

QuickRelease

December 2003 / February 2004

Volume 21, Issue 5



Cross-Country Ski Season is Here!



CYCLON VENUE CHOSEN

more details on page 6

Photo by: Patrick Lam



Holiday Dinner Dance

FRIDAY, DECEMBER 12

Ralph Thornton Centre, 765 Queen St East

\$20 for members (\$25 non-members)

Cash Bar Opens 6:30 pm

Buffet 7:30 pm

(See back page for details)



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 Loreto Manni, Managing Editor at 416-783-6953 or e-mail newsletter@tbn.on.ca.

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 formats: .tif, .jpg, .eps, .gif

Analog submissions may still be made by letter mail to:

Toronto Bicycling Network
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Website www.tbn.on.ca

e-mail info@tbn.on.ca

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

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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.

TBN Hotline

416-760-4191



Hotline Directory
From the main menu press

1. Weekend and holiday rides
2. Weekday events
3. Social events & membership information
4. Inline skating
5. Weekend Trips information

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Leisure Wheelers

Steering Committee Meeting

A meeting will be held on Tuesday January 27, 2004 at 7:30 pm to prepare the Leisure Wheeler schedule for 2004. It is open to any TBN member. The location for the meeting will be the Tim Hortons at Yonge and Davisville.

Spinning

**at the Adelaide Club
all winter long**

New Price

\$75+GST for eight classes
\$40+GST if you join the fifth class of an eight class series.

To register call (416) 367-9957

TBN Board 2003 / 2004



President, Newsletter Editor

Loreto Manni

TBN Member: 4 years

Favourite TBN Activities

Country Cruise and Tourist Rides.



Vice President Touring

Dan Engels

TBN Member 10 years

Favourite TBN Activity

Spring Dance, Annual Meeting, Easy Roller Rides, City Hikes, and Cross Country Skiing.



Vice President, Skiing

Kathleen Ryan

TBN Member 2 years

Favourite TBN Activities

You'll find her skate-skiing on cross-country ski trails in the winter and on the occasional Saturday Ride in the summer!



Treasurer

Doug Innes

TBN Member 16 years

Favourite TBN Activities

Wednesday Wheelies and Country Cruise rides.



Secretary

Paul Price, Brenda Sweet

TBN Member 8 years

Favourite TBN Activities

Riding their tandem bike on Saturday Morning, Country Cruise, and Tourist rides.



Past President

David Weil

TBN Member 6 years

Favourite TBN Activities

Tourist and Sportif rides.



Director Of Cyclon

Trevor Woerner, Vanessa Busch

TBN Member 3 years

Favourite TBN Activities

Tourist Rides, Multi Day Trips and Cyclon.



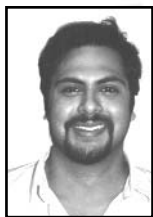
Social Director

Ron Fletcher

TBN Member 10 years

Favourite TBN Activities

Every social event.



Publicity & Promotions Director

Imtiaz A. Mawji

TBN Member 3 years

Favourite TBN Activities

Country Cruise, Holiday Rides



Education Director

Dinsmore Roach

TBN Member 2 years

Favourite TBN Activities

Tourist Rides, Multi Day Trips and Cyclon.

The World Cycling Championships come to Canada

Photos by: Patrick Lam, Loreto Manni
and Diane Richards

Nina Kosi
worked at
volunteer
press area

The crowning of this year's Road World Cycling Champions took place the first week of October in Hamilton. Both men and women competed to win the Rainbow jersey for the upcoming year. Weather conditions were perfect for cyclists and spectators, with a week of sunshine and temperatures in the mid 20's. Spectators were treated to the best cycling the world has to offer on a closed circuit city course. This was the first time the event was held in a city on a closed circuit; it enabled spectator's views of the race from many different vantage points. Racing wasn't the only event, by night various cultural festivals took place at different locations in downtown Hamilton. Visitors from all over the world attended and were amazed to see the number of volunteers who worked the cycling and festival events. The tireless efforts of the volunteers made the whole event come together. A great week of cycling and evening parties was enjoyed by everyone, next year's worlds will be held in Verona, Italy.

