

QuickRelease

May - June 2012 • Volume 31, Issue 2



Toronto
bicycling
Network

**Meet people.
Ride.**



Have fun.

TBN President's Message

Hello Again.

By the time you read this, the Ride for Heart, TNTO and the Hairshirt will be almost upon us. But while I'm writing, Easter has just passed, spring is just getting started and TNTO was just sold out after being posted on tbn.ca for barely a week. Next to sell out will be Cyclon in Peterborough this year. We are looking for an amazing cycling season with lots of great weather and some outstanding events.

As avid club members you've probably seen many changes to the club over the years and this year has been no exception. Welcome to the social media era. We're on Facebook and Twitter now. Anybody can start conversations on the Facebook group and post meetups and pictures or just catch up with fellow riders. I've started using MapMyRide and other members are using similar services for their iphones and androids. Become involved! There's a whole world of social interaction out there and since we are primarily a SOCIAL cycling club, it makes sense to have lots of ways to stay in touch.

My posting this month is short but I'm going to again make a call for volunteers. Our club's lifeblood is the quality of volunteers that participate and create better experiences for everybody. Our ride leaders and coordinators do remarkable

work putting together maps and researching routes as well as tirelessly helping those riders that need a little bit of extra assistance along the way. We've got a Board of Directors that puts in many diligent hours each month and ensure everything stays on track and new services make sense. We've also got special organizers like Joe Hickey, who in addition to managing our August club Barbecue, also coordinates our involvement with the Ride for Heart. A truly terrific cause and one that I am proud to have volunteered with. Each year THOUSANDS of Torontonians take old rusty flat-tired bikes out of their garage and proceed to ride from Exhibition Stadium, along the Gardiner and up the Don Valley. Each year, TBN members volunteer as Ambassadors to ride the route and help out stranded cyclists with basic repairs and handholding in the case of minor scrapes. This year on June 3, we need at least 50 volunteers to help Joe out. So if you've got some basic repair tools and a pump, we'd love to have you come out for this. Contact me at president@tbn.ca for how you can get involved.

Looking forward to a great season and I hope to see many of you out there!

Brian McLean



"The Road Ahead"

- SATURDAY, MAY 12** 19TH ANNUAL RIDE FOR THE ROUGE
Fundraising to ensure the continued operation of the Rouge Valley Conservation Centre. The organizers would appreciate volunteers to help out either as ride marshals/sweeps and in appreciation, will waive your fees and provide a free lunch. TBN will also have a table at the event, so we'll be looking for volunteers to represent our club. If you can help out, please contact publicity@tbn.ca.
- SUNDAY, MAY 27** BIKE 4 BETTY
Annual cycling event and family festival in Mississauga that raises funds in support of cancer care services at the Trillium Health Centre.
- SUNDAY, JUNE 10** 15TH CAMBRIDGE TOUR DE GRAND (CLASSIC RIDE)
- SUNDAY, JUNE 17** 19TH TOUR DE CREEMORE
Charity ride for Trails Youth Initiatives.
- SATURDAY, JUNE 23** CYCLE FOR SIGHT (TORONTO TO COLLINGWOOD)
Supports charity The Foundation Fighting Blindness
- TNT HAIRSHIRT (TBN 322KM CLASSIC RIDE)



Hairshirt 2011
Photos by: Pierre McAlpine

TBN Spring Kick-Off Event

Date: Saturday, May 26, 2012

Event Time: 9:00AM to 11:00AM

Cost: Free for everyone!!

Bring your bike, meet people and learn all about The Toronto Bicycling Network, Canada's largest recreational cycling club.

There will be snacks, info table, educational and fun events as well as a variety of organized group rides which will begin to depart the park between 10am and 11am.

Location: Etienne Brule Park, across from The Old Mill. Etienne Brule Park can be entered at the south end from Old Mill Road off of Bloor Street. Cyclists can also travel through the park on the Tommy Thompson Trail, using entrances at Pasadena Gardens and Lundy Avenue. Check the TBN website for updates at www.tbn.ca



DNFYMC

(Do Not Forget Your Membership Card)

Please remember to bring your membership card to all TBN events (except the Spring Kick-off), and show it to the event leader. Otherwise you will be asked to sign the waiver and pay the non-members participation fee. Non-members are welcome at most events for \$5. One \$5 fee will be credited toward your membership should you decide to join within six months of the last event you participated in. Helmets are mandatory on all rides, lights on evening rides.

 Toronto bicycling Network	Expires end of AUG 3 1 2012
	The Toronto Bicycling Network has accepted:
	SHEAMUS as a member in good standing
	416-760-4191 131 Bloor Street West www.tbn.ca Suite 200, Box 279 info@tbn.ca Toronto, ON M5S1R8
	Membership Number: <u>9999</u>

First cycling pictures of the season!

Photos by Michael Varrick



Bolton Hammer "Rainloaded" on April 15th

Unionville Brunch on April 6th

Bike Fit Education Night by Sam Bootsma

TBN had a Bike Fit / Posture Education Night last Fall. The presenters were **Shelagh Baker** from the Sports Medicine Specialists in Toronto and **Ian MacLean** from IMFIT in Milton. I received numerous positive comments from this session and was encouraged to set up a similar Education Night for this Spring. So, I have invited Ian and Shelagh to come back for a second evening of Education. Ian will present bike fit concepts, Shelagh will speak to what muscles are engaged for different parts of the pedal stroke.

I can personally attest to the value of Physiotherapy. A year ago I had a herniated disc, glutes that didn't want to do their job, and a quad muscle imbalance. One year and many exercises later my herniated disc is healed, and my glutes are working. My quad and glute problems created a bio-mechanical problem in the right knee that resulted in osteoarthritis. I am continuing Physiotherapy for these problems and I am experiencing positive results.

I had a Bike Fit last year and that also paid immediate dividends ... and those dividends continue today. For example, I did a 115 km early Spring ride today. Even though at the end of the day my legs were quite tired, I was very comfortable on the bike. Before

the bike fit I had significant aches and pains after 70 km or so. I hope to see many of you at the

North Toronto Memorial Community Centre
200 Eglinton Ave. West
(500m west of Yonge)
Thursday, May 24
7:00 to 9:00 PM

IMFIT website: <http://www.imfit.ca/home.html>

WARM UP

The purpose is to physically increase the temperature in the muscles and increase their elasticity, increase circulation and gradually increase the heart rate.

STRETCH

The goal of stretching should be to increase range of motion and flexibility of a muscle or joint.

Drop-in and find out more at our Education Night!!

If there is sufficient interest, Ian Maclean from IMFIT will perform bike fittings IN TORONTO on a subsequent day ... you will not need to travel to Milton for this special fit day. For more information on this, check out <http://www.imfit.ca/bikefittingservices.html>.

Meet Jean O'Grady TBN Treasurer

Welcome to the Board of Directors!

How did you find out about the TBN and join?

