

# QuickRelease

Nov/Dec 07/Jan 08 • Volume 25, Issue 5



Toronto  
bicycling  
Network



# President's Report

by Ron Fletcher

As outgoing TBN President, I want to say how pleased I am with the new board you have elected at the AGM. Added to the Board are Brian McLean, Noel Manchulenko and Julie Wilmot. I know they will bring fresh enthusiasm and competence to their roles. Also, I wish to thank Roy Hill and John Burdett for their time on the Board. They will be missed. And thanks, Evelyn, for your kind words about my work.

Each year at the AGM, TBN honours a member for outstanding contributions. This year Martin Koob was the recipient. His work on the City Cycling Committee and TCAT will pay off for all of us in increased cycling paths and friendlier conditions for cyclists. We all thank you, Martin.

Now that the bicycles are being put away by many of us, let's join in Ed Herage's Country Hikes, and our City walks programs led by Howard, Mark and Dan. Then, bring on the snow so we can enjoy cross-country skiing and snow-shoeing. I will once again be organizing a February ski weekend. To participate please email me.

See you on the trails or on the bus!

# Skating

Skating will commence on Dec 7, 2007, running every Friday, until mid March 2008. We skate at a different outdoor rink each Friday. Skate start time is 6:30 pm for a 90 minute skate and then onto a social apres at a nearby restaurant. Please note that if conditions are not good for skating, we will still have the apres.

I will be planning a return to Cedarena in Markham if the weather co-operates! Cedarena is an old-fashioned, natural skating rink in a wooded setting. Everyone was so enthralled with this amazing rink when we went last year! It was so magical!!! Definitely you don't want to miss this, when and if it is scheduled. It is a natural rink, it is not always open.

*See everyone soon!*

Cover photography by Owen Rogers, Paul Min and Jimmy Yeung



City Walk - Photo by Patrick Lam

Tourist -  
Stouffville  
Lakeridge  
Ride  
Photo by  
Owen Rogers



Hockley Road  
Hurricane  
Photo by  
Owen Rogers



Tourist - Stouffville Lakeridge Ride. Photo by Owen Rogers



High times at the AGM. Photo by Mel McGill



Come Join Us

Saturday December 1, 2007

# TBN Festivus Dinner and Dance

Days Inn  
30 Carlton Street, Toronto  
At Yonge/College Subway

Cash Bar: 6:30pm  
Buffet Dinner: 7:30pm  
DJ Dance and Door Prizes to follow

\$35 members; \$40 after Nov 24 and for non-members

Please make cheques payable to: Toronto Bicycling Network Inc.  
and mail to: Melanie McGill, 149 Langley Ave. Apt.1, Toronto M4K 1B6

No ticket will be mailed.  
Your name is listed and checked at the door.

For more information:  
email: Mel at social@tbn.ca or call 416-659-7239



Alan Gordon Metric Century. Photo by Jimmy Yeung



Friday Night Ride, September 7. Photo by Nicolas Bello.

# TBN Hiking Program

WEEKLY FROM SUNDAY, OCTOBER 14 TO SUNDAY, DECEMBER 09, 2007

Are you looking to participate in a vigorous outdoor activity after a great summer of cycling? Join TBN on scenic hikes of 15 - 22 kilometres, usually along the Bruce Trail. This year we have nine hikes planned. This is a great opportunity spend time with your fellow TBNers while maintaining your fitness level. For the specific hiking locations and start times, check the HOTLINE, [www.tbn.ca](http://www.tbn.ca), or subscribe to the weekly TBN Chain of Events Mailing List.

This year we are going to start with the popular Silver Creek hike. It's located just north of Georgetown, offers distances of 7 to 22 km and is a loop (no car shuttle required). It is a gentle way to get back into the hiking season.

## Spinning with TBN

Winter is here and that means the start of TBN Spinning classes. TBN now has two venues, the Adelaide club and RPM. Spinning is a great way to maintain or improve your fitness level over the winter on those cold days.

The Adelaide club is located at Bay & Adelaide in First Canadian Place on the concourse level. These are 1 hour classes on Wednesday nights at 6:35pm. The price is a reasonable \$80 for 8 classes or \$45 for 4 classes. Call the Adelaide Club at (416) 367-9957 to reserve a spot.

RPM is located at 2109 Bloor Street West between Keele and Runnymede. The classes are 1 hour on Monday nights at 7:30pm. TBN members can purchase a 10% discounted 9 class card at \$107. Cards can be purchased at RPM. For more information, contact Mike Peshko at RPM 416-761-9717

For more information check the TBN website at <http://www.tbn.ca/other/spinfaq.htm> or contact me at [spinning@tbn.ca](mailto:spinning@tbn.ca).

