

**Toronto Bicycling Network**  
**Rock Point Relaxer**  
**Camping and Cycling Weekend Getaway**  
**August 19 to 21, 2016:**

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

Please register online for this outing, or download, print, and complete the sign up form. If you register online, you can pay by cheque, credit card, or PayPal. If you wish to pay by cheque, or register by mail, include a cheque for \$40 (or \$45 if you are not a member of the TBN) made out to "*The Toronto Bicycling Network, Inc.*". Send the form with payment to:

Rock Point Relaxer  
7 – 6449 Glen Erin Drive  
Mississauga, ON  
L5N 2T2

The registration cut off date is Thursday, August 11<sup>th</sup>.

When payment is completed in the online system, you will receive an email with a link to download a confirmation document providing directions to the park, an itinerary, and with more information. If you send your cheque or registration by mail, we will email you the document. If you mail us your registration close to the cut off date, send us a concurrent email - mail has arrived after the weekend trip!

We ask for your license plate number because we need to submit a complete list of attendees and plate numbers by Wednesday before the weekend, so that we can prepay the per person and per vehicle park fees.

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

You will need a tent and some camping supplies.

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

**Cancellation Policy:**

TBN weekend trips are not subsidized and can not lose money. Last minute cancellations make it difficult to run an event. We purchase food before the weekend, and usually pay park fees the Wednesday before the weekend. Please refer to TBN's weekend trip policy for specifics.

Our goal for these weekend outings is to provide an inexpensive getaway from the city where people can enjoy the outdoors, cycling, relaxing, and the company of other nice people.

**Suggestions on what you need for a weekend camping trip:**

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

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

*Sleeping Bag* or blankets, and *pillow*.

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

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

*Bug Repellent with DEET* – mosquitoes may be plentiful.

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

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

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

*Potluck Dinner* – Saturday night will be a potluck dinner, bring something you wish to share.

*Utensils* – plate, bowl, cup – we now provide cutlery (knife, fork, spoon)

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

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

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

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