

# QuickRelease

July / August 2003

Volume 21, Issue 3



Cyclon<sup>®</sup>  
2003

BE THERE

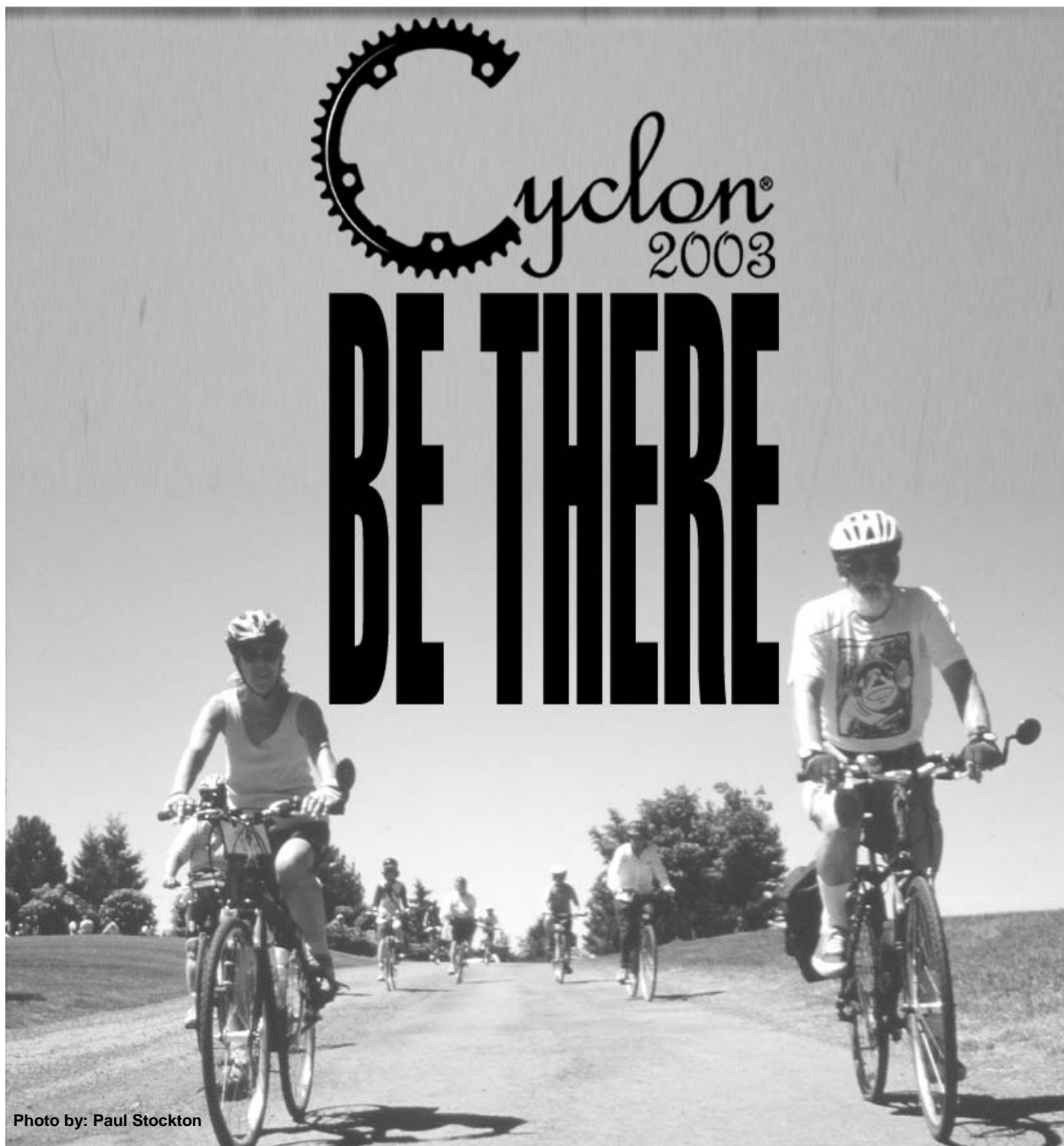


Photo by: Paul Stockton

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:

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

**The September/October newsletter deadline is August 6, 2003.**

### 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 and Cyclon 2003 information

### TBN Board Of Directors

President	David Weil	416-762-9846
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Vice President, Touring	Dan Engels	416-429-6088
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Tourist & Sportif & Webmaster	Owen Rogers	416-232-0243
Country Cruise & Saturday Shorts	Rowena Maclure	416-487-1474
Wednesday Wheelie	Bill Hannaford	416-482-2125
Wednesday Nights	Ron Fletcher	416-461-9695
Friday Night Ride	Kay Farrell	416-424-1463
	Peggy McFarland	416-405-8307
Saturday Morning Ride	Julie Willmot	416-696-9263
Inline Skating	Martha Scott	416-443-0619
Mountain Biking & Trail Riding	Dan Roitner	mtb@tbn.on.ca
Indoor Spinning	Lori Roth	spinning@tbn.on.ca
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	Howard Chan	
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Membership Secretary	Eileen Harbinson	416-482-2157
Mechanic's Workshops Coordinator	Carlos Rodas	416-873-5166

TBN CYCLING SOCKS

**Price:**  
**1 pair \$4.00**  
**2 pair \$7.00**  
**3 pair \$10.00**

Contact Joshua Wolman at (416)780-1683 to get your TBN socks with club logo .

## TBN Garage Sale

Do you have some cycling stuff you don't know what do with? Bring it down to the TBN Garage Sale and try to sell it. The Garage Sale will be open to all and tables for selling items will be available free to TBN members only. If you're interested in selling items call Loreto at (416) 783-6953 to reserve some space at a table. The event will be held on a Sat morning in July. The date is yet to be determined, watch the web site or call the hotline for more details.



# THE TOURING REPORT

Daniel Engels, VP Touring

I trust you are all having a terrific season of cycling! With this newsletter, I wanted to cover some Frequently Asked Questions, and share some cycling safety tips:

## Showing Membership Cards

You may wonder why we place an emphasis on showing a current membership card at the start of each ride. Here are the reasons

- 1) Members get to ride free, non-members pay a non-member ride fee. Showing the card enables the Ride Leader to distinguish members from non-members and determine who should pay the non-member fee. Many leaders on many rides do not know every rider, and hence do not know by sight who is and is not a member.
- 2) The membership card acts a means of identity in the event of an accident,
- 3) TBNs insurance requires non-member participants to sign a waiver. Showing the membership card ensures that members do not need to bother with the waiver, and
- 4) The TBN membership fee is kept at a reasonable level, through the additional revenue from non-member ride fees.

Therefore, please remember to show your card "before being asked" at the start of every TBN ride. Thanks for your co-operation!