Get yourself into shape for the upcoming season SPIN!

**Loreto Manni, Spinning Coordinator**

An addition to this year's season is Ron Fletcher's Halloween hike in the Paris, ON area. After the hike Ron has invited us back to his new residence in Paris for traditional Halloween activities. Note - this is SAT October 27th.

### A few tips:

Remember to bring along your hiking boots, a water bottle, lunch and a backpack to carry things in. A hat is a good idea as is rain gear. Layered clothing works best for hiking, so don a couple of pairs of socks--a polypropylene pair (sock-liners) for wicking moisture away and a wool pair for warmth. It's also a good idea to bring a second pair of shoes for the drive home.

The schedule below is tentative. If you don't have access to transportation for the day and still want to hike you either can look into our City Walks program or post a ridesharing request on our ridesharing bulletin board. Post seven days before the event for best results! See you on the hiking trails!

## TBN Hiking Schedule 2007

**Nov. 04**

10:00 am

DEVIL'S GLEN

**Nov. 11**

10:00 am

MULMUR HILLS

**Nov. 18**

10:00 am

HOCKLEY VALLEY

**Nov. 25**

10:00 am

GLEN HAFFEY

**Dec. 02**

10:00 am

FORKS OF THE CREDIT

**Dec. 09**

10:00 am

LIMEHOUSE TO SPEYSIDE

## City Walk Program

Looking for a change of pace after a great summer of cycling? Consider coming out for the fall City Walk Program. This program has been running for several years and has proven to be a great success. The walks usually start from convenient TTC stops and run between 10 to 16 km in length. Usually we explore the city's extensive network of parks and ravines, however there can be cultural themes, like viewing historic neighbourhoods and buildings. As well, this year we are considering going further afield - car pooling to a

Conservation Authority close to the GTA - to take in more challenging trails and terrain.



Photo by Patrick Lam

# Wednesday Wheelies

## Nov 7

### SCHOMBERG/ALLISTON/HOCKLEY

Start: The arena in Schomberg, just south of Hwy 9 west of Main Street. Schomberg is just west of Hwy 27 and south of Hwy 9.

Dist: 72 & 88 km

## Nov 14

### STOUFFVILLE/UXBRIDGE

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.

Dist: 61, 76 & 85 km

## Nov 21

### KING CITY/CALEDON EAST/BOLTON/KLEINBURG

Start: The municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)

Dist: 74 km

## Nov 28

### UNIONVILLE/MUSSELMAN LAKE

Start: Toogood Pond in Unionville. To get to Toogood Pond drive north on Hwy 404 to Hwy 7, then east to Kennedy Rd. Turn left to Carlton Rd, left to Main St, and right to Toogood Pond Rd. Turn left into the parking lot.

Dist: 70 & 86 km

## Dec 5

### HORNBY/CAMPBELLVILLE

Start: To get to Hornby Park exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

Dist: 66 km

## Dec 12

### KING CITY/BRADFORD

Start: Municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)

Dist: 60 & 65 km

## Dec 19 12:00 pm

### WEDNESDAY WHEELIE CHRISTMAS LUNCHEON

- We'll be meeting at Rich Tree Market Restaurant, on the west side of Yonge St, just north of Front St for a season-ending get together at 12:00 noon. Please confirm attendance with Bill Hannaford by phone (416-482-2125) one week before luncheon.

# The 2008 Ski Season

## Phil Piltch, v.p. skiing and snowshoeing

In a few short months, winter will return and with it, ski and snowshoe season. As with last year, we are once again having an unusually warm fall which might delay the arrival of good ski conditions. With that in mind, we will return to beginning our scheduled trip on the first Sunday of January. Let's hope we have good ski conditions by then.

Here is our tentative ski season for 2008, however this is subject to change between now and January. All these destinations are tentative and may change depending on snow conditions. Highlights include Saturday trips to Silent Lake and Arrowhead Provincial Parks, and for moonlight skiing at Horseshoe Valley. The trip to Silent Lake and to Arrowhead will include a dinner stop along the way back. Most of the ski centres we will visit also offer snow shoeing.

If you are interested in helping organize the ski season or being a bus captain next year, send me an e-mail at [xcski@tbn.ca](mailto:xcski@tbn.ca).