I actually joined around 2003. After my husband died, I thought my bike-touring days might be over, as we had always gone biking together. Fortunately, a friend mentioned TBN. Between my daughters and the TBN, I've been able to go out on rides more than ever.

Which rides or TBN activities do you enjoy?

I do the Easy Roller rides on Sundays. Now that I've retired, I hope to do more of the Tuesday Ravine Rides. This year I'm looking forward to going to Cyclon for the first time.

Have you always lived in Toronto?

I was born in England, but my family came to Toronto in 1956.



Do you have other hobbies or interests?

Gardening is a major preoccupation in summer, especially now that I have dug up most of my lawn and have more room for plants. In the winter I listen to a lot of classical music and go to concerts. I've recently taken up tennis lessons. For twenty years I worked on the Collected Works of Northrop Frye, so I guess I would list him as a continuing interest. I'm lucky to have three lovely daughters and three grandsons, with a granddaughter on the way, so another hobby is babysitting. I also hope to do more writing if that fabled free time ever materializes....

Which is your favourite route in the GTA? Ontario? elsewhere in the world or where you would like to ride?

We are so fortunate with the ravine paths in Toronto. I love them all, but especially Taylor Creek and the Leslie St. Spit, and the path to Cherry Beach, for the wildflowers. (By the way, I heard that the speed bumps on the Spit were put in because fast cyclists were running over the snakes, which makes sense.) Apart from tours in Canada & Vermont, I have done tours in England, Cuba, France, & Germany. My ideal is a self-guided tour in France with someone to move the luggage and book the delightful inns.

Heart&Stroke
RIDE
for
HEART
JUNE 3, 2012

Ambassadors Wanted

For probably 20 years we have been asked by the Ride For Heart to have our members assist the public as they try to raise money or a good cause and do something for their own health. This event has grown and improved every year. Our members have acted as Ambassadors of the Road. If you are mechanical you can fix bikes and flats on the route. If you have medical training you are truly welcome. We need eyes and voices to spot problems and prevent a pileup if there is a collision. Just being in a volunteer vest, stopped on the route helps police and ambulance people find the "hot spot". We usually go in pairs so

one person can stay with the injured while the other one stands in front to prevent someone "not paying attention" from compounding the problem. If you come upon a serious problem call 911 on your cell, flag down the police, or ride to the next rest station. The lights on the D.V.P. have numbers so you can tell emergency people where the problem is. As experienced riders, our members know the value of water on a hot day. If it is hot, look for people getting red in the face, check to see if they have been drinking enough water. Maybe they should take a short rest. If you have never been on this ride as a volunteer we can pair you with someone who is experienced.

Sunday, June 3rd, meet at our tent just north of the band shell & south of the Flower building. Look for the TBN Banner. Any time between 7:00 A.m. and 8:30. If you live out in the boon docks we can try to get a parking pass for you. You do not have to be a TBN member but if you are no longer a member and wish to ride or need more info call me- Joe Hickey at 416-269-8947 or email jo_hickey@rogers.com.



Tuesday Ravine Rides



The Secret Circuit, May 8

The original – and shortest – ravine ride: a half-hidden downtown route with a minimum of street riding and enough hills to give you get a good cardio workout! Some unpaved paths.
 Start: Taddle Creek Park, one block north of the Bedford exit of the St. George subway station
 Dist: 14 km

East End Excursion, May 15

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: beside the elevator on the west side of the Kennedy subway station (on Transway Crescent)
 Dist: 22 km

3M, Short Form, May 22

The lower Don, a bit of the Martin Goodman Trail, and a couple of small parks paralleling the long-buried Garrison Creek. All but a few metres of the route is paved; some street riding.
 Start: in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station
 Dist: 23 km

Mimico Creek and the Humber, v2.1, May 29

Paved paths and only a few blocks of street riding.
 Start: Etienne Brule parking lot (down the hill behind Old Mill subway station)
 Dist: 22 km

Balfour and the Beltline, June 5

David Balfour Park, Moore Park, the Beltline, and Cedarvale Park. Some unpaved paths.
 Start: in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station
 Dist: 19 km

Tour de Dufflet, June 12

Inspired by Dufflet's generous tour offer during Bike Month, this route visits three Dufflet locations. Last year, there was a \$5 registration fee, which Dufflet donated to a cycling advocacy group. Much of the route is on bike paths, but there is some street riding.
 Start: at the Dufflet at 2638 Yonge Street (5-1/2 blocks south of Lawrence subway station).
 Dist: 39 km for the basic tour ending near Queen and Bathurst; 49 km with the optional return to the Yonge Street Dufflet.

Cedarvale Prospecting, June 19

Cedarvale Park and the Beltline extension. Some unpaved paths and street riding.
 Start: in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station
 Dist: 19 km

Bloordale and Mimico Creek, June 26

Explore the western edge of the city. A bit of street riding takes us to paths in two nice long ravines. Includes a short stretch of unpaved road.
 Start: Kipling subway Park and Ride (north lot)
 Dist: 19 km

Sunnybrook/Don Valley, July 3

Almost all of the route is paved. Some street riding, but two-thirds of the route is on bike paths and half is in ravines. Come and see the amazing half-elephants (or maybe they're giant molars!)
 Start: in Taddle Creek Park one block north of the Bedford exit of St. George subway station
 Dist: 26 km

North by Northeast, July 10

A new route to L'Amoreaux Park. Some street riding, plus 2 km of unpaved paths hidden in the wilds of Willowdale.
 Start: Finch subway Park and Ride
 Dist: 32 km

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 • Enjoy park paths without the weekend
 • crowds. The Ravine Rides are a series of
 • relatively short rides at a moderate pace,
 • generally taking 1–3 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.

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 • Please note that the TTC now prohibits
 • bicycles on the subway before 10:00
 • AM on weekdays. Regrettably this
 • change to TTC regulations will make the
 • Ravine Rides less accessible for some
 • members unless we start later (which
 • has drawbacks, especially for the longer
 • routes) so we'll keep our 10:30 AM start
 • time for now and try to gauge the effect
 • of reduced subway access. We welcome
 • members' comments on later start times.

The Humber Yo-yo, May 1

A great way to warm up your cycling muscles after a long winter: a paved path with gentle grades along one of the nicest stretches of the Humber River. The route is almost totally car-free.
 Start: Etienne Brule parking lot (down the hill behind Old Mill subway station)
 Dist: 20 km

Wednesday Night Rides

Join the fun on our Wednesday Night Rides-Easy Roller Rides on bike trails or roads, with a relaxed social component. Rides are approximately 25/30km, **starting at 6:30pm** and ending by 8:30 pm. You'll need the brisk exercise because the apres often includes gelato, patio drinks, or pizza get-togethers. Don't forget your lights and helmet.

