

MacGregor Point Camping Weekend

Only a dog could have enjoyed the three-hour trek to MacGregor Point Conservation Area and the shores of Lake Huron more than this “campy” crew. (Apparently Micky — the trail dog — did!)

Friday night saw the arrival of TBNers, tent construction, fire building, and orientation ... which way to the outhouse, you ask? Just follow your nose! Upon our late-night arrival, Dan immediately greeted us. Poor fellow had no idea what he was in for. This being his



Trail ride in the woods of MacGregor Park

last organized trip – and a first for some of us – promised to make this a very interesting weekend.

Huddled around the bonfire, Todd stoked the flames until the wee hours of the morning. We were

thankful to both Todd and Dave for keeping the firepit warm and inviting for the rest of the weekend nights.

Saturday morning, the whole camp woke at the crack of dawn

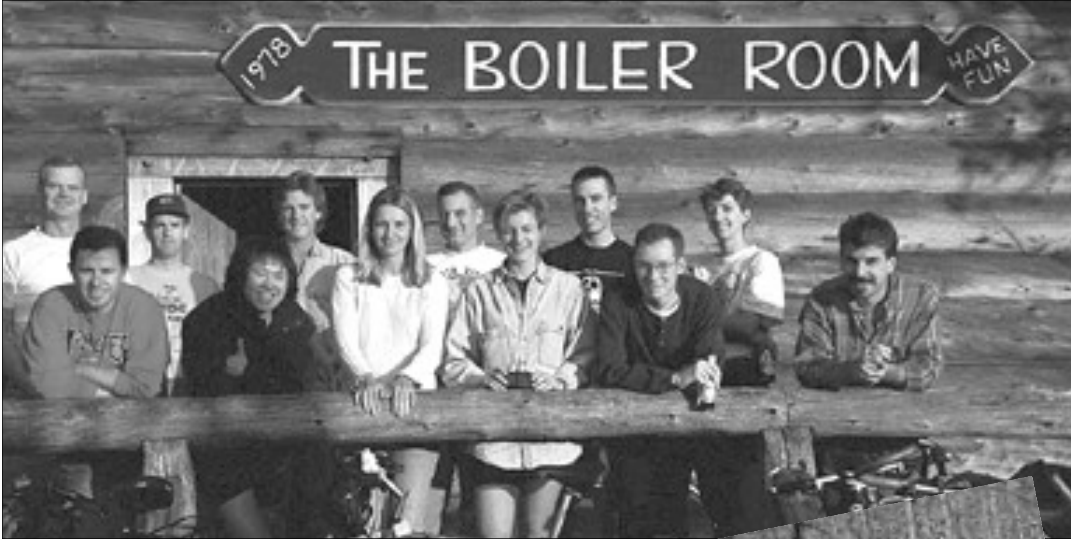
— well, not really, but it sure sounds good! Dan organized the road and trail riders and sent us on our way. A beautiful lakefront

Continued on page 7

Photo: Dan Robinson

Mountain Biking 2000

Well, it has been a great year for riding – mountain biking, that is! Due to the variety in the weather, knobby tires were a great set to use this past season. After relatively little interest in previous years, we started the mountain biking program this year with a great turnout. We ended up getting out every three weeks. Our locations consisted of Hardwood Hills, Durham Forest, Dagmar, Kelso Conservation, Ravenshoe and Mansfield. There was a group of regulars who called themselves the “dirty dozen”: rain or shine, they kept spoking through the mud. The best way to describe this activity would be to say it is thrilling, dirty



and exhausting – and fun!

Given this season’s great success, I look forward to seeing familiar faces next year, alongside new ones. Even though the coordinator this year, I — to tell the truth — had a hard time getting out for all the rides due to other fun activities. I would like

to thank everybody who help make this program a success, with a special “thank you” to Monique Maillard and Robert Bracken for their help and support during the season.

Happy Trails!
— Erica Morse



Photo: Dan Robinson

QuickRelease

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Yeah — It’s Ski Season!



Photo: Suzanne Denis

Welcome to a new ski season! I’m looking forward to lots of snow and some great skiing. We kick off our Sunday trips at Horseshoe Valley on January 7, so mark that date on your calendar. We will also visit Duntroon, Hardwood Hills, Wasaga Beach, Mansfield and Ganaraska before the season is out.

Our ski program is aimed at the recreational skier. First time skiers are encouraged to come out and participate in this wonderfully invigorating winter sport — you can’t avoid winter, so enjoy it! We will travel in a warm and comfortable coach in which you can relax, forget about the driving, watch some movies and meet other skiers.

Whether a long-time TBN member, or a newcomer, join us! Call the hotline (416-760-4191, line 1) to reserve your spot on the bus, as well as to get up-to-date information in case the schedule changes due to snow conditions. Looking forward to seeing you on the trails this year!

—Ian Tytler VP of Skiing

It’s back!
Ottawa Winterlude 2001:
Registration deadline for our big winter party trip is January 17.
See page 4 for details.



