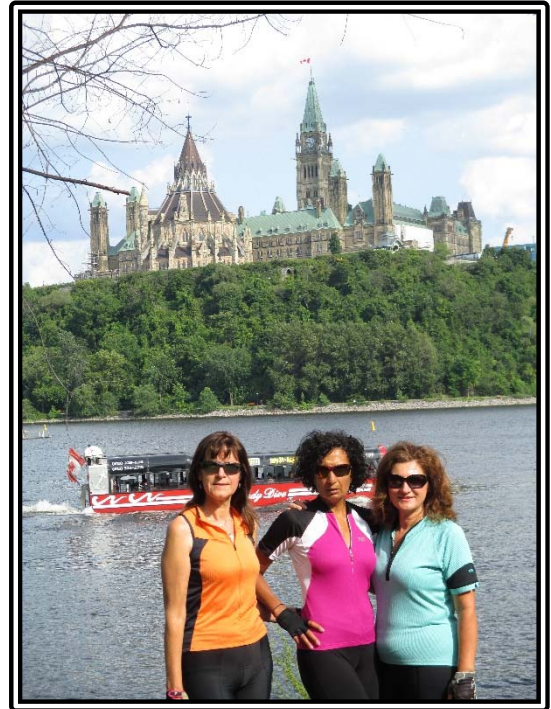


# QuickRelease

Fall '14 - Winter '15: Volume 33 Issue 3





## President's Message

With the leaves changing to vibrant oranges and reds and the temperatures cooling, I have mixed feelings. Although it is incredibly beautiful, it is also a signal that the cycling season is winding down. Although I know we will really enjoy the upcoming season of hiking and then the cross-country skiing and skating, we will miss being on our bikes.

As we contemplate the upcoming events, I wanted to look back at some of the highlights of our cycling season. Although the weather was not always cooperative, we had an abundance of opportunities to ride our bike this season including:

- The kick-off breakfast in May
- The trip to Kentucky
- The weekday and weekend rides
- The TNTO
- The Hairshirt
- Cyclon
- The weekend camping trips
- The annual picnic at Toogood Pond
- Toronto-Niagara-GO-Home
- The Simcoe Circle Trip
- The Alan Gordon Metric Century
- The Thanksgiving cycling trip to Prince Edward County

Thank you to all the volunteers who have made this possible. Thank you specifically to the members of the Board, the coordinators and organizers of the events and the ride leaders and sweeps. ***We could not have done it without you!***

As many of us put our bikes away until the next season, we will have the opportunities to get out and enjoy the outdoors. Visit the website for the upcoming hiking season starting in November at <http://www.tbn.ca/programs/fallwinter/fallhiking>. However, if you are interested in leading a hike earlier, then contact Vicki Bondy, the new Hiking Coordinator, in order to volunteer. Also, check out the upcoming skating and cross-country skiing once we move into the winter season.

Although I probably sound like a broken record, I still need to remind you again, that TBN is a volunteer organization and we need YOUR HELP!! Let us know what you would like to do and we will hook you up with the right person.

**The key to the success of TBN is VOLUNTEERS and PARTICIPANTS.**

***Get out there - volunteer, participate and enjoy!***

Arlene Smith, President



Join the TBN Facebook group at  
[www.facebook.com/groups/tbn.ca](http://www.facebook.com/groups/tbn.ca)



Tweet at [www.twitter.com/#!/TOBikeNetwork](https://www.twitter.com/#!/TOBikeNetwork)

<b>Board of Directors</b>	President	Arlene Smith	president@tbn.ca
	Secretary	Janet Guttsman	secretary@tbn.ca
	Advocacy	Joey Schwartz	advocacy@tbn.ca
	Cyclon	Neil Connolly & George Witte	cyclon@tbn.ca
	Education	Donna Van & Wilma Sanson	education@tbn.ca
	Membership Director	Carole Hill	membership@tbn.ca
	QuickRelease Editor (non-voting)	Sharon Chadwick	newsletter@tbn.ca
	Publicity & Promotions	Ed Weiss	publicity@tbn.ca
	Social	Susan Bishop	social@tbn.ca
	Treasurer	Daniel Engels	treasurer@tbn.ca
	VP Skiing	Terry Walsh	xcski@tbn.ca
	VP Touring	Dave Mader & Richard Anstett	touring@tbn.ca
	Overnight Trips	Jean O'Grady	weekendtrips@tbn.ca

### In Memory

After an almost year-long battle with colon cancer, Frank Vander Rasky passed away at Sunnybrook hospital on Thursday, September 11, 2014, aged 65. He could be seen on Easy Roller rides and on Tuesday Ravine rides, riding his prized Cannondale X5800 orange hybrid.

He was born in New York, New York, on March 8, 1949. He spent most of his life in Toronto and was the nephew of the legendary Canadian documentary filmmaker, Harry Rasky. Frank was a writer and editor. He also worked in the film and television industry in Toronto. Read some of his works on his website <http://couragetogrow.com>

Frank couldn't come out to any rides this year, as the cancer made it impossible for him to ride pain free. He will be missed.

Joey Schwartz, Advocacy Director & Tourist Coordinator



### Editor's Message

Over the past two years, I have so enjoyed putting six issues of the newsletter together but unfortunately I have to 'pass the torch' as I need to restrict computer usage to my day job due to carpal tunnel syndrome and hand injury.

If anyone is interested in taking on the role, then please send an email to Ed Weiss on [publicity@tbn.ca](mailto:publicity@tbn.ca)

Sharon Chadwick, QuickRelease Editor

## Cycling in France: A Bike & Barge Tour through Provence

“An army,” Napoleon Bonaparte is said to have said, “marches on its stomach.” The same definitely applies to a group of cyclists pedalling on a seven-day bike and barge trip through Provence, from the mouth of the Rhone River in the south, to the city of Avignon in the north.

The tour started in Aigues Mortes, a small, gemlike medieval fortress town on the western edge of the Camargue that flat, haunting landscape of marshes and lagoons situated where the Rhone River spills into the Mediterranean. “Aigues Mortes” (or dead waters) references the semi-stagnant salt water marshes that surround the town.



Arriving early, my husband Phillip and I spent a sun-soaked day wandering around the cobbled streets of the walled town and visiting the ramparts, encountering, especially towards evening, some of its less likeable inhabitants: the mosquitoes. Our suffering was hardly unique: In 1908, a young T.E. Lawrence, later of Arabia fame, visited Aigues Mortes – coincidentally enough, also on a cycling trip! In a letter to his mother, Lawrence complained: “I’m all one huge bite.”

