

QuickRelease



March / April, 2000
Volume 18, Issue 1



Photo: Dan Roitner

The Quinte-essential Cyclon

Sunny skies, balmy breezes, sparkling blue water, green trees casting dappled shadows on the country road – No, it's not a Cayman Islands or Club Med ad, it's *Cyclon 2000* – the TBN's three-day cycling extravaganza! Reduced fees and new ride routes on Quinte Isle and the Bay of Quinte mainland are special features of this year's *Cyclon*, scheduled for the Civic Holiday weekend, August 4-7.

For the first time, *Cyclon* will be housed at Loyalist College in Belleville. The College boasts modern apartment-style accommodations (similar to those at Brock University in St. Catherine's). Each apartment consists of six single rooms with shared living room, kitchen and two bathrooms. Some are air-conditioned!

New routes (and some old favourites from other forays to Prince Edward County) have been chosen with care, to provide picturesque rides for cyclists of all interest and fitness levels – from those who want a short, easy ride to those who want to 'burn, baby, burn.'

In addition to the great ride routes, *Cyclon 2000* offers a social and games night on

continued on page 3

Spring Dinner Dance, May 26

Balmy Beach Club, 10 Ashbridges Bay Park Rd.

Members: \$23. Non-members: \$28

Cash Bar opens at 7 p.m., dinner at 8 p.m.



see page 8 for more details



Q: What is wrong with this picture? Send your answers to Quick Release and we'll print them in the May/June issue.

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w/who's w/who

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 May/June issue the deadline for submissions is April 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,
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... and your graphics/photos in these ones:

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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

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Website www.tbn.on.ca
e-mail info@tbn.on.ca

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

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

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



760-4191
to go directly to the main menu.

From the main menu press...

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

Hotline tips:

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

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

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

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

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

Cyclon – continued from cover

Saturday at Loyalist College, tours of historic sites, the traditional Sunday banquet, and a lakeside picnic lunch.

To take advantage of the 'early bird' rates, sign up before June 15, or join us at the *Cyclon 2000* Sign-up and Social Night on June 15. The 'early bird' rate for members is only \$210 (\$240 between June 16 and the registration deadline of July 28); for non-members, fees are \$240 and \$270 respectively. 'Early bird' registrants will be eligible for a draw to determine who sleeps in air-conditioned luxury. Half of the air-conditioned rooms will be assigned by drawing 'early bird' registrants' names from a hat at the *Cyclon 2000* Sign-up and Social

Night. Each of the lucky cyclists will be able to select a friend or partner to stay in the same air-conditioned apartment. All 'early bird' registrants will also receive a free T-shirt commemorating the first *Cyclon* of the new millennium. Come out on June 15 to meet your fellow 'Cycloners,' watch the draw, and have some fun. Details of location and time will be announced in the next issue of *Quick Release*.

The new *Cyclon* web page is up and running, so check out www.tbn.on.ca/cyclon for more details or to register now. If you have further questions, come see us at the Bike Show in March, e-mail the planning committee at cyclon@tbn.on.ca, or telephone 416-694-3272.

Editor's Notebook

As the weather gets warmer, we greet the new cycling season with anticipation. Some of you may have been shopping around (as I have) for a new steed, or cleaning and lube-ing your current two-wheeler. Perhaps you have been making resolutions to ride faster, farther, harder, or to just get out and meander down a country road.

Cycling offers so much, and the club responds by offering you lot of choices. For some, the exercise, speed, and competitiveness get the legs pumping; for others, the freedom, the open road, and the wind in your hair slow your life down just for moment. As a social riding club, we meet old friends and greet new riders, talking about everything under the sun. Ah, sunny days.

I wish to address an ongoing concern of new members. Quite often, when new cyclists join a ride, they get lost. Discouraged, some may try a few more rides, but most are never seen again. I see this occurring all too often. If you are new to the club, here are a few tips: Start with a short, slow riding category like Leisure Wheelers or Easy Rollers. Try a few city rides, which stop often. Don't fall behind. Carry a map of Toronto. You will find that Country Cruises are a totally different species: riders travel farther, spread out over many km's & stop maybe once an hour. If you stop, don't expect others to (this is where you'll need a map). By the end of the summer, you will be amazed – that 60-km ride will be fun to do.

In the beginning, as a new member, you may not know anyone; or you may feel a bit uneasy. Don't worry, just keep showing up on rides, and you too will be soon asking "Hey, didn't I see you last week on the... ride?"

As for tour leaders and other experienced riders, please keep in mind that new riders may not know the route as you do, or have 'the legs'. If you lead a ride rated for 20-25km/hour, stick with that speed. If others pass you, they will have to find their own way. And finally, at any point where the road splits, everyone should make sure the riders behind can see which direction you turned.

So I hope to see you all out there, sweating for the good of the body, the mind, and spirit.

– Dan Roitner

Hollyburn weekend

Just one night after the lunar eclipse, TBN had its winter weekend at Camp Hollyburn. And what a weekend it was, giving us the best winter weather we could ask for.