Frank Remiz a volunteer Road Marshal shows off a few souvenir water bottles and feed bags he picked up while on duty.



A group of TBN party people find a great place to watch the races.



The expo had many booths showing off new cycling products. Here Martin Vellend, Vice President of Vellend Tech Canada and Antonio Rossetto, of SIDI Italy welcome TBN member Loreto Manni to the Vellend Tech booth. (Left to Right Antonio Rossetto, Francesco Mascioli, Martin Vellend and Loreto Manni.)



France devil, di Senff, was the streets of



TBN member Diane Richards gets her camera ready to take photos of the race. Many of her photos are in this article.



A New Start with a new City Council

Martin Koob TBN Representative,
Toronto Cycling Committee

As I am writing this, it is 6 days before the municipal election. It has been an election that the issue of cycling managed to get some attention. A Candidate survey was conducted and posted on the BikeToronto.ca site. Through that process we found that many candidates for council were supportive of the Toronto Bike Plan. By the time you read this the election will be over and Toronto will have a new Mayor and City Council. You will be able to go to the biketoronto.ca/vote2003 site and see the commitments that the victorious candidates made in support of the bike plan. Starting in January we will have to start watching to see that they live up to those commitments.


Setting the 2004 budget will be the first big task of the new council. The Toronto Cycling Committee (TCC) will be pushing to have the funding increased in line with what is recommended in the Toronto Bike Plan. Last year we saw the funding for building cycling infrastructure cut in half. The amount recommended in the Bike Plan for building cycling infrastructure in 2004 is \$3.0 million dollars for the Works and Emergency Services Department and \$1.2 million for the Parks Department. In addition there is a

recommendation from the Toronto Cycling committee that the budget for Safety and Education programs be increased. The new Council will be facing budget pressures this year so we will have to convince them to give the Bike Plan budgets their fair share.

One way for the Mayor and Council to find money for the Bike Plan is to look to the provincial and federal government. Over the next few months they will be negotiating the "New Deal" for cities. Included in their negotiations will be money for transit, municipal infrastructure, road reconstruction and other areas. The City of Toronto should request that money for cycling infrastructure be earmarked in these programs. The federal government also has funding for programs that will help cities meet their Kyoto targets. The City of Toronto should ask that a portion of these funds be allocated to cycling programs.

The new council will have lots on its plate when they sit for their first council meeting. We will have to put some pressure on them to ensure that the Bike Plan is one of the items that gets their attention early in their term.