## Ride Leader Clinics

In 2003 we had two Ride Leader Clinics, with 25 members in total attending. I want to thank all the leaders for coming out (even in the snow!). If you see someone new leading a ride, please express your appreciation (maybe a round of applause!) to them at the start or ride end.

## How the Free Membership Renewal Works

Did you know that if you lead four or more TBN events in a year, you qualify for a free membership renewal? Attending a Ride Leader Clinic counts towards the four events, i.e. if you attended the Ride Leader Clinic in 2003, then you only need to lead three other events in 2003 to obtain a free membership renewal.

Commencing in 2003, the four events must be in the same calendar year, irrespective of the membership renewal date. The determination of the free renewal is made in December, based on the ride reports, and is then applied at the next renewal date. Example: In 2003 you lead five events. The membership anniversary month is March. The membership will be renewed free in March 2004.

## Cycling Safety

David Weil wrote an excellent article in the March - April 2003 issue of "Quick Release" related to group riding. To read it check the web site at <http://tbn.on.ca/groupriding>.

### Key points:

- ◆ *Look ahead,*
- ◆ *Hold a line (ride straight), and hold a pace (ride at a consistent speed)*
- ◆ *Warn the riders behind you of your intentions*
- ◆ *Maintain a safe distance (Essential for path riding!)*
- ◆ *Keep your bike in good shape*

An additional idea is to pull right off the road or path when stopping, and ensure there is enough room for **all** the riders in the group to pull completely off the road or path. This provides an extra margin of safety, and enables people not on the ride to carry on with no sudden stops.

If you have any questions, or ideas for rides, do not hesitate to call me.

Good Riding!

## COMMON TBN STARTING LOCATIONS

**Boardwalk BBQ** - just east of the foot of Coxwell Ave at Lakeshore Blvd in the eastern beaches area. Woodbine Beach parking is \$5, but free street parking is available on both sides of Coxwell Ave.

**Edwards Gardens** - Edwards Gardens Parking Lot southwest corner Lawrence Ave E and Leslie St

**Etienne Brûlé Park** - Etienne Brûlé Park parking lot is located at the junction of Old Mill Rd and Old Mill Dr (around the corner and down the hill from the Old Mill subway station).

**Finch** - Finch Subway Park and Ride northwest corner of Yonge and Hendon Ave, one block north of Finch

**King Edward's Statue, Queen's Park** - at the north end of the park, just north of Wellesley Street.

**Kipling** - Kipling Subway Park and Ride, North Lot on Subway Crescent, south of Dundas St W and west of Kipling. Look for the signs.

**Shoppers World** - Danforth at Victoria Park (one block south of Victoria Park Subway Park & Ride) in front of Coffee Time Donuts.

August 1-4, 2003



This year Cyclon returns to the beautiful Niagara Peninsula based at Brock University in St. Catharines. It will be held from August 1—4, 2003. Enjoy road biking for every level of cyclist with distances from 40 to 180km. There are several tours to choose from each day. The Cyclon Full Package includes three breakfasts, two lunches and two

dinners; three nights accommodation in air conditioned townhouses with 4 single rooms. There is also a Map & Meal package that includes everything except breakfast and lodging. Spots are still available, but won't last long. If you are interested call 416-422-3052 to register or do it online at [tbn.on.ca/cyclon/cycappint.htm](http://tbn.on.ca/cyclon/cycappint.htm).

# Weekend Getaways

## **Cycle and Camp on Manitoulin Island Jun 28 to Jul 1, 2003**

The 2003 edition of Cruisin' Manitoulin is a four day event, which will allow us to visit Meldrum Bay and stay at the Mississagi Lighthouse campground. It is a self-supported tour so you should be comfortable carrying all your gear, i.e.: tent, sleeping bag and clothing. Distances are: Saturday 70km, Sunday 105km, Monday 110km and Tuesday 35km. Fresh fruit and muffins will be provided Saturday morning prior to our 11:00 a.m. departure from Tobermory. Cost: \$75 for TBN members, \$85 for non-members, which includes a return fair for the Chi-Cheemaun ferry and accommodation at the four campsites. Limited to 20 participants. Contact: Dave Scovell, [manitoulin03@tbn.on.ca](mailto:manitoulin03@tbn.on.ca); 519-824-6587.

## **Conestoga Camping Weekend Jul 18-20, 2003**

Quiet cycling through the Mennonite area of Mount Forest and Listowel. Rolling hills on our first day, followed by a flatter day on Sunday. The highlight of the trip will be a visit to a farm with an organic ice cream store. Distances are 60 or 90 kms daily. Cost: \$40 (non-members \$50). Please book by July 12.

Contact: Chris or Dennis, 905-791-8483.

## **Pelee Wheelie Aug. 29-Sept. 1**

Head south to Canada's sunparlour on the Labour Day weekend, the fruit, vegetable and wine region south of Windsor on Lake Erie's north shore. We will be camping for three nights at Wheatley Provincial Park at a group site. Cycling will be 60-110 km with shorter distances on Monday. The terrain is perfectly flat. We will enjoy the local offerings at a group dinner at the site Saturday night. There will be a restaurant option for Sunday night. Points of interest include Point Pelee National Park, Colassanti's Tropical (greenhouse) Gardens, Jack Miner Bird Sanctuary, wineries, etc. There will be no organized trip to Pelee

Island but a ferry schedule and information will be made available for those wishing to do this interesting excursion. Cost to be determined - approx. \$35-\$40. Approx. 4-hr. drive from Toronto. 20-25 participants.

Contact Carmelle Renaud: [crenaud@idirect.com](mailto:crenaud@idirect.com) 416-203-7358

## **Flesherton Freewheeling Weekend Aug 30-31, 2003**

Saturday's ride to Durham will be rolling hills. On Sunday we will attempt the spectacular climb and descent into Beaver Valley. Distances are 60 or 90 kms daily. Cost includes lodging for Saturday and Sunday nights at a recently refurbished motel in Flesherton. This area is approximately a one and a half-hour drive northwest of Toronto. Cost: \$80 (non-members \$90). Please book by August 15

Contact: Chris or Dennis, 905-791-8483.

## **Northern Bruce Trail/Autumn Colours Sep 19-20, 2003**

Enjoy two days of end-to-end hiking on the northern Bruce Trail, with its beautiful autumn colours. Spend Friday night at the Cape Chin Inn. Saturday morning breakfast is included and a packed lunch is available for \$7. Saturday's hike is along Cape Chin on Georgian Bay to the village of Lion's Head, where we will stay at Lion's Head Beach Hotel. Dinner and refreshments are available at a nearby pub, The Lion's Head Inn. On Sunday, make your own breakfast and lunch in the kitchenettes, or go to a nearby restaurant. Total cost including two nights accommodation and one breakfast is \$90.00 for members and \$100.00 for non-members (taxes included). Space is limited. Reservations and cheques must be received by August 20, 2003.