Arriving at Hollyburn in the late afternoon, we joined the friendly atmosphere by the fire. There was already an air of anticipation about the following two days' activities. As we warmed ourselves and made our plans for the next day, more and more people joined the circle, until a steady rumble of feet and bags could be heard between the conversation and laughter.

For some, the evening began with a walk on the frozen lake. We heard the crisp sounds of snow being pressed by our moving feet, saw our shadows mysteriously appear, and discovered the full moon sneaking up behind us. This was a moment to be savoured not once but twice as, silently cursing the cold, we followed the shoreline a second time. But the warmth of the fire drew us back to the lodge and its steady rhythm of voices and laughter.

The following day was cold, crisp and sunny. Some enjoyed a ski on the lake; others ventured on the trails. Yet others enjoyed a lengthy skate on the flooded tennis court. A steady flow of bodies bearing hockey sticks and



pleasure skates circled the rink. It was perfect weather for a morning's worth of skating. The afternoon offered a winter trek through the woods surrounding the lake. How else would you top off this day of movement, but with a dip in the hot tub and a sip of Armagnac? The day complete, night began. Dinner was tasty and varied. Soon we were by the fire reading, laughing, and making plans for the following day.

Sunday morning gave us new and perfect snow, a skiers' joy. My sleepy eyes peered out of the window and saw large white flakes blur the colours of the skiers on the lake. It was my first day of skiing on fresh snow. The turn around the lake was heavenly.

Thanks to Tammy Scott for organizing a great trip, and to the camp owners and staff for making it a pleasure-filled time. See you next time on the Hollyburn trails!

– Laima Janusauskas

Paris-Brest-Paris: Long distance cycling at its finest



Last summer, I achieved a number of firsts: I made my first trip to Europe, cycled for the first time in Europe, and rode Paris-Brest-Paris (PBP).

PBP started on Monday, August 23 and ended on Friday, August 27. With 21 other members of the Toronto Randonneurs, I had gone to France to participate in this classic ride, first organized in 1891, and held every four years since the end of the Second World War. Having completed the series of qualifying rides (a 200, 300, 400, and 600 km), all of us were eager to ride, but also somewhat anxious about meeting the challenge of completing 1200 km in 90 hours or less. Although called Paris-Brest-Paris, the ride actually starts well outside Paris, in the city of Saint-Quentin-en-Yvelines, a short bike ride from Versailles. As with the brevet series, one passes

various checkpoints, getting a special card stamped at each.

While most riders choose to do PBP in 90 hours, there are two other completion times: 80 hours and 84 hours. The catch is the decision has to be made in advance, by the end of June. Those electing to do the ride in 80 hours started at 8 p.m. on the Monday, the 90-hour group started at 10 p.m., and the 84-hour group started the following day at 5 a.m. Each group had its own checkpoint schedule to follow, and different colours for the frame-plate numbers.

As this was my first PBP, and as I was uncertain of my training for the ride, I had decided to join the 90-hour start. As part of the third wave of the 90-hour group, my actual start time was 10:30 p.m. It was quite exciting – an official car lead us out to the country – with a sea of tail lights

to the front of me, and a sea of head lights behind. My previous night starts for brevets had only a few cyclists in the group. At the PBP, there were crowds of people at various points along the road cheering us on. We were to receive vocal support – and more – throughout the ride. Though traditional randonneuring emphasises self-sufficiency, an increasing number of cyclists now rely on support teams that meet them at each check point, supplying them with food, extra clothes, and spare batteries for night riding. Lacking a support team, I opted for the traditional, if heavier mode.

During the wee hours of the first night, lack of good sleep caught up with me, and my pace slowed. It became a real challenge to stay awake. Arriving at Mortagne au Perche just as sun was rising, I stopped for some breakfast

and a well needed break. At Villaines la Juhel, the first of the official checkpoints, my card was quickly stamped, water bottles replenished, and I sped on to the next checkpoint at Fougeres. With daylight, the rolling terrain, much of it farm land, became visible. Fougeres was a real treat, with a medieval castle, complete with moat. I took advantage of a shady patch of grass to catch a quick nap. Nevertheless, by the time I arrived at Tinteniac, I was experiencing nausea and dizziness. Once again, I had to lie down. I had originally projected arrival at the town of Loudeac 24 hours after my start in Saint-Quentin, but arrived just after 1 a.m.; so much for my original time estimates. Before leaving for the next check point, I saw a few other Toronto Randonneurs, part of the 84 hour group that had caught up to us.

Not far from Loudeac, there was an approaching group of headlights, the first of the 80-hour group on their way back from Brest! In Loudeac, there were more delays as I tried to get my hotel reservation – booked months ahead – confirmed. It was at this point that I had dark thoughts of abandoning the ride – I was tired, and still feeling nauseated. After three hours' sleep, and ginger capsules offered by Isabelle Sheardown (another TBNER also staying at the hotel), my stomach finally settled down. I managed to arrive in Carhaix in time, and felt hungry enough to have a breakfast of crepes, bread, fruit and a bowl of coffee.

