August 4-7, 2017
Kingston, Ontario
Welcome to Cyclon 2017

While the Leggett residence on the Queen’s University campus will be the hub for most of our activities, we do encourage you to get out and explore. The City of Kingston is rich with history and culture, married with wonderful architecture and beautiful scenery.

Significant planning, organizing, debating, guessing, driving, cycling, shopping, and negotiating go into planning a Cyclon weekend. For TBN’s biggest annual event, this has been undertaken over the past year by a group of dedicated volunteers.

We hope that you will consider helping out at future events. Many hands make light work, great events and even better friendships.

Cyclon Committee:
Andrea Calver, Tony Lau, Patricia Jarosz, RJ Petersen, Paul Price, Dan Richards, Samantha Sang, Brenda Sweet

Ride Leaders and Sweeps:
Sam Bootsma, Bobbie-Lynne Brock, Andrea Calver, Eliza Choi, Patsy Cook, Donna Cottle, Melissa Hirabayashi, Sheila Jacobs, Tony Lau, Sandra Loughead, Paul McCrossan, Sandra McCrossan, Jean O'Grady, Mick O'Meara, Andrew Paterson, RJ Petersen, Paul Price, Ian Rankin, Samantha Sang, Wilma Sanson, Carole Sovran, Cathleen Sullivan, Rein Suurallik, Brenda Sweet, Catherine Whitfield, George Witte, Jimmy Yeung, Fred Yagi

Ride Support, Bike Maintenance:
Terry Plue, Roy Bourke

Dinner Hosts:
Susan Bishop, Cecil Bradley, Andrea Calver, Anne Marie Corrigan, Donna Cottle, Ray Gubala, Chris Jacobs, Sheila Jacobs, RJ Petersen, Victoria Plaskett, Ian Rankin, Patricia Stellick, Bob Stellick, Carole Sovran, Jacqueline Taylor

WELCOME PACKAGE CONTENTS:

- Weekend Calendar of Events
- Ride Schedule
- Safety Tips
- Queen’s and Campus Information
- Meal Information
- Cyclon Ride Information
- What to Bring on A Ride
- Kingston Information and Sponsors
Cyclon 2017 - Weekend Calendar
Please check the Bulletin Board for daily updates.

THURSDAY AUGUST 3, 2017

<table>
<thead>
<tr>
<th>Start Time</th>
<th>End Time</th>
<th>Activity</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 PM</td>
<td>7:00 PM</td>
<td>Check-in time for rooms</td>
<td>Watt Hall / Leggett Hall</td>
<td>Main entrance table</td>
</tr>
<tr>
<td>9:00 PM</td>
<td></td>
<td>Pre-registration for Cyclon</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

FRIDAY AUGUST 4, 2017

Doug Innes Memorial Rides

Last December, TBN lost a great volunteer and cycling advocate – Doug Innes.

While Doug’s contribution to TBN extends far beyond Cyclon, his specific involvement in our annual get-away weekend cannot go unrecognized. Participants of Cyclon in Ottawa, Peterborough, Kitchener... in fact any Cyclon in the last 15 years – would have seen and used Doug’s work. He was our principal map-maker and one of our key route planners.

Doug’s particular skill-set was the creation of route maps and cue sheets that contained just the right amount of detail enabling riders to enjoy the scenery without puzzling over the next turn. He began creating maps before riders had the benefit of cell phones and GPS technology to save them in the event of a bad turn or missing street sign. It’s Doug’s attention to detail that saved many of us from missed turns on Cyclon rides.

His love of cycling was balanced by his quirky sense of humor. While he enjoyed creating funny cue-sheet symbols to ensure we didn’t get lost travelling through atypical road intersections, he also enjoyed adding unusual twists, turns and the occasional hill, to challenge skill sets and make us all better riders. Some of our most interesting route names come from Doug’s creative mind. While Doug may no longer be with us, his contributions to the club will continue for many more years through the continued use of paper maps, and the conversion of routes he helped create into our more modern Ride with GPS technology.

You can read the full list of Doug’s contributions to the club on the TBN website. On behalf of the Cyclon Committee, please join us on the Friday rides in recognition of Doug.
**Friday Night Reception**

**CANADA 150 CELEBRATIONS**

Please wear your REDS and WHITES on Friday night in support of TBNs Canada 150 Celebrations.