Contact: Trish King, [autumncolours@tbn.on.ca](mailto:autumncolours@tbn.on.ca) (preferred) or call 519-622-2011.



### Kolapore Uplands      Sun July 6

Single track heaven on 50 km of trail which dissects this forest, a cross-country skiing network. Although there are some difficult sections and a few climbs, these trails are suitable for all levels. The difference will be how fast you go and/or how much you walk. The farthest destination to reach, but some say our best ride!

**Start: 10:30 am**      **Trail pass: free**

**Facilities:** outhouse

**Trailhead:** South of Collingwood – From Toronto, Hwy 10 north, it will join Hwy 24 past Orangeville. Follow Hwy 24 north, turn left onto Hwy 4, then right on Gray Road #2. The parking lot is located about 10 min. up the road on the right hand side. The trail entrance is across the road.

### Waterdown      Sat July 12

A great 30 km valley system near Hamilton with lots of steep downhill, and uphill challenges. Many inter weaving trails to learn your way around, logs, mud, great scenery

**Start: 10:30am**      **Trail pass: Free**

**Facilities:** local stores and diners in Waterdown

**Trailhead:** Take QEW west, continue onto Hwy 403, turn north on Hwy 6, east briefly on Hwy 5 (Dundas St.), right at Dennis Ave to entrance on Rockcliffe Rd. [Carpool, parking is limited ]

### Don Valley      Sun July 13

*Nobbie Newbie beginner ride*

Come out on an instructional ride through the heart of Toronto. An easy 15km route will take riders through the basics of technique and trail safety.

**Start: 10am**      **Trail pass: Free**

**Facilities:** none

**Trailhead:** DVP to Bayview / Bloor exit and north on Bayview about 400 m. - Toronto Brick Works parking lot. If you are coming from the north, or east then it is 500 m south of Pottery Road.

### Greenwood      Sun July 20

This 15 km trail system covers flat river paths, boardwalks, fields, valley hills and goes into a small gravel pit. An easy to moderate ride close to the east side of the city.

**Start: 10 am**      **Trail pass: Free**

**Facilities:** washrooms, parking

**Trailhead:** Take the 401 east to Westney Rd. exit. go north through Ajax. Past Tauton Rd. is a road on the left - Greenwood Rd. Follow the Greenwood Conservation Area signs and park at the far end lot.

### Ravenshoe      Sat July 26

With 15 km of single-track trails, Ravenshoe offers lots of roots, logs and stunts to challenge the rider, one of our hardest/favourite rides.

Moderate to extreme, hardpacked surface, fairly flat but very twisty, can be muddy

**Start: 10 am**      **Trail pass: Free**

**Facilities:** none, limited parking

**Trailhead:** From the west or central areas: 404 north, exit Green Lane, east 300 m to Woodbine Ave, north 5 km to Ravenshoe Road, east 9 km to McCowan Rd. and then south for about 500 m, parking on the right | From the east-north 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, south 600m

### Kelso      Sun, Aug 3

Kelso Conservation Area features 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill- tough going up, a blast going down. Fabulous view. Moderate, clay based hard pack with mud holes, limestone boulders

**Start: 10 am**      **Trail pass: \$6**

**Facilities:** washrooms, snack bar, camping, swimming

**Trailhead:** NEW meeting location, Summit Gatehouse: 401 west to Hwy 25, south towards Milton, west on hwy. 8 (Steeles Ave.) to Old Bell School Line, entrance/parking close by. . www.conservationhalton.on.ca/kelso.html

### Durham Forest      Sat, Aug 9

Located on the Oak Ridges Moraine, 25 km of single and doubletrack trails. With mixed forest and thick pines this fat-tire playground is sure to please.

Easy to moderate, clay, sandy areas

**Start: 10am**      **Trail pass: Free**

**Facilities:** none, limited parking

**Trailhead:** 401 to Brock Road exit, Pickering, north up Brock Rd about 23 kms to Durham Rd. 21 (Coppins Corners), east 5 km to 7<sup>th</sup> Concession Rd., turn right, entrance is 1 km south on east side.

### Highland Creek      Sun, Aug 10

*Nobbie Newbie beginner ride*

Come out on an instructional ride through the heart of Scarborough down to the lake.

This easy 15km route will take riders through the basics of technique and trail safety.

**Start: 10am**      **Trail pass: none**

**Facilities:** none

**Trailhead:** Just north of Kingston Rd. (near the GO station) take Celeste Dr. at the light then turn left on Greenvale Terrace, park at end of street.

### Don Valley      Sun, Aug 17

In the heart of the city this mainly +15 km single-track hilly trail offers fun for all that ride it.

Moderate to extreme, clay based surface, gravel, sandy along river, logs, stunts, can be muddy or dusty

**Start: 10 am**      **Trail pass: Free**

**Facilities:** none

**Trailhead:** park at Toronto Brick Works on Bayview Ave. south of Pottery Road.

**Apres:** drinks and bites at Whistlers

### Mansfield - Weekend Camping Sat, Aug 23

Come on out and enjoy the 40 km of single & doubletrack trails at Mansfield. Easy to extreme, hard pack surface, sandy sections, a few steep hills. Arrangements have been made to camp overnight near by, for info – mtb@tbn.om.ca

**Start: 10:30am**      **Trail pass: approx. \$7**

**Facilities:** washrooms, bike rentals, snacks & drinks

**Trailhead:** 400 north to 89, travel west past Alliston & Rosemont, north on Dufferin Rd. 18 (Airport Rd.) 10 km. Turn right into the Mansfield Outdoor Centre, (don't go to the ski hill on the left) www.mansfield-outdoors.com

### Dagmar      Sun, Aug 31

The forested hills and ravines beckon to ride the 20 km of single track and x-ski trails.

Easy to extreme, hilly, twisty, roots, stunts

**Start: 10 am**      **Trail pass: \$6.00**

**Facilities:** washrooms & vending machines

**Trailhead:** 401 east to Harwood Ave in Ajax, north to Hwy #2, east 5 km to Lakeridge Rd. North 19 km, entrance is on west side. http://www.skidagmar.com/mountain\_biking.htm

# Tourist Sportif

## Ride Classification

**Tourist** - Distances of 50-110 km, at speeds averaging 20-25 km/h, at a comfortable pace. "Short Tourist" designates rides in the 50-70 km range.

**Advanced Tourist** - Distances of 120-200 km at speeds averaging 25-30 km/h at a brisk pace. These rides generally start at 8:30 a.m. from late April to early October.

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

## **Ride Schedule** (See page 3 for directions to common start locations.)

### VANDORF/SNOWBALL Tue Jul 01

Short route heads to lunch at Jake's in Unionville. Long routes lunch in Maple!