For me, the ride to Brest was definitely the best part of the tour, and I started feeling my strength and enthusiasm returning – this was really fun. The Bretagne landscape was lovely; a winding climb through a low mountain range, gorgeous. After the climb, I stop to admire a small lake in the

village of Huelgoat. The view as we descended toward Brest, was truly spectacular, prompting a stop for photographs. By now, I had travelled over 600 km, through numerous towns and villages, each with local people cheering us on, giving us water, coffee, and, in some cases, food. The route back from Brest followed much the same route; there was the long slow climb back up and over the mountain ridge, before a wonderful, quick descent back to Carhaix.

After a shower, sleep, and breakfast in Loudeac, it was once again sunny. I felt rested and well. The checkpoint at Tinteniac provided an opportunity to fuel up with a big meal. In Fougeres, I was given two wooden-handled souvenir pocket-knives, complete with corkscrew and bottle-opener. At Villaines la Juhel, with one last night of riding ahead, I caught an hour of sleep.

The company of other riders seemed to help move the last part of the ride along. Needing a caffeine fix, some of us stopped at one of the many local pubs that were open through the night; we were amazed to see French riders drinking beer or wine. Not far from the end, I had my first flat, and spent almost 30 minutes removing and re-seating the tight kevlar bead of my front tire. I finally rolled in around 4:17 p.m. Friday – almost four days after I began – to the cheers of a very large crowd at the finishing line.

The pain and fatigue quickly faded, but the wonderful experience of cycling through France will always be with me.

For more pictures and a full list of participants from Toronto, check the Toronto Randonneurs' website at <web.idirect.com/~torando>
– Phil Piltsch



“Funny, I don’t see anything resembling *that* on this map”

TBN education events for March-May

Coronation Billiards has proven to be a great venue for some of our educational events. In addition to a private room, we have the free use of two pool tables. Order a dinner, if you want, and meet other members. It is a little known fact that once you have tried a wheel, you can immediately spot a wobbly cue ball!

At one recent session, members learned how to position the chain before securing the front derailleur cable, and how to adjust the rear derailleur so the chain doesn't come off. The latest bikes make it very easy to get up those big hills – you hardly need to move your hands, and there are a total of 27 gears. This month's issue of *Wired* has a description of cable-less shifting systems – that's right – one is computerized, and the other uses compressed air.

Want to learn about mountain biking? Stay tuned;

a couple of rides will be organized soon. The new millennium has brought single-stem forks, tubeless wheels, and shoes with adjustable rigidity.

– Frank Remiz

Wednesday, March 22:
CYCLING APPAREL

Choose the right cycling pants, jersey, gloves and shoes. Saul will also talk about the challenges of rain and commuting. See the latest fashions.

Call Velotique to register: 416-466-3171.

Cost: Free.

Location: Velotique, 1592 Queen Street East (1 block west of Coxwell). Car parking just outside, and bike parking inside.

Time: 7:00 p.m.

Wednesday, April 5:
HEART-SMART COOKING
Help prepare an easy, healthy, tasty four-course meal. Class size is limited to 25.

Call Muktha Tumkur to register:
416-750-9290. **Cost:** \$5.

Location: West Toronto Secondary School (Home Economics Room) 330 Lansdowne Ave. (2 blocks south of Bloor).

Time: 7:00 p.m.

Thursday, April 20:
ROUND-THE-WORLD TRIP
Follow Sylvie Theberge on her bike trip through the Pacific islands, Thailand, Nepal, Greece and South America. She will use her slides to show how she adapted her riding style to suit different conditions. **Cost:** Free.

Location: Coronation Billiards (Party Room), 378 Eglinton Ave. W. (few blocks west of Eglinton Station)

Time: 7:00 p.m.



Continued on back cover

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.

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.

WEDNESDAY – SATURDAY RIDES: Starting soon. Check the hotline or website for details.

Sunday and Holiday Ride Schedule

SUNDAY, APR. 2

TAYLOR CREEK RIDE - Come and enjoy the bike paths in and around Taylor Creek Park.

Start: Shoppers' World, Danforth and Victoria Park (one block south of the Victoria Park Kiss & Ride)
Dist.: 26 km
Class: Easy Roller
Après: Tropical Nights on Danforth, east of Victoria Park

MEANDERING MAPLE BAKERY TOUR -

Wend your way to a terrific lunch stop at Centro Bakery in the town of Maple.

Start: Finch Subway Kiss 'n Ride
Dist.: 52, 65 & 75 km
Class: Short Tourist, Tourist
Après: Slug & Lettuce, NW corner Finch & Yonge.

SUNDAY, APR. 9

TOUR OF THE RICH AND FAMOUS - Meander through the residential streets of Rosedale and Forest Hill. Enjoy the shady streets and quiet avenues.

Start: King Edward's statue, Queen's Park
Dist.: 30 km
Class: Easy Roller
Après: TBA

STROLLIN' WEST - Two routes converge on lunch in Streetsville.

Start: Grenadier Restaurant, High Park
Dist.: 70 & 90 km
Class: Tourist
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede.

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. Long loop goes through Belfountain and scenic Forks of the Credit Rd.

Start: Woodbridge Arena, Islington & Hwy. 7
Dist.: 70, 95, and 115 km
Class: Short Tourist, Tourist, Advanced Tourist
Après: Nino D'Aversa Bakery, corner of Kipling & Woodbridge Avenues in Woodbridge.