**FRIDAY AUGUST 4, 2017**

<table>
<thead>
<tr>
<th>Start Time</th>
<th>End Time</th>
<th>Activity</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>10:00 PM</td>
<td>Check in and Registration</td>
<td>Leggett Hall</td>
<td>Main entrance hallway</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>5:30 PM</td>
<td>Early-Bird Social Ride Starts - (Expected Return) Refer to ride schedule for start times</td>
<td>Leggett Hall</td>
<td>Main entrance courtyard</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>4:00 PM</td>
<td>Reception</td>
<td>Leggett Hall</td>
<td>Main lobby/courtyard</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>6:00 PM</td>
<td>Pizza, fruit and veggies</td>
<td>Last pizza delivered at 9:00 pm</td>
<td></td>
</tr>
<tr>
<td>7:00 PM</td>
<td>8:00 PM</td>
<td>Opening Announcements</td>
<td>Leggett Hall</td>
<td>Main lobby/courtyard</td>
</tr>
<tr>
<td>8:00 PM</td>
<td>9:00 PM</td>
<td>Kingston Ride Info Session Bike Workshop (Changing flats, map reading) Announcements and Prizes</td>
<td>Leggett Hall</td>
<td>Meeting Room</td>
</tr>
<tr>
<td>10:00 PM</td>
<td>Late</td>
<td>After Hour Check in is at Watts Hall (north-west from Leggett Hall); Smith House if paying for a room with a fridge</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SATURDAY AUGUST 5, 2017**

<table>
<thead>
<tr>
<th>Start Time</th>
<th>End Time</th>
<th>Activity</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>8:30 AM</td>
<td>Breakfast</td>
<td>Leonard Hall</td>
<td>Cafeteria</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>9:00 AM</td>
<td>Saturday Ride Departures - Refer to ride schedule for more details</td>
<td>Leggett Hall</td>
<td>Main entrance courtyard</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>5:00 PM</td>
<td>Sag Wagon Support</td>
<td>Various</td>
<td>All rides on the mainland</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>4:30 PM</td>
<td>Snacks</td>
<td>Leggett Hall</td>
<td>Main lobby/courtyard</td>
</tr>
<tr>
<td>5:15 PM</td>
<td>6:30 PM</td>
<td>Meet up for hosted dinners 15 minutes before departure</td>
<td>Leggett Hall</td>
<td>Main lobby/courtyard</td>
</tr>
</tbody>
</table>
SUNDAY AUGUST 6, 2017

LOCAL EVENT:  Sunday K-town Triathlon!

The Cyclon planning committee has taken the Triathlon into consideration when planning our routes, so while we are not anticipating delays during the Sunday rides, we expect all riders to respect the rights and activities of other athletes.

TBNer’s should expect road closures and some higher than expected road traffic conditions from 4 am to 3pm – particularly on or near:
- Hwy 2 (the cycling route)
- King and Ontario between Alberta and City Hall (the running route).

Cheer to show your support and remember to SHARE THE ROAD!

<table>
<thead>
<tr>
<th>Start Time</th>
<th>End Time</th>
<th>Activity</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>8:30 AM</td>
<td>Breakfast</td>
<td>Leonard Hall Cafeteria</td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>9:00 AM</td>
<td>Sunday Ride Departures - Refer to ride schedule for more details</td>
<td>Leggett Hall Main entrance courtyard</td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>5:00 PM</td>
<td>Sag Wagon Support</td>
<td>Various</td>
<td>All rides on the mainland</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>4:30 PM</td>
<td>Snacks</td>
<td>Leggett Hall Main lobby/courtyard</td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td>7:00 PM</td>
<td>Pre-banquet cocktails</td>
<td>Ban Righ Hall Main Dining Room</td>
<td></td>
</tr>
<tr>
<td>7:00 PM</td>
<td>9:00 PM</td>
<td>Banquet</td>
<td>Ban Righ Hall Main Dining Room</td>
<td></td>
</tr>
<tr>
<td>9:00 PM</td>
<td>12:00 AM</td>
<td>Dancing</td>
<td>Ban Righ Hall Main Dining Room</td>
<td></td>
</tr>
</tbody>
</table>

MONDAY AUGUST 7, 2017

<table>
<thead>
<tr>
<th>Start Time</th>
<th>End Time</th>
<th>Activity</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>8:30 AM</td>
<td>Breakfast</td>
<td>Leonard Hall Cafeteria</td>
<td></td>
</tr>
<tr>
<td>8:10 AM</td>
<td>10:00 AM</td>
<td>Monday Ride Departures</td>
<td>Leggett Hall Main entrance courtyard &amp; remote starts</td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>1:00 PM</td>
<td>Sag Wagon Support</td>
<td>Various</td>
<td>All rides on the mainland</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>5:00 PM</td>
<td>Check out time – Failure to deposit key will result in <strong>$125 key replacement charge</strong></td>
<td>Leggett Hall residents check-out at Watts Hall Smith House residents check-out in Smith House</td>
<td></td>
</tr>
</tbody>
</table>
## Ride Schedule

**RIDE WITH GPS:** (Refer also to info on page 16)  [https://ridewithgps.com/events/36760-cyclon-2017-kingston](https://ridewithgps.com/events/36760-cyclon-2017-kingston)