Martin Koob

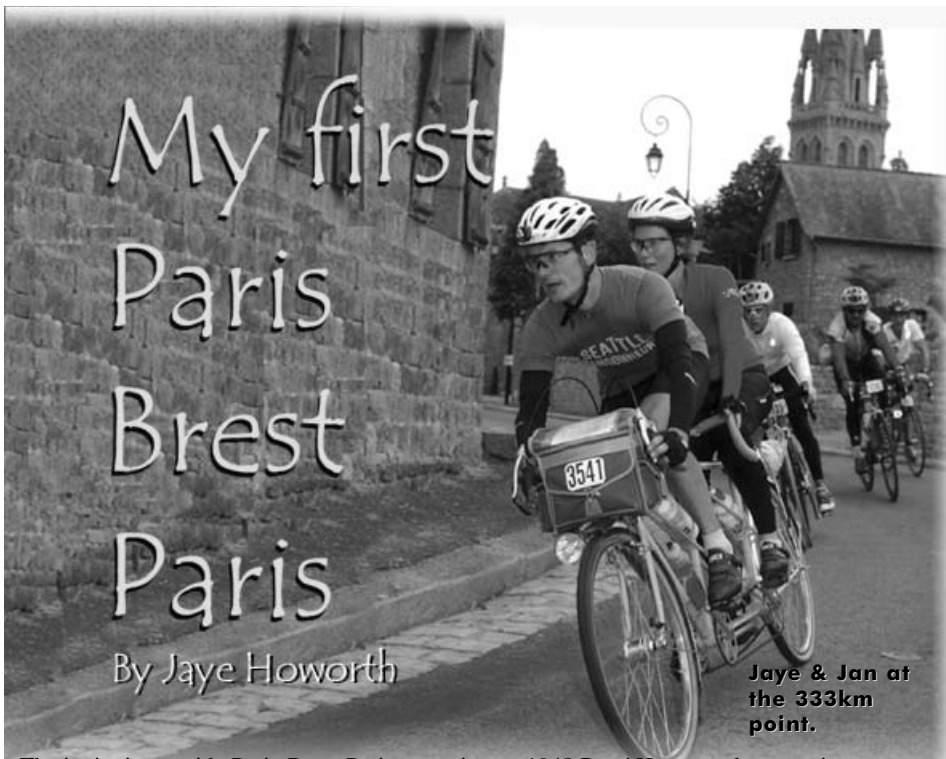


Chris' Cycling Tips....

by Chris Reid

Tire pressure

Always check tire pressure before the ride. With a rider on the bike, there is probably a maximum of two square inches of rubber on the road at any one time, so really it is smart to treat the tires with respect. Inflate to the pressure recommended on the side of the tire wall. The tire will last longer, be more puncture resistant, hold the road better, and will have lower rolling resistance. Important on long and brisk rides, as a matter of fact these benefits can be realized on all rides.



The invitation to ride Paris-Brest-Paris on a vintage 1948 René Herse tandem was just too good to pass up. Not only had my friend Jan Heine (a Seattle Randonneur whom I met on my first 300 K brevet), already ridden PBP in 1999, but he was also fluent in French. I figured the chances of getting lost were just about nil, and if we did, he'd be able to ask the right questions. Also, Jan is fast. It's a real treat for me to take corners and descents at exhilarating speeds of up to 89 K! Ooooh-la-la!

Travelling to France was in itself a dream come true. Riding the oldest and most prestigious

amateur cycling event (first one was 1881) in the world (PBP runs every 4 years) was icing on the cake.

Monday night at 9:45 p.m. - the start time for tandems and "vélos spéciaux" - found us right at the front of the line. Jan was intent on keeping us out of the crowd and out of trouble. Excitement was running high and the pace was fast.

At the 90 K point we began to catch the single riders who had started in the 80 hour group at 8:00 p.m. This was "bon pour le morale" as one of our French tandem companions would say, every time we passed another group, or his captain called for a stand to stretch the legs.

Speeding through the first night, we passed through lovely French villages, with narrow twisting streets. Beautiful old stone houses and walls - red roof tiles and pretty windows - so very French! Spectators were out to cheer "Bon courage" and many had tables set up with food and water. The support of the French people is incredible.

In addition to the mandatory controls (there are 14 points enroute where riders must get off their bikes, enter a building and have their control cards swiped and pass books stamped and initialed), where cafeterias provide hot meals and energy drinks for purchase, the

(Continued on Page 8)

TBN honours Owen Rogers

At the Annual General Meeting long time member Owen Rogers was honoured for his hard work and dedication to TBN. Owen has been a member for 10 years, and held board positions as President, Past President, Vice President of Touring and Newsletter editor. Presently Owen is Coordinator for the Tourist Sportif rides, webmaster and assembles the weekly email "Chain Of Events". These are the official titles Owen holds, many members such as myself call upon him for his advice and wisdom with respect to TBN issues. He never turns down an opportunity to help or assist any TBN member with club activities. We all take the many TBN resources for granted, but they are only a reality when members like Owen step up and volunteer their time to make TBN better. Owen's diligent efforts were acknowledged by the membership with a standing ovation at the AGM and a framed print of the 1921 Tour de France presented by Past President David Weil. Many of us at TBN appreciate your efforts Owen and we all THANK YOU!

Sincerely

Loreto Manni, President
Toronto Bicycling Network



Past President David Weil presents Owen Rogers with a print of the 1921 Tour De France.