Start Locations:

- May 2-** Bridgepoint Health
(west side of Broadview. 2 blocks north of Gerrard)
- May 9-** Toronto City Hall
- May 16-** Etienne Brule Park near Old Mill Subway
- May 23-** Bridgepoint Health
- May 30-** Bridgepoint Health
- June 6-** Bayview and Moore, behind the Pharma Plus
- June 13-** Ferry Docks for Toronto Islands
(foot of Bay Street at Queens Quay).
- June 20-** Grenadier Restaurant, High Park
- June 27-** Bridgepoint Health
- July 4-** Edwards Gardens
- July 18-** Etienne Brule Park



Friday Night Rides

The FNR's are fast-paced, fun and incredibly social events. Join us as the sun goes down and head over to the apres to top off the evening.

All rides start from Riverdale Park just north of Bridgepoint Health Centre (on the west side of Broadview, north of Gerrard) at 6:30pm. Don't forget lights, helmet and lock. Also, bring a jacket since we may be outside on a patio & it may be cool down by the lake. Ride cancelled if raining.

Fri-Jun-01 TBN Jamaican Sunset

Cycle west along the waterfront bike trail, up the Humber & down through High Park followed by drinks & dinner at the Real Jerk, which has the best Jamaican food in the city!

Fri-Jun-8 TBN Splash Pizza and Luminato

Cycle the waterfront bike trails followed by drinks & dinner on one of Toronto's BEST patios at Splash which overlooks the lake and features amazing pizza from a wood burning oven! Afterwards, we'll dance under the stars at Luminato's Free Opening Night Celebration featuring Canadian music stars Kae Sun and K'NAAN.

Fri-Jun-15 TBN Ice Cream Ride - Viva L'Italia!

In honour of the Taste of Little Italy Festival we're doing everything Italian tonight! We'll cycle the Beltline trail to La Paloma (the best Italian gelato in Toronto!). Afterwards, we'll check out the Taste of Little Italy street festival - with great entertainment & lots of wonderful food! We'll end up at California Sandwiches for the absolute BEST veal sandwiches anywhere! .

Fri-Jun-22 TBN Bluffs, Beers and Pizza

Get your weekend off to a GREAT start!! It's MUCH Better than Speed Dating!!! This is an official Bike Month Event so there will be lots of potential new members/(dates???). This week we'll cycle through parks & quiet residential streets to the Scarborough Bluffs for romantic sunset views and a pizza dinner in the park! Followed by some cold beer on a patio!

Fri-Jun-29 TBN Don Valley and Souvlaki Under the Stars

Get your long weekend off to a GREAT start!! This week we'll cycle north on the Don Valley trail system followed by drinks and souvlaki under the stars! We'll be on the patio at a fabulous Greek restaurant just off the Danforth where the meat's roasted outside on a spit.

Wednesday Wheelies



Photos by Dave Mader

May 2: SCHOMBERG TO CALEDON EAST A 74 or 93km ride from Schomberg to lunch at the Trailside Cafe in Caledon East. Meet for a 10AM departure 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.

May 9: HORNBY TO ROCKWOOD A 70 or 81km ride from Hornby north to Rockwood for lunch at the Eramosa River Cafe. Meet for a 10AM departure at Hornby Park. To get to Hornby take the 401 to Trafalgar Road (Exit 328). Go north to the lights at Steeles, turn left, and drive 2km to Hornby Park which will be on your left.

May 16: DURHAM COLLEGE TO PORT PERRY A 60, 72, or 85km ride from Durham College at the north of end of Oshawa to Port Perry on Lake Scugog. Meet for a 10AM departure at the arena of Durham College. Exit Hwy 401 at Thickson Road (Exit 412) and drive north to Conlin Road, then east to Durham College. Turn left at the lights and drive past the Tennis Centre to the arena parking lot.

May 23: SCHOMBERG TO ALLISTON / HOCKLEY A 72 or 88km ride from Schomberg to lunch in the village of Hockley. Meet for a 10AM departure 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.

May 30: CAMPBELLVILLE COUNTRY CRUISE TO WATERDOWN A 64, 74, or 114km ride from Campbellville past Waterdown to lunch in Lowville. Meet for a 10AM departure at the Campbellville New Ball Park. To get to Campbellville go west on Hwy 401 to the Guelph Line (Exit 312). Drive south over the 401 and immediately turn right onto Reid Sideroad. The entrance to the Ball Park lot is on the south side.

June 6: BRADFORD TO INNISFIL BEACH (*note new start location*) A 70 or 78km ride from Bradford north to Innisfil beach on Lake Simcoe. Meet for a 10AM departure 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 drive east into Bradford. Turn right (south) at Simcoe Street then turn left again at Edward St. The Community Centre is straight ahead.

June 13: MOUNT ALBERT TO LAKE SIMCOE

A 55, 79, or 102km ride from Mount Albert along the shores of Lake Simcoe to Keswick. Meet for a 10AM departure at the Community Centre parking lot on Main Street in Mount Albert. Go north on Hwy 404 then east on Davis Drive to Hwy 48. Go north to the Mount Albert Sideroad, east to Centre Street, turn left, and then turn left again onto Main Street.

June 20: ASHBURN TOUR TO ENNISKILLIN A 57 or 81km ride from the village of Ashburn to Enniskillin. Meet for a 10AM departure at Ashburn Community Park on the west side of Ashburn Road, 200m north of the main intersection. To get to Ashburn drive east on Hwy 401 to Brock Road, north to CR5 at Claremont, then east to Ashburn and north to the parking lot. Bring a lunch on this tour.

June 27: KING CITY TO SCHOMBERG A 67, 80, or 96km ride from King City through the Holland Marsh to lunch at the Grackle Coffee Co. cafe in Schomberg. Meet for a 10AM departure 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 Sideroad (Exit 43). Go east to Keele Street and turn left.

July 4: HORNBY TO BELFOUNTAIN / GLEN WILLIAMS (*Note new SUMMER HOURS) A 73 or 86km ride from Hornby to Glen Williams or to "The Shed" in Belfountain for lunch. Meet for a 9:30AM departure at Hornby Park. To get to Hornby take the 401 to Trafalgar Road (Exit 328). Go north to the lights at Steeles, turn left, and drive 2km to Hornby Park which will be on your left.



GENERAL INFORMATION

What is Cyclon? Cyclon is a 3-day cycle touring mini-vacation which takes place over the August Civic Holiday long weekend. It is the major annual event of the Toronto Bicycling Network ("TBN"), a club for recreational cyclists with over 900 members. TBN is a not-for-profit club and Cyclon is a not-for-profit event. Cyclon will be touring Peterborough, and the beautiful Kawartha Lakes region.

Accommodation: We will be staying at Trent University's Gzowski College, located on the east side of the Trent Canal on Pioneer Road in Peterborough. This picturesque campus, situated on the northern edge of Peterborough, boasts drumlins, forests, and of course the Trent Canal, and has won international awards for its architecture. There is an excellent athletic facility within a short walk over the nearby footbridge. All breakfasts will be hosted within our residence, and the Saturday BBQ will be on the lawn outside.