### Friday Night

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Ride Category</th>
<th>Ride Name</th>
<th>Distance</th>
<th>Ride Leader</th>
<th>Sweep</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 p.m.</td>
<td>Short Tourist</td>
<td>Doug's Devious Drive (Formerly Middle Road Loop)</td>
<td>40 km</td>
<td>Fred Yagi</td>
<td>Andrew Paterson</td>
<td>N/A</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>Urban Roller</td>
<td>Doug's Devious Drive (Formerly Middle Road Loop)</td>
<td>40 km</td>
<td>Donna Cottle</td>
<td>Jean O'Grady</td>
<td>N/A</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Leisure Wheeler</td>
<td>Doug's Dynamic Dash (Abbey Dawn Loop)</td>
<td>23 km</td>
<td>Jimmy Yeung</td>
<td>Samantha Sang</td>
<td>N/A</td>
</tr>
</tbody>
</table>

### Saturday

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Ride Category</th>
<th>Ride Name</th>
<th>Distance</th>
<th>Ride Leader</th>
<th>Sweep</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Advanced Urban Roller</td>
<td>Cape Vincent Ride – No SAG Wagon</td>
<td>70 km</td>
<td>Wilma Sanson</td>
<td>Cathleen Sullivan and Melissa Hirabayashi</td>
<td>PASSPORT REQUIRED Ferry Fare $3 x 2 Bring lunch</td>
</tr>
<tr>
<td>8:10 a.m.</td>
<td>Sportif</td>
<td>Lanark Loop</td>
<td>131 km</td>
<td>Sam Bootsma</td>
<td></td>
<td>Food available for purchase</td>
</tr>
<tr>
<td>8:20 a.m.</td>
<td>Long Tourist</td>
<td>Gananoque Gander</td>
<td>92 km</td>
<td>Rein Suurallik</td>
<td>Sandra Loughead</td>
<td>Food available for purchase</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Short Tourist</td>
<td>Gananoque Getaway (Group 1)</td>
<td>76 km</td>
<td>Ian Rankin</td>
<td>Carole Sovran</td>
<td>Food available for purchase</td>
</tr>
<tr>
<td>8:40 a.m.</td>
<td>Short Tourist</td>
<td>Gananoque Getaway (Group 2)</td>
<td>76 km</td>
<td>Bobbie-Lynne Brock</td>
<td>Catherine Whitfield</td>
<td>Food available for purchase</td>
</tr>
<tr>
<td>8:50 a.m.</td>
<td>Urban Roller</td>
<td>Wolfe Island Wheel-About – No SAG wagon</td>
<td>55 km</td>
<td>Mick O'Meara</td>
<td>Patsy Cook</td>
<td>Bring lunch</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Leisure Wheeler</td>
<td>Find the Beach</td>
<td>42 km</td>
<td>Sandra McCrossan</td>
<td>Paul McCrossan</td>
<td>Bring lunch</td>
</tr>
</tbody>
</table>
## Ride Schedule

### Sunday

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Ride Category</th>
<th>Ride Name</th>
<th>Distance</th>
<th>Ride Leader</th>
<th>Sweep</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Sportif</td>
<td>The Rosedale Ramble</td>
<td>134 km</td>
<td>Sam Bootsma</td>
<td></td>
<td>Food available for purchase</td>
</tr>
<tr>
<td>8:10 a.m.</td>
<td>Long Tourist</td>
<td>Desert Lake Dash</td>
<td>115 km</td>
<td>Sandra Loughead</td>
<td>Rein Suurallik</td>
<td>Bring lunch</td>
</tr>
<tr>
<td>8:20 a.m.</td>
<td>Short Tourist</td>
<td>Sydenham Slide (Group 1)</td>
<td>67 km</td>
<td>Bobbie-Lynne Brock</td>
<td>Andrew Paterson</td>
<td>Bring lunch</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Short Tourist</td>
<td>Sydenham Slide (Group 2)</td>
<td>67 km</td>
<td>Fred Yagi</td>
<td>George Witte</td>
<td>Bring lunch</td>
</tr>
<tr>
<td>8:40 a.m.</td>
<td>Urban Roller</td>
<td>Historical Kingston</td>
<td>56 km</td>
<td>Tony Lau</td>
<td>Eliza Choi</td>
<td>Food available for purchase</td>
</tr>
<tr>
<td>8:50 a.m.</td>
<td>Urban Roller</td>
<td>Kingston Canter</td>
<td>58 km</td>
<td>Patsy Cook</td>
<td>Mick O'Meara</td>
<td>Food available for purchase</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Leisure Wheeler</td>
<td>Wolfe Island Howl – No SAG Wagon</td>
<td>41 km</td>
<td>Sandra McCrossan</td>
<td>Paul McCrossan</td>
<td>Food available for purchase</td>
</tr>
</tbody>
</table>