Celebrate the Holiday Season on Thursday December 14

TBN Annual Christmas Party at Ba-ba-lu’u

Dinner at 7:00 p.m., free dance lesson around 8:00 p.m.

Ba-Ba-Lu’U is located at 136 Yorkville Ave., just east of Avenue Rd.

So come on out and enjoy the fine food, creative ambience of this upscale dance club. Cost: \$30, make cheque payable to TBN and mail to Ron

Fletcher, 121 Victor Ave, Toronto M4K 1A7. (Non-members \$5 extra.)

For more information call Ron Fletcher, 416-461-9695

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Group Riding with the Best of Them

I was surprised when the bandana I'd just used to mop my neck didn't have blood on it. The way my heart was pounding, and the sweat dripping from my slumped body, I was sure I was about to blow a gasket. This ride was turning out to be full of surprises. "Is it over yet?" I silently whined to myself.

"Everyone warmed up?" our leader shouted. It was more of an order than a question. "OK, enough of the flats, we're going for the hill – everyone standing! Ready? Let's go! Keep it steady!"

I groaned as everyone dutifully rose from their saddles and attacked in unison. Lagging behind, I managed to pump from a standing position for about 30 seconds of the 3-minute climb before plopping back into my seated position for the remainder of the climb.

We pedalled on and on, flats,

hills, ... flats, ... hills, hills, hills... For the most part I couldn't hear our leader's orders, the blood still pounding in my ears or wait, ... was that music? Yeah, it sounded like the beat of "Bamboleo" by the Gypsy Kings! Between that and our leader's flashing smile, I found the motivation to keep going. As I entered some kind of trance, I marvelled at the fact that I was somehow keeping with the group on this ride – another surprise. Then, I heard the final command, "OK, good job. Spin out your legs on the flats."

My grip still firmly on my handle bars, I slowly looked up from my fixed stare at the ground just in front. "Wha? Huh? Oh, its over." It was over, and there were all my cycling pals. I had managed to keep up and arrive at the end with them! Our leader sported a big smile as he came over with a friendly tip for me, "Don't over do it. You'll get better after a few weeks. Now, go do some stretching."

I was on top of the world, I had ridden with the best of them, perhaps at only half the intensity, but nonetheless had hung on and finished with the group. I was now a true TBN Spinner.

We dismounted, stretched and then headed for the showers. I had a glimpse of myself in a mirror next to the step machines. Sweaty, bedraggled — and that face! I'd never before noticed how blue eyes seem brighter and bluer against a sweaty, beet-red face.

In previous years I had been intimidated by spinning classes; they seemed full of already-fit riders. This year, I tried it and

discovered anyone can do it. If I'm too fatigued, I pace myself and spin on more flats, instead of pumping up the hills; unlike road cycling, you actually have control of the intensity (flats vs. hills).

Spinning complements your winter activities (sitting at the PC is one of my favourites) and jumpstarts your cycling season. It not only trains your heart and conditions your legs, it keeps your butt broken in for when you get on your real bike. The price is right at just \$65 + GST for eight one-hour classes. I was impressed with the excellent facilities at The Adelaide Club: they provide lockers, towels, soap, shampoo, hair dryers, etc. at no extra charge.

I recommend wearing cycling shorts, a light T-shirt or jersey, and the shoes you normally use for cycling (the spin machines have basket clips or clipless SPDs, just like real bikes); bring a lock, water bottle, and heart rate monitor, if you have one.

Stay tuned for the next class starting in late December/early January. For more details, read the Spinning Frequently Asked Questions on the TBN Website at www.tbn.on.ca/other/spinfaq. — Brenda Porter

Brenda Porter is an Easy Roller rider (Tourist rider Wannabe), currently TBN Publicity and Promotions Director.

Editor's Notebook

As I write this in late November, the mercury has descended to freezing, there's already a seven-centimetre snow base at Hardwood Hills, and yet here I am, just returned from another satisfying Sunday Tourist ride. It wasn't so long ago that TBN offered just one weekly hike at this time of year and now look at all the activities we have to choose from! The hikers and walkers were out and about today and the mountain bikers enjoyed a trail ride at Ravenshoe. The Wednesday Wheelies are still going strong. Don't blame the weather—it's all thanks to our dedicated volunteers (dedicated to keeping the rest of us busy)!

Winter will soon be here (to stay) and with it comes our Annual Christmas Party, cross-country skiing program, Wednesday Spinning, Thursday Salsa Lessons, Friday Ice-Skating, the Winterlude Trip, education and movie nights. There may even be cycling as long as the roads are clear, if it's not too cold and there's sufficient interest.

In spite of the tumultuous election to the south, TBNers can rest assured that our political house is in somewhat better order. This past October, amidst our fall dinner dance, attendees acclaimed a new Board and thanked the old one for twelve months of hard work on the membership's behalf. No recounts were necessary! The new Board has a nice blend of enthusiasm and experience. We hope to serve you well over the coming year.

