

weekend trips

June 30- July 3: Cruisin' Manitoulin - SOLD OUT!

July 14-16: Presqu'île Promise

Come to Presqu'île Provincial Park, with its wonderful bird sanctuary and 7 km of beach on Lake Ontario. It is located South of Brighton, just 150km east of Toronto. This is the second year for this trip with TBN! The area has many wonderfully quiet rolling roads to explore. Campsites have been reserved in the woods not far from the lake. Saturday night dinner will be a pot luck. Pancakes & coffee will be provided for Saturday & Sunday breakfast with help from the hungry! By popular demand, the scavenger hunt returns, but with a NEW twist!

Cost: \$35.

For car pooling and other details, contact Tim or Celia Hope in Port Hope, 905-885-1946; email: thehopes@eagle.ca

August 4-7, Cyclon 2000

August 18 - 20: Awenda Camping Weekend

Come for two days of cycling around the magnificent Penetanguishene Peninsula of Georgian Bay. The Penetang-Midland area abounds with natural beauty and fairly easy riding. We'll be carpooling from Toronto on Friday evening, camping two nights at Awenda Provincial Park, one of the most scenic parks in Southern Ontario, with great beaches and hiking trails. Saturday dinner will be a group effort. Cost: \$30.

Contact: John Tytler, 416-445-6192;

e-mail: awenda@tbn.on.ca/awenda@tbn.on.ca

Sept. 1-4: MacGregor Pt. Pedal & Paddle

Enjoy a long weekend at MacGregor Point Provincial Park on Lake Huron near Port Elgin for some great riding. Groups will be split between trail and country road routes. On the second day, paddle down the Saugeen River in a canoe or kayak. On the third day rides will be located near Sauble Beach & Falls. The group campsite has nearby trails and sandy beaches. Come out and relax in this hidden part of Ontario.

Cost: \$40 (includes buffet)

Contact: Dan Roitner 416-699-2728, droitner@idirect.com

Sept. 2 - 4: Munshaws Inn Tour

Distances 60 - 80 km daily. Intermediate Touring.

We stay in a wonderful old inn on Saturday and Sunday nights. One day we tour the Beaver Valley, with wonderful views. The second day we will be cycling through the rolling hills of Durham.

Cost \$100.00 per person for two nights. Includes breakfast. Dinner will be at the Inn Saturday and Sunday; dinner price and lunches are not included.

To register call Dennis or Chris at 905-791-8483 no later than August 18.

Favourite Destinations

When asked to go on a cycling vacation to Cuba, I said 'yes' without hesitation. Little did I know that I would be making one of the best holiday decisions of my life.

The Cubans I met during my stay were very gracious, friendly and, of course, very curious about us. The two most frequently asked questions were 'Where are you from?' and



On March 3, I (along with fellow TBN-er Mary Hernandez, and with Peter Murk) joined David Pinder's annual goodwill trip to Holguin, Cuba. For at least the past three years, Dave Pinder has unselfishly collected used bike parts from various sources (including TBN members), painstakingly boxed them, and taken them to Cuba for the cyclists there. We all felt extremely honoured when included in the donation ceremony at two of the sports schools in Holguin. The Cubans expressed heartfelt thanks, especially to their good amigo Dave, and to all the Canadians who made donations. It was a touching ceremony, translated for us by Mary.

'How old are you?' Mary and I avoided answering the latter question and, cycling, concentrated on getting to yet another glorious, pristine Cuban beach. Our favourite beach in Pesquero was a 110-km return ride on decent paved roads, with slight to moderate hills. Beautiful countryside, interspersed with towering palm trees, and with majestic mountains on the horizon, distracted us enough to make the daily 3 km hill climb less gruelling. Mary and I cycled about 750 km during our stay. Dave and Peter did closer to 1200 km. They didn't spend much time going to beaches, as they were always training with the Cuban cyclists who I understand gave our guys a few good challenges.

Cuba, continues on page 10

QuickRelease



is Just Around the Corner



Hit the Trails — Check out our new mountain bike rides

Cover Photos: Dan Roitner

Cycling, eating, partying... The classic TBN triathlon awaits you at Cyclon 2000. The ride routes have been researched; the menus and venues selected; the pubs, pools and dance floors reserved. All that's needed now is you!

Join the over 120 people who have already registered, and have a blast on the Civic Holiday long weekend, August 4-7 in Guelph. There are ride routes through the countryside for cyclists of all levels of skill and energy. Participants will be accommodated in double rooms (two single beds) in Lennox-Addington Hall residence, University of Guelph. All meals on Saturday and Sunday, and breakfast and a picnic lunch on Monday are included in the registration fee. An outdoor BBQ is planned for Saturday night in the beautiful conservatory gardens on the Guelph campus, followed by a pub tour featuring local brews and commentary by a local brewer. Sunday's banquet and dance will feature door prizes generously donated by Sporting Life, Urbane Cyclist, Velotique, Mountain Equipment Co-Op, and others.

To make it easy for you to register now, a registration form is included in this issue of QR. For more details on Cyclon 2000, see the FAQs on the Cyclon web page at www.tbn.on.ca/cyclon; or call 416-694-3272, leave a message, and the FAQs and/or answers to your other questions will be sent to you.

Cyclon is organized and conducted by volunteers, who have a lot of fun pulling it all together. Why not help out?! Ride leaders, sweeps, photographers, and registration and event coordinators are still needed. If you'd like to help, contact Manuela Gobbato, Cyclon 2000's volunteer co-ordinator, at 416-762-9846, or mgobbato1@hotmail.com.

— Jennifer Clark

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Copy Editor	Chen Chih-Pien	465-8726
Chair of graphic design	David Young	535-0389

Cyclon Sign-Up Night

Ned Hanlon was not a cyclist, but Ned Hanlon's pub on Eglinton Ave. was "spot on" the night of June 15. TBN members and non-members alike mixed and mingled in the spacious barn-like setting, an early-bird registration venue for Cyclon. For those who aren't familiar with it, Cyclon is TBN's annual three-day cycling spree, held during the August Civic Holiday long weekend.

This year (and probably the next), Cyclon will be held at the University of Guelph. This means that TBN-ers will be able to explore various regions of Stratford and the Mennonite communities near St Jacob's, as well as the Kitchener-Waterloo market areas.