The following day, we made our way to where the two barges that would be the floating homes for the next week of a group of 40-odd cyclists were moored. We ended up on the slightly smaller, slightly grungier barge, but we scored Silvia! Silvia was our cook: passionate about sourcing local delicacies, she worked her culinary magic in the barge’s hot, cluttered kitchen.

That evening, the pattern for the week was established: At 7 pm, our group of 20 — Americans, Canadians, Swiss, Swedes and a couple of Danes — filed into the dining room and took our seats at two long tables. Silvia’s first menu consisted of a Provençal-inspired onion soup, boeuf en daube, salad, and profiteroles for dessert. Washed down with a bottle of “gris de gris,” the typical and very dry rosé wine of the Camargue region, it was a heady promise of memorable meals to follow.

The next day, after a breakfast of fruit, yoghurt, and fresh baguettes with cheese and salami, it was all about white horses, black bulls and pink flamingos: exactly as promised in the guidebooks. Our first ride took us past *étangs* or small lakes, where the flamingos obligingly posed on one leg for us, to the fishing village of Le Grau-du-Roi. It was a festival weekend, a highlight being the running of the bulls — but not à la Pamplona. According to a local resident: “We are just playing with the bulls.” One, two or three bulls were herded through the village, hemmed in by horses from different *manades* or breeding farms, and pursued by a group of boys grabbing at their tails. A game, maybe, but I don’t think the bulls were having much fun!



As the week wore on, our group coalesced into a team. Someone moved up to the front to help our tour guide, Fabio, decipher the sometimes incomprehensible route maps; another fell back to bring up the rear; a third donned a high visibility vest to direct us through traffic. The itinerary took us mainly along secondary roads; often we bumped along stony paths or pedalled between farmers’ fields, with tall grasses leaning in and whipping at us as we passed.

Day Three of the tour took us to the Petite Camargue and the village of Saintes-Maries-de-la-Mer, named for the three Marys – Magdalen, Salome and Jacobe. After lunch, we had a 30-kilometre ride to our next destination, the village of Gallician, where the barges awaited. En route we encountered that other dreaded Provençal “M” word: Mistral, the fierce northwest wind that gusts up to more than 70 kilometres per hour. In situations like this, you need a guardian angel: mine took the form of fellow-cyclist Hans. With a smile, he planted himself in front of me, pulling me along for kilometre after punishing kilometre.

Leaving the Camargue, we rode into Arles, a UNESCO World Heritage site, under a bright, mistral-scrubbed sky. It was the luminosity of this sky and the intensity of the sun that drew the Dutch Impressionist painter, Vincent van Gogh, to this area in 1888. On the way into town, we stopped at Le Pont de Langlois aux Lavandières, the drawbridge reconstructed in recognition of Van Gogh’s series of works now titled *Langlois Bridge at Arles*.



The most challenging day of the tour saw us climbing out of Arles, our first stop the small village of Fontvieille, where the French author, Alphonse Daudet, penned his famous *Lettres de Mon Moulin*. Up and up we rode, heading ever higher to the village of Les Baux de

Provence. Again, Lawrence was there long before us: he referred to Les Baux as “a queer little ruined and dying town upon a lonely ‘olive sandalled’ mountain”.

Well, Les Baux is ruined and dying no longer: one of the most picturesque villages in France with a dramatic ruined castle and distant views of Arles and the Camargue, it hums with tourists. After lunch, we swept down from the heights, with a brief stop in St. Remy-de-Provence, birthplace of Nostradamus and the place where van Gogh was hospitalized for psychiatric illness. In Tarascon, we posed before a statue of the dreaded amphibian monster, the Tarasque, reduced in stone to an oversized turtle with a bad hairdo.



Other highlights included a ride across the Pont du Gard, yet another World Heritage site: a massive, three-tiered aqueduct spanning the Gardon River, built by the Romans some 2000 years ago; and, on the last day, a trip to Chateauneuf du Pape to sample the local wines. Our final destination was Avignon, the walled city famous for its Palace of the Popes and huge Romanesque cathedral. There, we took a final barge trip past the famous Pont d’Avignon before regretfully saying “au revoir” to one another and going our separate ways.

Lorna Poplak

**BICYCLE FALL  
BLOWOUT**  
SALE

**Saturday, October 18, 2014 from 10 am to 5 pm**

<http://www.bicycleshowntoronto.com/blowout-sale/>

**Admission: \$5.00**

## Tunnels of Green:

### Riding the Great Allegheny Passage from Pittsburg to Cumberland

Pittsburgh, home to both a bicycle museum and a seven-storey extravaganza dedicated to pop artist Andy Warhol, is just five hours drive from Toronto, past the orchards of Lake Erie and then due south, along a green and hilly I79.

Pittsburgh, Steeltown USA, also marks the start of the Great Allegheny Passage, a 143-mile rail trail which climbs very gently up to the eastern Continental Divide and then swoops down to Cumberland, Maryland. You can keep riding along the C&O Canal to Washington DC, but time was tight when we rode the trail in May and we stopped in Cumberland. I blogged the adventure on the Crazy Guy on a Bike, so take a look there if you want more details, but mean time, here are some Q&A's.



#### What's the best time to go?

GAP experts say the trail is at its best in spring and fall, before the weather gets too hot and steamy and after the snow melts. Part of the C&O was actually flooded out in mid-May, as we were riding the GAP, and later in the year it does get very humid. Parts of the trail are closed during the winter, and there are no detours.

#### What is the biking like? And what about the hills?

The trail itself is almost flat — it was a rail line after all, and it's mostly well-graded, well-packed gravel, which makes for a pleasant, if somewhat bumpy ride. Starting in Pittsburgh, you go gently uphill for about 120 miles, and then downhill, less gently, for the final 20. But the hills start as soon as you leave the trail. The four-mile excursion from Ohiopyle to the Frank Lloyd Wright house at Fallingwater was one of the highlights of our week-long trip, but it also takes you over a long and vicious hill. Take extra water. Book your Fallingwater tickets in advance.

#### Where do I stay?

There's every option on the GAP, from camp sites to luxury hotels and bed and breakfasts. The official ATA trail web site (see link below) is a splendid resource. But just like Fallingwater, do book things in advance. Things fill up fast, especially on holiday weekends.

#### What about food?

You're in small-town America, so there are no Tim Hortons, and few luxury restaurants, although the towns are mostly quite pretty in a sleepy, slightly run down sort of way. But there are plenty of shops to buy snacks and plenty of places for burgers and sandwiches. We even had a Mexican meal one day, although we did have to climb a big hill to get there.