As the new person in the editor's saddle, I'd like to take this opportunity to thank my predecessor, Dan Roitner, who has contributed so much in the way of graphical content to this publication over the past four years. I'm sure we'll see more photos from his skiing and mountain-biking adventures with TBN in the months and years ahead. He leaves behind a dedicated crew of role-players who have made putting this first issue together a breeze.

And finally, it's with great regret that we bid farewell to David Gretton, who for the past six years has served TBN faithfully as Saturday Morning Ride Coordinator. David returns to his native England this December after fifteen years in Canada. Under David's steady hand the SMR evolved into the perfect introduction to cycling with TBN. We'll miss his optimism, witty anecdotes, and gracious demeanour. We wish him all the success and happiness in the future. Cheers, David, and hope to see you at Cyclon 2001!

—Owen Rogers, Managing Editor

Quick Release is published five times a year. Members are encouraged to submit material for publication. Classified ads are free for members. To discuss a submission call Owen Rogers, Managing Editor at 416-232-0243 or e-mail newsletter@tbn.on.ca.

For the Mar/Apr issue the deadline for submissions is January 29.

We would prefer submissions be made digitally, so send Ads/Stories/graphics to: newsletter@tbn.on.ca in one of the following formats:

text.txt, Word.doc, Wordperfect.wp ... and your graphics/photos in these ones: .jpg, .eps, .gif

Analog submissions may still be made by lettermail to:

Toronto Bicycling Network
Attn: Editor, Quick Release
131 Bloor Street West, Suite 200, Box 279, Toronto, Ontario, M5S 1R8

Moving? Moved?

Send changes of address and corrections to: memsec@tbn.on.ca or leave a message on Line 3, the Social & Membership Mailbox of the Hotline

Telephone 416 760-4191
Website www.tbn.on.ca
e-mail info@tbn.on.ca

(please specify intended recipient in the subject field of your e-mail)

To best use TBN's voice mail system, follow these easy steps.

Dial **760-3909** to get detailed instructions on how to use the voice mail system, or



760-4191 to go directly to the main menu.

From the main menu press...

- 1 for Saturday and Sunday cycling
- 2 for weekday and evening cycling
- 3 for social events & membership information
- 4 for weekend trips

Hotline tips:

When in the Main Menu you can make a selection at any time, and you don't have to wait for the message to finish.

You can return to the main menu after making a choice, by pressing **2** at any time

After making a selection from the main menu, you can press **1** to leave a message related to your Main Menu choice.

Please be sure to select the appropriate mailbox to leave your message in.

If you're not sure where to leave your message, please leave it in the Social & Membership mailbox (i.e. press **3** from the main menu, then press **1**).

Weekend Trips December 2000 to February 2001

Feb 2-4 Silent Lake Sojourn

Enjoy the natural beauty and tranquillity of the southern Haliburton region. We'll be staying at the Old Pine Lodge located in Silent Lake Provincial Park, with 56 km of groomed trails at your doorstep. Meals not included. Saturday dinner will be a group effort. Cost: \$95 members/\$105 non-members. Includes two nights' accommodation at the lodge, trailpass, evening bonfire with hot beverages, night skiing expedition with headlamps, singing, dancing and good times! Ski and snowshoe rentals available.

Contact: Ron Fletcher, 416-461-9695

Feb 16-18 Ottawa Winterlude 2001

Visit the nation's capital for the city's annual Winterlude festival. Skate on the Rideau Canal, the world's longest outdoor skating rink, and ski in fabulous Gatineau Park. Ice sculptures, sightseeing, museums and more! We'll be staying at the downtown Days Inn, minutes from the canal. Cost: \$200, includes two nights' accommodation and return bus (coach) transportation. Your cheque must be received no later than Wednesday, January 17. Please note that the trip will not be cancelled due to weather conditions.)

Contact: Rob Long at winterlude@tbn.on.ca, or call 416-322-6199.

Waxing Clinics

Velotique will be offering free Saturday morning ski waxing clinics this year. There are basic waxing and equipment selection clinics scheduled for Dec. 2, Dec. 9, Jan. 6, Jan. 13, and Jan. 20. There will be one advanced waxing technique clinic on Jan. 27. Clinics start at 9:00 a.m. sharp. Parking is available and it is not necessary to bring your skis. Velotique is located at 1592 Queen St E., just one block west Coxwell Ave. Space is limited, so register early by calling Saul or Bev, Velotique, 416-466-3171.