Sign-up night was a chance to save postage, and to benefit from the discounted price of \$210. In addition to a chance to socialize, registrants also received free t-shirts. People who registered by mail before June 15 but were not at Ned Hanlon's, will receive their reserved t-shirts at the registration table in August. Those who still wish to register for Cyclon may do so by mail at the regular rate of \$240; but availability may become limited as time goes on. More people have now signed up for Cyclon, than at this time last year.

This sign-up night was a first for TBN. Long-time TBN-ers were overheard commenting, "Let's do this kind of thing again." Perhaps the best indicator of success: a total of 40 new people signed up at the discounted rate. And the organizers ran out of the unreserved, smaller size t-shirts. For at least one woman, that was just fine: she uses the "large" as a nightshirt.

—By Arijia Berzitis

Editor's Notebook

After many years of good riding on my trusty Norco Bush Pilot, it was time to upgrade to a new model. - But what? Find out in Tips & Tricks. If you have bike or skiing tips or tricks, write a piece and send it to me.

Many thanks to all riders and extra hands at

this year's Ride for Heart. Another successful ride, with strong representation from TBN.

A warm welcome to two new board members: **Janet Aronoff** as Weekend Trips Director and **Lynn Nicolai** as Publicity & Promotions Director: two very capable and resourceful



people, with lots of great ideas. Our Trail Riding (mountain bike) group has been on a few rides; and everyone is still alive. Interested in a different kind ride? (Last year, blasting through the woods, I felt like a kid.) Call **Erica** at 416-762-0147.

Often, I find bicycle riding occurs at just the right speed for me to observe the world. During the heavy rainstorm a month ago, a lot of sand and debris from the ravines was washed onto the bike paths. The river level rose over 3 metres, high enough to sweep away a few wooden bridges in Taylor Creek Park. It may take a while to fix them, so plan on getting your bike wet if you go. Some the trails were even undermined, so be careful.

A closing note: we at QR will be publishing the newsletter a week earlier to ensure that copies arrive at your doors by the beginning of the month. Please help by sending submissions by the listed deadlines – it'll be much appreciated!

Happy trails!
Dan Roitner

Thanks, Joe Hickey, for organizing our Ride for Heart volunteers

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 or for advertising information call Dan Roitner, Managing Editor at 699-2728.

For the August/September issue the deadline for submissions is Aug 1.

Send your Ads/Stories/graphics to:

Toronto Bicycling Network
Attn: Editor, Quick Release
131 Bloor Street West, Suite 200, Box 279, Toronto, Ontario, M5S 1R8
or e-mail your stuff to newsletter@tbn.on.ca

We need your text to be in one of the following formats:

- text.txt, Word.doc, Wordperfect.wp
- ... and your graphics/photos in these ones: .jpg, .eps, .gif
- fax: 416 363-9111

Moving? Moved?

Is the address on your mailing label not quite right? Leave a message in the Social & Membership mailbox of the Hotline or send an e-mail to membership@tbn.on.ca

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
- 5 Cyclon 2000

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.

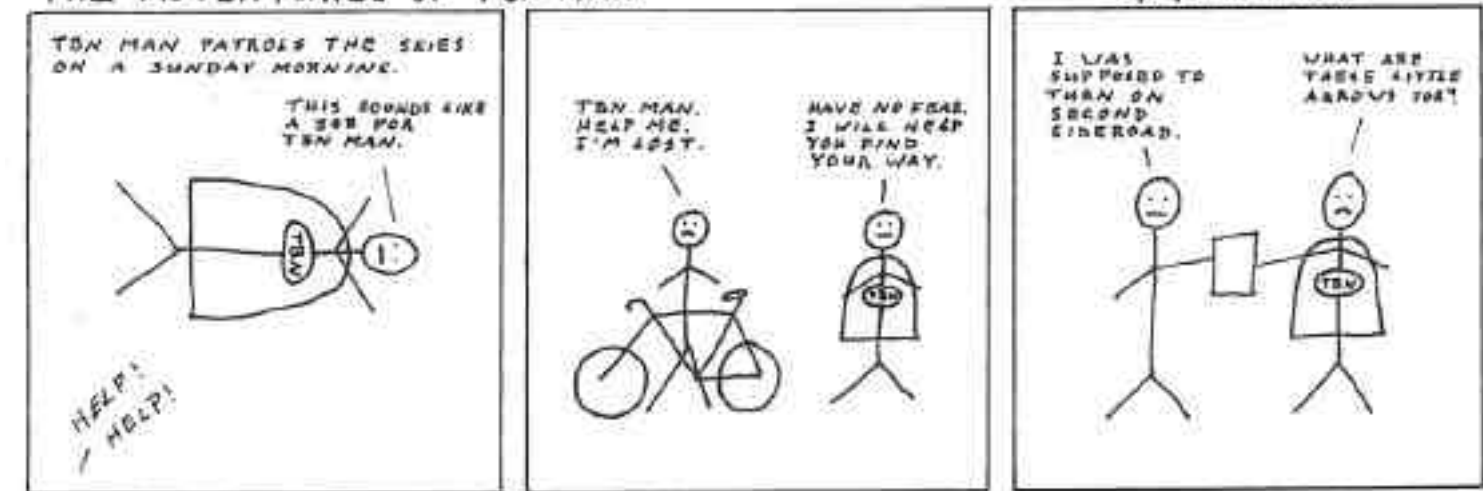
You can return to the main menu after making a choice, by pressing **2** at any time

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**).

THE ADVENTURES OF TBN MAN



Cyclon® 2000 Registration Form

Friday, Aug. 4 - Monday, Aug. 7

Cyclon® is a spectacular three day bicycle touring event for all cyclists. The Toronto Bicycling Network, Canada's largest recreational cycling club, hosts Cyclon® each year on the Civic Holiday long weekend in August. This year, Cyclon® 2000 features:

Location:
beautiful pastoral region of Guelph, Ontario based at the University of Guelph former site of Cyclon® '89 & '90.