**In the meantime, think snow!**



Photos by Phil Piltch

Date	Destination	Comments
Sunday, January 6	Horseshoe Valley	
Sunday, January 13	Wasaga	
Sunday, January 20	Highlands Nordic	
Sunday, January 28	Ganaraska	
Saturday, February 2	Silent Lake	
Sunday, February 10	Scenic Caves	
Sunday, February 18	Ganaraska	
Saturday, February 23	Horseshoe Valley	Moonlight Ski
Saturday, March 2	Arrowhead	
Sunday, March 11	Mansfield	
Sunday, March 18	Highlands	TBN Spring Fling
Sunday, March 25	Hardwood	



# Riding the Tour de France

By Phil Koop

Susan and I have been together for many years, but she can still surprise me: one day I came home to find her watching my Tour de France DVD. "This is my kind of sport", she said to me happily, "it's heroic." "You just like to see men suffer", I replied after I recovered from my surprise.

The video was a 12-hour special edition. You might think that would be more than enough for anyone, but we were destined to acquire many more race videos. I had expected Susan's interest to fade after her initial enthusiasm, but instead it waxed stronger. She began to follow the Pro Tour races and many secondary ones. She developed her own selection of favorite riders (as well as a few that she especially disliked!) The peculiar reverse machismo of the sport fascinates her. She likes the fact that these skinny boys in spandex are in fact so tough, that the same rider who sounds so diffident in an interview is so aggressive in a sprint or a hair-raising descent, and that in order for a rider to damage his rivals in a stage race he must first suffer himself.

The men at the top of her list of favorites are the pugnacious riders who are a threat to attack in any situation, even when it seems nonsensical. Few of the hardest of these hard boys now remain in the race, and two of the best, Voigt and Vinokourov, are near retirement. We agree that we ought to go and see the Tour de France while these riders are still racing.

My agenda differs from Susan's, because, although I want to see the Tour, I want even more to ride some of the famous climbs. Susan and I differ markedly in cycling strength. I usually do one long ride a week, but Susan rides less often, and when she does ride she does not go as far or as fast as I do. I want to ride hard on this trip, to test myself against the mountains. I decide that a trip with a tour company is the best solution. For one thing, it is difficult to find accommodation near a Tour stage. Also, I am hoping for a mix of riders of different abilities, so that each of us can ride at a comfortable pace with the possibility of sag support, should it be needed.

I examine the offerings of many different tour companies, looking not only for the dates and prices that suit us, but also for the nature of the trip itself, as many seem

to involve disappointingly little bike time. I have nothing against a nice Relais or Chateau, but the main point is to ride my bicycle. At the other extreme, some trips



seem to offer too little support or else require too much ability in their clients to suit Susan. I settle on a trip to the Alps run by Marty Jemison and his wife Jill; Marty is an ex-pro who has won the U.S. pro

championship and rode the Tour twice. This turns out to be a fortunate choice as these guys are something special. I have chosen a trip that requires a lot of climbing. "Can I really do this?" asks my wife. "Of course you can", I answer, although secretly I harbor a tiny doubt: can I really do this?

We take some vacation days together to train for our vacation. As the date of our trip approaches, I am disturbed to see that although she has triple chain rings, Susan still sometimes struggles on our small southern Ontario hills, mere wrinkles in the road compared to the Alps.

At last the date of our trip arrives. Jill and ride leader Chris meet us at the airport and drive us to our hotel, a beautiful Chateau near Chambéry. Chris is also the trip mechanic; while we take a nap and follow it up with a dip in the hotel pool, he assembles our bikes for us!

Our scheduled ride to Annecy involves more climbing than I had supposed. Marty regulates an easy pace over the Col des Prés. At the start of Semnoz, we are still conversing easily but then Marty begins slowly to increase the pace so that soon we are breathing hard and strung out according to our abilities. I worry about Susan but later learn that she rode up at her own pace, chatting all the way with Chris. Near the top, Marty lifts his speed fractionally and floats effortlessly away from us; we cannot say that he stopped us from going as fast as we could! This pattern of events is to repeat itself on most of the climbs we do during our trip. The descent to Annecy is long, twisty, and fun. Annecy itself is an expensive but very attractive resort town.

The next day, Saturday, is a Tour day, and Bastille day to boot! We ride a flat route to Seyssel, a pretty Haute Savoie commune

located in a valley where the Rhône divides into streams, and stake out a viewing position to watch the race.

On Sunday we see the Tour again, this time on the Cormet de Roselend. We take the van to a spot near the base of the climb and ride up to watch. The climb itself is formidable but it seems easier than Semnoz because it stair-steps its way up the valley. When Susan reaches the top she is smiling. After the race, each of us descends at their own comfortable pace. At the bottom we discover that Susan is not with us! She had a flat on the way down. Susan is too pleased with her performance on the climb to mind.