Friday Night Ice Skating

Molly Cheung will be back with another series of weekly excursions to many of Toronto's outstanding outdoor rinks. Starting at 7:00 p.m., we'll skate for ninety minutes or so before retiring to a local eatery for a warm drink and a bite to eat. For more information, or if you'd like to help out, contact Molly at iceskate@tbn.on.ca

SUNDAY SKI SCHEDULE 2001

Cross country (or Nordic) skiing is an ideal aerobic activity to complement your cycling. To register for the Sunday trip, you must call the TBN ski hotline before Thursday 10:00 p.m. Phone 416-760-4191, line 1, and follow the directions. Alternatively, you can register by email at xcski@tbn.on.ca by giving the trip date, your name,

your pick-up point, telephone number, TBN membership number and whether you require rentals. Bus fare is \$17.00, and the trail fee will depend on the destination. The bus fee should be paid by cheque, made payable to the 'Toronto Bicycle Network'. Trail fees must be paid in cash. A \$12.00 no-show penalty will be charged to people who register

but don't turn up. If you do not register, the walk-on fee is \$22.00. For non-members, the bus fee is \$22.00. Make sure you call the hotline on Friday and Saturday for updates. Any changes will be stated at the beginning of the announcement. The bus price has increased from last year due to rising fuel costs.

Date	Destination	Trail Type Length	Trail	Facilities	Trail Fees	Rental + Trail Fees
Jan 7	Horseshoe Valley	GC, SK	35	FS, L	\$ 9	\$ 23
Jan 14	Highlands Nordic (Duntroon)	GC, SK	16	FS, L	\$ 8	\$ 20
Jan 21	Hardwood Hills	GC, SK	45	FS, L	\$ 13	\$ 33
Jan 28	Wasaga Beach	GC, SK	30	FS, L	\$ 5	\$ 20
Feb 4	Mansfield	GC, SK	40	FS, L	\$ 10	\$ 24
Feb 11	Garanaska	GC	35	PS	\$ 8	no rentals
Feb 18	Hardwood Hills	GC, SK	45	FS, L	\$ 13	\$ 33
Feb 25	Horseshoe Valley	GC, SK	35	FS, L	\$ 9	\$ 23
March 4	Wasaga Beach	GC, SK	30	FS, L	\$ 5	\$ 20

NOTE: Schedule is tentative only, and may change depending on weather and snow conditions. Please listen to the TBN hotline for weekly updates. Skiing will continue into March depending on conditions.

For cross country snow conditions in the 416 & 905 areas please call 416-314-0998; All other area codes call 1-800 ONTARIO (668-2746) and follow the prompts. (Taken from the Ski Ontario website)

Facilities

- FS Full Service, including waxing hut, food services & chalet
- PS Partial Service, including waxing hut, warm-up areas & snack bar
- L Lesson offered by the resort. Must be pre-booked by the individual

Conditions

- GC Groomed Classic Trails
- SK Skating Trails
- For Cross Country snow conditions in the 416 & 905 areas please call 416-314-0998. All other areas call 1-800 ONTARIO (668-2746) and follow the prompts (taken from Ski Ontario website).

The bus picks up at 4 locations.

- | | | |
|--------------------|---------------------------|-----------|
| Bloor and Keele | (Bloor & Indian Grove) | 9:00 a.m. |
| Yonge & Bloor | (Metro Reference Library) | 9:20 a.m. |
| Yonge & Eglinton | (southeast side) | 9:30 a.m. |
| Yonge & York Mills | (south of York Mills) | 9:45 a.m. |

At the lunch stop on the Saugeen River



Continued from back cover

gravel trail took both beginner and experienced riders through their paces. After lunch, a second hardy crew experienced the Ducks Unlimited Trail in MacGregor Point, and reached exhaustion. Dinnertime at sunset, and the bonfire was lit. Not a body was missing from the fireside that night. Chitchat, recollection of the day, and even a few tall tales could be heard.

Sunday morning was brisk and drizzly, but no one minded – it was time to ride the river, the “mighty Saugeen”. Even with dark skies

overhead, the entire group was optimistic about the journey. Paired off, or in singles, we made our way down the Saugeen by canoe and kayak. The journey was so very beautiful – serene, a perfect getaway from the ordinary. The sun broke through the clouds as we stopped for a lunch break. Superman heroics went to Dave for saving a paddle and lifejacket from the river. Not to worry... the occupants of the canoe following were unharmed after a run-in with one of many rocks. Dan took everyone’s safety as a serious issue over the weekend (thanks, “Dad”). Cooling down was easy, with

swimming and bodysurfing providing a change of pace.

Back in our watercraft, we returned to Paisley and the Great Saugeen River Trading Company. If it hadn’t been for the dinner bell, most of the TBNers would have gone broke in that store, a treasure trove of outdoor goodies and paraphernalia.

At the dock, we saw several canoeists who had ventured over the dam “just for fun”. One can only imagine that they were possessed (and not in a positive sense). After tearing a hole in their canoe, they had little choice but to repair it with duct-tape, and return

to shore. Don’t try that at all, kids! The gang sat for a fine buffet meal at the local Antique Shop. Dan awarded various cell phones and candies to various members of the group — yes, you read that correctly!

Our last day, Monday, brought sunshine and riders to Sauble Beach trails. With such a large group of cyclists, Dan thought it best to split into two groups and hit the hills. A couple of hours of dipsy doodles, twists and turns, ungroomed trails and black muck completed our cycling adventures.

A pit stop at Sauble Falls brought out lunches and swimmers.