Rides:
several tours each day to choose from designed for every level of cyclist detailed maps and tour leaders distances vary from 40 to 180 km emergency services van on call

Accommodation & Meals:
● three nights' lodging at University of Guelph ● three breakfasts, two dinners on campus ● three lunches, including a picnic

Social Activities & Extras:
● Saturday night party ● Sunday night banquet and dance gifts and prizes. ● swimming.

For more information:
hotline: (416) 760-4191
e-mail: cyclon@tbn.on.ca
web page: www.tbn.on.ca/cyclon

One form per registrant; photocopy if more forms required. Forms can also be obtained from the Cyclon web page

Name: _____

City: _____

Prov.: _____

Postal Code: _____

Mbrship #: _____

Tel: (day) _____

(eve) _____

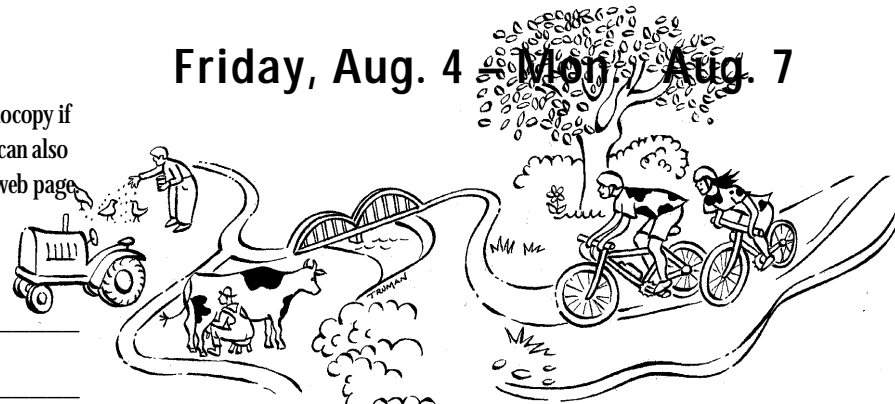
Email: _____

How did you hear about Cyclon?

	On or by June 15	After June 15
TBN Member	<input type="checkbox"/> \$210	<input type="checkbox"/> \$240

Non-Member	<input type="checkbox"/> \$240	<input type="checkbox"/> \$270
	<input type="checkbox"/> \$180	<input type="checkbox"/> \$205
	US Dollars	US Dollars

Amount Enclosed _____



To qualify for the Early Bird registration and cheque must be received on or before June 15.

All registrations must be received by July 28.

Early Bird T-Shirt Order:

S M L XL

If you wish to share a room with a specific individual (two single beds per room) you must enclose both registration forms in the same envelope or each roommate must provide a written request with their registration form.

Mail money order or cheque payable to:
Cyclon 2000,
Box 47589, 939 Lawrence Ave East,
Don Mills, ON M3C 3S7

Confirmation of registration will be sent prior to event. Cyclon reserves the right to limit registration. Cancellations made in writing by June 30 will be accepted subject to a

\$60 fee. No refunds after June 30 but you may sell your registration package.

Male Female

First Time at Cyclon

The distance in km I normally ride is:

35-60 60-90

90-120 120+

I prefer vegetarian meals

I have special dietary requirements (please specify)

I would like to volunteer for Cyclon 2000

Carpooling:
(Passengers should pay \$30 to driver)

I need a ride

I can provide a ride (provide # of spaces and closest major intersection)



equipment is mechanically fit and suitable for its intended use in such activities, and that I shall heed all traffic laws and wear a CSA, SNELL, or ANSI approved cycling helmet.

Signature: _____

Signature of parent or guardian if registrant is under 18

Date: _____

release and indemnity agreement
This must be read and signed

I HEREBY RELEASE AND FOREVER DISCHARGE the Toronto Bicycling Network Inc., Cyclon 2000, their officers, directors, employees, agents and other representatives ("Released Parties"), from all claims, demands, and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person, the registrant undersigned for whom I am the parent or guardian ("The Registrant") or property however arising as a result of my participation or the participation of "The Registrant" in any activity organized and/or sponsored by Cyclon 2000. I understand that this release includes the release of all claims, demands and causes of action which may arise by reason of any intentional act, negligence, gross negligence, error or omission on the part of the

"Released Parties". I declare that this release is binding upon me, my heirs, executors, administrators, and assigns, and those of "The Registrant". I FURTHER UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY the "RELEASED PARTIES" from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected to, my participation or the participation of "The Registrant" in any activity organized and/or sponsored by Cyclon 2000. BY SIGNING THIS AGREEMENT I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREED to the above RELEASE AND INDEMNITY. I WARRANT that I am at least 18 years of age, physically fit to participate in Cyclon activities, and that all my

Weekend Touring Schedule

SUNDAY, JULY 2

Edwards Gardens picnic - The most popular LW ride ever. Bring a lunch or buy something there as you enjoy the flowers and sights; asphalt trails and some streets.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 30 km

Class: Leisure Wheeler

Après: Tim Horton's; east side of Yonge, north of Bishop

Toronto island - Cycle primarily on bike paths on a round trip to Toronto Islands on the Canada Day weekend! Ferry fare is \$4.00 return.

Start: Shoppers World, Danforth & Victoria Park - Coffee Time Donuts

Dist: 47 km

Class: Easy Roller

Après: Tropical Nights on Danforth, east of Victoria Park

Stouffville Rambler - A new quieter route through Stouffville with lunch on the patio at the Whitchurch Pub.

Start: Edwards Gardens' parking lot, Lawrence Ave E & Leslie St

Dist: 70 km

Class: Short Tourist

Après: Jack Astor's, Don Mills Shopping Centre

Stouffville/goodwood - Short tour heads to the Whitchurch Pub in Stouffville while the long tour continues on to Mrs. Wideman's in Goodwood (that extra 15 km is all hills!)

Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie

Dist: 90 & 105 km

Class: Tourist, Advanced Tourist

Uxbridge/utica - Ride the quiet, rolling roads of Durham region to a satisfying lunch in Uxbridge with the return route via Utica and Ashburn.

Time: 8:30 a.m. sharp

Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie

Dist: 105 & 135 km

Class: Advanced Tourist

Tour of Kawarthas - Experience the Trent-Severn Waterway and view the lift locks in Peterborough.