CYCLING

What are the tour routes like? We provide a number of different cycling routes each day. The tours range from about 40 to 170 km in length and are based on the TBN ride categories: Leisure Wheeler, Easy Roller, Short Tourist, Tourist and Sportif. For more information on these categories, visit our website at www.tbn.ca/cyclon. An experienced ride leader leads each tour. Detailed tour maps and written directions are provided to every cyclist along with the phone number for the emergency support vehicle (SAG Wagon) that will be on call and patrolling the routes. All the tours start right from the Gzowski College Residence. When you arrive for registration, you will be provided with an information package and a complete set of maps with detailed route information.

ACCOMMODATIONS

The College residence has one double bed in each room, semi-private washrooms (one washroom shared between two adjoining rooms), air conditioning, elevator access and lounges with televisions on each floor. We will stay there all three nights (Friday arrival to Monday departure). The College Residence is a smoke-free facility. All bed



linen, towels and face cloths are provided, but you may wish to bring extra towels or your favourite blanket or pillow.

You can choose your own room-mate. Simply indicate on your Cyclon registration form the name of the person with whom you wish to share a suite. Any children attending Cyclon will be billeted with their parents. If you do not indicate a suitemate on your registration form, you will be placed in a suite (2 adjoining but separate bedrooms with one adjoining washroom) with a participant of the same gender and of similar age when possible.

Cyclon is almost as much a social event as a recreational cycling event! The common interests of 200 cyclists and the camaraderie that develops are what help to make Cyclon so special, and why it has been successful for many years.

Friday: There will be a reception beginning at 6:00 p.m. What better way to break the ice, meet up with old friends, or make some new ones? The reception on Friday evening will include pizza, snacks and a cash bar.

Saturday and Sunday afternoon

- Come and join a social after-ride reception in the Residence lounges on each of the two floors and enjoy the light snacks and the camaraderie of other cyclists. BYOB.
- Saturday dinnertime will feature an optional BBQ at Gzowski College. We'll have plenty of room in the picnic area or the option to move inside if we encounter rain.
- Saturday night features various possibilities from which to choose: a night hike led by Paul Price and Brenda Sweet, or games right at the Gzowski residence.
- Or Saturday night could be a free night off to explore local highlights such as: a dinner cruise on the Trent River, the famous Little Lake Music Festival in downtown Peterborough, local theatre productions, working out in the Trent University athletic complex, or harness racing and slots at Kawartha Downs.
- Sunday night is reserved for our Gala Dinner and Dance which will be held this year in the Great Hall at the University (a five-minute walk from the Residence – no need to drive or catch a shuttle bus!). It features a sumptuous dinner followed by a DJ-hosted dance. Bring your dancing shoes!

COSTS AND PACKAGE OPTIONS

Package includes: Cycling tours, 2 dinners (Friday and Sunday) and accommodation.

Cost: \$210 for TBN members who register on or before June 10th.



your residence rooms on the 2 residence floors, and in plastic containers in the 4 common rooms on those 2 floors. Personal alcohol will not be permitted in any public area such as the dining hall, classrooms, atrium, public lounge areas and the residence lawn. Trent University will be providing a cash bar (at reasonable prices) for the Friday reception, the Saturday BBQ and the Sunday Gala dinner.

Other options: meals can be added as follows:

- three “all you care to eat” hot and cold breakfasts in the cafeteria of the Residence - \$34 (must take all three)
- Saturday night barbecue at the Gzowski College Residence - \$26
- Monday lunch - \$13

Saturday and Sunday lunches are not included so you will have an opportunity to enjoy the local dining hot spots or a picnic on your chosen ride.

Like some of the Cyclon accommodations in the past, there are no kitchen facilities in the residence rooms. There is a refrigerator and a microwave oven available to all Cyclon attendees in each of the two common rooms on each of the two residence floors (4 common rooms in total) that we will be using. If you wish to prepare your own meals you will need to bring your own dishes, eating and cooking utensils and pots. In addition, you are responsible for ensuring that the kitchen is clean after you have finished each meal.



Owing to the location of the Trent campus, there will be fewer local restaurant options in close proximity to the residence (Tim Horton’s is 2.7 km away) than at some previous Cyclons. For this reason, along with the fact that an excellent hot and cold breakfast will be served right in our building, many attendees will find it more desirable to select the breakfast and other meal options offered at Cyclon 2012.

Can I change my mind and add on or cancel some of the meals after I have arrived at Trent? No. The meals have to be confirmed many weeks before we arrive at Cyclon. Please be sure when you register that you select the meals that you want.

What about special dietary needs or allergies? New for this year, Cyclon has secured the services of a Registered Dietitian to ensure that our meals will meet the needs of most restrictive diets, and taste good too! Please be sure to include any special needs on your Registration Form.

Is Alcohol Permitted? Personal alcohol may be consumed in

PAYMENT

How do I pay for Cyclon?

1. You will be able to register and pay online using your Visa or MasterCard by going to www.tbn.ca/cyclon selecting the Cyclon Registration link.
2. You can also register online, and make payment by cheque through the mail. Payment must be made in Canadian funds, enclosed with a printed copy of your registration form.
3. You can fill out and mail in a hard copy of the registration form (with cheque attached).
4. You may also pay by cash or cheque at our Information Night and Social on May 31st.

NOTE: for security reasons, do not mail cash payments. For U.S. participants not paying by credit card, please send a traveler’s cheque or international money order.



REGISTRATION

For Cyclon 2012, registration will be limited to 200 people. It is best to register on-line and pay by credit card. This will ensure that a spot will be reserved for you at Cyclon immediately.



The Cyclon Information Night and Social

gives you the opportunity to talk directly to Cyclon organizers about the event and with other participants who’ve been there! Cash bar and light refreshments will be provided.

Date: Thursday, May 31st

Time: 6:00 p.m. – 9:00 p.m.

Where: Scllywags, 11 St. Clair Avenue West (SW corner of Yonge & St. Clair) 2nd Floor room

Please indicate your preferred ride classification (for planning purposes only)

CYCLON 2012 Ride Classification	Distance	Speed km/hr	CYCLON 2012 Ride Classification	Distance	Speed km/hr
() Leisure Wheeler	30 –60 km (mostly flat)	15-17	() Short Tourist	50 –80 km (hills)	18-22
() Easy Roller	30 –60 km (mostly flat)	18-20	() Tourist	50-120 km (quite hilly)	20-25
() Advanced Easy Roller	50 –70 km (some hills)	18-22	() Long Tourist/ Sportif	110-180 km (very hilly)	25-30

Volunteering: () I would like to volunteer to help out at Cyclon
 () I would like to be a tour leader and/or sweep for my ride class above

Carpooling: () I need a ride (and will share expenses with driver)
 () I can provide a ride (provide # of spaces and closest major intersection)

In Case of Emergency:

Contact:

Phone Number:

The following waiver must be read and signed:

I HEREBY RELEASE AND FOREVER DISCHARGE the Toronto Bicycling Network Inc., Cyclon, their officers, directors, employees, agents and other representatives ("Released Parties"), from all claims, demands, and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person, the registrant undersigned for whom I am the parent or guardian (The Registrant) or property however arising as a result of my participation or the participation of The Registrant in any activity organized and/or sponsored by Cyclon. I understand that this release includes the release of all claims, demands and causes of action, which may arise by reason of any intentional act, negligence, gross negligence, error or omission on the part of the Released Parties. I declare that this release is binding upon me, my heirs, executors, administrators, and assigns, and those of The Registrant. I FURTHER UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY the RELEASED PARTIES from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected to, my participation or the participation of The Registrant in any activity organized and/or sponsored by Cyclon. BY SIGNING THIS AGREEMENT I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREED to the above RELEASE AND INDEMNITY. I WARRANT that I am at least 18 years of age, physically fit to participate in Cyclon activities, and that all my equipment is mechanically fit and suitable for its intended use in such activities, and that I shall heed all traffic laws and wear a CPSC-, CSA-, SNELL-, or ANSI-approved cycling helmet.