SUNDAY, APR. 16

MIMICO CREEK RIDE - Cycle the bike paths through parkland and along Mimico Creek.

Start: Etienne Brulé Park, Humber River & Old Mill
Dist.: 30 km
Class: Easy Roller
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede.

KING CITY RIDE - Pleasant tour in and around King City.

Start: Finch Subway Kiss 'n Ride
Dist.: 70 km
Class: Short Tourist
Après: Slug & Lettuce, NW corner of Yonge & Finch

BOLTON HAMMER - Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.

Start: Finch Subway Kiss 'n Ride
Dist.: 85 & 115 km
Class: Tourist, Advanced Tourist
Après: Slug & Lettuce, NW corner of Yonge & Finch

HORNBY/CAMPBELLVILLE - Explore some of the quietest roads in Halton with lunch in Campbellville and a descent(!) of Rattlesnake point in the afternoon.

Start: Hornby Park in Hornby. Take the 401 west to Trafalgar Rd., then head north to Steeles and west to Sixth Line.
Dist.: 55 & 67 km
Class: Country Cruise

FRIDAY, APR. 21 (GOOD FRIDAY)

UNIONVILLE BRUNCH - Our traditional Good Friday excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jake's Pub & Grille

Start: Shopper's World, Victoria Park & Danforth (one block south of the Victoria Park Kiss & Ride)
Dist.: 55 & 80 km
Class: Short Tourist, Tourist
Après: Tropical Nights on Danforth, east of Victoria Park

SUNDAY, APR. 23

TODMORDEN MILLS RIDE - Ease into the Leisure Wheelers season with a visit historic Todmorden Mills via the Don Valley bike path.
Start: King Edward's Statue, Queen's Park
Dist.: 20 km
Class: Leisure Wheeler
Après: Arbour Room in Hart House

MAPLE BAKERY RIDE - Head north for lunch at the TBN's favourite bakery.
Start: Finch Subway Kiss 'n Ride
Dist.: 35 km
Class: Easy Roller
Après: Slug & Lettuce, NW corner Finch & Yonge.

FIELDS & STREAMS SPRING TOUR Tourists head west to Streetsville for lunch. Long tour visits Lowville out on Guelph Line.
Start: Etienne Brulé Park, Humber River & Old Mill
Dist.: 65, 80 & 110 km
Class: Short Tourist, Tourist, Advanced Tourist
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede.

DUNDAS AND APOLLO VALLEYS - The nooks and hollows west of Hamilton conceal some of the prettiest roads in southern Ontario.
Start: Town of Greensville. Take the QEW & Hwy 403 west to Hwy 6, north to Hwy 5, then west to Hwy 504 and south to Greensville. Meet at the school on Harvest Rd., just east of Hwy 504.
Dist.: 50 & 75 km
Class: Country Cruise

SUNDAY, APRIL 30

MIMICO CREEK RIDE - Cycle along Mimico Creek to the Eglinton Trail, then west to the Humber and south to the Park.
Start: Outside Old Mill station (park in Etienne Brulé at Old Mill Road).
Dist.: 30 km
Class: Leisure Wheeler
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede.

KINGSWAY RIDE - Wander the lovely neighborhood back streets of Etobicoke.
Start: Etienne Brulé Park, Humber River & Old Mill
Dist.: 35 km
Class: Easy Roller
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

STOUFFVILLE RAMBLER - A new quieter route through Stouffville with lunch at the Whitchurch Pub, of course!
Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie
Dist.: 70 & 90 km
Class: Short Tourist, Tourist
Après: Jack Astor's, Don Mills Shopping Centre

UXBRIDGE UNDULATOR - Ride the quiet, rolling roads of Durham region to a satisfying lunch in Uxbridge. Short tour lunches in Goodwood.
Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie
Time: 8:30 a.m. sharp
Dist.: 110 & 130 km
Class: Tourist, Advanced Tourist
Après: Jack Astor's, Don Mills Shopping Centre

CREDIT RIVER CRUISING PART 1 - An undulating ride through the wilds north of Brampton.
Start: Alloo School on the north side of Mayfield Rd., just east of Mississauga Rd. (Mayfield Rd. is the second road north of Hwy 7).
Dist.: 42 & 64 km
Class: Country Cruise

SUNDAY, MAY 7

ASPHALT TRAIL RIDE - Explore the Martin Goodman, Don and Taylor Creek Trails after a brief start on the streets.
Start: Shopper's World, Victoria Park & Danforth (one block south of the Victoria Park Kiss & Ride)
Dist.: 26 km
Class: Leisure Wheeler
Après: Tropical Nights on Danforth, east of Victoria Park

MODIFIED GUILDWOOD INN TOUR - Travel in style to the Guildwood Inn. Have lunch overlooking the bluffs.
Start: Shopper's World, Victoria Park & Danforth (one block south of the Victoria Park Kiss & Ride)
Dist.: 26 km
Class: Easy Roller
Après: Tropical Nights on Danforth, east of Victoria Park