Start: Parking lot across from the liquor store in Millbrook which is south of and west of Peterborough at the junction of County Roads 28 & 10.

Dist: 60, 91 & 134 km

Class: Country Cruise

SATURDAY, JULY 8

Nonguon Chalk/Uxbridge - Thank goodness, you don't have to be able to pronounce the name of this route to enjoy it! It's another nice tour for a Saturday morning passing through Port Perry, and if you want, you can end the ride with lunch at the Handlebar Pub in Uxbridge.

Start: River Valley Restaurant parking lot at the corner of Toronto and Brock Streets in Uxbridge.

Dist: 38 or 50+ km

Class: Saturday Cruising Short

Mountain-bike ride TBA

Info: Erica Morse at touring@tbn.on.ca or 416-762-0147

Ride classifications

Leisure wheeler Distances of 20-60 km, at speeds of 15 km/h or less, at a "leisurely" pace. Designed as a series of entry level rides for novices, those returning to cycling after a long absence, and senior riders.

Easy roller Distances of 20-60 km, at speeds of 15-20 km/h, at a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas.

Tourist Distances of 50-200 km, at speeds averaging 20-25 km/h, at a comfortable pace. "Short Tourist" designates rides in the 50-70 km range. "Advanced Tourist" rides are in the 120-200 km range.

Sportif Distances of 90-200 km, at speeds averaging 25-35 km/h, usually at a fast pace.

Country cruise These novice/tourist rides of 40-120 km explore the country roads of southern Ontario. Start points are within a 90-minute drive of Toronto. When carpooling, passengers are expected to offer \$5 to the driver for gas.

Saturday Mountain Biking
Schedule notes are in a grey box like this one

Ride schedule notes:

- Ride schedule is subject to change. Listen to the weekly update on the HOTLINE for the latest ride information.
- All start times are 10 a.m. unless otherwise noted.
- Helmets are mandatory on all TBN rides.
- Bring your membership card to show the Tour Leader.
- Non-members are welcome for a \$5 fee. This can be credited to the TBN membership fee (max. \$5. credit).
- "Après" refers to the after-ride restaurant stop.

Many people inquired about TBN at our booth for The Ride for Heart



Photos: Brandia Porter

SUNDAY, JULY 9

Maple Bakery ride - We just can't keep away from our favourite bakery in Maple.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 35 km

Class: Leisure Wheeler

Après: Slug & Lettuce, NW corner of Yonge and Finch

Etobicoke meander - Round trip of beautiful Etobicoke.

Start: Etienne Brûlé Park, Humber River & Old Mill Rd

Dist: 52 km

Class: Easy Roller

Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

Hail centurions! classic - Our annual club century, now in its 17th year. Certificates acknowledging ride duration, and commemorative patches, will be presented to anyone completing either the metric century to Waterdown or the imperial century to St. George.

Time: 8:30 a.m. sharp

Start: Tentative: Mississauga Valley Community Centre, Mississauga Valley Blvd & Central Parkway East (south of Burnhamthorpe). Please check Hotline or website to confirm.

Dist: 100 km or 161 km

Class: Tourist, Advanced Tourist, Sportif

Après: Complimentary drinks and watermelon

Tour of Utopia/Creemore - Come and find Utopia in Ontario followed by Creemore beer or tea at the Mad River Teashop. Now, that's heaven!! New medium distance route with optional lunch stop in conservation area.

Start: Liquor store parking lot off of Church Street in Alliston, which is north of Highway 89. (Church St. may be hard to find. It is located at a set of traffic lights in midtown Alliston).

Dist: 66, 90 & 101km

Class: Country Cruise



SUNDAY, JULY 16

Feed the geese - Explore the asphalt trails of Morningside and Colonel Danforth parks en route to the mouth of the Rouge River. Bring lunch.

Start: Kennedy Subway Park & Ride (south lot on Transway Cres., south of Eglinton and east of Kennedy)

Dist: 40 km

Class: Leisure Wheeler

Après: TBA

Lakeshore Steeles residential RIDE - Go vertical through Toronto!

Start: Edwards Gardens' parking lot, Lawrence Ave E. and Leslie St

Dist: 60 km

Class: Easy Roller

Après: Concession Stand at Edwards Gardens

Kettleby surprise - An undulating ride to a picnic in the village of Kettleby, with the hills of Weston Rd awaiting the long tour on the way back. Pack a lunch.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 75 & 95 km

Class: Short Tourist, Tourist

Après: Slug & Lettuce, NW corner Finch & Yonge

Holland Marsh-Schomberg - We'll ride among the vegetable fields in the Holland Marsh before heading to Bolton for lunch. Short tour brunches in Schomberg.

Time: 8:30 a.m. sharp

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 115 & 135 km

Class: Sportif, Advanced Tourist

Barrie to Bass beach ride - Ride past the beautiful beaches of Lake Simcoe through the rolling countryside north of Barrie to lunch at Bass Lake Provincial Park. The short route is flatter than the long route. Bring your lunch and bathing suit. Note: No restaurant on route.

Start: Eastview High School in Barrie. Take Hwy 400 north and continue on Hwy 11 north after the split with Hwy 400. Get off at the first exit on Hwy 11 and head south on the road that is called Hwy 11. Continue south until you reach Grove Street. Turn right and continue to the Eastview High School parking lot.

Dist: 63, 92 & 100+ km

Class: Country Cruise

SATURDAY, JULY 22

Credit River cruising - An undulating ride through the wilds north of Brampton.

Start: Alloa School on the north side of Mayfield Rd, just east of Mississauga Rd. (Mayfield Rd is the first road north of Hwy 7).

Dist: 42 km

Class: Saturday Cruising Short

SUNDAY, JULY 23

Guild Inn picnic - We're off to a picnic lunch on the grounds of the historic Guild Inn. Bring food or pick up something along the way. Note: some hills.

Start: Shoppers World, Danforth & Victoria Park (one block south of the Victoria Park Subway Park & Ride).

Dist: 28 km

Class: Leisure Wheeler

Après: TBA

Port Credit harbour tour - Traverse to Saddington Park in scenic Port Credit!