Name:	Signature:	Date:
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Please make the cheque or money order payable to Toronto Bicycling Network.
 Mail the Cyclon Registration Form and payment to:

Cyclon
7 - 6449 Glen Erin Drive
Mississauga, ON
L5N 2T2



Weekend Camping Trips in 2012

Enjoy the company of fellow cyclists camping on a group campsite Friday and Saturday night. Provided will be two pancake breakfasts and provisions for two lunches. Saturday night dinner will be potluck. The cost is \$40 for TBN members and \$45 for non-members. Watch the website for when registration will be open!



Your hosts



Brenda Sweet & Paul Price

Mark your Calendar!!



Wroxeter Wromp -June 22 to 24

Stay at Falls Reserve Conservation Area on the winding Maitland River. The closest urban centre is Goderich. The area offers great cycling, swimming and hiking. Please book before June 18. For more info, email wroxeter@tbn.ca.



Rock Point Relaxer-July 20 to 22

(Note: Date tentative until May 1). Cycle along the Lake Erie shoreline starting from Rock Point Provincial Park. For more info, email rockpoint@tbn.ca.

Sifting Sandbanks -September 21 to 23

Starting from Sandbanks Provincial Park, cycle the scenic Prince Edward County area. In the evening, walk down to the sand dunes or just relax around the campfire. For more info, email sandbanks@tbn.ca.

Photos by: Sheila Osbourne & Brenda Sweet

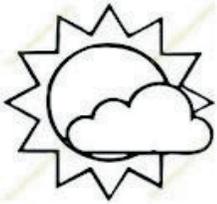
Have a favourite TBN cycling photo? Would you like to share a TBN experience?

Send us an email at newsletter@tbn.ca. For the July-August issue of the Quick Release, the deadline for submissions will be June 5th.

Newsletter Editors Needed

to help put together 2 or 3 of the bi-monthly issues. We need additional people to assemble them. If you think of yourself as a little creative and have any experience with newsletter editing or photography and are comfortable working with general computer software, we'd love to have your help. It could be a single person or a couple to share the workload.

Saturday Morning Rides (easy roller pace)



Photos by
David Middleton

All rides start promptly at 9:30 unless otherwise stated.

Saturday 5th May:

The riders will meet at Etienne Brule Park by the Old Mill station (down the hill and across the river bridge). The ride is to Humber College for a coffee break returning by a slightly different route, using another branch of the Humber River trail at about 12:30 to 1pm, for a total of about 40kms.

Saturday 12th May:

The riders will meet at the Leslie-Lakeshore Tim Horton's. The ride is to the west along the Lakeshore Trail, on paths and roads to the Humber River mouth and the lighthouse, returning by the same route, at about 12:30pm, for a total of about 35kms.

Saturday 19th May:

The riders will meet at the Edwards Gardens parking lot on the SW corner of Lawrence and Leslie. The ride will go through many quiet residential roads and cycle paths of North York to Steeles Ave for a coffee break, returning by a very similar route, at about 12 to 12:30 pm, for a total of about 25kms

Saturday 26th May:

Following the TBN's annual "Kick Off Breakfast" in Etienne Brule Park, (down the hill and over the bridge from Old Mill subway station) a group will ride up the Humber Valley, using the river trail to Humber College, returning by a slightly different route along another branch of the Humber River by about 1pm, for a total of about 40kms.

Saturday 2nd June:

Start from High Park – meet in the parking lot at the Grenadier Café (about 1km south from the Bloor entrance). The ride will be to Port Credit for a coffee break, using the Lakeshore Trail west out of Toronto into Mississauga – about 35kms, returning at about 12:30 to 1pm.

Saturday 9th June:

The riders will meet at the Boardwalk Pub (on the Lakeshore just east of Coxwell) and ride to Sunnybrook Park, using the Don River paths and trails, returning via Victoria Park to the Beach, at about 12:30pm for a total of about 33 kms.

Saturday 16th June:

The riders will meet at the in Etienne Brule Park, (down the hill and over the bridge from Old Mill subway station) and ride up the Humber Valley, using the river trail to Humber College for a coffee break, returning by a slightly different route along another branch of the Humber River by about 1pm, for a total of about 40kms.

Saturday 23rd June:

'Lighthouse to Lighthouse': The riders will meet at the Boardwalk Pub (on the Lakeshore just east of Coxwell) for a prompt 9:30am start and ride via the Leslie St. spit (1st lighthouse) to the Humber and the 2nd lighthouse, returning by a similar route by 12:30 to 1pm, for a total 44kms.

Saturday 30th June:

The riders will meet at the Edwards Gardens parking lot on the SW corner of Lawrence and Leslie. The ride will go through many quiet residential roads and cycle paths of North York to Steeles Ave for a coffee break, returning by a very similar route, at about 12 to 12:30 pm, for a total of about 25kms.

TBN Ride Classifications

LEISURE WHEELER

Distances of 20-60 km, at speeds of 15-17 km/h, at a "leisurely" pace. Designed as a series of entry-level rides for novices, those returning to cycling after a long absence, and senior riders. Rides start at 10:00 am.



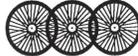
EASY ROLLER

Distances of 20-60 km, at speeds of 15-20 km/h, at a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Rides start at 10:00 am.



TOURIST

Distances of 50-110 km, at speeds averaging 20-25 km/h, at a comfortable pace. "Short Tourist" designates rides in the 50-70 km range.



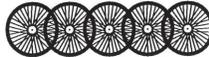
ADVANCED TOURIST

Distances of 120-200 km at speeds averaging 25-30 km/h at a brisk pace. These rides generally start at 8:30 am from late April to early October.



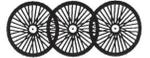
SPORTIF

Distances of 90-200 km, at speeds averaging 25-35 km/h, usually at a fast pace.



COUNTRY CRUISE

Rides of 40-120 km exploring the country roads of southern Ontario. Suited to cyclists of varying fitness levels. Participants set their own pace averaging from 18 km/h to 25 km/h. At least two routes are offered: a short route of 50-70 km and a longer route. Start points are typically within a 90-minute drive of Toronto. Rides usually start at 10:00 am.