#### How do I get there, and how do I get back?

There are buses to Pittsburgh, but they take forever, so driving is the easiest way to go. We parked our car at our first hotel (the Holiday Inn in Homestead), but there's long-term parking at the Pump House in Homestead too, for a small fee. Several companies offer shuttle services to take you and your bikes from Cumberland back to Pittsburgh, but again, book things ahead of time.

#### What sort of bike?

You could ride the trail on a road bike, or better a tourer or a cyclocross. But the four of us all picked hybrids for the ride, and I think it was the right call. Best tire is probably one of those slick-knobby combinations. I used Continental's Travel Contact tires and loved them. We had no flats. The C&O section is much rougher, which would be another argument for a hybrid. There's a bike store in almost every town if you need spares or run into problems.



### Any extra thoughts?

Bring ear plugs. There's no train on the GAP side of the river, of course, but there are long, loud trains on the other side of the river, and they run all night.



Janet Guttman, Secretary

### Links:

Great Allegheny Passage official web site:

<http://www.atatrail.org/>

Trail towns:

<http://www.trailtowns.org/>

Shuttle services:

There are several of these, with links on the GAP web site. We used Get out and Play outfitters.

<http://getoutandplayoutfitters.com/>

Pittsburgh bicycle museum:

<http://www.bicycleheaven.org/>

Andy Warhol museum:

<http://www.warhol.org/>

Crazyguy blog entry:

<http://www.crazyguyonabike.com/doc/jhggap>

## AGM & Dinner Dance

Saturday, November 8, 2014

Register before midnight on October 29:

Members \$30 / Non-members \$35

Register after October 29:

Members \$35 / Non-members \$40

Visit <http://tbn.ca/social> to register online.

Contact [social@tbn.ca](mailto:social@tbn.ca) for more information.

The McNeil Room at  
*Whisper's*

995 Broadview Ave, Toronto ON M4K 2S1

6:00 pm – doors & cash bar opens

7:00 pm - sit down dinner

8:30 pm - AGM

9:00 pm onwards - dance the night away

**\*\*\* Door prizes to be won \*\*\***

The contest was announced in the Chain of Events email, dated July 30, to submit a photo of yourself wearing the new club jersey to the TBN Flickr page by the end of August and that Facebook posts did not qualify. Prizes included a one month trial membership at WattsUp Cycling, movie passes and a gift certificate for a restaurant. Plus the first two members to volunteer as judges were given gift certificates.

Congratulations to the five winners: Jimmy Yeung (pictured), John Burdett, Chris Siebenmann, William Huggett and Marilyn Prole.

Thank you to everyone who submitted photos and special thanks to Kathleen Lau and Sandra Wong for selecting the winners.

## 'Wear to Win' Contest





### Ride Support

Bob Everett  
Doug Innes  
Paul Price & Brenda Sweet

### Committee

Arne Oslinger  
Dee Simpson  
Donna Cottle  
Doug Innes  
Galina Mushtaler  
George Witte  
Marilyn Prole  
Neil Connolly  
Paul Price & Brenda Sweet  
Robert Scott  
Robin Silverstein

### Dinner Hosts

Arlene Smith  
Carole Sovran  
Dee Simpson & Donna Cottle  
Marilyn Prole & Neil Connolly  
Paul Price & Brenda Sweet  
Tom Vaivada & Judy Dudas  
Robert Scott  
Robin Silverstein  
Susan Bishop

### Ride Leaders

Arlene Smith	Judy Dudas
Arne Oslinger	Marnie Reichl
Brenda Sweet	Mireille Macia
Catherine Whitfield	Neil Connolly
Dee Simpson	Paul Price
Donna Cottle	Pierre Lemire
Fred Yagi	Robert Scott
Galina Mushtaler	Robin Button
George Witte	Sam Bootsma
Jean O'Grady	Tom Vaivada
Jimmy Yeung	Tony Lau

There were 207 registrants for the 29<sup>th</sup> Cyclon including 32 non-members; nine of which were Americans that came from the states of New York, Ohio and Pennsylvania.

Other interesting statistics for Cyclon, that was held in Ottawa for the first time ever, are:

- 45 first-timers at Cyclon
- 1,623 kilometres on 18 official rides
- 118 females
- 72% or +/- 150 attended Saturday night group dinners vs 56-58% at barbecues
- 89 males
- 73 extra person nights booked at U of Ottawa for before and after weekend
- Average age of 56
- 38 days to sell out

Three glorious days of sunshine made for great cycling weather and/or enjoying the sights of the capital and surrounds. The central location of the university campus made for an easy walk to restaurants on Saturday night and the National Arts Centre for the banquet on Sunday night. Many took in the spectacular fireworks display over Parliament Hill on Saturday night, followed by the amazing sound and light show entitled 'Mosaika' with imagery projected onto the Centre Block of the Parliament Buildings.







Matt Sobel writes: On Saturday, Susan and I did the remote-start 85 km tourist ride, led by George Witte, and we had an experience that typified the friendliness that we encountered at Cyclon. It had become hot by late morning when we first rolled into Merrickville, so the group stopped to rest, mop up perspiration, and drink from our water bottles. This was at the corner of Mill St. and West Broadway where the business is Fester's Fries, but it had not yet opened, so the parking area was free of cars and suited us. No sooner had we all gotten off our bikes than the proprietor (Fester?) rushed out of his building and practically ran over to a large storage chest from which he pulled a large armful of ice-cold water bottles which he distributed to us; this was purely a thoughtful act of cordiality. Wow!



Visit <https://www.flickr.com/photos/toronto-bicycling-network/sets/72157646377219356/> for more photos.

## Alan Gordon Memorial Metric Century

September 14

The morning was unseasonably chilly but as the sun rose in the sky, the day became good for cycling. A large group of 37 Easy Rollers (including two non-members), was led by Dave Middleton, and a group of 13 Leisure Wheelers, was led by Sandra McCrossan. Everyone enjoyed the 100 km ride, as well as a picnic in Gairloch Gardens and Saddington Park for the respective groups.

Approximately 20 of the Easy Roller riders received an embroidered patch at the Gairloch Gardens mid-point stop to commemorate their efforts, however, many declined as already had a patch from last year.