Start: Grenadier Restaurant, High Park

Dist: 55 km

Class: Easy Roller

Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

Musselman Lake/Mt Albert - Our classic run to Musselman Lake, with a few hills thrown in. Lunch in Ballantrae or Mt Albert.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 80 & 110 km

Class: Short Tourist, Tourist

Zephyr/Goodwood - Two hilly routes to lunch in Goodwood—something we never tire of.

Time: 8:30 a.m. sharp

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 110 & 125 km

Class: Tourist, Advanced Tourist

Newcastle-Port Hope hill hop - A popular variation of the Port Hope Amble (with memories of the former Bowmanville "Brown-bagger"). Enjoy the vistas from Mount Kirby, Richardson's lookout, Betty's Pies and Lakeshore Rd.

Start: Newcastle Municipal Parking Lot - Exit #440 from Hwy 401; take Mill St. N; parking lot is on right (east) side just past Hwy 2.

Dist: 57, 78 & 111 km

Class: Country Cruise

SATURDAY, JULY 29

Dagmar - We will be going to Ajax to try the fast and mildly technical trails at Dagmar.

Time: Meet at 10:00 a.m. in the parking lot.

Start: Hwy 401 east to Harwood Ave, Ajax. North on Harwood to Hwy 2. East on Hwy 2 to Lakeridge Road. North on Lakeridge 20 km.

Facils: Snack bar, picnic area, washrooms

Cost: \$5

Info: Facility at 905-649-2002/3 or Erica Morse at touring@tbn.on.ca or 416-762-0147

Class: Saturday Mountain Biking

SUNDAY, JULY 30

North by northwest - Cycle the asphalt trails of five (!) parks and then stop for a picnic. Bring your food; no stores en route. Some hills and some streets.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 30 km

Class: Leisure Wheeler

Après: Tim Horton's; east side of Yonge north of Bishop

Etobicoke meander - 2nd version - Another voyage through beautiful Etobicoke. Different Starting point!

Start: Martin Goodman Trail at Coronation Park (Bathurst, just south of Lakeshore)

Dist: 50 km

Class: Easy Roller

Après: TBA

Glen Williams tour - Two routes to the town of Glen Williams for lunch at Glen Oven Bakery or a picnic in the park by the Credit River.

Start: Kipling Subway Park & Ride, north lot

Dist: 95 & 115 km

Class: Tourist, Sportif

Après: Tim Horton's, Aukland and Dundas W

Badlands and Belfountain - A hilly ride through the Caledon Hills and Forks of the Credit Rd. Lunch in Belfountain. Short tour heads to Glen Williams.

Time: 8:30 a.m. sharp

Start: Kipling Subway Park & Ride, north lot

Dist: 115 & 135 km

Class: Tourist, Advanced Tourist

Richmond Hill to Kettleby - Join members of the Human Powered Vehicles of Southern Ontario for a joint ride up to Kettleby for a picnic lunch. Make sure you arrive early for the information session on recumbent bicycles beginning at 9:00 a.m. Ride starts at 10:00 a.m.

Start: Richmond Hill (exact location TBA)

Dist: 65 & 85 km

Class: Country Cruise

SUNDAY, AUGUST 6

Mimico Creek expedition - If you're not going to Cyclon, ride with us north through West Deane Park to the Eglinton Trail, then east to the Humber and south through Etienne Brûlé Park. Mostly asphalt trails.

Start: Outside Old Mill Subway Station (park in Etienne Brûlé lot at Old Mill Road)

Dist: 30 km

Class: Leisure Wheeler

Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

Toronto Island via Leslie street spit - Another visit to Toronto's favourite Island. This time we will add an extension on "the Spit".

Start: Shoppers World, Danforth & Victoria Park - Coffee Time Donuts

Dist: ~57 km

Class: Easy Roller

Après: Tropical Nights on Danforth, east of Victoria Park

Sharon Temple pilgrimage - We'll pedal north for a glimpse at an historic building. Buy lunch at Vince's or bring your own.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 85 & 110 km

Class: Tourist, Sportif

Note: No 8:30 ride scheduled today because Cyclon. If you'd like to lead one, call Owen at 416-925-5035.

Castlemore caravan - A popular classic, the short loops are fairly flat and explore the beauty and back roads of Peel County with lunch in Caledon East.

Start: Woodbridge Arena, NW corner Islington & Hwy 7

Dist: 70 & 95 km

Class: Short Tourist, Tourist

MONDAY, AUGUST 7

Lake Wilcox picnic - Four routes rendezvous in shady St. George Conservation area overlooking Lake Wilcox. Bring a picnic lunch or pick something up along the way. Note: due to ongoing development in the area the lunch destination may change. Please check the Hotline or website for updates.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 65, 80 & 110 km

Class: Short Tourist, Tourist, Sportif

Après: Nino D'Aversa, NW corner of Yonge & Steeles

SATURDAY, AUGUST 12

Schomberg country roads - A ride in the lovely countryside north of Schomberg.

Start: Take exit 55 off Hwy 400 and head west on County Road 9 to 20th Sideroad (first road west of Hwy 27) and head south on 20th Sideroad to the arena.

Dist: 58 km

Class: Saturday Cruising Short

SUNDAY, AUGUST 13

Annual club bbq ride - a "don't miss" event!

Five routes head east before converging on Too Good Pond in Unionville for our annual barbecue picnic. Food and fun for all classes of riders.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 33, 55, 75, 105, 130 km

Time: 10:00 a.m. for 33, 55, 75 and 105 km routes

8:30 a.m. for 105 km and 130 km routes

Class: Leisure Wheeler, Easy Roller, Short Tourist, Tourist, Advanced Tourist

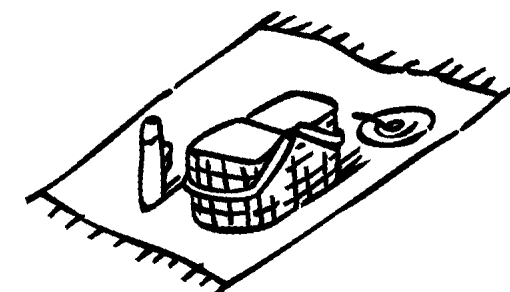
Après: Slug & Lettuce, NW corner of Yonge and Finch

Holland Marsh - A chance for Country Cruisers to enjoy a popular "Wednesday Wheelie" Tour with a variety of cycling conditions in a very pretty, surprisingly rural area just north of our megacity.