New venue for Cyclon 2004 chosen

Vanessa Busch Trevor Woerner, Directors Cyclon

Vanessa and I are happy to announce we've selected the venue for Cyclon 2004 — Georgian College in Barrie. The facilities for accommodation are great, and the City of Barrie has a *lot* to offer.

The accommodations are air-conditioned. Each room consists of a common kitchen area (including fridge, microwave oven, table, chairs...), a private washroom with a shower, plus two individual bedrooms each of which has a phone, television, and internet connection (computer not included). Each floor has a common area with couches and TV. There is a ball-hockey "rink" outside, basketball courts, and soccer fields. We are looking at getting access to use their gym facilities during our stay. Georgian College is at the north end of the city making it easy to ride to and from campus. It is located almost exactly 100 kms from the intersection of highways 400 and 401.

Located on Lake Simcoe's Kempenfelt Bay Barrie has a lot to offer. Being in Simcoe it has

a beautiful waterfront with recreation trails. There are numerous converted (flat!) rail-trails for the easy roller or leisure wheeler rider classification, one of which goes all the way north to Orillia. The City holds an annual rib-fest on the August long weekend as well as numerous festivals and shows. Nearby are

**The venue for Cyclon 2004
Georgian College
in Barrie.**

several attractions including Casino Rama and the Georgian Downs Racetrack. There are also many beautiful golf courses and convention facilities in the area.

We are very excited about this venue, having never been visited by Cyclon in the past we feel there are many wonderful opportunities in this previously overlooked venue. We look forward to your involvement in helping making Cyclon 2004 another wonderful success.

We are currently looking for volunteers to: a) help plan routes, b) help find possible lunch and dinner facilities, and c) create a list of entertainment and attractions. So if you would like to try your hand at any of these task or know someone who would, please drop us an email at cyclon@tbn.on.ca or call us at 416-422-3052.

Best regards,

Trevor and Vanessa

Cross-Country Ski Season is Here!

By Kathleen Ryan, VP Skiing

Looking for something to do now that the bike paths are covered with snow? Give cross-country skiing a try! Want to go cross-country skiing this winter but having trouble strapping your skis onto your bike? Take the TBN Ski Bus!

Every Sunday (starting January 4th), the TBN Ski Bus heads up north to the best nordic ski centres around. During the season we'll visit Hardwood Hills, Horseshoe Valley, Ganaraska, Wasaga Beach, Highlands Nordic, and Mansfield. Skiers of all levels and experience are welcome—from first-time skiers to seasoned veterans. If you don't have your own skis, you can rent equipment at most of the ski centres.

How does it work? The TBN Ski Bus picks up skiers at four locations (conveniently located near four subway stations: Victoria Park, Yonge & Bloor, Eglinton, and York Mills) starting at 9am on Sunday morning. We travel in a comfortable coach to ski country while you chat with other TBNers. You enjoy a refreshing and exhilarating day on the trails with about 30 other TBNers. You bring a lunch or buy some food at the resort. At 4:30pm the bus heads back to Toronto and you relax and unwind while watching an on-board video.

The cost of this experience? \$20 for TBN members who sign up in advance, plus the cost of the ski centre's trail pass (ranges from about \$4 to \$15). Non-members are also welcome aboard the bus for \$25.

To reserve your spot on the TBN Ski Bus call the TBN Hotline (416-760-4191, line 1) and leave your name on the Ski Line by Thursday evening before the trip. Or register by email at: xcski@tbn.on.ca

Last year we enjoyed 11 Sundays of wonderful skiing—right through until March 16th! Keep your fingers crossed for lots of the white stuff this winter!

Got questions? Leave a message on the Ski Line or send me an e-mail! Be sure to check the TBN Cross-country Skiing web page for more information: www.tbn.on.ca/nordic

See you on the trails!

Photo by: Dan Roitner

(Continued from Page 6)

offerings of food and water from the locals meant no worries about running out of fuel. C'est très bon.

Being on a tandem, we'd collect groups of riders who enjoyed our draft, but couldn't always hold our wheel on the descents. It was great fun to head pelotons of cyclists through the rolling French countryside. And rolling it was. PBP is a challenging course with 36,000 feet of climbing. Of the 4,069 participants who started, 3,465 managed to finish.