**Start:** Finch 10:00 a.m.

**Dist:** 70, 85 & 95 kms

**Class:** Short Tourist, Sportif, Tourist

### UXBRIDGE/UTICA Sun Jul 06

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

**Start:** Edwards Gardens 8:30 a.m.

**Dist:** 105 & 135 kms

**Class:** Advanced Tourist, Tourist

### STOUFFVILLE/GOODWOOD Sun Jul 06

Short tours head to the Lion of Stouffville Pub, while the long tour continues on to Mrs. Wideman's in Goodwood (that extra 15 km is all hills!)

**Start:** Edwards Gardens 10:00 a.m.

**Dist:** 70, 90 & 105 kms

**Class:** Short Tourist, Sportif, Tourist

### HAIL CENTURIONS! CLASSIC CENTURY Sun Jul 13

Our annual club century, now in its 20th year. A commemorative patch will be presented to anyone completing either the metric century to Waterdown or the imperial century to St. George. Fresh watermelon and beverages courtesy of TBN at the finish.

**Start:** In the parking lot of Mississauga Square One, green parking post number five, at the corner of Duke of York Blvd and Rathburn Rd. 8:30 a.m.

**Dist:** 110 & 162 kms

**Class:** Advanced Tourist, Tourist, Sportif

### COLGAN/BOLTON Sun Jul 20

The route takes in the Marsh, Colgan and more. Bring extra snacks! Short route lunches in Schomberg.

**Start:** Finch 8:30 a.m.

**Dist:** 105 & 145 kms

**Class:** Advanced Tourist, Tourist

### KETTLEBY/SCHOMBERG Sun Jul 20

Three routes ride through the historic village of Kettleby, before diverging to lunch stops in Maple or Schomberg.

**Start:** Finch 10:00 a.m.

**Dist:** 70, 90 & 105 kms

**Class:** Sportif, Short Tourist, Tourist

### HURTIN' HILLY HUNDRED Sun Jul 27

TBN throws down the gauntlet to would-be polka dot jersey climbers. 110kms, 125kms or 100 miles of Halton Region's hilliest roads.

**Start:** Meet at 8:30 a.m. in front of the Bay, south side, Erin Mills Town Centre, Erin Mills Parkway and Eglinton Ave. in Mississauga.

**Dist:** 110, 125 & 161 kms

**Class:** Advanced Tourist, Sportif, Tourist

### MT ALBERT EXPEDITION Sun Jul 27

Our classic run to Mt. Albert. Bring a sandwich.

**Start:** Finch 8:30 a.m.

**Dist:** 122 km

**Class:** Advanced Tourist

### MUSSELMAN LAKE Sun Jul 27

We add some new wrinkles to an old favourite.

**Start:** Finch 10:00 a.m.

**Dist:** 90 km

**Class:** Tourist

### STOUFFVILLE CRUISE Sun Jul 27

Head up to Stouffville for lunch, with an optional visit to Unionville for ice cream on the way back.

**Start:** Finch 10:00 a.m.

**Dist:** 70 km

**Class:** Short Tourist

### TOUR OF HALTON Sun Aug 03

A novel, scenic and circuitous route to Kilbride and Carlisle. Bring a sandwich.

**Start:** Kipling 8:30 a.m.

**Dist:** 110 & 135 kms

**Class:** Advanced Tourist, Tourist

### KELSO CRUISE AND SCHMOOZE Sun Aug 03

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

**Start:** Kipling 10:00 a.m.

**Dist:** 85, 93 & 110 kms

**Class:** Sportif, Tourist

**Après:** Tim Horton's, Dundas West at Aukland

### VANDORF/SNOWBALL Mon Aug 04

Short route heads to lunch at Jake's in Unionville. Long route lunches in Maple!

**Start:** Finch 10:00 a.m.

**Dist:** 70, 85 & 96 kms

**Class:** Short Tourist, Sportif, Tourist

### NOT TOO GOOD FOR GOODWOOD Sun Aug 10

Beat the heat, get a good ride in and still arrive at our annual club picnic at Too Good Pond in Unionville in time to mingle with riders from the other ride categories.

**Start:** Finch 8:30 a.m.

**Dist:** 105 & 130 kms

**Class:** Advanced Tourist, Tourist

### ANNUAL CLUB BBQ RIDE (10:00 A.M.) Sun Aug 10

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 10:00 a.m.

**Dist:** 75 & 105 kms

**Class:** Short Tourist, Tourist

### PORT PERRY CENTURY Sun Aug 17

A new century ride to Port Perry. Short routes head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!

**Start:** Edwards Gardens 8:30 a.m.

**Dist:** 121, 136 & 166 kms

**Class:** Advanced Tourist

### NEW STOUFFVILLE RAMBLER Sun Aug 17

A new improved route up to the Lion of Whitchurch pub in Stouffville.

**Start:** Edwards Gardens 10:00 a.m.

**Dist:** 75 & 93 kms

**Class:** Short Tourist, Tourist

*(Tourist Sportif continued on page 7)*

(Continued from Tourist/Sportif on page 6)

### CALEDON-KING CONUNDRUM Sun Aug 24

A scenic and hilly route to lunch in Caledon East. Short tour heads to Bolton.  
**Start:** Finch 8:30 a.m. **Dist:** 115 & 130 kms  
**Class:** Advanced Tourist, Tourist

### BOLTON HAMMER Sun Aug 24

Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.  
**Start:** Finch 10:00 a.m. **Dist:** 85 & 115 kms  
**Class:** Advanced Tourist, Tourist

### QUEENSVILLE/GOODWOOD RIDE Sun Aug 31

A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert or Goodwood.  
**Start:** Finch 8:30 a.m. **Dist:** 120 & 140 kms  
**Class:** Advanced Tourist, Tourist

### THORNTON BALES/NEWMARKET Sun Aug 31

A hilly but scenic route to Newmarket for lunch on the shore of Fairy Lake. Long tour takes in the Marsh.  
**Start:** Finch 10:00 a.m. **Dist:** 75 & 105 kms  
**Class:** Short Tourist, Tourist

### VANDORF/SNOWBALL Mon Sep 01

Short route heads to lunch at Jake's in Unionville. Long route lunches in Maple!  
**Start:** Finch 10:00 a.m. **Dist:** 70, 85 & 96 kms  
**Class:** Short Tourist, Sportif, Tourist

# Country Cruise

### Ride Classification

Rides of 40 - 120 kms exploring the country roads of southern Ontario. Suited to cyclists of varying fitness levels. Participants set their own pace averaging from 18 km/hr to 25 km/hr. At least two routes are offered: a short route of 45-70 km and a longer route. Start points are typically within a 90 min. drive of Toronto. Carpoolers should offer \$5 to the driver for gas.