Start: King City. Park at the municipal parking lot at the northwest corner of King Road and Keele Street in King City (north of Toronto).

Dist: 60 & 80 km

Class: Country Cruise



SATURDAY AUGUST 19

Durham forest - We are heading to Uxbridge to make our way through the trails in this Conservation area. A compass will be a very good idea as the trails are not marked. There are maps available but we will need to know where N, S, E and W are.

Time: Meet at 10:00 a.m. at the trailhead.

Start: Hwy 2 to Lakeridge Rd. Go north until you get to Concession 9, then west and you will see the forest on the south side. There is a trailhead there or you can turn down the first road to the south and get many trailhead options from there

Trails: These trails are rated moderate to extreme in difficulty. You will come to a lot of very hilly and technical sections on the south side. The north side is a bit easier.

Facils: Lots of trees... (pack a lunch)

Cost: Free!

Info: Contact Erica Morse at touring@tbn.on.ca or 416-762-0147

SUNDAY, AUGUST 20

Henry the Fifth tour - Helmeted riders on their peerless steeds of steel will traverse the fields, groves and trails of Agincourt to commemorate this king's famous victory in 1415.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 39 km

Class: Leisure Wheeler

Après: TBA

Guild Inn tour (another trip) - Visit the beautiful Guild Inn, and have lunch on the grounds.

Start: King Edward's Statue, Queen's Park

Dist: 60 km

Class: Easy Roller

Après: Hart House

Kelso cruise & schmooze - We'll head out to Milton for lunch, but not before a climb up Bell School Line (yes, there is a shortcut).

Start: Kipling Subway Park & Ride, north lot

Dist: 90 & 110 km

Class: Tourist, Sportif

Après: Country Style Donuts

Tour to Webster's Falls - Pretty ride takes us to Greensville and Webster's Falls Park. Pack a lunch. Short tour goes to Lowville.

Time: 8:30 a.m. sharp

Start: Kipling Subway Park n' Ride, north lot

Dist: 100 & 150 km

Class: Tourist, Advanced Tourist

Bowmanville Hill and Dale - A superb ride east of Bowmanville then south and back west right along Lake Ontario. Long Tourists may go north to Millbrook for lunch. Otherwise bringing a bag lunch is essential. There are stores at the start point only.

Start: Bowmanville Mall Plaza, King Street (Hwy.2) and Simpson Street in Bowmanville; meet at the far, east end of parking lot.

Dist: 55, 90 & 122 km

Class: Country Cruise

SATURDAY, AUGUST 26

Georgetown-Equesing hysterical tour - Since you didn't do the short route in June come on out on this "Saturday Cruising Short" and enjoy the Halton Hills from a different perspective. And if you did, well you're in fine form to relish it again!

Start: Stewarttown Public School at the south-east corner of Trafalgar Rd. and 15th Side Rd.

Dist: 43 km

Class: Saturday Cruising Short

SUNDAY, AUGUST 27

Randy's ramble - A new, five-star ride westward from the Humber along the Waterfront Trail. We'll tour a couple of parks and the Humber College campus, picnic in Douglas Kennedy Park, and then continue another 3 km. to Port Credit.

Start: Outside Old Mill Subway station (park in Etienne Brûlé lot at Old Mill Road)

Dist: 30 km

Class: Leisure Wheeler

Après: TBA

Tour of Toronto - 2nd time - Another Toronto Tour on cool, shady streets and bike paths.

Start: Etienne Brûlé Park

Dist: 52 km

Class: Easy Roller

Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

Kleinburg krawl - Lunch at the Molisana Bakery in Bolton via Kleinburg.

Start: Wilson Subway Park & Ride, on Wilson Heights Blvd north of Wilson Ave, east of W.R. Allen Rd.

Dist: 80 km

Class: Short Tourist

Après: TBA

Spin to Schomberg - This popular classic heads to lunch in the quaint village of Schomberg.

Start: Wilson Subway Park & Ride, on Wilson Heights Blvd north of Wilson Ave, east of W.R. Allen Rd.

Dist: 99 km

Class: Tourist

Caledon-King comundrum - A scenic and hilly route to lunch in Caledon East. Short tour heads to Bolton.

Time: 8:30 a.m. sharp

Start: Wilson Subway Park & Ride, on Wilson Heights Blvd north of Wilson Ave, east of W.R. Allen Rd.

Dist: 110 & 130 km

Class: Advanced Tourist

Conestoga/mile hill ride - An old chestnut is resurrected from Cyclon '91 with three routes into Brant County with lunch stops in Paris and Ayr.

Start: Conestoga College in Kitchener. Take Hwy 401 west to Exit 275, north on Homer Watson Blvd/Fountain Street.

Dist: 47, 74 & 84 km

Class: Country Cruise

SUNDAY, SEPTEMBER 3

Scarborough secrets - Some hidden treasures of this suburb, as revealed by a long-time resident.

Start: Shoppers World, Danforth & Victoria Park (one block south of the Victoria Park subway Park & Ride).

Dist: 26 km

Class: Leisure Wheeler

Après: Tropical Nights on Danforth east of Victoria Park

Streetsville ride - See the village of Streetsville.

Start: Grenadier Restaurant, High Park

Dist: 60 km

Class: Easy Roller

Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

Vivian-Vandorf picnic - Two routes exploring the quiet sideroads of Whitchurch-Stouffville with a picnic in the town of Vandorf. Bring a lunch!

Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie St.

Dist: 80 & 100 km

Class: Tourist

Goodwood getaway - We venture into Durham region for lunch at Mrs. Wideman's Bakery in Goodwood.

Time: 8:30 a.m. sharp

Start: Edwards Gardens' parking lot, Lawrence Ave E & Leslie St

Dist: 110 & 125 km

Class: Tourist, Advanced Tourist

Tottenham train ride - Ride through the rolling hills of Caledon and if you choose enjoy an excursion on a Steam Locomotive or a jaunt to a Farmers' Market.

Start: Mayfield Recreation Centre on the north east corner of Bramalea Rd. North and Mayfield Rd.; the parking lot is a little further north on Bramalea (approx. 2nd driveway/entrance on east side.)