KETTLEBY SURPRISE - An undulating ride to the village of Kettleby, with the hills of Weston Rd. awaiting the long tour on the way back.
Start: Finch Subway Kiss 'n Ride
Dist.: 70 & 90 km
Class: Short Tourist, Tourist
Après: Slug & Lettuce, NW corner of Yonge & Finch

HOLLAND MARSH-SCHOMBERG - We'll ride among the vegetable fields in the Holland Marsh before heading to Schomberg for brunch. Long tour returns via Bolton.
Time: 8:30 a.m. sharp
Start: Finch Subway Kiss 'n Ride
Dist.: 110 & 130 km
Class: Sportif, Advanced Tourist

BEELINE TO BOWMANVILLE - A quiet undulating route from Oshawa to Bowmanville.
Start: Durham College, North Parking Lot, located off Conlin Rd. just West of County Road #2 in Oshawa.
Dist.: 62 & 76 km
Class: Country



bikes and books

Bike Cult The Ultimate Guide to Human-Powered Vehicles

David B. Perry

Paperback - 570 pages (August 1995)
507 illustrations
Four Walls Eight Windows;
New York / London

In a better world there would be a book called *Car Cult*, aimed at a handful of internal-combustion demolition derby freaks bent on world domination. Faced with the moral and intellectual superiority of us cyclists they wouldn't stand a chance.

For the time being, we'll have to console ourselves with being members of the *Bike Cult*,

and read this masterpiece which covers every imaginable topic related to human-powered vehicles. With an index, a bibliography, and six appendices, it's all here and all highly accessible – even to those who have forgotten – or never experienced – what a remarkable invention the bicycle is. I was happy to find that TBN is listed here under *clubs* along with gazillions of others throughout the world. The arts appendix lists two hundred and sixty-seven pieces of music about bicycling, including my favourite, *Bicycle Race* by Queen (So much for intellectual superiority).

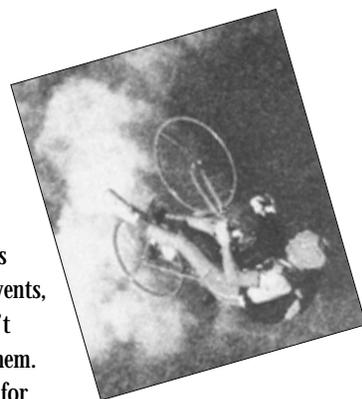
In this off-beat, eclectic, and lovingly-detailed look at the most energy-efficient means of travel, David Perry touches upon such diverse topics as Renaissance art, bicycle-sky-diving, physiology, and fashion.

The history of cycling contains some bizarre events, and Perry hasn't missed any of them.

Did you know, for example, that Hieronymous Bosch had illustrated a unicycling witch? or that the first LSD trip was taken on a bike? – Thirty-six years after this psychedelic voyage by the Swiss chemist Albert Hoffman, Bryan Allen flew the human-powered *Gossamer Albatross* on another kind of trip across the English Channel.

This remarkable book delves into every imaginable aspect of cycling history, lore, and culture. Car-culture members will be intrigued. Perhaps even enough to convert.

– D.Y. and C.C.P



Spring Dinner/Dance, May 26

Attend our Spring Dinner & Dance to meet new friends and get re-acquainted with old ones. TBN's very own Tim Landon will be the DJ. The legendary Balmy Beach Club is located on the boardwalk at the bottom of Beach St. in the Beach neighbourhood.
Balmy Beach Club, 10 Ashbridges Bay Park Rd.
Members: \$23. Non-members: \$28

Cash Bar opens at 7 p.m., dinner at 8 p.m. (to allow for those on the Friday Night Ride to join us in time for dinner).

TTC: Accessible by the 501 (Neville Park) streetcar along Queen St., or the 64 bus southbound from Main subway station.

Parking: Very limited. To reserve, please mail your cheque (payable to the TBN) by May 8.

Include your phone number & membership number, sending it to:

Yvonne de Bulnes
34-02 Forest Manor Rd.
Toronto, Ont. M2J 1M1

Confirmation of reservations will be done by phone. If you have any questions, contact Yvonne de Bulnes at 416-491-0341 or social@tbn.on.ca



Does that mean I have to put my skis away *again*?

After a somewhat slow start to the ski season, things finally got up and running on Sunday, January 16, when a happy crowd headed up to Duntroon to kick off the ski season. While conditions have been somewhat patchy this season, an effort has been made to find the best skiing available – even if this means changing the schedule towards the end of the week. If you sign up for the bus, please

check the hotline on the Friday and Saturday prior to the trip. – It's really the only effective way to notify everyone of changes.

With luck, we will be able to ski until the end of March, but I'm not counting on it. Besides, by that time of the year, thoughts rightly begin to turn towards bicycles!!

– Nancy Palardy, VP Skiing.

Wed. - Sat. rides — starting soon!

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 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

Meet at 9:30 a.m. for a 30-km ride suitable for Easy Rollers and Tourists. The usual start is at the Boardwalk Cafe at Lakeshore and Coxwell. (Parking is available.) Complete the ride before noon, in time to do the Saturday errands, or, if you're in a more leisurely mood, join us for a snack outside the Boardwalk Cafe.