On Monday we ride the cols of Glandon and the Croix de la Fer. Susan does a short ride to conserve her strength for tomorrow's climb, the Galibier.

On Tuesday we head to the jewel of the alpine climbs, the Galibier. Susan is determined to make it all the way up the spectacular climb. Unfortunately, we are thwarted because of the crowds assembled to watch the race.



It's Wednesday, the last day of our trip, and we are riding to the Alpe d'Huez! We ride from St. Sorlin back over the Croix de Fer

and down the mountain, then on flat roads to Bourg-d'Oisans. This is the starting point of a pilgrimage for cyclists, who arrive in droves from all over the world every day of summer to essay the famous climb. I see cyclists of every age and body type, on many different sorts of machines: road bikes, mountain bikes, hybrids, and even a tricycle recumbent. Many people cannot resist the urge to time themselves in a race up the mountain, and I am one of these. I have an idea of how long it should take me, but Marty reckons I should be five minutes faster! His judgment proves to be more accurate than my own, and although I miss his target it is only by seconds.

At the top of the hill, we find that the resort is well prepared for the influx of cyclists; it seems there is a shop selling jerseys at every corner. Afterwards, we relax at a bar and I celebrate with a couple pints of beer; a not entirely prudent action, as we must still descend on our bikes. We descend the mountain by a different road.

Susan made no effort to race up any climbs, but spun up at a comfortable pace. That night she turns to me and tells me "that was a great vacation!" Not without a sense of wonder, she continues: "I can climb mountains with my bicycle. I didn't know that." Yes she can! And so can you.



# Toronto's Bike Plan Gains Traction at City Hall

It looks like the Toronto Bike Plan may finally gaining some traction. There have been some developments at City Hall that portend well for a quicker implementation of the Bike Plan.

The first is the promise of the Mayor, David Miller, that the Bikeway Network would be completed by 2012. This was contained in the City of Toronto's Climate Change Action Plan which was put forward in June of 2007. One of items contained in the motion adopting the plan was a request for report on measures needed to implement the Bikeway Network by 2012. Another element of the Climate Change Plan is the development of a Sustainable Transportation Implementation Strategy (STIS) which incorporates cycling and walking in addition transit. To this point when ever politicians of any level have talked about sustainable transportation they were thinking of transit and not about cycling. Having cycling included in the STIS and having the Toronto Bike Plan listed as one of the documents that will be used to develop this plan is a huge step toward having cycling recognized as a legitimate mode of transportation by the decision makers.

The first indication of what will come from these recommendations in the Climate Change Plan came in a report to City Council this October called "Sustainable Transportation Initiatives: Short Term Proposals". It included some cycling related measures such as, assessing the feasibility of a bikestation in the redevelopment of Union Station, a report on developing an east west bike route through downtown (possibly on Richmond and Adelaide), a report on establishing bike share programs, an environmental assessment of an east-west bikeway on Bloor and Danforth from Royal York Road to Victoria Park, a report on measures needed to implement the bike paths that are contained in the Bike Plan that will run along hydro corridors and rail corridors. These are all just reports which will come back to Council Committees which will then have to decide whether to implement these projects and the implementation of them will not likely happen till 2009, however, these are all necessary first steps in getting these projects in the ground.

Those wanting to see the Bike Plan implemented will have to monitor these

initiatives and get involved in any of the consultations that occur during the development of these reports to ensure that the plans developed will create good safe routes for cyclists. They will also have to get involved when the reports come to the Council Committees and to City Council to ensure they are passed.

The next positive development is the reestablishment of the Toronto's cycling committee. The committee has taken a new form and a new name. It is now called the Toronto Cycling Advisory Committee (TCAC). It now has 9 members. A city councillor, Adrian Heaps, and 8 citizen members at large: Paulette Blais, Dr. Chris Cavacuiti, Chris Hardwicke, Margaret Hastings-James, Aaron Hershoff, Sonia Khan, Fred Sztabinsk and Tammy Thorne. Having the cycling committee back in place provides a way for the cycling community to have input into the plans and strategies that are being developed and to make sure what is promised in the Climate Change plan actually gets enacted. The first 2 meetings of the TCAC will be on October 15th and November 10th at 7:00 pm at City Hall. These meetings are open to the public and you can find the agendas on line a week or so before the meeting at [www.toronto.ca/cycling/committee](http://www.toronto.ca/cycling/committee).