### Monday

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Ride Category</th>
<th>Ride Name</th>
<th>Distance</th>
<th>Ride Leader</th>
<th>Sweep</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:10 a.m.</td>
<td>Sportif</td>
<td>Lakeside and Country</td>
<td>83 km</td>
<td>Self-Guided Tour</td>
<td></td>
<td>N/A</td>
</tr>
<tr>
<td>8:20 a.m.</td>
<td>Long Tourist</td>
<td>Lakeside and Country Roads</td>
<td>65 km</td>
<td>Sheila Jacobs</td>
<td>Catherine Whitfield</td>
<td>N/A</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Leisure Wheeler</td>
<td>Abbey Dawn Loop</td>
<td>23 km</td>
<td>Paul Price</td>
<td>Brenda Sweet</td>
<td>N/A</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Short Tourist</td>
<td>The Real Dash *** REMOTE START ***</td>
<td>35 km</td>
<td>Andrea Calver</td>
<td>RJ Petersen</td>
<td>N/A</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Urban Roller</td>
<td>Pedal To The Beach Inland *** REMOTE START ***</td>
<td>43 km</td>
<td>Tony Lau</td>
<td>Eliza Choi</td>
<td>Food available for purchase</td>
</tr>
</tbody>
</table>
Safety Information

Safety First! We want you to have the best time while you are in Kingston. That means arriving back at Queen’s safely following your rides. In addition to the mandatory TBN requirements to wear your helmet, have your bike in proper working order, and obeying all traffic laws, we encourage all riders to obey the following tips for safe riding in a group:

1. **Don’t ride distracted!** While there are lots of interesting things to see, and many more things you want to share with your friends – your focus when riding must always be safe cycling.

2. **Call or point out safety hazards to other riders** – When riding in a group, it is extremely important to call or point out hazards so riders do not have to swerve to avoid last minute hazards.

3. **Signal or call out all turns and stops in reasonable advance of taking them.** Do not make unnecessary abrupt turns, or unexpected stops to take pictures etc. With miles of roadway underneath our wheels, we don’t want to look anything like a pile-up on the 401.

4. **Immediately increase the distance between you and other bikes when cycling conditions are less than ideal.** Construction zones, rough roads, inclement weather and rough terrain can decrease steering ability and lengthen stopping distances. Do not delay in adjusting your space.

5. **Avoid riding on the left (oncoming) side of the street except to pass and NEVER ride on the left side when hill climbing.** Vehicles will not be able to see you until they crest the hill in which time they may not have time to stop. While it may be tempting to beat the pack by climbing the hill on the left, particularly on less travelled country roads, it is simply not worth the risk.

6. **Understand your riding skill level, the riding skills of those around you and cycle accordingly.** Do not be afraid to tell other riders when they are riding too close for the conditions or if you feel uncomfortable.

7. **Understand that when someone calls “CAR” it is a call to ACTION!** “CAR BACK” means a car is approaching from the rear and all riders must return to single file riding, **promptly** by creating space to allow other riders back into the single file. “CAR UP” means a car is approaching ahead and all riders must move right to allow the car safer passage on the left. “CAR” may be used as a “general warning” to riders to pay more attention due to traffic but no-one should take that for granted as the caller may simply not have the breath, time or energy to finish the warning.

8. **Announce your approach to other riders.** Particularly if you intend to pass on the right (not normal side for passing) or recognize that other riders are engaged in conversation and may not know you are behind them or intend to pass. People are also less likely to leave you behind if you get held up at stop lights if they know you are behind them.

9. **Carry the message** – forward or back. In this way the front of the group is just as aware of the “CAR” as the back of the group is aware of the “POTHOLE”.

If all riders practice such actions, we can help prevent many unfortunate collisions and unnecessary injuries and safely **SHARE THE ROAD!**
QUEEN’S UNIVERSITY CAMPUS - CYCLON EVENT DETAILS

Accommodations:
Leggett Hall, Queen’s University
194 Stuart St., Kingston, ON K7L 5V2 (Stuart St. and St. Lawrence Ave.)

People who purchased Fridges will be staying next door at
David C. Smith House, Queen’s University, 222 Stuart St.

Arrivals: Many people are arriving early and/or departing late to take advantage of the long weekend and all the exciting activities available in Kingston.

Rooms with Fridges: If you paid extra for a room with a fridge, you will be staying in David C. Smith House and check-in is in Leggett Hall at our registration desk, and check-out will be at David C. Smith House. All TBN activities will be occurring at Leggett Hall. For any room related concerns you will need to contact Smith House Front Desk at 513-533-3183.