## Ride Schedule

### Schomberg to Hockley Sun Jul 6

**Description:** A ride in the lovely countryside north of Schomberg.  
**Directions:** Meet for a 10:00 a.m. departure at the arena in Schomberg. Take exit 55 off Hwy 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy. 27) and head south on 20th Side Road to the arena.  
**Distances:** 58, 67, 74 & 93 kms

### The Shelter Valley Shuffle Sun Jul 13

**Description:** Explore the wonderful rolling hills & views north & east of Port Hope.  
**Directions:** Meet for a 10:00 a.m. departure at Port Hope Town Hall. Take Hwy 401 east to exit #461, follow Hwy 2 to downtown Port Hope. The Town Hall is at 56 Queen St.  
**Distances:** 70 & 97 kms

### Tour of Utopia/Creemore Sun Jul 20

**Description:** Come and find Utopia in Ontario followed by Creemore beer or tea at the Mad River Teashop. Now that's heaven!! Three routes offered. Medium has optional lunch stop at a conservation area.  
**Directions:** Meet for a 10:00 a.m. departure in the liquor store parking lot off of Church Street in Alliston, which is north of Hwy 89. (Church St. may be hard to find. It is located at a set of traffic lights in midtown Alliston.)  
**Distances:** 66, 90 & 101 kms

### Barrie to Bass Beach Sun Jul 27

**Description:** This ride takes you by the beautiful beaches of Lake Simcoe to lunch at Bass Lake Provincial Park through the rolling countryside north of countryside north of Barrie. The short route is flatter than the long route. Bring your lunch and bathing suit. Note: No restaurant on route, but stores available not far off route  
**Directions:** Meet for a 10:00 a.m. departure at Eastview High School. Exit Hwy 400 at Duckworth St in Barrie. Go south on Duckworth then left onto Grove St (Tim Horton's on the left) to the Eastview High School.  
**Distances:** 63, 92 & 100 kms

### Conestoga/Mile Hill Sun Aug 10

**Description:** Once again an old chestnut is resurrected from Cyclon '91 with three routes into Brant County with lunch stops in Paris and Ayr or a quiet conservation area along the way.  
**Directions:** Meet for a 10:00 a.m. departure at Conestoga College, Kitchener. Take Highway 401 west to Kitchener. Exit at Exit #275, North Homer Watson Blvd and Fountain Street.  
**Distances:** 47, 73, 84 & 110 kms

### Bowmanville Hill and Dale Sun Aug 17

**Description:** A superb ride east of Bowmanville then south and, return trip, west right along Lake Ontario. Long Tourists may go north to Millbrook for lunch. For other routes, bringing a lunch is advisable although stores are available in Kirby and Port Hope. No stores on short route, but they are available at the start point.  
**Directions:** Meet for a 10:00 a.m. departure in Bowmanville. Go east on Hwy 401 exiting at exit 432 (Duke/Liberty St) to Bowmanville. Drive north on Liberty (RR14) to King St and right on King to Bowmanville Mall Plaza, King Street (Hwy.2) and Simpson Street; meet at the far, east end of parking lot.  
**Distances:** 55, 90 & 122 kms

### Cobourg-Rice Lake Ramble Sun Aug 24

**Description:** One of the prettiest rides of the summer! Over hill and dale you will be spinning throughout the Northumberland countryside. Lovely short-route lunch on Rice Lake. Store available with picnic tables in Harwood for the long route.  
**Directions:** Meet for a 10:00 a.m. departure in Cobourg. Take Hwy 401 east to exit 472, Cobourg downtown, Burnham St. Go south to the harbour parking lot at the foot of Division St.  
**Distances:** 56 & 80 kms

### Tottenham Train Ride Sun Aug 31

**Description:** Ride through the rolling hills of Caledon and if you choose, enjoy an excursion on a steam locomotive or a jaunt to a farmer's market.  
**Directions:** Meet for a 10:00 a.m. departure at the Mayfield Recreation Centre. To get there take Hwy 401 west to Hwy 410, then north to Mayfield Rd. The parking lot is a little further north on Bramalea, on the east side.  
**Distances:** 53 & 80 kms

# Wednesday heelies

## Ride Classification

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 vary, usually 8:30 a.m. during the hot summer months and 10:00 a.m. at other times.

## Ride Schedule

### HORNBY TO GLEN WILLIAMS JULY 2

73 or 87 km ride from Hornby Park to Glen Williams or Belfountain for lunch. Meet for an 8:30 A.M. departure at Hornby Park. To get to Hornby park, exit 401 west at Trafalgar Road (Interchange 328) and go north to the lights. Turn left to Hornby park.

### DURHAM COLLEGE TO BOWMANVILLE JULY 9

69 or 79 km ride from Durham College to Bowmanville. Meet for a 8:30 A. M. departure at the north parking lot of Durham College. To reach Durham College, exit Highway 401 east at Thickson Rd., go north to Conlins Road, then east to the north parking lot at Durham College.

### STOUFFVILLE TO BAKE SHOP JULY 16

61 or 76 or 84 km ride north from Stouffville with lunch at Mrs. Wideman's Bakery. Meet for a 8:30 A.M. departure in Stouffville at the North Stouffville Free Park. To get to Stouffville go north on Hwy. 404 to Stouffville Rd. Go east to the Stouffville Free Park on the north side of Main St. past the train tracks & before Market St.

### WATERDOWN ESCARPMENT ADVENTURE JULY 23

#### **SPECIAL START TIME 10:00 A.M.**

A hilly 51, 71, or 83 km ride from Waterdown through the beautiful escarpment countryside. Meet for a 10 A.M. departure in Waterdown at the plaza at the corner of Hwy 5 and Hamilton St. To get to Waterdown proceed west on Hwy 5 (Dundas St.) to Waterdown.

### KING CITY TO CALEDON EAST OR

#### BOLTON / KLEINBURG

JULY 30

74 or 103 km ride from King City to Caledon East (or Bolton) returning through Kleinburg. Meet for an 8:30 A.M. departure at the municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)

### COURTICE TO BOWMANVILLE

AUG 6

71 or 86 km ride from Courtice through the Durham Drumlins to Bowmanville for lunch. Meet for an 8:30 A.M. departure at the Community Centre in Courtice. To get to Courtice, exit Highway 401 East at interchange 425, (C.R. 34 / Courtice Rd.) Go north just past Hwy. 2 and turn left into the Courtice Community Centre.

### HORNBY TO LOWVILLE / CAMPBELLVILLE AUG 13

67, 83 or 99 km ride from Hornby to Lowville. Meet for an 8:30 A.M. departure at Hornby Park. To get to Hornby park, exit 401 west at Trafalgar Road (Interchange 328) and go north to the lights. Turn left to Hornby Park.

