 200km
- Climbing : Approximately 2,000 vertical metres
- Probable average riding speeds : 24 to 28 km/hr
- Probable overall time : 9 to 10:30 hours (allows stops totaling 2:00 hours)
- **Start : Briefing at 6:15am. Start in a set order**
- Finish : 4:00pm to 5:00pm

### Mike Bate Imperial Century (160km)

- Wahroonga to Bobbin Head, Mt White, Berowra Waters, Galston, Wahroonga, Galston, Berowra Waters, Bobbin Head, Wahroonga
- Grade : Very Hard
- Distance : 164km
- Climbing : Approximately 1,740 vertical metres
- Probable average riding speeds : 21 to 27 km/hr
- Probable overall time : 8 to 10 hours (allows stops totaling 2:30 hours)
- **Start : Briefing at 6:45am. Start in a set order**
- Finish : 3:30pm to 5:00pm

### The Ten Dozen Ride (120km)

- Wahroonga to Bobbin Head, Berowra Waters, Galston, Wahroonga, Galston, Berowra Waters, Bobbin Head, Wahroonga

- Grade : Hard
- Distance : 120km
- Climbing : Approximately 1,200 vertical metres
- Probable average riding speeds : 20 to 25 km/hr
- Probable overall time : 7 to 8 hours (allows stops totaling 2:00 hours)
- **Start : Briefing 7:45am. Start in a set order**
- Finish : 3:00pm to 4:00pm

### Classic Century (100km)

- Wahroonga to Galston, Berowra, Cowan, near Mt White, Bobbin Head, Wahroonga.
- Grade : Hard
- Distance : 100km
- Climbing : Approximately 1,1000 vertical metres
- Probable average speeds : 18 to 24 km/hr
- Probable overall time : 6 to 7.5 hours (allows stops totaling 2 hours)
- **Start : Briefing 8:45am. Start in a set order**
- Finish : 3:00pm to 4:30pm

### Bound for Berowra and Bobbo (60km)

- Wahroonga to Galston, Berowra, Bobbin Head, Wahroonga
- Grade : Medium Hard
- Distance : 60km
- Climbing : Approximately 640 vertical metres
- Probable average speeds : 15 to 21 km/hour
- Probable overall time : 4 to 5.5 hours (allows stops totaling 1:30 hour)
- **Start : Briefing 9:45am. Start in a set order**
- Finish : 2:00pm to 3:30pm

### Possible stopping places

Apart from the start and finish locations, there are no designated stops along the route, although there are many pleasant parks and shops, which Riding Groups should plan to use for rest and re-supply.

As there is no competitive aspect to the event all participants should stop as appropriate to their ability to maximize enjoyment on the day. Food and drink are an essential part of cycling longer distances and participants should bring and purchase appropriate snacks and ensure they drink adequate fluids. Participants in the longer events are encouraged to regularly intake food and drink throughout their ride and to carefully regulate and monitor their stopping time.

### Shops on The Double Hundred

North Turrumurra, Berowra, Cowan, Pie in the Sky, Old Road Cafe, Peats Ridge, Old Road Cafe, Pie in the Sky, Cowan, Berowra, Berowra Waters, Andy's Cafe, Galston, Hornsby, Wahroonga, Hornsby, Galston, Andy's Cafe, Berowra Waters, Berowra, Bobbin Head, North Turrumurra.

### Shops on Mike Bate Imperial Century

North Turrumurra, Berowra, Cowan, Pie in the Sky, Pie in the Sky, Cowan, Berowra, Berowra Waters, Andy's Cafe, Galston, Hornsby, Wahroonga, Hornsby, Galston, Andy's

Cafe, Berowra Waters, Berowra, Bobbin Head, North Turrumurra.

### Shops on the Ten Dozen Ride

North Turrumurra, Berowra, Berowra Waters, Andy's Cafe, Galston, Hornsby, Wahroonga, Hornsby, Galston, Andy's Cafe, Berowra Waters, Berowra, Bobbin Head, North Turrumurra.

### Shops on Classic Century

Galston shops(14km), Andys Cafe (17km), Berowra Waters west side of the punt (29km), Berowra Shops (35km), Cowan Store (40km), Pie in the Sky (43km), Pie in the Sky (71km), Berowra Shops (79km), North Turrumurra Shops (101km).

### Shops on Bound for Berowra and Bobbo

Galston shops (14km), Andy's Cafe (17km), Berowra Waters west side of the punt (29km), Berowra Shops (35km), Bobbin Head (50km), North Turrumurra Shops (57km).

### Possible shortcut/return places

There are a number of places where a rider or group can withdraw from the Challenge and take alternate transport home or back to the starting point. The start point is located at Wahroonga railway station on the North Shore Line.

Trains can be taken from any of these stations on the Northern line : Hornsby, Asquith, Mt Colah, Mt Kur-ring-gai, Berowra, Cowan and Hawkesbury River Stations. Note the last station is 4km along the Brooklyn Road.

### Navigation, notes and cautions

You must read the detailed cue sheets which give navigation and hazard warning information for each route. As your bicycle computer(s) will not exactly match the cue sheet, please make adjustments as you travel. Hill profiles and GPX files are also available.

### Notifications

If there is a problem in any group, mechanical issue or someone leaving the group please ring the event organiser as soon as possible.

Organiser phone number : **0417 654 076**