Regular Rooms (No Fridge): We will have Check-in available for 2 hours on Thursday evening from 7:00 – 9:00 at Legget Hall. Friday Check-in will take place from 12:00 pm to 10 pm, in Leggett Hall. If you are arriving on Thursday or after 10:00 pm on Friday, you will check-in with the front desk in Watts Hall – just north west of Legget Hall. They will have the Cyclon rooming list.
Parking: Parking (outdoor parking just north on Albert) is free on the weekend from 5:00 pm Friday to 7:00 am Tuesday. Outside of these hours, Lot parking is available at $14 per day or $1.25 per half hour. Parking is at a municipal lot, on campus, a short distance from our residence – north on Albert Street.

Keys & Meal Tickets: You will be given a Queen's University residence key and your meal tickets (if you have registered for breakfast) in your welcome package. The meal tickets will need to be presented at each breakfast. All keys must be returned to the Queen’s University registration desk before departure. Lost, stolen or misplaced keys will be subject to a $125 fee.

Bike Storage: Bikes can be taken to the residence bedrooms for storage.

Gathering locations: Friday Night Reception and Post-Ride Receptions, on the main floor near the registration area. Cyclon will be supplying all food and refreshments in this area.

Common Room / Lounge: On each floor in Leggett Hall, there is a shared common room with refrigerators, a microwave, stove, tables, chairs and sinks for your personal use. You might want to bring your own dishes and cutlery if you plan to take advantage of the kitchen. Personal alcohol can be consumed in the lounges and in the suites.

Suites: There are full washrooms shared between two rooms with one double bed in each bedroom.

Internet Access: Free, wireless internet access will be available on main floor common areas. Rooms will be wired so please bring an internet cable should you wish to use internet services in your room. Please ask for the password at check in.

Alcohol Consumption: Personal alcohol brought into the residence may only be consumed in your suites and in the lounges on each floor of suites in the residence. A cash bar will be provided at the Sunday Banquet dinner.

Notice Board: A TV monitor will be located in the main lobby. Check there for updates, ride information, maps and event notices.

Stretch Class and Massage: Despite our best efforts we will not be able to offer massage services or stretch class at this year’s Cyclon. If you require massage therapy there are many local qualified therapists in the area who can be found on the internet.

Photos: There will be a slideshow during Sunday night’s banquet. This year we will be trying Google photos to collect and streamline our photo sharing activities. Please look to the TV screen for more information on how to upload your photos. Direct photo transfers from cameras will be available in the lobby area Sunday afternoon. Persons who want to share photos via email are requested to send JPEG files to: Cyclon2015@gmail.com.
Please upload your photos by 4:00 pm on Sunday. We will put them on the TBN website/Flicker after Cyclon.

**Check Out:** We will have until 2:00 pm on Monday, August 7 to check out. Smith House residents should check out at the Smith House Front Desk. Leggett residents will need to check out at Watts Hall. A $125 fee will be charged for keys that are not returned.

Normal check out time is 10:00 am, so if you are leaving on Tuesday, you will need to leave by 10:00 am or arrange for a late check-out directly with the Queen’s University front desk, located next door at Smith Hall.

**Survey:** A survey will be sent to you by e-mail after Cyclon, and your participation will be very much appreciated, as it helps us improve the Cyclon experience.

**Meal Information**

Friday night reception and the Sunday Banquet dinner are included in your basic package and all attendees can participate. There will be a cash bar at the Sunday Banquet at the Ban Righ Hall. Personal alcohol will not be permitted at the Friday night reception as per Queen’s policy.

**Friday Pizza Reception:** We will serve pizza, veggies and fruit from 6:00 pm until about 9:00 pm.

**Breakfasts:** For those who chose the breakfast option, it will be served in Leonard Hall (200 meters west of our residence). There will be hot and cold foods. You will be required to present your meal ticket. Breakfast will be served from 7:00 am until 8:30 am each day.

<table>
<thead>
<tr>
<th>Saturday, August 5th</th>
<th>Sunday, August 6th</th>
<th>Monday, August 7th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttermilk Pancakes</td>
<td>Maple Cinnamon Raisin Oatmeal</td>
<td>Mushroom Cheese Strata</td>
</tr>
<tr>
<td>O’Brien Potatoes</td>
<td>Traditional Oatmeal</td>
<td>Greek Breakfast Potato</td>
</tr>
<tr>
<td>Sausage Links</td>
<td>French Toast with Berry compote</td>
<td>Bratwurst</td>
</tr>
<tr>
<td>Scrambled Eggs</td>
<td>Canadian Style Bacon</td>
<td>Scrambled Eggs</td>
</tr>
<tr>
<td>Hard Cooked Eggs</td>
<td>Scrambled and Hard-Cooked Eggs</td>
<td>Hard Cooked Eggs</td>
</tr>
<tr>
<td>Assorted Cereals</td>
<td>Assorted Cereals</td>
<td>Assorted Cereals</td>
</tr>
<tr>
<td>Toaster Station</td>
<td>Toaster Station</td>
<td>Toaster Station</td>
</tr>
<tr>
<td>Assorted Mini Pastries</td>
<td>Assorted Mini Pastries</td>
<td>Assorted Mini Pastries</td>
</tr>
<tr>
<td>Yogurt, Fruit Salad</td>
<td>Yogurt, Fruit Salad</td>
<td>Yogurt, Fruit Salad</td>
</tr>
<tr>
<td>Coffee, Tea, Juice</td>
<td>Coffee, Tea, Juice</td>
<td>Coffee, Tea, Juice</td>
</tr>
</tbody>
</table>