### STOUFFVILLE TO UXBRIDGE

AUG 20

61 or 85 km ride from Stouffville to Uxbridge and return. Meet for a 8:30 A. M. departure in Stouffville at the North Stouffville Free Park. To get to Stouffville go north on Hwy. 404 to Stouffville Rd. Go east to the Stouffville Free Park on the north side of Main St. past the train tracks & before Market St.

### HORNBY TO GLEN WILLIAMS

AUG 27

73 or 87 km ride from Hornby Park to Glen Williams or Belfountain for lunch. Meet for an 8:30 A.M. departure at Hornby Park. To get to Hornby park, exit 401 west at Trafalgar Road (Interchange 328) and go north to the

# Leisure Wheeler

## Ride Classification

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. New midweek coffee rides every second Tuesday at 10 a.m. If there is sufficient interest, we will add more routes in the fall

## Ride Schedule (See page 3 for directions to common start locations.)

### Heavenly Holiday Tues Jul 1

**Description:**A two-hour exercise ride south on the Don Trail to the Martin Goodman Trail, across Queen's Quay, and then north past the Sky Dome. Return on holiday-quiet city streets. Refreshment stops along the way.

**Start:** King Edward's statue 10 a.m. **Dist:** 22 km

### North by Northwest Sun Jul 6

**Description:**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 10:00 a.m. **Dist:** 32 km

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

### The Secret Circuit Tues Jul 8

A half-hidden ravine ride for freelancers, shift workers, people between jobs, retirees, and ne'er-do-wells. This downtown route has a minimum of street riding and only two hills (OK, so the first one is Poplar Plains). Some unpaved paths. Espresso stop, alternatives available.

**Start:** 10:00 a.m. by the Bedford exit of the St George subway station **Dist:** 20 km

### Edwards Gardens Picnic Sun Jul 13

**Description:**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 10:00 a.m. **Dist:** 37 km

**Après Ride:**Tim Horton's; east side of Yonge

### Leslie Street Spit Sun Jul 20

**Description:**Cycle to the lighthouse at the end of the Spit to view the spectacular Toronto skyline; then return via the Don and Taylor Creek Trails. Pack a lunch.

**Start:** Boardwalk BBQ & Pub 10:00 a.m.

**Dist:** 30 km

### Up-Down Downtown Tues Jul 22

Up Poplar Plains, along a bit of the Beltline, then down Moore Park Ravine to search for espresso in the wilds of Bloor and Yonge. Some unpaved paths.

**Start:** 10:00 a.m. by the Bedford exit of the St George subway station. **Dist:** 20 km

*(Leisure Wheeler continued on page 9)*



(Continued from Leisure Wheeler on page 8)

Mimico Creek Expedition Sun Jul 27

**Description:** Ride north through West Deane Park to the Eglinton Trail, then east to the Humber and south through Etienne Brûlé Park. Mostly asphalt trails.

**Start:** Old Mill subway stn. 10 a.m. **Dist:** 26 km

Guild Inn Picnic Sun Aug 3

**Description:** 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.

**Directions:** Shoppers World 10 a.m. **Dist:** 28 km

The Humber Yo-yo Tues Aug 5

What goes up, must come back down. No street riding on this route. Unfortunately, no espresso either. However, a Timothy's is about 12 blocks from the finish.

**Start:** Old Mill subway stn. 10 a.m. **Dist:** 25 km

Old Village Tour Sun Aug 17

**Description:** Meander north through trails and quiet residential areas en route to Black Creek Pioneer Village, where we turn south for a leisurely ride back to the Old Mill. Bring lunch.

**Start:** Old Mill subway stn. 10 a.m. **Dist:** 45 km

The Almost Secret Circuit Tues Aug 19

See description for July 8.

Henry the Fifth Tour Sun Aug 24

**Description:** 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 10:00 a.m. **Dist:** 39 km

**Après Ride:** Tim Horton's, east side of Yonge

Secrets of Scarborough Sun Aug 31

**Description:** Some hidden treasures of this suburb, as revealed by a long-time resident.

**Directions:** Shoppers World 10 a.m. **Dist:** 31 km

**Après Ride:** Tropical Nights on Danforth east of Victoria Park

# Easy Roller

## Ride Classification

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.

## Ride Schedule (See page 3 for directions to common start locations.)

ETOBICOKE MEANDER Tue Jul 01

Canada Day. Round Trip of beautiful Etobicoke. Lakeshore starting point! Optional side Trip to Centennial Park for Ribfest!

**Start:** Meet for a 10:00 a.m. departure at the fieldhouse in Coronation Park, just south of Lakeshore and west of Bathurst.

**Dist:** 56 km **Class:** Easy Roller

**Après:** The Fan

MAPLE BAKERY RIDE Sun Jul 06

Head north for brunch at TBN's favourite bakery.

**Start:** Finch 10:00 a.m.

**Dist:** 52 km **Class:** Easy Roller

**Après:** The Firepit

GUILD INN TOUR Sun Jul 13

Visit the beautiful Guild Inn, and have a picnic lunch on the grounds. We'll stop to buy lunch on the way.

**Start:** King Edwards' Statue, Queen's Park 10:00 a.m.

**Dist:** 60 km **Class:** Easy Roller

LAKESHORE STEELES RESIDENTIAL RIDE Sun Jul 20

Go vertical through Toronto!

**Start:** Edwards Gardens 10:00 a.m.

**Dist:** 60 km **Class:** Easy Roller

KING CITY RIDE Sun Jul 20

Pleasant tour in and around King City.

**Start:** Finch 10:00 a.m.

**Dist:** 70 km **Class:** Advanced Easy Roller

**Après:** The Firepit

OAKVILLE ODYSSEY Sun Jul 27

Ride from the west side of Toronto to the quiet gardens of classy Oakville. Bring lunch.

**Start:** Kipling 10:00 a.m.

**Dist:** 60 km **Class:** Easy Roller

**Après:** Tim Horton's

STOUFFVILLE CRUISE Sun Jul 27

Head up to Stouffville for lunch, with an optional visit to Unionville for ice cream on the way back.

**Start:** Finch 10:00 a.m.

**Dist:** 70 km **Class:** Advanced Easy Roller

**Après:** The Firepit

FIELDS AND STREAMS Sun Aug 03

Venture out to a tasty lunch in Streetsville.

**Start:** Etienne Brûlé Park 10:00 a.m.

**Dist:** 65 km **Class:** Easy Roller

**Après:** Bert and Ernie's

LAKE WILCOX PICNIC Mon Aug 04

Visit (and perhaps swim) Lake Wilcox in Richmond Hill. Bring a lunch or pick something up along the way.

**Start:** Finch 10:00 a.m.

**Dist:** 70 km **Class:** Easy Roller

**Après:** The Firepit

ANNUAL CLUB BBQ RIDE (10:00 A.M.) Sun Aug 10

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 10:00 a.m.