Dist: 53 & 80 km

Class: Country Cruise

MONDAY, SEPTEMBER 4

Lake wilcox picnic - Four routes rendezvous in shady St. George Conservation area overlooking Lake Wilcox. Bring a picnic lunch or pick something up along the way. Note: due to ongoing development in the area the lunch destination may change. Please check the Hotline or website for updates.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)

Dist: 70, 85 & 115 km

Class: Short Tourist, Tourist, Advanced Tourist

SATURDAY SEPTEMBER 9

Hardwood Hills MTB - Come and enjoy a relaxed day of riding at one of Ontario's most progressive mountain bike facilities. They offer 70km of single and doubletrack trails. There are trails designed for all abilities.

Time: Meet in parking lot for 10:00 a.m.

Start: Take Hwy 400 (stay on 400 at the junction) to exit 111 (Doran Road) Go east 10 km to reach the facilities.

Facils: Rentals, bike wash, repair and retail shop, cafeteria and washrooms.

Cost: \$9.00 for the day - if 12 or more people show up the cost will be \$7.00

Info: 1-800-387-3775 or www.hardwoodhills.on.ca

Class: Saturday Mountain Biking

Wed. - Sat. rides

Check the hotline 416-760-4191, or website at www.tbn.on.ca for details.

Wednesday Wheelie Day Ride
Rides of about 75 km, suitable for Tourist riders. Start points are within a one-hour drive of Toronto and stick to the same quiet roads that characterize our Sunday Country Cruise rides. Start times may vary, usually 8:30 a.m. during the hot summer months, and 10:00 a.m. at other times. Listen to the hotline (press 2) each week for details.

Wednesday Sundowner Ride
The Sundowner is a two-hour, 22-km exercise ride suitable for Leisure Wheeler-class riders. We meet every week at King Edward's statue at the north end of Queen's Park at 8:00 p.m. sharp. We ride a set route on the Don River Trail south to the Martin Goodman, across Queen's Quay and return past the Sky Dome. There is a refreshment stop along the way. The return is night riding on city streets. Helmet and lights are mandatory, bicycle in good condition and reflective safety accessories recommended.

Wednesday Night Ride
6:30 p.m. is the start time to this oh-so-popular and not-too-strenuous social ride. Check the hotline weekly for the start point and apres-ride stop. BRING LIGHTS.

Friday Night Ride
These very popular 30-km rides to local eateries offer a different dining experience each week, so don't forget to bring your appetite! Check the hotline weekly for the start point and restaurant. BRING LIGHTS!

Saturday Morning Ride
Depart at 9:30 a.m. sharp on this brisk-paced 35-km ride suitable for Easy Rollers and Tourists. Start point is often The Boardwalk Café, east of Coxwell and Lakeshore. Complete the ride by 12:30 p.m., in time to do Saturday errands or just relax over an après-ride snack or lunch. NOTE: Woodbine Beach parking is now \$5, but free parking is available on Coxwell. If driving, please allow extra time for parking.

Saturday Cruising Shorts
Meet biweekly this summer at 9:00 a.m. for short, scenic rides in the country, leaving from departure points far enough removed from the city, yet still within easy driving distance.

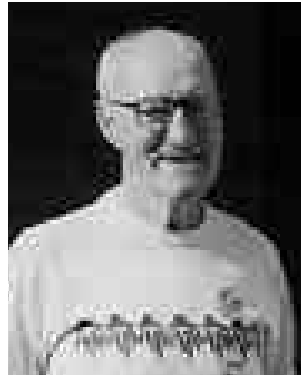


Member's Profile In Memoriam

On May 23, 2000, TBN lost a long-term, well-known, and well-respected member. Doug Bowers died suddenly, while in hospital recovering from injuries sustained in a fall from his bicycle two weeks earlier.

Doug had been a regular fixture at club events since 1985. Many of us remember him for riding to Cyclon with his luggage on his blue Miyata. Others knew him from Wednesday Wheelies or

Photos: Brenda Porter



Doug Bowers

other events. Anyone who saw him ride could tell he was one with his bike, and showed consummate skill in his riding. If you were lucky enough to talk with him, you found an unassuming man of great accomplishments, who was always ready to share his love of cycling.

Born in Scotland in 1919, he and his brother Reggie took to cycling at an early age. They both became well known as racers with the Clarion Cycle Club, on fixed

wheel bikes and together on a tandem. The brothers would both have been picked for the 1940 Olympic games in cycling, and another event each, had the Second World War not intervened. The highlight of Doug's racing career came in 1937 when a bike store in Glasgow sponsored his Tour de France ride. After a year of full-time racing in the UK and the continent, he turned to his professional life, but never stopped bicycling.

Doug was variously an engineer, a pilot in the Royal Air Force, and a librarian. He immigrated to Canada in 1956, to work as an engineer for Massey Ferguson. At the age of 48, he decided that he would much rather be a librarian than an engineer. Therefore, he returned to university and qualified for his third career, as a librarian with the North York Public Library. By the time we met, Doug was also happily retired from that career.

In retirement, Doug was free to

ride, and he did so with a passion. He also enjoyed sailing in Georgian Bay with his wife; and could be seen riding to Scottish country-dances, wearing his kilt. In 1994, he was knocked over by a dog on a TBN ride and broke his pelvis. After 15 weeks in hospital he returned to the bike. In recounting this accident he was never angry at the dog, preferring to describe it as stupid rather than bad. This was typical of his gentle nature. His athletic accomplishments outstrip those of any other cyclist I have met, but he

never made any rider feel anything but welcome. Many members, intimidated by hills, distance, or the weather, recall Doug encouraging and shepherding them safely to the end of the ride. For him, every day on the bike was a great day. Doug was a cyclist's cyclist, a gentle man and a gentleman. Those of you who did not know him missed a treat. Those of us who knew Doug will miss him. Our sympathy goes to his wife, son and daughter.
—Terry Davison.