**Saturday Dinner Groups:** This year at Cyclon we will revisit the small group dinners that everyone has enjoyed in previous years. Groups will depart Leggett Hall front entrance between 5 and 7 pm as per your dinner host announcement and schedule provided.
Each event will accommodate 12 - 20 people and descriptions are listed on the TBN events page under "Cyclon 2017 Saturday Dinner Event Options".

### Cyclon 2017 Saturday Group Dining Options

<table>
<thead>
<tr>
<th>Event</th>
<th>Host</th>
<th>Restaurant</th>
<th>Meeting Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer, Bratwurst, and Schnitzel</td>
<td>Anne Marie and Cecil</td>
<td>Amadeus Cafe</td>
<td>5:30 pm</td>
</tr>
<tr>
<td>The Toucan</td>
<td>RJ and Andrea</td>
<td>The Toucan</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Irish Canadian Pub</td>
<td>Donna</td>
<td>Tir Nan Og</td>
<td>6:30 pm</td>
</tr>
<tr>
<td>Pizza Night with Ian and Carole</td>
<td>Ian &amp; Carole</td>
<td>Woodenheads Gourmet Pizza</td>
<td>5:45 pm</td>
</tr>
<tr>
<td>Curry Original Indian Restaurant</td>
<td>Sheila and Chris</td>
<td>Curry Original</td>
<td>6:15 pm</td>
</tr>
<tr>
<td>Dine &amp; Campus Stroll</td>
<td>Susan and Patricia &amp; Bob S.</td>
<td>Megalos</td>
<td>5:15 pm</td>
</tr>
<tr>
<td>Grizzly Grill</td>
<td>Jacqueline and Ray</td>
<td>Grizzly Grill</td>
<td>6:10 pm</td>
</tr>
<tr>
<td>Taste and Imagination</td>
<td>Victoria</td>
<td>Chez Piggy</td>
<td>5:45 pm</td>
</tr>
</tbody>
</table>

Please check them out at [https://tbn.ca/event-2591300](https://tbn.ca/event-2591300) and register online for the event you would like to attend, so we can confirm our advanced reservations on this busy weekend in Kingston. Registration is open now. You can also register at check-in at Queen’s University if spaces are still available.

**Sunday Banquet:** The banquet will be held in the beautiful Ban Righ Hall, which is located across the street from Leggett Hall and behind Chown Hall on Bader Lane. A DJ will entertain us after the banquet dinner. There will be a cash bar, and personal alcohol will not be permitted. A map to Ban Righ Hall included in the Welcome Package email or use this link: [http://residences.housing.queensu.ca/wp-content/uploads/2015/07/move-in-parking-map-2015.pdf](http://residences.housing.queensu.ca/wp-content/uploads/2015/07/move-in-parking-map-2015.pdf)
**Banquet Dinner – August 6th**

Spicy Grilled Chicken with Lemon and Parsley  
Vegan-Quinoa stuffed peppers (Gluten Free and Vegan)  
Jalapeno Mac and Cheese  
Vegetarian Cassoulet with baked beans (Vegan)  
Roasted Potatoes  
Corn on the cob with Lime Butter  
Asian Slaw with Napa Cabbage Broccoli Cauliflower (non-dairy)  
Bread rolls  
Seasonal Berry Shortcake (individual)  
Fresh Fruit Salad with Grand Marnier  
Coffee, Tea, and Water

**Breakfast for those registered for extra nights:**
A great place for breakfast, and only an 8-10 minute walk from the Residence is Café le Matin – 137 Princess Street.  
Open at 7 a.m. (613) 546-9074

**CYCLON RIDE INFORMATION**

As you look at the Cyclon 2017 rides and Ride Schedule, several details will distinguish themselves:

- All rides may not have lunch stops so we recommend you read the ride descriptions carefully, plan accordingly and pack additional snack bars.
- We have one ride that enters the USA this year which will require you to show your passport - Cape Vincent Ride
- The Ferry between Kingston and Wolfe Island is free. Ferries to Howe Island, and between Wolfe Island and USA require small fees and there is no SAG wagon support on the islands or the US.
- There is cell phone coverage on Wolfe Island. US roaming fees apply to phone service in Cape Vincent.
- Start times are generally earlier to minimize the time spent riding in the heat of the day
- Rides in and around Kingston are generally flat with some areas of moderate to high traffic
- Most rides have an interesting destination
- Many of the longer rides on each day are very similar to each other, with each subsequent longer route adding loops
- Bring a bike lock if you plan to stop for lunch or shopping.
- **Bicycle Helmets** are mandatory on all TBN rides, including those at Cyclon.