Afterwards, we raced back to Sauble Beach, our starting point, and soaked up the glorious sunshine and a last dip, even if only to our knees.

I cannot conclude this brief story without mentioning two great people: Frank and Dan. Frank was awesome, showing us all how to lead and push our physical limits; Dan was a notable leader and organizer. One rider remarked to me that the success of a trip lies primarily in the attitude of the organizer; this weekend was remarkable.

— Monique Maillard

Hockley Valley “Hurricane”, September 17, 2000

There was a harsh wind that blew from the northeast for most of the day. The group scattered in the face of this forceful gale, yet all but one cyclist managed to successfully complete the distance (if not the route exactly as published), and to receive the coveted Silver Double Metric Century rider’s patch. Congratulations to all!

Kaz Bieniak
Jaye Haworth
Michael Hermanovich
Steven Hill
Fred Krawiecki
Owen Rogers
Benjamin Sadavoy
Michael Thomson
Alan Thwaits
Tim Van Dusen

—Owen Rogers, H.V.H.
2000 Disorganizer

Thursday Night Salsa!

Starting Thursday, Dec. 7 a group of us will be meeting for free Salsa lessons 8:00 p.m. at Ba-Ba-Lu’u (136 Yorkville, east of Avenue Rd.) followed by an evening of Latin dancing. Call Ron, 416-461-9695, for more information.

TBN Movie Nights

Starting Tuesday Dec. 5, we’ll be getting together to enjoy a little first-run cinema. Our initial venue is the Cumberland 4 at 159 Cumberland for the early evening show. Meet for coffee beforehand at Lettieri at Bellair and Cumberland (one block west of Bay and one block north of Bloor). Check the Hotline/ website/email for further dates and times. Call Ron Fletcher, 416-461-9695, with any hot tips on flicks you think we should see.



Social Calendar: Further Input Requested

Our winter social schedule is by no means complete. Still in the planning stages is a Billiards night and an evening of Cosmic Bowling. If you’ve got any ideas or would like to help organize a Social Event, call Ron Fletcher, TBN Social Director, at 416-461-9695.

“Booth Bunnies” Needed

The Toronto International Bicycle Show will be held from Friday March 2 to Sunday March 4. As always, TBN will be there, kicking off our annual membership drive. We need lots of help staffing our booth over those three days and it should go without saying that promoting the club is a great way to meet new people! If you’d like to help out at the bike show or are interested in working on any Publicity and Promotions projects over the coming year, contact Brenda Porter, 416-694-3272 or publicity@tbn.on.ca



Leisure Wheelers Pump the Pedals: the Millennium Metric Century

The TBN’s “slow riders” showed their stuff on October 1, when they cycled 100 km: from the Beaches to Oakville, and back again. The weather was ideal and 37 riders signed up for the challenge. Although some of the starters (like John Corbett) were hardened distance-riders, most of them had spent the 2000 season on less-demanding circuits. The 24 cyclists who covered the full distance were:

John Bedford
Shirley Clunas
John Corbett
Brenda Dean
Nora Donovan
Jack Duff
Alan Gordon
Joe Hickey
Carole Hill
Roy Hill
Shirley Keith
William Knowles

Eugene Kwong
Eric Lin
Karen Leivers
Megan McCrossan
Sandra McCrossan
Dave Moffat
Nestor Santiago
Doug Smith
Marc Smith
Julian Ward
Paul Yeadon
Natalie Zabarylo

Congratulations to these new holders of “Metric Century” patches!

Since this was not a race against the clock, no individual times were kept. A few riders completed the circuit long before the pack, which finished in about six hours on the asphalt (plus snack/water time).

Encouraged by this success, the Leisure Wheelers plan to host another Metric Century in 2001. Stay tuned to Quick Release for details.

—Alan Gordon



Education update

It's been one year since I climbed onto the saddle – a good time to take stock of where we've been. Based on results of a survey conducted in late 1999, a variety of education events were organized to meet the growing demand for information related to bicycle-touring other parts of Canada and the world. A total of fourteen events, plus two riding skills clinics, were held. New topics featured included "naturopathic treatment of cycling injuries" and "legends of bicycle racing". Members also had an opportunity to learn and test-ride recumbents and tandems.

In the year ahead, I plan to continue to offer a variety of "shows", as well as practical information on how to maintain and fix your bike. As you can see from the winter lineup, there's also information on cross-country skiing.

Many of these events are held in a private room at a pool hall, making it very convenient for socializing afterwards.
— Frank Remiz, Education director.

Education events for December to February
Look for announcements on upcoming education events on the Hotline, web site and weekly Chain of Events email.

Thursday, January 11: PARIS-ROUBAIX 1999 — Watch a video of highlights of this exciting race. The best teams from around the world competed in this demanding one-day event, also known as the "The Hell of the North". There will also be a feature that reviews the last ten years of this race.

Cost: Free
Place: Coronation Billiards (Party Room), 378 Eglinton Ave.