## Simcoe Circle Trip with Cycle Canada

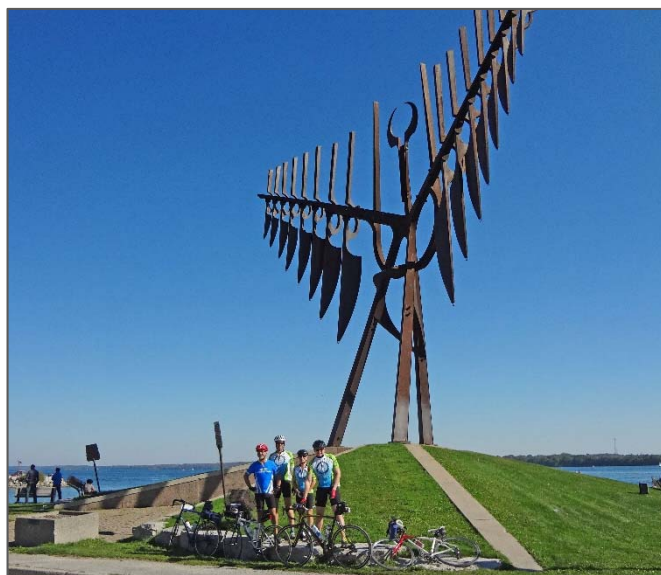
September 27 – 29

A three-day bike trip around Lake Simcoe: What could be a more delightful way to spend the glorious, unexpected summer days we were blessed with at the end of September? Up near Orillia the leaves were already beginning to turn. The lake and the well-kept cottages provided a splendid background to blazing red sumacs and glowing yellow ash trees. Over the waste ground thousands of intricately woven spider webs were lit up magically by the rising sun.

The first day of the trip was the longest: 108 km from Bradford GO station, past the Barrie waterfront, to Orillia. Here we were glad of our hotel accommodation, which included a swimming pool, sauna, and (bliss!) a hot tub for aching muscles. The second day, a distance of 77 km, took us to Point of Mara Resort, Brechin, where TBN had the entire motel. Swimming was an option in the still-warm lake. The Cycle Canada mobile canteen provided a delicious dinner that we ate around a campfire, watching the sun set over the lake. The third day, a distance of 96 km, took us back to Bradford, through some of the most peaceful and beautiful lanes. As it was Monday morning and off-season in cottage country, it was blissfully quiet with probably only ten cars in the first 20 km; it was quite disappointing to get back to “civilization.”

People have asked me why TBN offered a trip run by a ‘for-profit’ organization like Cycle Canada when we could put it on ourselves at cost. The answer is simple: We don’t have enough volunteers. This way we can offer an

additional trip, exclusively for TBN members, without the trouble of finding someone to lead it. We saved endless volunteer hours since our collaborators worked out the routes, provided the maps, booked the accommodation, and handled all the registration and payments. The slightly higher fee did offer some welcome perks such as rooms with hairdryers, or the sag wagon and mobile canteen carrying snacks, water, luggage and bike support. Having seen how people enjoyed this trip, I feel it’s a winning combination; so thank you Cycle Canada.



Jean O’Grady  
Overnight Trips Director

# Annual Barbecue Picnic at Toogood Pond

Sunday, August 10

Once again, a huge thank you to Joe and Bob for doing most of the work to make this event such a success.

I would also like to thank Paul for his help with the barbeque, Dan with his help serving and arranging payments and insurance; Sharon, Ed, Janet and Joey for promoting the event through the newsletter, CoE and website; George and Jean for picking up the last minute things I could not handle that week and Wilma, plus many others, for taking photos and Tony Lau for shooting videos. However, I do apologize if I missed anyone.

I hear that the picnic was a great success; wonderful that the weather was great and it would not have happened without your thoughtful hard work.

Susan Bishop, Social Director



# Toronto – Niagara – Home

## Saturday, August 16

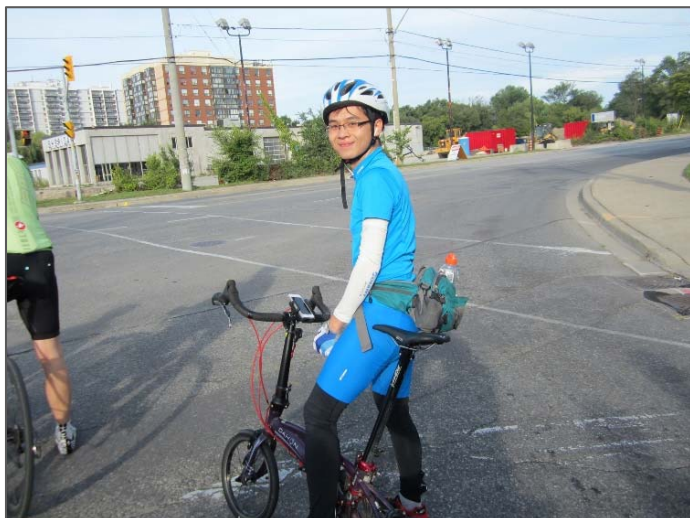
Once again, the Toronto-Niagara-GO Home ride was a big success with a great turnout. Jimmy Yeung led a group of 21 'Advanced Easy Rollers', starting at 7:30 am and Neale Hunt led the 'Tourist' group, starting at 8:30 am.

In Jimmy Yeung's own words:

Congratulations to the 19 riders who finished the ride. For the two DNF riders, please don't give up, train hard and try it again next year! For you Tourist rockets, this may not be a big deal doing 150 km a day as you probably ride that far just to buy a coffee, but for our Advanced Easy Roller riders, this is a major accomplishment so congratulations again 😊



I have seen everything! Last year, a 20" wheel folding bike finished the ride; this year Chung Deng, even though experiencing muscle spasms, finished the 150 km ride with his 16" wheel folding bike!



**Ed's note:**

19 Tourist riders came out for the sixth annual event.

# Sunday Easy Roller Rides

All rides start at 10 am unless otherwise noted.

## October 5: Waterfront to Whitby

Come try the rarely seen eastern sections of the Waterfront Trail and the nicer parts of Pickering, Ajax, and Whitby. Returning by GO train is an option. Visit the Waterfront Trail website [www.waterfronttrail.org](http://www.waterfronttrail.org) for great maps; pick the first three maps of Section 3 (Pickering to Port Hope). One short gravel section. Lunch at Tim Hortons in Whitby.

**Start:** Rouge Hill GO station – Lawrence and Port Union (East Avenue)

**Distance:** 60 km

## October 12: Highland Creek

Come out to the Guildwood area and ride through lovely Highland Creek down to the shores of the Lake; with luck there will be fall colours to see. Lunch at Tim Hortons.

**Start:** Boardwalk Place

**Distance:** 52 km

**Refer to back page for  
common start locations & directions**

## October 13 (Thanksgiving): Maple

The shorter holiday version of the ride to Maple, a favourite holiday destination of TBN. Plus you'll be back in time for your mid-afternoon turkey dinner. Snack stop at Tim Hortons.

**Start:** Finch Subway

**Distance:** 35 km

## October 19: Trails of Mississauga

This ride explores the trails of Mississauga as well as Toronto. Ride is mostly on quieter streets and bike lanes.