- **Be considerate of other vehicles on the road.** Many of the roads at Cyclon will have little traffic, which will allow you to ride side-by-side, but please be considerate of cars and move over to let them pass, and when ascending a hill, please ride in single file. If we want cars to be considerate of us when we are cycling, we need to also set a good example! Mutual respect is in order.

- **SAG Wagon:** 416-305-6056  Terry Plue will be assisting cyclists at Cyclon this year in the SAG wagon (except Friday, when there will be no SAG Wagon support). If you have a breakdown you cannot fix, are dead tired and can’t face another hill, or need help for some other reason, call the SAG wagon for assistance. If you get a voicemail, please leave a message and a number to call you back, along with the most accurate description of your location if you know it. The person driving the SAG wagon may be assisting another cyclist at the time of your call. We have only one SAG Wagon, so it may take some time to reach you. There is no sag wagon support on Wolfe Island, the USA or Howe Island.

- **Rain:** The Ride Marshall and your Ride Leader will make the decision on whether to ride, delay the start until the weather clears, or cancel the ride. **Safety is our primary concern.** Be prepared to ride in the rain – fenders, lights and proper clothing are recommended.

- **Security:** Neither TBN, Cyclon or Queen’s University are responsible for any lost or stolen articles. Please ensure you bring a lock to secure your bike on route, during lunch etc. Do not leave any personal items unattended on your bike while dining, shopping, and sightseeing, etc.

- **Ride Leaders are experienced cyclists.** They are there to host the ride and guide the group, and will help to ensure you have a safe and enjoyable ride. Please listen to their advice and follow their directions. **Please consider volunteering** to lead a ride at a future Cyclon - you get to meet new people, have fun and enjoy a rewarding experience.

- **Ride Sweeps:** Ride sweeps accompany the group at the tail end of the pack to help ensure later riders do not get lost and help ensure no one gets left behind. We encourage cyclists who are joining the ride to help keep everyone safe and together.
What to bring on a ride?

- **Map** – Even if you have an electronic device, you should carry your route map to orient yourself with the route, the city and facilities you might need while on a ride or should you decide to deviate from any planned activities. Follow the ride leader and keep track of where you are at all times, as the person you follow may have made a mistake and taken you off course. In addition, at Cyclon 2017 many rides have overlapping routes, and it would be very easy to find yourself on a much longer or shorter ride than you expected.

- **Helmets are mandatory on all TBN rides**

- **Emergency Card** – You will receive a laminated emergency card with your welcome package. It has your emergency contact information and the phone number of the SAG Wagon. Please carry it with you on all rides.

- **Water** – Carry a minimum of 2 water bottles and drink often. You will find that there may not be a lot of shade on some of the routes at Cyclon, and few stores, so be prepared with lots of water. In general, if you begin to feel thirsty, you have not been drinking enough water. You may need to get some additional water while en route; plan to stop when you see stores rather than waiting until you need supplies.

- **Spare inner tube, pump and tools** to replace a flat tire. If you don’t know how to change a flat tire, or want to perfect your method, please attend the Changing Flats Workshop on Friday night at Cyclon.

- **GPS** – GPS files will be available for Cyclon 2017 from the TBN Ride with GPS account. We recommend you download the files to your device in advance of your arrival in Kingston. We encourage all riders to verify the accuracy of the ride info in advance by checking the data against the printed maps in case of any errors.


- **Money** for lunch, emergencies, shopping and sightseeing

- **Bell or horn** – There are required by law in Ontario and should be used freely to alert others to your location, hazards, and draw attention to other safety concerns.

- **Lunch and/or snacks** – A number of routes do not provide food or restaurant options. Please ensure you review the details for your chosen rides and shop or pack appropriately.
• **Sunscreen** - It is recommended that sunscreen and lip protection be applied in advance of riding and several times throughout the day to prevent sunburn and ensure a more comfortable riding experience.

• **Rain gear and bicycle light** if rain is forecast

• **Camera** – We encourage you to take lots of pictures on your rides and throughout the weekend to share with everyone at the Cyclon Banquet on Sunday

• **Mobile phone** – you may need to make an emergency call for yourself or another cyclist. You should also have the **SAG Wagon number (416)-305-6056** pre-programmed in your phone.