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.

Note:

Helmets are mandatory on all TBN rides. Remember to bring your membership card to show the tour leader, and lights for evening rides. Non-members can join in the fun for \$5.

Tour leaders' clinic

Volunteers are always needed to lead rides – this is how the club is run, using all volunteers. Leading tours is a great way to be involved, as you are able to meet members you might not otherwise meet. Come on out for this two-hour session to learn some tips on leading tours. Please contact Erica Morse at 416-762-0147 if you are planning to attend.

Date: April 18

Time: 7:00-9:30 p.m.

Where: Madison's Pub, 14 Madison Ave (Corner of Bloor and Spadina)

Led by: Erica Morse

Who should attend:

Sunday ride coordinators;
New volunteer tour leaders;
Tour leaders who haven't led rides since '98; and all current tour leaders who feel they need a refresher.

weekend getaways

Allegheny Amble: Friday
May 19 to Monday, May 22

We are continuing the tradition started by Johnny Chong, and will again be visiting New York State for the Victoria Day long weekend. The destination for this popular trip will be Allegheny State Park, about an hour's drive south of Buffalo. Accommodation is in rustic self-serve cabins. Road touring terrain is moderately rolling to hilly, and there also is mountain biking right from your cabin door. Meals will be a group effort.

Cost: between CAN\$75-\$100, which includes three nights' accommodation. Watch the website; or, for final details, contact Erica at 416-762-0147, or touring@tbn.on.ca.

Cruisin' Manitoulin: Friday
June 30 to Monday July 3

Paul Stockton has graciously offered to run this tour again this year – stay tuned for full details, as Paul is changing the route slightly this year.

Great Niagara Freewheelin'
Extravaganza! Friday May 19
to Monday, May 22

The Niagara Freewheelers Bicycle Touring Club presents its fifth annual Victoria Day weekend cycling trip to the lovely villages and quiet rural roads of Menmonite country (Elora, Elmira, St. Jacobs, et cetera). Once again this year, TBNers are invited to join in for the same price as Freewheeler members. There are routes for all riding categories, from novice (30 km) to experienced (160 km). Accommodation will be at Wilfred Laurier University (Waterloo) Student Residences.

Cost is \$150, plus \$5 mandatory insurance. Includes three nights' accommodation, three breakfasts, two dinners, and a Sunday night social. See the registration form with this issue of *Quick Release*. Please mail your cheque and registration to the address on the form. For further information, contact David LaFerla at 416-447-2857; E-mail: dlafer@accessv.com

Let it Roll!!

Last year's spinning craze may well still be all the rage, but if you can't make it to the gym, or if you're not confident enough to expose your lack of conditioning in public, then this article's for you.

A set of rollers
Haven't got rollers? Spend \$150 or so, and get a cheap set. Your windtrainer/trackstand will do, but is even more boring than rollers, and allows you to slack off in a way that rollers don't. With rollers, the only thing keeping you upright is the gyroscopic effect of the wheels going round - the same thing that keeps you upright on the road. If you stop pedalling (or stop paying attention), you fall off. Rollers also help to improve your technique by encouraging you to pedal in smooth circles.

Inspiration
Go down to Velotique and rent a couple of Tour de France or Giro d'Italia videos. The scenery's fantastic, there are some great pictures of bikes and riders, and pretty soon you can just imagine yourself out of the saddle, jamming up l'Alpe d'Huez with Pantani and Julich, or squeezing between Cippollini and Zabel to throw your bike across the line at the end of a sprint. If you're feeling really masochistic, get a tape of some of the spring classics. Few things are more inspiring than seeing 70 or 80 guys cranking it out through the back streets of Ghent in the freezing rain; or rattling their brains, riding in the mud and cobbles between Paris and Roubaix.

Some loud music and a set of headphones
The headphones are purely for public relations purposes. If you don't have neighbours or family, or just don't care what they think of your taste in music, dispense with the headphones.

A workout program
This will relieve some of the boredom you're bound to experience, and ensure that the time on your bike will be well spent.

Some suggestions:
(45-60 minutes total - after that, your rear end starts to hurt)
Warm Up
5 minutes each in 42x19, 17, and 15. Then do one of these workouts

1 - Develop Speed
Work and Recovery 10 to 20 reps of 15 seconds all out in a big gear - 53x13. Alternate with 45 seconds easy spinning in a 42x17 gear at 90 rpm.

2 - Develop Recovery
Work and Recovery 5 to 16 reps of 1 minute in the biggest gear you can maintain 90-110 rpm. Spin easily after each work interval until your heart rate falls to about 130 or your breathing returns to near normal.

3 - Develop Power
Work and Recovery 3 to 6 reps of 3 minutes at 90 rpm in a big gear. Spin for 3 minutes in a low gear between efforts.

Cool Down
3 minutes each in 42x15, 17, and 19

A few further notes/suggestions
If you're new to rollers, or, like me, just plain nervous, set the rollers in a doorway or narrow hall so if you crash you don't go straight to the floor.

A heart rate monitor will let you control your workout more easily. Set up a fan to blow cooling air across your body. Turn up the volume on your stereo. **TURN UP THE VOLUME ON YOUR STEREO.** My top ten favourite roller tunes are listed below.