OTHER RIDE PROGRAMS

WEDNESDAY WHEELIES

The riders are a very diverse group, from Tourist to Sportif. At least two distances are offered each day, varying from 60 to 100 km. Start points are within a 90 minute drive from Toronto and stick to quiet country roads. Start times vary, with 8:30 am during the hot summer months and 10:00 am at other times.



SATURDAY CRUISING SHORTS

TBN presents short, scenic country rides with start points far enough removed from the city yet still within easy driving distance. Start time 9:00 am.



Saturday Cruising Shorts

Saturday May 05, 2012

HOLLAND MARSH

A "Wednesday Wheelie" favourite, this route just north of the megacity is an ideal one early in the cycling season. See the Marsh come alive in the spring and enjoy a few training hills on the way.

Start: King City - Meet at the arena parking lot, located on Doctor's Dr., first south street, east of the intersection of King Road and Keele Street.

Distance: 60 km

Saturday May 19, 2012

PORT PERRY PEDLAR (Version #2)

An undulating scenic ride up and down the drumlins of Durham County.

Start: Go east on Hwy 401. Exit at Oshawa (Simcoe Street/ CR#2) and continue north to Conlin Rd. Meet at Durham College tennis court parking lot, located on the north side of Conlin Rd. just west of County Rd. #2 in Oshawa.

Distances: 59 k

Saturday June 09, 2012

HORNBY/CAMPBELLVILLE

A Saturday jaunt along some quiet roads in the Halton Hills without Rattlesnake!

Start: Hornby Park in Hornby. Take Hwy 401 west to Trafalgar Rd., then head north to Steeles and west to Sixth Line.

Distance: 67 km

Saturday June 23, 2012

BEELINE TO BOWMANVILLE

A popular, quiet undulating route from Oshawa to Bowmanville.

Start: Go east on Hwy 401. Exit at Oshawa (Simcoe Street/ CR#2) and continue north to Conlin Rd. Meet at Durham College North Parking lot, located off of Conlin Rd. just west of County Rd. #2 in Oshawa.

Distances: 68 km

Saturday July 07, 2012

GEORGETOWN EQUESING HYSTERICAL TOUR

Get a head start on the September 25 version of this ride by trying a short route on a Saturday. Enjoy the Halton Hills from a different perspective.

Start: Go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road and meet at Stewarttown Public School on the south-east corner. (Make sure you do NOT go to Pineview School!)

Distance: 64 km

PLEASE NOTE: The directions to the start points of rides are a basic guide from Toronto and may not be as detailed as you would like. They primarily stem from Highway 401 but this does not mean that other routes are not possible. It is strongly advised that you use the instructions provided in conjunction with an up-to-date map of southern Ontario when deciding the best route for you to drive. A little navigation tip might be to take out a map the night before the scheduled ride, find the town in which it is going to start, and from there decide the most efficient route for you to take from your home.

**AND ALWAYS, ALWAYS!!.....
CHECK THE WEBSITE THE
NIGHT BEFORE A RIDE IS
SCHEDULED TO NOTE IF THERE
HAVE BEEN ANY CHANGES.**



Answer to last issue's
Word Search was
BLADES.

Sunday and Holiday Rides For Tourist/Sportif listings, check the website.

All rides start at 10am.

Sunday May 06, 2012

TRIPLE "H" - HORNBY

HALTON HILLS (to Lowville)

True to form the hills of Halton loom.

Enjoy this route as it takes you to Lowville for a picnic lunch in the park.

Start: Meet at the Hornby parking lot. Exit Hwy 401 westbound at Trafalgar Road, then head north to Steeles Avenue and west to Sixth Line.

Distances: 67, 84 & 100 km

Class: Country Cruise

ETOBICOKE MEANDER –

A round trip of beautiful Etobicoke on streets and paths.

Start: Meet at the Grenadier Restaurant in the centre of High Park.

Class: Easy Roller

Distance: 40 km

SCARBORO BLUFFS-

Start: Queen's Park

Distance: 38km

Class: Leisure Wheeler

Sunday May 13, 2012

SCHOMBERG TO CALEDON EAST

A ride in the lovely countryside north of Schomberg with lunch in Caledon East. Rolling terrain.

Start: Take exit 55 off Highway 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy. 27) and head south on 20th Side Road to the arena. (The arena is just west of Main Street.)

Distances: 74 km & 93 km

Class: Country Cruise

CREDIT RIVER TOUR –

A nice ride along the Lakeshore and up the Credit River to lunch in Mississauga.

Start: Meet in the parking lot of Etienne Brule Park which is located at the junction of Old Mill Road and Old Mill Drive (around the corner and down the hill from the Old Mill subway station).

Class: Easy Roller

Distance: 52 km

SECRETS OF SCARBORO

Start: Shopper's World- Victoria Park and Danforth

Distance: 32 km

Class: Leisure Wheeler

Sunday May 20, 2012

THE SHELTER VALLEY SHUFFLE

Explore the wonderful rolling hills & views north & east of Port Hope. This ride travels along some favourite, tree lined roads of the area, including Shelter Valley.

The lunch spot is on the grounds of the Baltimore Community Centre. – *Note: Bring your own lunch.* Snacks & drinks are available at a country general store just before the lunch spot.

Start: The Town Hall in Port Hope. Take Hwy 401 east to exit #461, follow Hwy 2 to downtown Port Hope. The Town Hall is at 56 Queen St.

Distances: 58, 75 & 99 km

Class: Country Cruise

CENTENNIAL PARK – DIM SUM / TIM SUM -

North on the Eglinton trail, then west on the Eglinton Bike trail, through Centennial Park. Lunch in a Dim sum restaurant, or Tim Horton's for those who prefer the usual.

Start: Meet in the parking lot of Etienne Brule Park which is located at the junction of Old Mill Road and Old Mill Drive (around the corner and down the hill from the Old Mill subway station).

Class: Easy Roller

Distance: 47 km

MAPLE BAKERY

Start: Finch Subway Station

Distance: 35 km

Class: Leisure Wheeler

Monday May 21

(Victoria Day)

MAPLE BAKERY -

A shortened holiday version of the ride to Centro Bakery in Maple. Mostly on quieter streets.

Start: Meet at the Finch Subway Kiss and Ride, NW corner of Finch and Hendon Ave, one block north of Finch

Class: Easy Roller

Distance: 35 km

HEAVENLY HOLIDAY

Start: Queen's Park

Distance: 24 km

Class: Leisure Wheeler

Sunday May 27, 2012

MOUNT ALBERT TOUR

A scenic jaunt through the rolling farmland around Mount Albert, with lunch stop on the shores of Lake Simcoe at the Peninsula Restaurant or bring your own.

Start: Meet in Mount Albert at the Mount Albert Community Centre. Take Hwy 404 north, Davis Drive east, Hwy 48 north. Go right on York Road 13 (Mount Albert Road) into Mount Albert. Left on King St. Right on Main St. to the Mount Albert Community Centre.