**KINGSTON INFORMATION**

As the Queen’s University Residence is located right downtown, you’ll find that walking is the easiest and often most pleasant way to get to where you’re going.

**Public transit**
If you’re going a little further, however, take the bus! (Standard Adult Fare is $2.75). You can plan your route with the Kingston Transit: [https://www.cityofkingston.ca/residents/transit](https://www.cityofkingston.ca/residents/transit)

**Medical Services**
Kingston General Hospital (located one and half blocks east from our residence hall)
76 Stuart St, Kingston ON K7L 2V7
613-548-3232
[www.kgh.on.ca](http://www.kgh.on.ca)

**Walk in Clinic**
CDK Walk in Clinic
175 Princess St, Kingston, ON K7L 1A9, 613-766-0318

Walk in service Mon-Fri 9 am-7 pm * Sat-Sun 10 am-2 pm
Appointments Mon-Fri 9 am-5 pm
Phone Lines Mon-Fri 9 am-12 noon, 1 pm-4 pm

**Supplies close to the Queen’s University Residence**

Shoppers Drug Mart – 136 Princess Street, Kingston, ON K7L 1A7
Metro - 310 Barrie St., Kingston ON K7L 5L4
Local Outdoor Stores worth visiting
Cyclepath Kingston
471 Princess St, Kingston, ON K7L 1C3

Frontenac Cycle and Sport
336 Barrie St, Kingston, ON K7K 3T1

Teds Road and Triathlon
477 Princess St, Kingston, ON K7L 1C3

Gears & Grinds
42 Queen St, Kingston, Ontario, K7K 1A4

Sightseeing: A limited number of Local’s Guides to Kingston will be available at the Registration desk.

Interested in history? Start at City Hall for one of several free self-guided walking tours. Most are less than an hour in length, and audio route guides are available at City Hall. Many of the routes touch on Kingston’s history and architecture and include the streets of the old Sydenham Heritage area. Stop by the corner of Lower Union and King streets where the city’s last coal gas lamp still burns.

City Hall Saturday: Browse through the historic Kingston Farmers’ market, operating since 1801. You will find it in the heart of the city at Springer market Square, immediately behind City Hall.

City Hall Sunday: Market Square becomes an outdoor Antique Market, attracting vendors from as far away as Montreal and Ottawa.

Other Places of Interest

Agnes Etherington Art Centre: Located on the historic main campus of Queen’s University, right around the corner from Leggett Hall, the Agnes Etherington Art Centre welcomes visitors year round. Visit our elegant galleries featuring contemporary art, Canadian historical art, the renowned Bader Collection of European Art, the Lang College of African Art and explore the stately Etherington House.

Visit Antique Alley: An eclectic inventory of antiques and collectibles. Over 4,000 square feet of inventory from seven vendors. 207B Wellington Street, 613-545-1120
**Special Events in Kingston:**

**Princess Street Promenade:** Drop by Princess Street (closed to traffic) after your Saturday ride as shops and community groups offer deals, fun and entertainment. Event runs from 10-6 p.m.

**Visit a prison:** Kingston Penitentiary Tours offer a rare and unique opportunity to go behind the walls of Canada's oldest and most notorious maximum security prison. Closed in 2013 and designated as a National Historic Site of Canada, Kingston Penitentiary is an amazing historical building which predates Canada's confederation in 1867. $25 [http://www.kingstonpentour.com](http://www.kingstonpentour.com)

**Proud Sponsors and Supporters of Cyclon and TBN**

**Kingston Tourism**

**Cyclepath Norco Yonge Eglinton**
2106 Yonge St, Toronto, ON
[cyclepathtoronto.com/](http://cyclepathtoronto.com/)
(416) 487-1717

**Dukes Cycle Toronto**
625 Queen St. W, Toronto, ON
[www.dukescycle.ca](http://www.dukescycle.ca)
(416) 504-6138

**Epic Tour Halton**
1171 Vanier Dr., Mississauga, ON
[www.epictour.ca](http://www.epictour.ca)
(519) 902-5315

**Espresso Cycles**
521 Annette Street, Toronto
espressocycles.ca
(647) 344-2669

**Mountain Equipment Coop**
400 King Street West, Toronto, ON
[www.mec.ca](http://www.mec.ca)
(416) 340-2667

**Now Magazine**
189 Church St., Toronto, ON
[www.nowtoronto.com](http://www.nowtoronto.com)
(416) 364-1300

**KindHuman Bicycles**
1924 Avenue Road, Toronto, ON
[www.kindhuman.cc](http://www.kindhuman.cc)
1-855-922-5463

**Hoopdriver Bicycles**
668 Annette St., Toronto
[www.hoopdriver.ca](http://www.hoopdriver.ca)
(647) 344-9120