**Start:** Etienne Brulé Park

**Distance:** 47 km

## October 26: Mimico Creek

Ride mostly on trails and quiet streets before stopping for lunch at a new Tim Hortons, near Sherway Gardens. From there, it's a short ride to connect with the trails again, head down to the Lakeshore and back to the start.

**Start:** Etienne Brulé Park

**Distance:** 35 km

## Leisure Wheelers

Date	Ride	Distance	Start 10 am
Oct 05	Autumn Colors	30 km	Davisville Park

# Sunday Country Cruises

All rides start at 10 am unless otherwise noted.

## October 05: Dundas Northwest

A brand new CC route to enjoy! Explore the scenic, rolling back roads north west of Dundas. Lunch is in St George and après at The Domestique in Dundas.

**Start:** Meet at the municipal parking lot at Hatt St & Memorial Sq in Dundas. Take Hwy 403 west towards Hamilton, exit onto Hwy 6 north, turn left at Hwy 5 (first major intersection), turn left off Hwy 5 at Sydenham St, follow Sydenham St into Dundas and after crossing King St (traffic lights), turn left into the parking lot (entrance just past Royal bank).

**Distances:** 63km & 83km

## October 12: Halton Hilly

Enjoy the Halton Hills with the challenging option of mounting the escarpment (or not!), via Rattlesnake.

**Start:** Go west on Hwy 401 to Trafalgar Rd. Travel north to 5th Side Rd. Meet at Pineview Public School on the south-east corner of Trafalgar Rd & 5th Side Rd (not Stewarttown that is further north).

**Distances:** 65 km, 90 km & 105 km



**Always check the website the night before or the morning of a ride for changes and/or cancellations due to bad weather.**

# Sunday Tourist Rides

All rides start at 10:00 am unless otherwise noted.

## October 12: Lakeshore–Sort of Campbellville

Starting from the friendly industrial confines of the Kipling Subway, the ride follows Lakeshore Road through the bike path system and country roads of Mississauga. The longest ride lunches in Glen Williams (Georgetown) at The Glen Oven Cafe. The shorter rides lunch at Tim Hortons in Mississauga, near Creditview Road.

**Start:** Kipling Subway **SOUTH**

**Distance:** 115 km, 90 km & 68 km

## October 13: Holiday Unionville Brunch

Thanksgiving ride to celebrate another great year that is soon coming to a close. A leisurely ride through suburban side streets and country roads of York and Durham regions. The ride north eventually brings us to the historic Village of Unionville where we meet for a bit of pub fare at Jakes on Main before heading back Finch.

**Start:** Finch Subway

**Distance:** 97km, 74km & 65km

## October 19: Newtonbrook to Musselman Lake

Starting from our Newtonbrook base, the Finch Subway, ride up through some suburbia but most riding occurs on country roads. The Tourist rides stop at Country Stop Burgers, while the Short Tourist ride stops at Applewood Farm Winery so bring lunch.

**Start:** Finch Subway

**Distance:** 92 km, 80 km & 64 km

## October 26: High Park, Lakeshore Flat

A rather flat ride along Lakeshore Road, all the way to Burlington. Lunch is at independent coffee houses: the 100 km stops at Coffee Culture Cafe & Eatery in Burlington; the 78 km stops at CJ's Cafe in Bronte and finally, the 64 km stops at the Oakville Towne Square, where The Greenbean Coffee House will re-energize you. If you need a break in either direction, The Guilty Dog Coffee House – off Lakeshore in Mississauga – is a great place to take a break. Three distances to suit your fitness or time constraints.

**Start:** Grenadier Cafe, High Park

**Distance:** 100 km, 78 km & 64 km

## November 2: Agincourt to Where Port Perry Ain't

What would a TBN ride be without going to "deepest" Scarborough? With the McGowan Subway as our launching point, we attack the rolling terrain north of the Metro Zoo, and its fertile farmland adding an authentic "country feel" to our ride.

**Start:** McCowan Subway

**Distance:** 111 km, 90 km & 75 km

## November 9: Six Points to Peel

Starting from the friendly industrial confines of the Kipling Subway parking lot, the ride goes through the Etobicoke suburban roads, then through Mississauga and eventually up to Brampton. The longest ride lunches at the Coffee Bean Cafe & Grill in Caledon and all other rides lunch at Tim Hortons in Brampton.

**Start:** Kipling Subway **NORTH**

**Distance:** 98 km, 77 km & 61 km

## November 16: Newtonbrook to Schomberg

Starting from the Newtonbrook base, the Finch Subway, ride up through some suburbia but most riding occurs on country roads. The longest ride stops at the Grackle Coffee Shop and the Short Tourist ride stops at Tim Hortons.

**Start:** Finch Subway

**Distance:** 115 km, 79 km & 61 km

## November 23: Agincourt to Cedar Beach Park

A more or less country ride starting from Agincourt and then through the Rouge Park into Durham county.

**Start:** McCowan Subway

**Distance:** 101 km, 85 km & 64 km

## November 30: High Park, Lakeshore Flat

**\*\*\* OFFICIAL last ride of the 2014 season \*\*\***

A rather flat ride along Lakeshore Road, all the way to Burlington. Lunch is at independent coffee houses: the 100 km stops at Coffee Culture Cafe & Eatery in Burlington; the 78 km stops at CJ's Cafe in Bronte and finally, the 64 km stops at the Oakville Towne Square, where The Greenbean Coffee House will re-energize you. If you need a break in either direction, The Guilty Dog Coffee House – off Lakeshore in Mississauga – is a great place to take a break. Three distances to suit your fitness or time constraints.

**Start:** Grenadier Cafe, High Park

**Distance:** 100 km, 78 km & 64 km

**\*\*\* Refer to back page for common start locations & directions \*\*\***

## Tuesday Ravine Rides

Enjoy park paths without the weekend crowds. The Ravine Rides are a series of relatively short rides at a moderate pace, generally taking 1½–3 hours. The **rides start at 10:30 am** on Tuesdays from May to October. All start points are near subway stations. The routes avoid busy streets as much as possible. Some of the routes include unpaved paths, but none require a mountain bike. Optional coffee and sandwich stop after each ride.

Distances are approximate, and routes are subject to change due to weather and trail conditions.

### October 7: East End Excursion

This ride has a bit of everything: ravines, a cemetery, two cannons, an industrial park, quiet residential streets, and a stairway. All but 100 m on pavement.

**Start:** Kennedy subway station

**Distance:** 22 km

### October 14: Mimico Creek and the Humber v3.1

Paved paths and only a few blocks of street riding. This version includes Alex Marchetti Park.