Distances: 71 & 82 kms

Class: Country Cruise

HIGHLAND CREEK –

Ride out to the Guildwood area, then take a scenic loop through the

Highland Creek park system down to the lake. Lunch at the Cornerstone Cafe.

Start: at the Boardwalk Pub on the south side of Lakeshore Blvd. near Coxwell Ave. Parking is free nearby on both sides of Coxwell south of Eastern Ave.

Class: Easy Roller

Distance: 52 km

SCARBORO SEE THE GEESE

Start: Kennedy Subway

Distance: 40 km

Class: Leisure Wheeler

Sunday June 03, 2012

ABC TOUR – ALLISTON, BORDEN, CREEMORE

A fairly easy ride with some gently rolling hills near Alliston and near Creemore.

The long route has a scenic and hilly loop through Glen Huron. Bring a picnic lunch for the short ride. Medium and long rides have lunch in Creemore.

Start: Town of Alliston, public parking

lot at end of Mill St, about 85 km from Toronto. Take Highway 400 north to exit 75, Cookstown. Go west on Highway 89 about 18km to Church St. Mill St. is the next street west of Church St. Do *not* park at the Beer Store. No washrooms at the starting point.

Distances: 74, 84, 93 and 106 km
Class: Country Cruise

RIDE FOR HEART –

No scheduled Easy Roller/Leisure Wheeler ride.

Sunday June 10, 2012

PORT PERRY PEDLAR (Version #1)

An undulating scenic ride up and down the drumlins of Durham County.

Start: Go east on Hwy 401. Exit at Oshawa (Simcoe Street/ CR#2) and continue north to Conlin Rd. Meet at Durham College North Parking lot, located off of Conlin Rd. just west of County Rd. #2 in Oshawa.

Distances: 73 & 83 km
Class: Country Cruise

HIGH PARK-CENTENNIAL PARK-PORT CREDIT –

Parks and river banks is the theme of this scenic tour. Ride through two parks and along the banks of two rivers to lunch in Mississauga, with a return along the Waterfront trail.

Start: Meet at the Grenadier Restaurant in the centre of High Park.

Class: Easy Roller
Distance: 57 km

RANDY'S RAMBLE

Start: Etienne Brule Park (near Old Mill TTC station)

Distance: 48 km
Class: Leisure Wheeler

Sunday June 17, 2012

STOUFFVILLE TO UXBRIDGE

Follow the shady, rolling backroads of Durham region to Uxbridge and back. Start: Meet at the North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks & before Market St.

Distances: 61,76 & 86 km
Class: Country Cruise

Toronto Bicycling Network

UNIONVILLE -

A different route with an east end start heads up to this historic village. Lunch at Tim Hortons.

Start: at the Coffee Time at Shoppers World Danforth, at the corner of Danforth and Victoria Park.
Class: Easy Roller
Distance: 55 km

DIM SUM RIDE

Start: Finch Subway station
Distance: 40 km
Class: Leisure Wheeler

Sunday June 24, 2012

BEAVERTON CANALS, CAUSEWAYS AND COTTAGES

A flat ride around Beaverton. Explore farmland, the Trent-Severn Waterway, and the shores of Lake Simcoe. On the short ride there is no restaurant at the lunch stop, so you must bring a lunch.

Start: Beaverton Community Centre. Take Hwy 404 north, Davis Drive east, and Hwy 48 north. Turn left on Durham Road 23 at Port Bolster (just past the drive-in theatre). In Beaverton, turn left on Bay St. (at the XTR gas station). Turn left on Main St. to the Beaverton Community Centre.

Distances: 69 , 86 & 117 kms
Class: Country Cruise

CENTENNIAL PARK/ COOKSVILLE –

A route that takes us a bit further west for a change, with some longer stretches for a good workout.

Start: Meet in the parking lot of Etienne Brule Park which is located at the junction of Old Mill Road and Old Mill Drive (around the corner and down the hill from the Old Mill subway station).
Class: Easy Roller
Distance: 56 km

TORONTO ISLAND TOUR

Start: Shopper's World- Victoria Park and Danforth
Distance: 32 km
Class: Leisure Wheeler

Sunday July 01, 2012

ASHBURN TOUR
Another Wednesday Wheelie favourite

added to the Country Cruise schedule. Like all tours in the Durham area, this is a lovely ride along quiet roads with undulating terrain. Lunch in Enniskillen Conservation Area or picnic area near Enniskillen store. Bring a lunch for this tour.

Start: To get to Ashburn, go east on Hwy 401 to Brock Road., north to Claremont and east on County Road 5 to Ashburn. Departure at Ashburn Community Park on the west side of Ashburn Road, 200 m north of the main intersection in Ashburn.
Distances: 57 & 84 km
Class: Country Cruise

EDWARDS GARDENS

Start: Finch Subway Station
Distance: 37 km
Class: Leisure Wheeler

Monday, July 2, 2012

HEAVENLY HOLIDAY

Start: Queen's Park
Distance: 24 km
Class: Leisure Wheeler

Sunday July 08, 2012

(*Note:* Two sets of CCs being offered today)

HOCKLEY HILLRAISER

A ride in the lovely countryside north of Schomberg to the town of Hockley for lunch.

Start: Take exit 55 off Highway 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy. 27) and head south on 20th Side Road to the arena.
Distances: 75 & 82 km
Class: Country Cruise

HENRY THE FIFTH-PART TWO

Start: Leslie Subway station
Distance: 35 km
Class: Leisure Wheeler

**Remember to thank
your ride leaders !**

*Thank
you*

**TBN is made possible
by volunteers !**

Cycling In Italy

with Patrick Lam

In early 2011, Dinsmore & Marie made it known that they were planning a fall cycling trip in Italy and that they would be staying at the Hotel Belvedere for part of their vacation. Any fellow TBNers were welcome to tag along. My wife and I had gone to the same hotel the previous year. We had such a great time, we already knew we would be back some day. This would be the catalyst. It was a little sooner than we thought, but this time we would bring a larger group of friends to share the experience.

Situated on the Adriatic coast 4 hours away from Rome, the Hotel Belvedere is located in the town of Riccione. In the height of summer, they're a four-star seaside resort but in the spring/fall when it's a tad too chilly for beach-goers, the hotel caters to cyclists. The area offers plenty of towns (supposedly 60 castles within 60 km), and there's no end of breathtaking views to entertain you while you ride. While we've talked to people that have stayed at various hotels in Riccione that offer similar cycling options, the Belvedere definitely is the one most people would go back to. Most of the guests we met the first year were on their 3rd or 4th stay at the hotel.

Anyone that's been to a Cyclon will find the ride process very similar. Each day, rides start and end at the hotel. They offer up to 5 different categories of rides with varying pace and distances. One critical difference when compared to Cyclon is that they do not hand out maps or cue sheets of the rides. They rely entirely on their experienced Tour Leaders to keep the riders together and regroup as necessary. It's very important to pick the right category of ride to suit your ability. Most people have it figured out after the first or second day, but their ride categories of Leisure Tour, Panorama Tour, Explorer Tour and Road Tour are very similar to our Leisure Wheeler, Easy Roller, Tourist and Sportif categories.