W. (four blocks west of Eglinton Station)
Time: 7:00 p.m.

Biking on the Web

The Internet offers a treasure-trove of information. A partial list of Websites providing information useful to club members is included in this issue. Some of these have general information, others are geared to the Toronto community, and there are some that are geared to couriers and racers.

For a more comprehensive list, see the club's Website www.tbn.on.ca: look on the left under "Member Services", and then click on "Cycling Links". Thanks to Owen Rogers, the Club Webmaster (among other things), you will find hundreds of sites, all neatly grouped by topic:
lobby and advisory groups

other cycling clubs
special cycling events
Canadian cycling publications on the Net (look here for reviews of new equipment);
special interest areas
history
mountain biking
touring
bike culture
competition and training advice
technical articles (look here for Sheldon Brown's bicycling "encyclopedia")
utilitarian cycling (look here for safety tips, legal advice, commuting, couriers, etc.)
local bike shops
Canadian bike manufacturers
touring publications
commercial tour operators
Let us know what you think. The lists will be updated on a regular basis.
— Frank Remiz, Education director.

Websites of interest...

General Pete's Bike Index
www.bikindex.com Links to lot of info.: manufacturers, travel destinations, building wheels, finding buddies, and good pictures

Detour Publications
www.detourpublications.com
Distributes, markets and produces transportation-related information resources

Ont. Ministry of Transportation
www.tbn.on.ca/link/ntopubs
Various government-issued bicycling brochures dealing with knowing the law, making purchases, etc.

Links to other sites
www.web.net/~detour/links.html

or
www.detourpublications.com/links.html
Links to lots of interesting sites, including "The Bicycle Forest" (a Waterloo-based firm handling various human-powered vehicle rentals and wheel-building software) and "The International Bicycle Fund" (a non-profit organization promoting international understanding using bicycles)

Community Urban Planning Information for Bicycling Advocates
www.ibike.org/urban.htm
Good info. on urban infrastructure policy and planning

Victoria Transport Policy Institute
www.vtpi.org
Good info. on urban planning, optimal pricing of transportation services, etc.

Urban Planning Transport 2000 Ontario
www.tbn.on.ca/link/trans2000
Organization that represents the interests of users of public transportation through a library and research

Advocacy for Respect for Cyclists
www.web.net/~detour/arc
Toronto-based organization that represents the interests of cyclists through legal defence, direct action and lobbying

Community Bicycling Network (C.B.N.)
www.web.net/~detour/cbn
Organization that stimulates and links community-based bike-repair/recycling in Toronto

Transportation Options
www.web.net/~detour/transopt.html
Organization that works with various parties to increase awareness and promote sustainable transportation

Racing Lance Armstrong
www.lancearmstrong.com
Personal page by this year's winner of Tour de France, including biography, discussion forum, etc.

Velonews
www.greatoutdoors.com/velonews
American bike magazine focussing on racing, with road and triathlon coverage, training tips, etc.

Cycling News
www.cyclingnews.com
Australian site focussing on racing, with full results and pictures of all events

Director's Report on Cyclon

Cyclon 2000 was a wonderful weekend of cycling, eating and partying for over 190 participants. Members keep telling me what a great time they had and it really is nice to hear that so many people had so much fun. Special thanks are due to many special people. First, heartfelt thanks to committee members Arija Berzitis, David La Ferla, Jennifer Clark, John Grimley, and Manuela Gobbato. They volunteered lots and lots and lots of hours to organize this first-rate TBN event. Bill Hannaford deserves congratulations for (again!) producing an excellent set of route maps. Gratitude also goes to the many helpful volunteers who contributed their time, enthusiasm and smiles to the innumerable tasks that go into this event.

Several generous suppliers kindly donated a variety of items to Cyclon. Special thanks go to: Sporting Life, which donated \$250 in gift certificates which four lucky volunteers won at the Sunday night banquet; Bell World, which donated cellular equipment and service for the Bike Bus; MS Bike Tours, which loaned their bike racks for the bike storage room.

Plans to hold Cyclon 2000 in Belleville/Prince Edward County were derailed in March due to Loyalist College canceling their agreement to host Cyclon 2000. Taking into

consideration advice from our lawyer, the pressing timeline to organize Cyclon 2000 in a new location, and precious volunteer time already consumed, the Board of Directors of the TBN and the Cyclon Committee decided against pursuing a legal suit in favour of focusing efforts on moving forward with a new venue in Guelph. Even though the costs to hold Cyclon 2000 at the University of Guelph were higher than those at Loyalist College in Belleville, the Cyclon 2000 fees for participation were not increased from those initially published. Damages amounting to \$5000, to cover costs incurred prior to the cancellation, were negotiated and recently received from Loyalist College. The financials (not finalized at time of printing) will show that Cyclon 2000 incurred a loss, which will be absorbed by Cyclon.

We were very grateful and fortunate to have Rose Marie Ip, barrister and solicitor, represent us. Though not a club member, she generously donated her time and services in this dispute with Loyalist College.