**Start:** Etienne Brulé Park

**Distance:** 26 km

### October 21: Diagonal Lines: Kennedy to Union Station

All but a few blocks of this one-way route is in parks or on bike paths. Only 30 m of the route is unpaved.

**Start:** Kennedy subway station

**Distance:** 24 km

### October 28: The Beltline Plus

Get the Halloween spirit by visiting two cemeteries. A lovely downtown ride with a few hills and some unpaved paths.

**Start:** Taddle Creek Park

**Distance:** 22 km

**\*\*\* Refer to back page for common start locations & directions \*\*\***



## Sessions start on November 5 at the Adelaide Club

Visit <http://tbn.ca/programs/fallwinter/spinning> for more details.

**Free Membership**

Lead four or more rides in a season, in any ride class, to qualify for a complimentary TBN membership renewal. Complete the Ride Report after every ride; upload to the TBN website, immediately after the ride, and it counts towards your membership renewal.

**Member**  
**Discounts & Deals**

Visit <http://tbn.ca/services> for a list of retailers and services offering discounts to TBN members.



Voting is open until December 31, to vote in all 42 categories or just one being **'Best Cycling Club'** by going to <http://www.surveymonkey.com/s/WVYZJN2>



**Toronto Cycling App Contest** runs from October 6 to November 31, however, the deadline for entries is December 31.

Since the May 2014 launch, >3,400 Toronto cyclists have downloaded the App to their Android or iPhone and have recorded more than 52,000 cycling trips.

# Wednesday Wheelie Rides

All rides start at **10am** from now on.

## **October 01: Bradford to Innisfil Beach**

A 75 or 83 km ride from Bradford north to Innisfil Beach on Lake Simcoe. Meet at the parking lot of the Bradford and District Community Centre on Simcoe Road, south of Holland Street.

**To get to Bradford:** Drive north on Hwy 400 to Hwy 88 (exit 64) and east into Bradford. Turn right (south) at Simcoe Street, then turn left again at Edward St; the Community Centre is straight ahead.

## **October 08: King City to Schomberg**

A 67, 86, or 99 km ride from King City, through the Holland Marsh, to lunch at the Grackle Coffee Company in Schomberg. Meet at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street.

**To get to King City:** Drive north on Hwy 400 to King Side Road (exit 43), east to Keele Street and turn left.

## **October 15: Campbellville to Café Domestique (Dundas)**

A 72 or 92 km ride from Campbellville to lunch in Dundas at Café Domestique. Meet at the Campbellville New Ball Park.

**To get to Campbellville:** Go west on Hwy 401 to Guelph Line (exit 312), drive south over the 401 and immediately turn right onto Reid Side Road; the entrance to the Ball Park lot is on the south side.

## **October 22: Mount Albert to Lake Simcoe**

A 57, 79, or 91 km ride from Mount Albert along the shores of Lake Simcoe. Medium and Long rides go to Keswick. Meet at the Community Centre parking lot on Main Street in Mount Albert.

**To get to Mount Albert:** Go north on Hwy 404, then east on Davis Drive to Hwy 48, north to Mount Albert Side Road, east to Centre Street, turn left and then turn left again onto Main Street.

## **October 29: King City to Caledon East or Kleinburg**

A 73 or 100 km ride from King City to lunch in Caledon East or Kleinburg. Meet at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street.

**To get to King City:** Drive north on Hwy 400 to the King Side Road (exit 43), go east to Keele Street and turn left.

## **November 05: Hornby to Rockwood**

A 71 or 81 km ride north from Hornby to Rockwood for lunch at the Eramosa River Café. Meet at Hornby Park.

**To get to Hornby:** Take the 401 to Trafalgar Road (Exit 328), then go north to the lights at Steeles, turn left and drive 2 km to Hornby Park that is on your left.

## **November 12: Stouffville to Uxbridge**

A 61 or 87 km ride (or 81 km variation on dirt roads) from Stouffville to Uxbridge for lunch. Meet at the Free Parking Lot on Park Drive just south of Main Street in Stouffville.

**To get to Stouffville:** Drive north on Hwy 404 to the Stouffville Side Road and east into Stouffville.

## **November 19: Schomberg to Hockley**

A 65 or 89 km ride from Schomberg to lunch in the village of Hockley. Meet at the Arena parking lot in Schomberg. Schomberg is just west of Hwy 27 and south of Hwy 9; the Arena is on the west side of Main Street in Schomberg, just south of Hwy 9.

## **November 26: Markham to Mt Albert / Musselman Lake**

**\*\* New start location in Markham (was Unionville) \*\***

A 69 or 86 km ride from Markham to Mount Albert and/or Musselman Lake. Meet at Berczy Park in Markham.

**To get to Berczy Park:** Go north on Hwy 404, east on Major Mackenzie Drive, turn right on Kennedy Rd, left onto Castlemore Ave, right onto The Bridle Walk and left onto Weatherill Rd into Berczy Park.

## **December 03: King City to Bradford**

A 63 km ride north from King City, through Holland Marsh, to lunch at Tim Hortons in Bradford. Meet at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street.

**To get to King City:** Drive north on Hwy 400 to the King Side Road (Exit 43), then go east to Keele Street and turn left.

## **December 10 : End of Season/Christmas Luncheon**

At the Marché in Brookfield Place (formerly BCE Place) on Yonge Street, just north of Front Street, at 12:00 noon.

**Register for this event, on the TBN website, at least one week before the luncheon.**

For more information or problems with registration, contact Dave Mader on [wedwheelie@tbn.ca](mailto:wedwheelie@tbn.ca)



## Fall City Walks

Some TBN members like to bike all year long; as long as the snow is not too deep and there is not too much ice on the roads, they continue to soldier on. I am not one of those! When the temperature drops, I prefer moving at a slower speed so if you feel the same way, perhaps you would like to come out on some walks around the city.

From Mid-October until mid-November, TBN offers the official City Walk program. All the walks, except one, start at 10 am on Sunday mornings. We meet at, or very near, a subway station and then walk about 10 km or so, either in a loop back to the same subway station, or in an end-to-end walk to a different subway station. Some walks are entirely on city streets, while others use ravines and multi-use paths. Many walks have a coffee/bathroom break around the middle and usually there is a café or restaurant at the end where we can grab a snack or have a meal.

This year we plan to do some of the traditional walks that we have not done for a year or two, plus a few new ones. In addition, we will try again to run our traditional potluck bonfire walk in December, which was cancelled last year as we were unable to get a permit. The one walk that does not run on a Sunday morning is the Christmas Lights Walk that will be on a Saturday evening, close to Christmas.