Since the hotel is located at sea level, you should be prepared to do some climbing on all but the easiest of rides. The terrain is different than what we have in Ontario. The climbs there tend to be longer and can last for tens of kilometres. While it may sound daunting, that also means that an 80 k ride is really only 40k worth of effort in the morning and 40k of coasting after a coffee break. The downhills are also something else. I had never done switchbacks before and found it exhilarating. It might be a good idea to ask the ride leader for some descending

tips if you've never done this before. It's not always possible, but my technique consisted of trying to keep the ride leader in view so I could follow his line. All too often, though, after losing sight of the leader, a sense of self preservation kicked in and I'd slow down to a reasonable speed by feathering on the brakes before the turn (hard braking in a turn is a recipe for skidding). Oh, and for a country that's supposedly near bankruptcy, their country roads are much smoother than what I was used to.

After a day of riding, you can (and should) make use of their Wellness Centre. They have everything from a Turkish bath to a cold cavern to help you recover. There's even a team of massage therapists and physiotherapists on hand if your legs are really suffering from the day's ride.



The meals are something worthy of a four-star hotel but typically buffet style. The breakfast includes typical bacon and eggs as well as cereal and toast. There's a sandwich and banana that you can take with you for the mid-ride break. After the ride, there's a buffet lunch. Dinners usually involve some sort of theme. While I'm not a foodie, I found the meals amazing. My wife (she is a foodie) also found the food amazing. At least we had the benefit of burning off a good percentage of the calories on the rides.

I can only assume the summer beach crowd go home a couple of kilos heavier.

If your spouse doesn't ride, they also offer daily excursions for an added fee. Typically destinations include San Marino, an independent state similar to Vatican City, or Urbino, a UNESCO heritage site. Often, the destinations coincide with the ride destination, so the non-riders can share a coffee with the riders. There are also some organized post-ride activities.

Other bits of useful information:

- If you don't want to pack your bike on a plane (we didn't), you can rent an exceptional carbon fibre road bike. Just bring your own seat and pedals.

- It's a great value for what you get. When we went, it worked out to roughly \$100 CDN per person per night. That includes food.

- They have a different theme depending upon which week you book. The Chestnut Festival was going on the week we went. The previous year, we went on a later week that coincided with a Truffle Festival. They even have a Pantani themed week earlier in the season.

ARROWHEAD SNOWSHOE AND SKI WEEKEND

February 17-20

Photos by Jane Sauder
Irina Klinken
Albert Ng

By Victoria Plaskett

Over thirty cross-country ski and snowshoe enthusiasts enjoyed three days of perfect track-set and skate trails and clear blue skies at Arrowhead Provincial Park in February. Many took advantage of the Family Day holiday to extend their stay at the



Tulip Inn, located just outside Huntsville and minutes away from the park gates. There was skating under the stars, tubing, and a bonfire with hot chocolate to warm up. We even had some first time skiers! Organizers Mike Gurski and Barbara Anderson (and their dog Princess) worked overtime covering all the details to ensure we were comfortable, including serving delicious wine and cheese appetizers before dinner. Our shared rooms had kitchenettes to make lunches and quick snacks.



After a day on the trails, TBN skiers and snowshoers are always hungry, so we tucked into a delicious pot luck dinner Saturday night where the conversation flowed by the warmth of the wood burning fireplace. During the get acquainted game, "Two Truths and a Lie" it was discovered many people are married (or not) to Albert!



Our host Zalina at the Tulip Inn offered a hearty continental breakfast, and after boiled eggs, cheese and bagels, juice and coffee, people headed out on the trails again. Some enjoyed a Sunday dinner at "Three Guys and a Stove" of fish with lentils, hot bowls of stew, or big platters of meat.



Back at the inn, I led a few brave souls outside that night into the minus thirty temperatures to go stargazing and hiking along the Big East River. Some spent time sightseeing and shopping in Huntsville. Watch for this trip next year as you won't want to miss it. It's a great event to make new friends by car pooling and sharing a room, and exploring the gorgeous Arrowhead ski trails. Make the most of winter while it lasts!



Toronto Bike Union /
Toronto Cyclists Union

The Toronto Cyclists Union is Toronto's only member-based cycling advocacy organization. They're committed to creating safer streets and getting more people riding bicycles. They work closely with City Hall pressuring council to create better bicycle infrastructure that encourages more people to ride bicycles more often. If you are interested in advocacy related issues, contact them at www.bikeunion.to.

Publicity & Promotions

We are looking at expanding our marketing efforts to attract more members and so would love help from anyone with expertise in advertising, PR and design. Please contact publicity@tbn.ca



Our twitter account www.twitter.com/#!/TOBikeNetwork



Find us on Facebook!

www.facebook.com/groups/tbn.ca

TBN Who's Who

TBN Board of Directors

President	Brian Mclean	president@tbn.ca
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Education Director	Vacant	education@tbn.ca

Others

Webmaster	Owen Rogers	webadmin@tbn.ca
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TBN Coordinators

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	Barry Pinsky	barry@rooftops.ca
Easy Roller	David Middleton	easyroller@tbn.ca
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Wednesday Nights	Ron Fletcher	tbn@tbn.ca
Wednesday Wheelie	Bill Hannaford	416-482-2125
	John Cook	jcook@english.ryerson.ca
Volunteer Coordinator	Vacant	info@tbn.ca

Common TBN Start Locations

Boardwalk Pub - Just east of the foot of Coxwell Avenue at Lakeshore Boulevard in the Eastern Beaches area. Woodbine Beach parking is \$5, but free street parking is available on both sides of Coxwell Avenue.

Bridge Point Health - Meet at the park behind Bridge Point Health at the corner of Broadview & Langley. Parking is on Broadview.

Edwards Gardens - The Edwards Gardens parking lot is located on the southwest corner of Lawrence Avenue East and Leslie Street.

Etienne Brûlé Park - The Etienne Brûlé Park parking lot is located at the junction of Old Mill Road and Old Mill Drive (around the corner and down the hill from the Old Mill subway station).

Finch - Finch Subway Park & Ride is on the northwest corner of Yonge Street and Hendon Avenue, one block north of Finch Avenue.

Kipling - Kipling Subway Park & Ride, North Lot on Subway Crescent, south of Dundas Street West and west of Kipling. Look for the signs.

Shoppers World - Danforth at Victoria Park (one block south of Victoria Park Subway Park & Ride) in front of Coffee Time Donuts.

Queen's Park - Near the King Edward statue, at the north end of the park, just north of Wellesley Street.

Grenadier Café, High Park - Follow the signs south from the intersection of High Park Avenue and Bloor Street West.

MOVING?

Send changes of address and corrections to: memsec@tbn.ca



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