After a five-year involvement with organizing Cyclon, it's time to step aside and let someone else take on the role of Director and make their mark in the Cyclon history books. Cyclon 2001, the 15th anniversary,



will, as per tradition, be held for a second year in Guelph. Being Cyclon Director, in my opinion, is one of the more challenging but tremendously satisfying volunteer positions in the TBN. It's certainly a great way to meet new friends! While the new Cyclon Committee is starting to come together, a Cyclon Director is still required. Unfortunately, if this position is not filled by February, it will be necessary to cancel Cyclon 2001.

If you are interested in finding out more about being on the committee, or in the position of Cyclon Director, I'd be happy to chat with you. I invite you to contact me at 416-694-3272, or cyclon@tbn.on.ca.

— Brenda Porter

What makes Cyclon different?

Many people often compare Cyclon to Niagara Freewheelers' popular Extravaganza cycling weekend and wonder why the fees for Cyclon are higher. Both weekend trips are terrific value and a lot of fun. So – it's a fair question, and worth highlighting the key differences. If you have ideas for changes to Cyclon, write to cyclon@tbn.on.ca.

Comparing the 2 events held in the year 2000 as an example:

Extravaganza	Cyclon
3 nights' accommodation	3 nights' accommodation
3 breakfasts	3 breakfasts
2 dinners	2 dinners
tour routes/maps	tour routes/maps
Sunday night social	Banquet & DJ dance on Sunday night
	3 full lunches
	tourleaders/sweeps
	sag/emergency support
	swimming pool on Saturday
	entertainment option on Saturday night
	lakeside picnic site for group lunch on Monday
	new location (every 2 years)
	free T-shirt (for early birds)
	prizes
\$150	\$210 / \$240 (early bird / regular)

member's profile

Rob Long

Joined TBN: 1994 (Just in time for Cyclon)

Bicycle: TREK 750 Hybrid (Gets me where I want to go, as long as the headwinds aren't too severe)

Longest Ride: Oakville Hospital Imperial Century

Favorite Ride: Manitoulin Island when it's not pouring rain (or, in other words, when Paul Stockton isn't there)

Least Favorite Ride: Manitoulin Island when it is pouring rain (in other words, when Paul Stockton is there).

Hi, you have reached the TBN Member Profile Information Article. To return to the main newsletter, turn a page at any time.

I joined the TBN in July 1994. I'd taken up biking the year before, buying a \$100, solid steel, mountain bike from a friend who'd bought it at Honest Ed's. It was my first time on a bike in about ten years. Over the following years, I would get a lot of use from that tank. The thing weighed about forty pounds. Once, on my way to a Friday Night Ride, a car door swung open: I hit it and went flying; the bike wound up with minimal damage, I escaped with a few scrapes, the car door was left dangling on one hinge.

Anyway, back to the summer of '94. A good friend told me about

the TBN, so I decided to check it out. One of my first events was Cyclon. I didn't know a soul, but wound up having a great time — TBN has never been short of friendly people. I started going on the Easy Roller rides — with the bike I was riding, it was all I could handle. I really enjoyed the socializing on those rides, and met a lot of people who remain my friends to this day.

A couple of months after joining the club, I heard that it needed a new hotline announcer. Thinking, "Hey, I can do that", I volunteered; six years later, I'm still doing it. (That shoe I'm holding has had a lot of activity over the years.)

Some of my treasured club memories include:



Leading, in 37°C heat, a 30 km Friday Night ride that turned out to be a 55 km ride because I forgot to plan the route — it took a long time to live that one down.

Getting drenched (for the first of seemingly many times) on the way to Manitoulin Island, and sitting in a circle of people on the ferry wringing out our socks. On the same trip, I got lost and wound up riding 120 km on that clunker mountain bike.

My first Winterlude trip; including two fun-filled nights in the hostel, a converted jail. Skiing in Gatineau, and getting lost. It was about my third time on skis. I didn't have the right clothes; I was wearing a parka, wool sweater, cotton underwear, and jeans. Have you ever been soaking wet in -20°C? Very soon after, I forked out the money for "polypro" and fleece.

And — speaking of soaking wet — Manitoulin Island, 1999. Getting caught in a monsoon, taking refuge with eight other soaking wet cyclists in stranger's house, and getting food, coffee, and towels. Later that day, we were part of the Canada Day parade for a town whose name I can't remember — we were second in line behind a procession of Teletubbies.

In 1996, I forked out the money for a new bike. Those years

of riding the tank certainly built my legs up. I found 90 to 110 km to be an ideal ride, up from the 60 to 80 km I used to do. Nowadays, I do the Country Cruises when I can; otherwise, I do the Long Tourist rides. I love the weekend trips, Cyclon (and not just because I was on the committee for three years), Manitoulin Island (didn't make it this year; Paul did, and it rained), Awenda, Hollyburn, Algonquin Park. I always enjoy our social events, the hiking, and let's keep our fingers crossed that there's snow this winter, 'cause I want to get back into skiing.