I like to watch the TV too. Watch the bike race videos you've rented. Hockey games are good, and so are basketball and soccer. I find football a little too 'stop and go' (and there are too many commercials!). Baseball's a complete waste of time. Turn the TV volume off, and turn up the volume on your stereo.

Vary your routine. Try timing your intervals to the music. Crank hard in a big gear for one song and spin easily through the next to recover. (It helps if you're familiar with the songs on the tape/CD if you're going to try this. Otherwise you may find yourself cranking through a 13-minute live version of "Tied to the Whipping Post".) Or, if you want to work on leg speed, spin really fast during the chorus, or through the guitar solos, and recover during the verses. If you're watching TV, crank it up during the commercials and rest during the play (or try it the other way around).

Remember to warm up for 15 minutes or so, before starting the real work. Cool down for 10 minutes or so, after finishing the real work. You're probably going to get bored anyway.

Turn up the volume.

Al's Top 10 Roller tunes.

Get out the headphones, strap on your heart monitor, crank up the volume, and spin till you're light-headed. For me, volume is essential. If you can hear your drivetrain, there's something wrong with your volume switch. If you've got downtube shifters, front derailleur adjustments can be an adventure in physics, so it's better if you just don't hear the chain. My current favourites:

- J. Geils, Hotline** (ain't no Easy Way Out - ride or rot)
- Jimi Hendrix Experience, Smash Hits** (Purple Haze in front of your eyes? Slow down - there's too much blood in your legs and not enough in your head.)
- Blues Traveller, Four** (aerobic power on the harmonica!!)
- Hound Dog Taylor and the Houserockers, Natural Boogie** (who needs the rollers? If this doesn't get your heart going, call 911.)
- Allman Brothers, Brothers and Sisters** (cyclist's motto - I was born a Ramblin' Man)
- Little Feat, Let It Roll** (another motto)
- Buckwheat Zydeco, On a Night Like This** (high carbo - red beans and rice)
- Z.Z. Top, The Best of...** (get your Tush in shape)
- Chris Duarte, Texas Sugar/Strat Magik** (Big Legged Woman - yum!)
- 10. Ramones, Rocket to Russia** (3 chord R&R at its finest - no brains...no pain)
- Alan Kary

member's profile

Paul Stockton

Member since: 1985

Rider class: Tourist

Bicycles: Trek 520, Miyata Triplecross, and a cheap mountain bike

Longest Day Ride:

161 km, Hail Centurions, July 1996

Favourite ride:

Campbellville Country Cruiser

Après stop:

Any place with ice cream

I've always cycled, ever since I was a kid in Regina, roaming the neighborhood on my Mustang bike with the banana seat. As I grew older, I cycled to high school and later, university. When I got a summer job in downtown Regina, I cycled the four miles to work. My mom thought I was crazy. After graduating, I started a new job; it was six miles away, but I persisted in cycling.

At the time, I heard of a bike club in Saskatoon that did an annual ride from Saskatoon to Regina. I thought *that* was crazy.

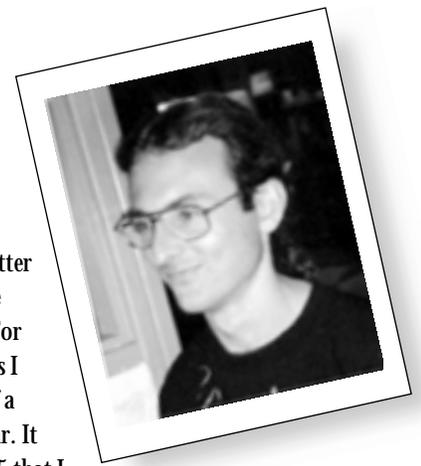
Shortly after, I was laid off, and ended up in Toronto. It was the spring of 1985, and I was shopping for a new bike, having left my beat up old CCM behind. In the late, lamented Bloor Cycle, I picked up a TBN brochure, and decided to join. It was a much smaller club back then. There wasn't the plethora of rides we have today; just the Sunday rides, with only a couple of those to choose from.

Over the years I've cycled every inch of Toronto and the surrounding area. Thanks to the club, I probably

know the city better than most native Torontonians. For the first ten years I had perhaps half a dozen rides a year. It wasn't until 1995 that I *really* got involved with the club. That was the year of my first loaded tour. I cycled the California coast, from San Francisco to San Diego. My mom thought I was crazy, but, by this time, she was getting used to it.

I've made many great friends through the club, and traveled to a lot of amazing places with them, from Quebec to Oregon to New Zealand.

In April of 1997 I took off for a year, travelling around the world. If it hadn't been for all the people I'd met in the club who had done similar journeys, it probably would not have occurred to me that it was possible. So, I've cycled through India – now, *that* was crazy!



Working Together Works!

Everyone knows that TBN is a club operating completely with volunteers. So – when was the last time you offered some assistance to its operations? If you have never done so, there is never a better time to start than now! When you volunteer your time and effort to assist the club in its activities, there are many ways you will be rewarded.

