

**Toronto Bicycling Network
Rock Point Relaxer
Camping and Cycling Weekend Getaway
July 16 to 18, 2010:**

Come to Rock Point Provincial Park for two days of cycling along the Lake Erie shoreline. On road cycling routes are available from 40 to 100+ km, or just relax, hike, or swim in the park. The terrain is relatively flat. Enjoy the company of fellow cyclists camping on a group site Friday and Saturday night. Provided will be two pancake breakfasts and supplies for lunches. Saturday night dinner will be potluck.

To register for this outing, please print and complete this form. Send it along with a cheque or money order for \$35 (or \$40 if you are not a member of the TBN) made payable to the "*Toronto Bicycling Network*". Please do not send cash through the mail.

We need to submit a complete list of attendees and license plate numbers before the weekend so that we can prepay the per person and per vehicle fees. This is why we ask for the vehicle plate number.

Please send the form with payment to:

Paul Price
7 – 6449 Glen Erin Drive
Mississauga, ON
L5N 2T2

When we receive your cheque, we will send you a confirmation email (or regular mail) with an attachment providing directions to the park, an itinerary, and more suggestions on what to bring. If you are signing up close to the cut off date, send us a concurrent email - mail has arrived after the weekend trip!

While we will not organize car pooling, we will help in the process. Contact us for more information. For car poolers, if you can not find a ride, we will destroy or return your cheque.

You will need a tent and some camping supplies. Trailers are not allowed on the group sites.

Rock Point Provincial Park is about a two hour drive west from Toronto.

Paul Price & Brenda Sweet
905-567-1035
rockpoint@tbn.ca

Suggestions on what you need for a weekend camping trip:

Tent – either bring your own, or arrange to share with someone.

Ground sheet – optional for many, it can keep your bottom dry if the weekend is wet.

Sleeping Bag or blankets, and *pillow*.

Mattress – Thermarest, Foam, or the ultimate: a blow up air mattress.

Fold up chair – nice for sitting around the fire at night.

Bug Repellent with DEET – mosquitoes may be plentiful.

Rain gear – although we try, sunny weather can't be guaranteed.

Bathing suit – mandatory attire, the beach is quite close.

BYOB – alcohol is allowed on site if you are so inclined (don't be caught with alcohol off-site, there is a \$125 fine!)

Food/Snacks – Saturday night will be a potluck dinner, bring something you wish to share.

Utensils – plate, bowl, cup, knife, fork, and spoon

Stove/Cooler – You may wish to bring a cooler for your food and cold drinks. We will be bringing three stoves for common use, but you may wish to bring your own.

Bike Kit – there is no sag support on the rides, you may wish to bring a tube, patch kit, and tools.

Bike Helmet – helmets are mandatory on any TBN ride or event.

**Toronto Bicycling Network
Rock Point Relaxer
July 16 to 18, 2010**

Name: _____

Phone Number: _____

TBN Member? Yes / No

Correspondence: Email / Mail (if mail, we will need your address)

Email or Address: _____

License Plate: _____

Do you need carpooling? Yes / No

If yes, what intersection are you close to _____

Can you help by providing transportation to someone without a vehicle? Yes / No

If yes, what intersection are you close to _____

Comments: _____