And a reminder: helmets are mandatory for all TBN newsletter articles, and lights are mandatory for reading these articles at night. Non-members are welcome to read this, but must pay a \$5.00 fee...bye for now.

— Rob Long

WANTED

Used or unwanted bicycle parts for Cuban junior racers



Coach Carlos and some of the junior racers

What we do:

Every year we collect parts for 27" racing bikes to take down during our winter sojourn to Cuba. These parts are donated to two sports schools located in the city of Holguin, which is situated in the northeast part of the island, 55km inland from the Guardalavaca Beach tourist area.

The kids who benefit from these donations are between the ages of 14 and 18, and are handpicked for Cuban sports schools. Former Cuban cycling stars give them professional coaching. Many are strong riders for their ages. We are allowed to train with these junior racers, but only if can follow their perfect pace lines and don't get dropped. They are very disciplined and ride six days a week with daily distances of 70-100 km non-stop.

These kids are currently riding 25-year-old Russian racing-frames (non-titanium, of course), so we are trying to gradually upgrade each frame with standard Shimano parts.

What they need:

Tubes (okay even with holes), drive-train parts (such as cassettes, rings, chains), old wheels, tires, hubs, rims, brakes, stems, seat posts, bottom brackets, headsets - just about everything, including summer clothing, helmets, computers, handlebar tape, rat-trap pedals, gloves, repair kits, sunglasses, shoes, etc.

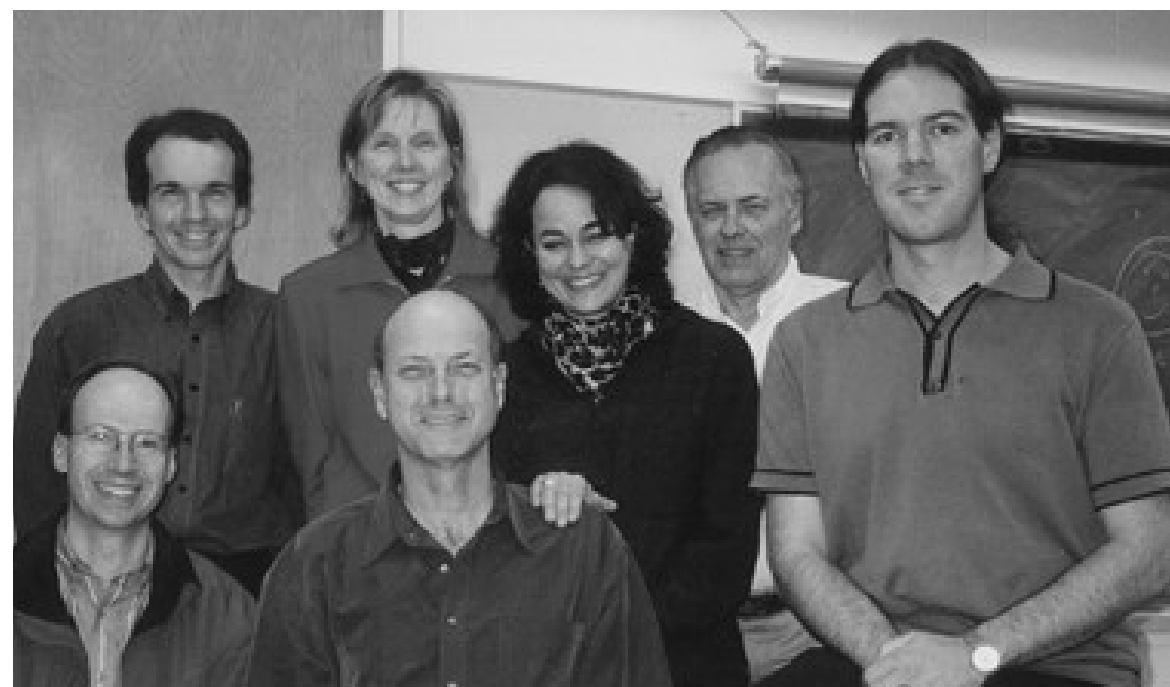
The parts you replace each year and throw away are like "new" for Cubans.

So please donate it – don't throw it out!

If you have anything to donate, please call Dave Pinder @ 416-323-9164 anytime 24/7

Your new Board of Directors

Standing: Owen Rogers, Brenda Porter, Janet Aronoff, Doug Innes
Seated: Ian Tytler, Ron Fletcher, David Weil
Not pictured: John Corbett, Jacqueline Meharg, Frank Remiz



2000 Hiking Programme

Once again, we will return to some of our favourite parts of the Bruce Trail for the autumn hiking season. There are 3 hikes remaining in this year's series of 10. Join us for the scenery, the fresh air, and that special burning sensation in the legs that marks the end of a good hike. Check the Hotline and Website for meeting points and times. Remember to wear hiking boots and to bring food and water for the trail.

Date	Location	Distance
Dec. 3	Rattlesnake Point	17 km
Dec. 10	Limehouse	18 km
Dec. 17	Dundas Valley	14 km

— Terry Davison, Hiking Coordinator