We met Jan's parents in Loudeac (452 K on the way out, and then 773 K on the return) where we took 30 minutes to rest and eat real food. This was also where we changed into clean clothing, reloaded our bars, gels and cans of Ensure Plus. Seeing Jan's parents also replenished our spirits - it's a long ride.

We reached Brest, the halfway point (615 K) in 23 hours. Just enough daylight left to enjoy the sight of the elegant suspension bridge as we swooped down into the coastal town. The climb back out of Brest and up "Roc Trevezel", was long and increasingly chillier as night descended. We were grateful to have warm clothing to add. Around the 800 K point, in the light of dawn, I was able to see why my knees didn't feel so great. Both were quite swollen. Our pace, which had been comfortable and efficient, slowed substantially.

In the heat of the ensuing day we continued to overtake single riders, our pace still slow, while we all struggled up the climbs which

seemed to never end. Our second night on the road was enlivened when we began encountering hordes of riders still on their way out to Brest. Long strings of sparkling white lights would snake out before us and I was glad Jan had a bell to ring as the roads were narrow and quite crowded.

The third night out on the road felt a lot colder than the first two. Having been awake now for more than 48 hours, I started to drift off into a dream state, not realizing that this was even happening. I was hallucinating too. Good thing I was on the back. Poor Jan. In the dark, he'd assumed our loss of speed was due to a steeper than it appeared, climb, until the surge of power (me - waking up) prompted him to finally ask "Are you falling asleep back there?" Oops - time for a caffeine pill!

The final 60 K was tough. In the dark, we seemed to be riding in endless circles, up and down the same hills, without making any progress. Jan managed to keep us on course however, and we pulled into the finish at Saint Quentin-en-Yvelines with a time of 52:44 for 1,225 kilometres. First mixed tandem, second tandem overall, 73rd place.

I was too exhausted and emotionally spent to appreciate our accomplishment at the time. I was just so relieved to be done. In retrospect however, I am quite pleased with our performance and I hope to ride PBP again, putting into practice the things I've learned about long distance riding. It's an amazing experience and I am grateful that I was able to participate.

C'est tout!



Holiday Dinner Dance

FRIDAY, DECEMBER 12

Ralph Thornton Centre
765 Queen St. East

\$20 for members (\$25 non-members)

Cash Bar 6:30pm **Buffet** 7:30pm

Make cheques payable to the Toronto
Bicycling Network and mail to:

Ron Fletcher
121 Victor Ave.
Toronto, ON
M4K 1A7

Please include your name, telephone
number and number of persons.

TTC Directions: Take the Queen
streetcar east to Broadview Ave, the
Ralph Thornton Centre is two blocks east
of Broadview on the SW corner of Saulters
and Queen.

Weekend Getaways

Haliburton Highlands Ski Weekend
Jan 30 to Feb 1 2004

Join your fellow TBNers for a relaxing yet energizing cross-country ski trip on some of Ontario's best trails. The Haliburton Highlands Nordic Trail System has over 80 km of trails, from beginner to expert, all professionally groomed. You'll stay at the Wigamog Inn, a full service resort, located right next to the trail system. Ski, skate, soak in the whirlpool, and relax your muscles in the pool and sauna. In the evenings, curl up with a book in front of the fireplace, share a brew with a friend or join the dancing. Most people will arrive at the Inn late Friday afternoon, but you can come early, buy a trail pass and enjoy an extra day of skiing. The cost is \$210 for members and \$220 for non-members, based on shared occupancy. This includes two nights' accommodations, two breakfasts and suppers, one day trail pass, and free access to the resort's facilities. Ski rentals are about \$15 per day. Downhill skiing is about 20 minutes' drive away.

To sign up, contact Carl Friesen at tel. 416.410.4527; cfriesen@globalreachcom.com. Cheques must be received by TBN by 9 January 2004 for you to be registered. Make cheques payable to Toronto Bicycling Network, and note on them Wigamog Inn trip.



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