**Dist:** 60 km

CARROTS AND LETTUCE Sun Aug 17

Ride the agricultural heartland of York region.

**Start:** Finch 10:00 a.m.

**Dist:** 65 km **Class:** Easy Roller

**Après:** Slug and Lettuce, NW corner, Yonge and Finch

ELDORADO PARK Sun Aug 24

The Churchville/Eldorado Park area is so quaint, you won't believe you are still in the GTA! Lunch in the park. Bring lunch, or buy it along the way.

**Start:** Meet for a 10:00 a.m. departure at

Grenadier Café, High Park. The main entrance to High Park is located west of Keele St. at High Park Ave and Bloor St West. Follow the signs to the Café.

**Dist:** 75 km **Class:** Advanced Easy Roller

**Après:** Grenadier Café

STREETSVILLE RIDE Sun Aug 24

We visit Streetsville.

**Start:** Meet for a 10:00 a.m. departure at Grenadier Café, High Park. The main entrance to High Park is located west of Keele St. at High Park Ave and Bloor St West. Follow the signs to the Café.

**Dist:** 60 km **Class:** Easy Roller

FIELDS AND STREAMS Sun Aug 31

Venture out to a tasty lunch in Streetsville. Longer route than the August 3rd ride.

**Start:** Etienne Brûlé Park 10:00 a.m.

**Dist:** 80 km **Class:** Easy Roller

**Après:** Bert and Ernie's

TOUR OF TORONTO Sun Aug 31

75% of this loop around Toronto is comprised of bike paths of the Humber Valley, Lakeshore, Taylor Creek, and Don Valley.

**Start:** Etienne Brûlé Park **Dist:** 55 km

**Class:** Easy Roller **Après:** The Fan

LAKE WILCOX PICNIC Mon Sep 01

Visit (and perhaps swim) Lake Wilcox in Richmond Hill. Bring a lunch or pick something up along the way.

**Start:** Finch 10:00 a.m. **Dist:** 85 km

**Class:** Easy Roller **Après:** The Firepit

UNIONVILLE BRUNCH Mon Sep 01

Visit the quaint village of Unionville for a tasty brunch.

**Start:** Finch **Dist:** 55 km

**Class:** Easy Roller **Après:** TBA

# Saturday Shorts

## Ride Schedule

### Stouffville to Uxbridge Jul 05

Follow the shady, rolling backroads of Durham region to Uxbridge and back again.

**Start:** Meet at the 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:** 61km

### Credit River Cruising I Jul 19

An undulating ride through the wilds north of Brampton returns but on a Saturday!

**Start:** Go west on Hwy 401 to Mississauga Rd. Continue north to Mayfield Rd. Meet at 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:** 42km

### Schomberg Country Roads Aug 09

A ride in the lovely countryside north of Schomberg. Great for a "Saturday Short" pedal!

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

**Dist:** 58 km

### Georgetown-Equesing Hysterical Tour Aug 23

Since you may not have done 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:** Go west on Hwy 401 to Trafalgar Rd. Travel north to 15th Side Rd. Meet at Stewarttown Public School at the south-east corner of Trafalgar Rd. and 15th Side Rd. (Make sure you go to Stewarttown not Pineview School!) **Dist:** 42.7 km



## Skating in the Good Ol' Summertime Sunshine

The skating season's well under way and going gangbusters. Turnouts have been strong with assorted skill levels present -- we try to be accommodating! There are plenty of new faces coming out and a mix of regulars too. Skates are on Thursday evenings now, the occasional Saturday and holiday weekends. Plus, coming up on July 5th is our annual Niagara-on-the-Lake Road Trip, and set for July 19th at Rowntree Mills Park is our second Monthly Marathon 42k and Half Marathon 21k. The monthly Nervous Newbie skates are continuing as well. Sooooo, what are you waiting for -- a personal invitation?!

Strap on those skates and come join us! You'll be glad you did.

Looking for lessons? Want more info on the Monthly Marathons or Nervous Newbie skates? Want to subscribe to our inline e-newsletter? Then surf the inline webpage, [tbn.on.ca/inline](http://tbn.on.ca/inline), where you'll find a plethora of skating information. For weekly skate details, look in all the usual places: the TBN homepage [tbn.on.ca](http://tbn.on.ca), the weekly Chain of Events e-newsletter, and the hotline 416-760-4191, line 4.

Hope to see you out! Rollin' along in the radiant sunshine,

Martha Scott, Inline Skating Coordinator

## Voyage de noces

As some of you know, Grant McIntosh and I got married on May 17<sup>th</sup>, 2003. So we will be off on our honeymoon very soon. We are riding from Vancouver to Ontario. The last week of our "honeymoon", we will be leading a group of cyclists from Cyclorizon, a cycling club in Quebec City, around the Niagara Falls and Waterloo County areas. We will be inviting the participants to the July 23 Wednesday wheelie. I encourage all of you to ride with us that day.



# City Walks

Hello all potential City Walk Participants! Mark Brousseau and Howard Chan are planning a new series of the popular City Walks- starting late October 2003. However, like all other TBN programs, we would welcome some assistance. Club members who would like to lead a City Walk should call Mark Brousseau at 416-466-4979 or E-mail [mark.brousseau@sympatico.ca](mailto:mark.brousseau@sympatico.ca). Perhaps you have some ideas for some new walks. The general criteria is: the walk should be between 8 to 14 kms long and start near a TTC stop. It might have a cultural theme, such as old homes or historic sites in a given area. Hope to hear from any interested parties soon!



## BikeToronto.ca:

### Work starts now on getting 2004 Bike Plan projects approved

Martin Koob TBN Representative, Toronto Cycling Committee

On May 27, 2003 the City of Toronto held an Open House to release the Toronto Bike Plan Year 1 Progress Report. That report looked at what work on implementing the Bike Plan was completed in 2002 and what is planned for 2003. As part of that meeting, attendees got a sneak peek at the Bikeway Network priorities for 2004. Whether or not these proposed projects go ahead will depend, in part, on you as a resident and voter in the City of Toronto.

This Bike Plan Open House was the first of what will be an annual process of setting priorities for the following year. One of the goals of these meetings is to keep the public informed as to the progress of the Bike Plan and allow them to have input into the projects being considered for the following year.

These Open Houses will happen in May of each year. This year the Progress Report for 2002 was also released in May 2003. For subsequent years of the Bike Plan the Progress Report will be sent to City Council in October or November of each year. That timetable will start this year with the Bike Plan Progress Report for 2003 being prepared in September 2003 and being submitted to Council in November of 2003. This report will be on the accomplishments in 2003 and the plans for 2004 in all areas of the Bike Plan.

At the Bike Plan Open House the participants learned of the Bikeway projects that are on the 2004 priority list. How many of these projects actually go ahead depends on getting local approval and whether or not City Council approves the funding necessary to complete them.