There are now no longer designated representatives of local cycling organizations on the cycling committee so TBN has lost its seat on the committee. There are still ways for TBN and its members to have input and be involved in ensuring that the Bike Plan moves forward. There will be consultations and opportunities to get involved in lobbying councillors as individuals and as a large cycling organization. Deputations can be made to the various Committees including the TCAC. Also as the TCAC determines its structure this fall there may be opportunities for TBN to have a role on subcommittees of TCAC.

While these signs are encouraging, while the Bike Plan appears to be gaining some traction, there are still areas of concern. In 2007 the City said that 27 km of new bike lanes would be constructed. Up to Oct 6th, 2007, there were only 12 projects totaling 13 km of bike lanes approved. While this is a big increase over the number of projects approved in 2006 it shows that there is more to be done to ensure that

bike lanes are approved and built on schedule. More concerning is that only 3 of those projects totaling 1.6 km have been built to this point. There is another month or so of construction season and two Council meetings where projects can be approved so those numbers can increase.

It looks like this will be an interesting fall as these reports come forward, the TCAC starts meeting and of course the process of setting the 2008 Budget, including the cycling budgets that will be needed to implement these projects, begins. You can follow the developments on TBN's cycling news website, [www.biketoronto.ca](http://www.biketoronto.ca).

**Martin Koob**

## Weekend Trips

Your bicycle club is looking for your input in creating new weekend trips, revitalizing past trips and encouraging a more active role from its members. Whether you have one or several ideas about possible types of trips or venues, your TBN Board wants you to put your thoughts into action. Ideas could include camping, cabins, lodge type accommodation, B&B's, loaded touring, multiple day rides from one location, mountain biking, hiking, skiing or other adventure weekends at any time of year or to mark any occasion (i.e.; New Year's).

Aside from giving back to your club, there is a fifty dollar honorarium for organizing and participating in the event. You can co-host your weekend or run it on a solo basis.

Any and all ideas will be considered by the TBN Board and, upon acceptance, supported through Quick Release, the Hot Line and Website. Deposits will be covered by the club for those with suitable business plans so, think of ideas, bring them forward and make the event happen!

Any questions or comments, please contact Dave MacLean by email at [allegany@tbn.ca](mailto:allegany@tbn.ca)

Please include your name and phone number(s) and under subject state 'WEEKEND TRIPS'

# TBN Who's Who

## TBN Board of Directors

President	Vacant	president@tbn.ca
Past President	Ron Fletcher	
Director, V.P. Skiing & Snowshoeing	Phil Pitch	xcski@tbn.ca
Director, V.P. Touring	John Burdett	905.881.9259
Treasurer	Roy Hill	416.291.2249
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Weekend Trips Director	David Maclean	416.482.8053
Cyclon Director	Evelyn Bradley	cyclon@tbn.ca

## Others

Quick Release Graphics	Dave Belford	newsletter@tbn.ca
Toronto Cycling Cttee. Rep.	Martin Koob	tcc-rep@tbn.ca

## TBN Coordinators

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Country Cruise, Saturday Shorts	Rowena Maclure Barry Pinsky	416.487.1474 416.928.0503
Easy Roller	Roberta Terzolo	easyroller@tbn.ca
Friday Night Ride	Peggy McFarland	416.405.8307
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Ice Skating	Molly Cheung	iceskate@tbn.ca
Inline Skating	Michael Lin	inline@tbn.ca
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Mtn. Biking, Trail Riding	Doug McCorquadale	mtb@tbn.ca
Saturday Morning Ride	Julie Willmot	416.696.9263
Spinning coordinator	Loreto Manni	Spinning@tbn.ca
Tourist, Sportif, Webmaster	Owen Rogers	info@tbn.ca
Tuesday Ravine Rides	David Peebles	416.534.7168
Wednesday Nights	Ron Fletcher	519.442.5946
Wednesday Wheelie	Bill Hannaford	416.482.2125

# TBN Hotline!

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

Dial **416-760-4191** to go directly to the main menu.

From the main menu press...

- 1 Cross-country skiing and snowshoeing day trips (January-March)
- 1 Weekend and holiday rides (April-December)
- 2 Weekday events
- 3 Social events & membership information
- 4 Inline skating
- 5 Weekend trips & Cyclon 2006 information

## Hotline tips:

- From 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, press **1** to leave a message related to your main menu choice.
- Please be sure to select the appropriate mailbox in which to leave your message.
- 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**).

# MOVING?

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



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