After the official City Walk program ends, you may be interested in joining in the “unofficial” walking program that usually runs from January until the weather is warm enough to bicycle, and is a continuation of Howard Chan’s practice of unofficial walks. These are similar to the official walks but a bit less formal; there are no maps and the start location and route are usually not announced until the Tuesday or Wednesday before the walk. Information on the unofficial walks will be posted on the Forum of the TBN website and on the TBN Facebook page.

Please join us if you would like to participate in some pleasant social walks around Toronto and if you happen to enjoy biking all year, feel free to bike to the start!

Following is a preliminary list of the walks planned for this year and more details will be provided on the TBN website, closer to the time of the walk. Be sure to confirm the start location about a week before the walk as changes may occur depending on TTC outages, weather conditions, etc.

For more information, contact John Burdett on [citywalks@tbn.ca](mailto:citywalks@tbn.ca) and look forward to having you join us.

Date	Description
October 19	Town & Country Walk – starting and ending at Rosedale Station, walk through David Balfour Park, the Belt Line, and Cedarvale Ravine (about 10 km).
October 26	Annapurna Trail – starting and ending at Davisville Station, visit Moore Park Ravine and the Lower Don Parklands (9 to 13 km).
November 02	Dan’s Taylor Creek Walk – a walk from Victoria Park Station to Pape Station (about 10 km).
November 09	The Beeches Meander & annual Mark Brousseau Memorial Walk – starting and ending at Main Station, walk south to The Beaches via Glen Stewart Ravine and along the Lakeshore (9 – 14 km).
November 16	A new walk around the DuPont-St Clair West area; details to be provided later.
November 23	A walk along the Finch Hydro Corridor or follow the course of one of Toronto’s Lost Rivers; details to be provided later.
November 30	Mimico Jane’s Walk – starting from Royal York Station, take a short bus ride, visit some historical Mimico sites and return to the start.
December 07	Marco Polo Walk – starting and finishing at Christie Station, visit some iconic Toronto neighbourhoods.
December 14	Annual Bonfire (permit dependent) & Potluck Lunch – starting from and returning to Lawrence Station. Hot apple cider is provided but great if you can bring some snacks to share around a roaring fire.
December 21	Christmas Lights Walk – as a change of pace, this will be a Saturday evening walk, around a neighbourhood that has a nice display of lights.

## Sunday Hiking

All hikes start at 10:00 am and end at approximately 2:00 pm. The start location and directions can be found on the TBN website. All hikes are loop hikes that start and end at the same location.

### November 2: Dundas Valley Waterfalls

Start at Tiffany Falls, follow the Niagara Escarpment through Dundas Valley Conservation Area and encounter four Ancaster waterfalls along the trail. See lookouts, a replica of a Victorian train station, ruins and beautiful terrain. A favourite (hilly) TBN hike of 2013.

**Fees:** Parking

**Distance:** 13 km

see a large mixed forest, Hilton falls, wooded swamps beaver ponds, streams and some rocky areas.

**Fees:** Conservation area entrance

**Distance:** 11 km

### November 9: Rouge Park

A hilly loop hike in the Rouge Park that will soon be a National Park, on the eastern edge of Toronto. Hike through a Carolinian forest, see lookouts, ponds and an 1893 farmhouse.

**Fees:** None

**Distance:** 12 km

### November 23: Walker Woods

Northeast of Toronto on the Oak Ridges Moraine, this hike has undulating hills and hollows, while walking through the woods.

**Fees:** None

**Distance:** 14 km

### November 16: Hilton Falls Conservation Area

With a short drive west of Toronto, on this hike you will,

### November 30: Grindstone Creek

West of Toronto, near Waterdown, hike beside Grindstone Creek and along the Bruce Trail to the Great Falls, and finish with a walk to Snake Rd. The terrain is rocky with some steep climbs and descents. Plus driving on Snake Rd itself is fun as it has climbs, dives and twists).

**Distance:** 12.5 km

For more information, contact Vicki Bondy on [hiking@tbn.ca](mailto:hiking@tbn.ca).

## Friday Skating

It's time to go skating again though many of us will still be riding our bikes till it gets too cold except for Jane and a few others who ride all year round. I will have been on skates since September 14 as the start of my hockey season. The season starts on November 14 at our old favourite rink, York Mills Arena, at Bayview Avenue and York Mills Road. We skate from 6:45 pm till we start getting hungry sometime after the second flood. There are restaurants directly across the street in the plaza and we'll go to the one we agree upon.

There are a total of 18 Friday nights till March 13, 2015 so will try to schedule in all of our favourite rinks; Cedarena, Richmond Green, Colonel Sam Smith skating trail, Greenwood, Withrow Park to mention a few. Some of these rinks are not accessible by TTC so carpooling will be arranged. Plus we may skate on a different night depending on the rink schedule. We normally skate from 6:30 to around 8:00 pm and then go for a late dinner.

For those not familiar with the Friday night skating program, this activity does not require TBN membership as we skate on public rinks. Most rinks are free admission except for a few like Cedarena and Ice Galaxy. All skating abilities are welcome as a social event and not a competition. So bring your friends, get some exercise, see a part of the city you've never seen before and have some good local food.

For more information, contact Fred Lee, Skating Coordinator, on [iceskate@tbn.ca](mailto:iceskate@tbn.ca)

# Skiing & Snowshoeing

Saturday and Sunday bus trips with departures between 8 – 9 am and return at 4 pm.

## Saturday Departure Times & Locations

8:00 am Victoria Park/Denton - Victoria Park TTC lot  
 8:30 am Yonge/York Mills – subway  
 8:50 am Hwy 400/Major MacKenzie Car Pooling Lot

## Sunday Departure Times & Locations

8:00 am Victoria Park/Denton - Victoria Park TTC lot  
 8:20 am Yonge/Asquith - Metro Library  
 8:30 am Yonge/Eglinton - in front of Tim Hortons  
 8:40 am Yonge/York Mills – subway  
 9:00 am Hwy 400/Major MacKenzie Car Pooling Lot

Bus Trip	Day	Date	Activity	Location
1	Sunday	December 28	Ski or Snowshoe	Hardwood Hills
2	Saturday	January 03	Ski or Snowshoe	Horseshoe Valley Resort
3	Sunday	January 11	Ski or Snowshoe	Wasaga Beach Provincial Park
4	Sunday	January 18	Ski or Snowshoe	Mansfield Outdoor Centre
5	Saturday	January 24	Ski or Snowshoe	Duntroon Highlands
6	Saturday	January 31	Ski or Snowshoe	Horseshoe Valley Resort
7	Saturday	February 07	Ski or Snowshoe	Wasaga Beach Provincial Park
8	Sunday	February 15	Ski or Snowshoe	Ganaraska Outdoor Centre
9	Sunday	February 22	Ski or Snowshoe	Mansfield Outdoor Centre
10	Sunday	February 28	Ski or Snowshoe	Horseshoe Valley Resort
11	Sunday	March 8	Ski or Snowshoe	Hardwood Hills
12	Saturday	March 15	Ski or Snowshoe	Highlands Nordic

**Note: Locations are subject to change dependent on snow conditions.**

## Overnight Trips

### January 16 – 18: Wanakita

Spend two nights at the YMCA Camp Wanakita, in Haliburton, with 25 km of trails groomed and tracked for classic skiing. Free use of snow-shoes, skis and toboggans. For those that like challenges, there are also various rope-and-tire balancing, climbing and dangling exercises. Otherwise just read ‘n relax by the fire, do a night ski across the lake to a bonfire and ice-skate.