Allegheny

For the third year running, May long weekend saw a group of TBN-ers head south of the border, for some great cycling in and around Allegheny State Park. Although we woke to a grey and overcast Saturday morning, a hearty group headed north to Ellicottville, home of a great brewpub that provided excellent fortification for the hill-climbs back to the cabins. On Saturday evening, most of the group headed back into town (this time on four wheels), for dinner and the annual jazz festival. Some more energetic souls scouted out the jazz talent, while the rest huddled in a coffee shop to stay warm and dry.

Sunday was similarly wet, prompting games of Scrabble and euchre (or is that "eucher" in America?) in the park lodge. When the weather finally broke, we put some miles on the wheels. That night saw an enthusiastic Pictionary game, followed by stories round a relaxing bonfire.

Thanks to Erica Morse for organizing the trip. We can only pray that next year, the sun will once again shine in Allegheny.
—Nancy Palardy

Education Events

Saturday July 8, 2000: BASIC RIDING SKILLS CLINIC - TBN's Basic Riding Skills Clinic, conducted by Mr. Aubrey Bryce, a certified coach and instructor, is being offered again this year.

This one-day seminar covers the practical aspects of improving cycling enjoyment, through an entertaining and informative blend of classroom discussion and practice, concluding with a practice session on the road. It is aimed at Leisure Wheelers and Easy Rollers.

The clinic will be held on Saturday, July 8 from 9:00 a.m. until approximately 5:00 p.m., with a lunch break. The registration fee this year will be \$5.00 payable the day of the clinic. Class size is limited to 30 people, and there is a no-show penalty of \$10.00. Please bring a lunch, a pen and notepad, your bike, and be prepared to ride. The venue is the campus of the Canadian College of Naturopathic

Medicine, at Sheppard Ave E and Leslie St.

You must pre-register for the clinic by calling Alan Gordon at 416-447-6586. Speak to him personally, or leave a recorded message including your name, membership number and phone#.

Sunday July 30, 2000: RECUMBENTS

— Here is your chance to ask the experts about these unusual bicycles, and find out why they are used, not only for recreation, but also transportation. Meet members of the Human Powered Vehicles of Southern Ontario (HPVSO) Club.

Have a closer look at several types of bikes. There may be opportunities for a test-ride.

Cost: Free.

Location: Richmond Hill (check Hotline for details).

Time: 9:00 a.m.

NOTE: A round-trip ride to Kettleby will be held immediately afterwards, leaving at 10:00 am. Distance options are 65 km and 85 km. This ride is organized by the HPVSO.

—Frank Remiz

Tentative clinic programme:

Morning	Basic Maintenance	Afternoon	Braking Skills
Introductions	Fixing Flats/	Lunch	Road Etiquette
Bike Set	Changing Tires	Basic Riding Techniques	One Hour Road Ride
Positioning on Bike	Gear Changing Skills	Safety Checks on Bike	Wrap-up

Cuba, continued from page 12

The weather was perfect — sunny, blue-sky everyday, no rain, and temperatures ranging between 20C - 27C. We all lived in Cuban homes within a few blocks of each other. A rented room usually goes for \$US12/night with breakfast, and dinner costing an additional \$US6. It doesn't get more affordable than that. All our meals were excellent: fresh, organic fruits and vegetables, delicious juices, yoghurt, rice and beans, fish,

lobster, chicken, pork and beef. With all the exercise and delicious meals, I felt completely detoxified and de-stressed by the end of our two weeks. I got my cycling legs ready for the season and dropped a couple of pounds to boot. Now I understand why David continues to go there each year and stays anywhere from 6 to 10 weeks. I know I wanted to stay at least a month, but reality beckoned us home.

I'm sure by next year there will be even more

TBN-ers visiting Holguin. It really is a 'must-visit'. We felt completely safe in Cuba, whether cycling through the countryside or within the city. The only requirements in making it the best cycling vacation of your life are: (i) a bike in good working order, (ii) ability to cycle approximately 100K/day, (iii) a flexible and independent nature and (iv) some Spanish learnt beforehand (definitely an asset; or take Mary with you!).

—Linda Hamilton



Come out and join us for our annual club BBQ ride SUNDAY, AUGUST 13th

Bring Your Appetite!

Mark your calendars for the always-popular annual BBQ picnic ride on Sunday, August 13. It's free to TBN members. There will be five rides to choose from, all beginning at Finch Subway station and converging on Too Good Pond in Unionville for a barbecue lunch. We hope to see you all there.

tips n tricks

Buying a MTN bike

So there I was, in another bike shop, staring at rows of shiny bikes. A beautiful sight indeed, but - which one to buy? Not having followed bike gear too closely since my last purchase 15 years ago, I started asking questions and touring the shops. Here are a few of my observations.

My first discovery was how knowledgeable staff were, true bike "gearheads". I was also very pleased, yet a bit overwhelmed, by the wide variety of brands, models and shops in this town.

The first question on my mental checklist was whether to buy a new or use steel. In the previous five years, the quality of new bikes has risen while their

prices have dropped, so that buying a used bike has fewer advantages. My budget was \$600, within the lower price bracket for a quality new bike. For a mountain bike, unlike a road-bike, weight is not as much of a consideration. Still, the bike I bought was considerably lighter than my old Norco.

The options on a bike helped narrow the choices. I was looking for a CrMo (steel alloy) rather than a stiffer, lighter, aluminium frame, for some "give" on longer rides. Check. Then: front shocks for sure, but none in the back, thanks - these would great for stumpyumping, but mean too much energy lost on longer sprints. Check.

Gears. They keep adding more gears. A set of 24 is the latest, but I was happy with 21. More importantly, I came to like the rapid-fire levers for shifting those gears over the grip shifts. That change was made for free,

when the parts came in from Montreal a week later.

To me, brakes are brakes. - And when I braked for the raccoon the other night, I nearly "broke" my face. Yup, they all work really well!

With all the choices out there, I had test-ridden a few bikes to find that a 17" frame was to my liking. Which of the many I saw - Giant, Specialized, Oryx, Gary Fisher, Trek - would I take home?

Colour: that was the tie-breaker. I vacillated between the choice of a bright colour for visibility and style, or a dark, dull look that wouldn't attract thieves. Flash? Or function? Hmm.

In the end, with the kind help of Carlos at The Cyclepath, I bought a red Specialized Hardrock FS. -And now, to load up on accessories...!

— Dan Roitner