Some of the candidate projects being proposed are listed below. The final list that will go forward to the 2004 budget process will be known in the fall of this year:

#### **Bike Lanes**

Brimorton Drive. 5.1 km

from Brimley to Orton Park

Pharmacy Avenue - 4.2 km from Eglinton to Denton

Conlins Road - 2.4 km from Sheppard to Military Trail

Wilson Ave and Walsh - 1.7 km from Weston Rd. to Beverly Hills Dr.

Beverly Hills Dr. - 1.0 km from Wilson to Jane

Simcoe St. - .6 km from Queens Quay to Front St.

Donlands Ave. - 2.3 km

Danforth to Millwood

Rathburn Road - 2.1 km from Mill to East Mall

Renforth Drive - 1.8 km from Eglinton to Rathburn

Horner and Judson - 3.3 km from Browns Line to Islington

#### **Off-Road Paths Upgrades**

Eglinton West Trail - 2.1 km from Renforth to Martin Grove Rd.

Martin Goodman Trail West - 2.0 km from Argo Rowing Club to Exhibition Place

Martin Goodman Trail East - 2.3 km from Coxwell Ave to terminus

Mimico Creek Trail - 2.2 km from Martin Grove Rd. to Eglinton West path

Lower Don Trail - 2.7 km from Riverdale Bridge to Queen

Newton Brook Creek trail - 1.0 km Forest Grove to East Don Trail (new bridge over East Don)

#### **New Paths**

Etobicoke Creek Trail 1.0 km Extending to North of Sherway

Watch for updates on this information at [www.biketoronto.ca](http://www.biketoronto.ca).

Again, the fate of these projects depends on the decision of City Council on the 2004 budget. Each project also depends on the support of individual Councillors for the approval of projects in their ward and community council area. Some projects also depend on design work being completed this year so they are ready for next year's construction season. One example of this is a project to put 3.8 kms of bike lanes on Bayview Ave. from River Street to Moore Avenue.

The City Council that votes on the 2004 budget will be different than the one that voted to cut in half the amount budgeted for cycling projects in this budget year. On November 10, 2003, there will be a municipal election that will elect a new Mayor and possibly a new makeup of council for the 2003 - 2007 term. These will be crucial years for the Bike Plan as funding levels need to ramp up from \$4.2 million in 2004 to \$7.5 million in 2007 in order to stay on course. You as residents have a role to play in this decision by voting in the municipal election. You can also play a role as we lead up to the election. If a candidate for councillor or mayor knocks on your door, ask them if they support increasing the funds in the cycling budget to the amounts recommended in the Bike Plan. Ask them if they will be supporting the bike lanes, routes and off-road paths proposed for your ward and in your community. Ask these same questions at the all-candidates meetings. See where the candidates stand and then cast your vote accordingly. Electing a more bicycle friendly City Council in November will help us to have a more bicycle friendly city in the future.

#### **Links**

Toronto Municipal election information

<http://www.toronto.ca/elections>

Toronto Bike Plan - Year 1 Progress Report

<http://www.latestnewsatBikeToronto.ca>

<http://www.biketoronto.ca>

# EDUCATION

## Nights

### Tue-Jul-22 Bike Fit for Optimal Performance

Learn how a cyclist should be positioned, and find out why. See how changes in position affect power output in a demonstration with a volunteer on a Computrainer. Discover the factors influencing position and power output, e.g. flexibility, injuries etc., and how to improve your physiology to optimize your position on the bike.

Presented by Ian McLean of Gears Bike Shop, an experienced road/MTB racer and spin instructor with a focus on training and cross training the elite athletes of Mississauga. Ian uses his knowledge of bike fit and ergonomics to maximize power output in each rider by making small adjustments to their on-bike position. He created the positions for Kevin Wallace and Jeff Rushton who rode 3000 miles across the U.S.A. last year. He was also responsible for the set up of Jasper Blake who came in 2nd in Ironman Canada last year.

Discounts on personal fitting for all attendees. Maximum participants 35 - please register with Ian by phone 905 271 2400 or at

gearsmanager@hotmail.com.

**Location:** Gears Bike Shop, 176 Lakeshore Blvd. W. Mississauga  
**Time:** 7:00 p.m.

### Wed-Jul-23 Tour de France Night

The Tour de France is the Stanley Cup of cycling. Each year the best cyclists train to ride for 22 days vying for the yellow jersey in Paris. Come out for a social evening to watch Stage 16 where cyclists will climb the steepest gradient (7% to 10.5%) on a large screen with sound at the Sports Centre Café, 49 St Clair West. Food and drinks are available to purchase. The far right hand corner of the bar has been reserved for us. TIOOYK!

**Location:** Sports Centre Café, 49 St Clair West (St.Clair & Yonge St.) 1 block west of Yonge. **Time:** 9:00 p.m.-11:00 p.m.

Due to popular demand (h-hmm), Peggy and Kay are back for another season of Fast, Furious Friday Night Rides (FFFNRs).

Peggy and Kay, legends in their own minds, will be organizing (that's debatable) and leading (need a compass) rides every Friday night. Last year, the starting point of Bridgepoint Health on Broadview, north of Gerrard (formerly Riverdale Hospital) was preferred by two out of two east end ride leaders.

This year, however, Kay has headed west young man, so there *could* be a few west end starts, after the court battle is settled. (Check hotline for start point).

Last years FFFNRs were given a big two thumbs up by Peggy and Kay. Generally, the FFFNRs are fast-paced 30-40 km. rides, following mostly city bike paths. If riders don't get to know each other during the ride through party games on wheels or provocative name tags.... yes, you remember

Promiscuous Peggy, Jumping Janice, Bent Brian and Kinky Kay, don't you?... then there's always the party to follow on a cool Toronto patio.



Some hot T.O. spots explored last year were VOX, Lahore in Little India, Belly dancing in Greek town, Peggy and Kay's excellent Toronto Island adventure. And then there was the Buena Vista Pizza Ride: pizza delivered to Scarborough Bluffs, dining al fresco whilst watching a glorious sunset.

Incredibly, everyone survived one "midnight" ride down the Humber Valley and lived to tell the tales of the final FFFNR awards night at Christina's on the Danforth. Prizes were given for the longest, hardest, shortest, grasiest, etc. Well, we *would* tell the tales, but they are kind of censored.

For this season, Peggy and Kay promise you an even wilder ride than last year. Once a month, they will be featuring a "Hurry-date" ride, a.k.a. speed-dating. Although last years demographics of 1 chica to 10 chicos seemed perfectly fine to Peggy and Kay, they have conceded that more chicas are needed to keep the chicos happy and of course to 'hurry-date'!

So, come on out on Friday Nights, but be prepared to ride hard and party long. You have a whole 24 hours to recover before doing a 'real' ride on Sunday!



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