### February 6 – 8: Arrowhead

A ski weekend ‘extravaganza’ at Arrowhead Provincial Park near Huntsville. Enjoy various levels and lengths of ski, snowshoe and hiking trails and then warm up by the fireplace in the Tulip Inn Chalet with complimentary mulled apple cider. There is a welcome social on the Friday night in the Chalet and a potluck dinner on Saturday night, in the main dining room.

### February 20 – 22: Wolf Den

Stay two nights at the Wolf Den Hostel and Nature Retreat near Algonquin Park with cross country skiing, snowshoeing or hiking each day. TBN has booked the entire facility and the options available make for an "any weather type" weekend trip. Enjoy the company of fellow enthusiasts while celebrating the end of winter. A weekend worth attending as you will not find a better deal for a weekend getaway!

Overnight trips are very popular so contact **Jean O’Grady** on [weekendtrips@tbn.ca](mailto:weekendtrips@tbn.ca) if you have an idea for a trip or willing to be a leader.

	Coordinators	Easy Roller	David Middleton	easyroller@tbn.ca
		Leisure Wheeler	Jamie Hauyon	leisurewheeler@tbn.ca
		Tourist/Sportif	Joey Schwartz	tourist@tbn.ca
		Country Cruise/Sat Shorts	Barry Pinsky & Rowena Maclure	countrycruise@tbn.ca
		Tuesday Ravine	David Peebles	tuesravine@tbn.ca
		Wednesday Wheelie	Ron Wilson & Dave Mader	wedwheelie@tbn.ca
		Wednesday Night	Terry Walsh	wednights@tbn.ca
		Friday Night	Mike Gurski	fridays@tbn.ca
		Saturday Morning	Patsy Cook & Mick O'Meara	satmorning@tbn.ca
		City Walks	John Burdett	citywalks@tbn.ca
		Hiking	Vicki Bondy	hiking@tbn.ca
		Ice Skating	Fred Lee	iceskate@tbn.ca
		Skiing/Snowshoeing	Terry Walsh	xcski@tbn.ca
		Spinning	Kathleen Harford	spinning@tbn.ca

Ride Classifications	Common Start Locations
<p><b>Leisure Wheeler:</b> Distances of 20 - 60 km, at speeds of 15 - 17 km/h for a leisurely pace. Designed as a series of entry level rides for novices, seniors and riders returning after a long absence. Rides start at 10 am on Sunday and 10:30 am on Tuesday.</p> <p><b>Suggested programs:</b> Sunday Leisure Wheeler and Tuesday Ravine.</p> <p><b>Easy Roller:</b> Distances of 30 - 60 km, at speeds of 18 - 22 km/h for a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Rides start at 10 am.</p> <p><b>Suggested programs:</b> Wednesday Night, Friday Night, Saturday Morning and Sunday Easy Roller.</p> <p><b>Tourist:</b> Rides are for experienced cyclists, utilizing both urban and rural routes at faster paces of 23 - 28 km/h and longer distances of 60 - 215 km. On shorter rides of 60 - 70 km, a system of ride leader and organized formal regrouping will be attempted to keep together. On longer rides, grouping and regrouping is informal and riders are expected to download and preview the ride maps/cue sheets before a ride. Riders are expected to stay in a group and regroup at traffic lights before they hit the open road. Once on the open road, everyone is essentially on their own, at their own pace, and self-sufficient.</p> <p><b>Sportif</b> riders do the same rides as Tourists, but at the faster 29 - 35 km/h pace.</p> <p><b>Suggested programs:</b> Wednesday Wheelie, Saturday Cruising Shorts, Sunday Tourist/Sportif and Sunday Country Cruise.</p>	<p><b>Boardwalk Place (previously Boardwalk Pub):</b> The parking lot is located at Northern Dancer Boulevard and Lake Shore Boulevard East. Paid parking is available near Boardwalk Place, however, parking on Coxwell Avenue is free.</p> <p><b>Bridgepoint Health:</b> Meet in the park behind Bridgepoint Health, at the corner of Broadview Avenue and Langley Avenue. Parking is on Broadview Avenue.</p> <p><b>Edwards Gardens:</b> The parking lot is located on the south west corner of Lawrence Avenue and Leslie Street.</p> <p><b>Etienne Brulé Park:</b> The parking lot is located at the junction of Old Mill Road and Old Mill Drive i.e. around the corner and down the hill from the Old Mill subway station.</p> <p><b>Finch Subway:</b> The Park 'n' Ride is located on the north west corner of Yonge Street and Hendon Avenue, one block north of Finch Avenue.</p> <p><b>Grenadier Cafe, High Park:</b> Follow the signs south from the intersection of High Park Avenue and Bloor Street West.</p> <p><b>Kennedy Subway:</b> Beside the elevator on the west side of the station, on Transway Crescent.</p> <p><b>Kipling Subway:</b> The <b>north lot</b> of the Park 'n' Ride is located on Subway Crescent, south of Dundas Street West and west of Kipling; look for the signs. The <b>south lot</b> is accessed from Munster Avenue, off Kipling Avenue, south of Dundas Street West.</p> <p><b>McCowan Subway:</b> The south parking lot next to FreshCo on McCowan Road, north of Ellesmere Road.</p> <p><b>Queen's Park:</b> Near the King Edward statue at the north end of the park, just north of Wellesley Street.</p> <p><b>Shoppers World:</b> Meet at NW corner of the parking lot on Danforth Avenue, at Victoria Park Avenue, one block south of the Park 'n' Ride for the Victoria Park Subway.</p> <p><b>Taddle Creek Park:</b> One block north of the Bedford exit of the St. George subway station.</p>

Toronto Bicycling Network Inc  
 131 Bloor Street West Suite 200  
 Box 279  
 Toronto ON M5S 1R8