Depending on the scope of your involvement, your organizational, leadership, negotiating and interpersonal skills are needed; and in turn, further developed. Whether you are a new member or a long-time one, you will meet many people with similar interests. Furthermore, whether you take on a small or large

role, it looks great on your resume. Aside from these benefits, in some cases, TBN offers incentives such as free memberships, free entry to events you organize, or it subsidizes your costs for trips you organize.

Don't underestimate what you could offer our club. We also appreciate comments, so contact the appropriate director, or the president, if there are suggestions you would like to make, changes you would like to see, or a programme you would like implemented. Keep in mind that your participation in club activities and events is also a form of support. More important than having a large membership, is having a happy one. TBN is a club based on what our members make of it. Be a catalyst and make the most of your club!

– Muktha Tumkur



Thursday, May 11:

VIDEO NIGHT

Two races, two legends. Learn how two racers overcame enormous personal and professional challenges. Feel the agony and the glory, as they became world champions. The first one follows Lance Armstrong of the U.S. on the Tour de France in 1999. The other follows Fausto Coppi of Italy who won the Giro d'Italia in the 40's and '50's. **Cost:** Free.

Location: Coronation Billiards (Party Room), 378 Eglinton Ave. W. (few blocks west of Eglinton Station)

Time: 7:00 p.m.

Saturday, April 29

& Sunday, April 30

RIDING SKILLS CLINIC

TBN's popular Advanced Riding Skills Clinic, conducted by Mr. Aubrey Bryce, a certified coach and instructor, is being offered again this year.

This seminar lasts two full days, and covers the practical aspects of improving cycling enjoyment and performance. Instruction is through an entertaining and informative blend of classroom discussion and practice sessions on the road.

It is aimed at the Advanced Tourist trying to make the jump to Sportif as well as those Sportif riders wanting a refresher, or to further hone their skills. While the focus is on group riding skills, additional topics covered include proper bike fit, weight-training programmes, and proper nutrition.

Registration fee is \$15.00. Class size is limited to 20 people and there is a no-show penalty of \$15.00. Please bring a lunch, a pen and notepad, your ROAD bike and be prepared to ride ... a lot. The venue is the Glendon

College Campus of York University, 2275 Bayview Ave at Lawrence.

You must pre-register for the clinic by calling Owen Rogers at 416-925-5035, or e-mail rideclinic@tbn.on.ca no later than Thursday, April 27. Be sure to leave the following information: name, membership number, phone number, riding class (Tourist, Advanced Tourist, Sportif). If you attended last year, then mention what additional topics you would like covered. Here are the details:

SATURDAY

APRIL 29

8:30 a.m. to 5:30 p.m.

- Introductions
- Evaluation Ride
- Braking Skills
- Cornering Positioning
- Gear Changing Skills
- Communication Skills (in pack)

LUNCH BREAK

- Pedalling
- Biomechanics
- Bike Safety Check
- Nutrition
- The Fitness
- Progression
- Heart Rate Monitors
- Group Ride
- Feedback & Review
- Double Echelon
- Feedback & Review
- Bike Fit

SUNDAY

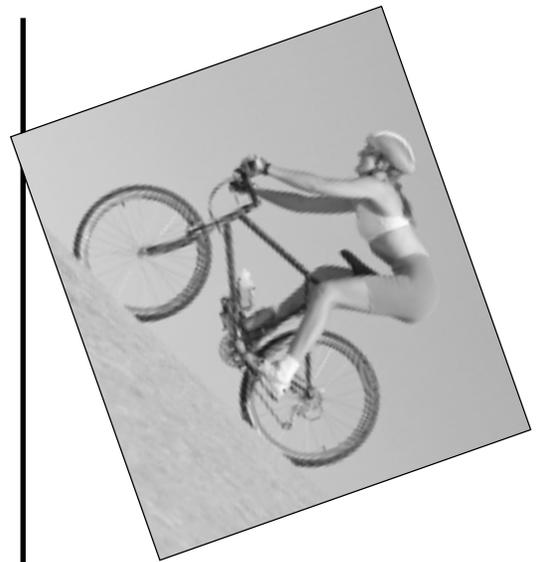
APRIL 30

8:30 a.m. to 5:30 p.m.

- Group Ride
- Bike Handling Skills
- Touching Wheels
- Touching
- Elbows/Shoulders
- Shoulder Checks
- Weight Distribution
- Hill Climbing
- Techniques

LUNCH BREAK

- Group Rides
- Switching Wheels
- Single Echelon
- Cornering in Paceline



Mountain Biking

Hey, all you mountain bike enthusiasts – start oiling that chain, pumping those tires and getting ready for those adrenaline highs. TBN is planning monthly visits to some of the out-of-town mountain bike facilities for some mud and fun. Stay tuned for further details. Contact Erica Morse at 416-762-0147 if you are interested.

classy ads

For Sale: XS LADIES' long sleeve PEARL ISUMI Lightweight JERSEY in NAVY BLUE.

Recently purchased at warehouse sale for \$35.00. Would like \$30.00 or will consider best offer. Call Valerie at 416-255-2084, evenings.

Bike Wanted for: Waterproof Minolta Vectis camera (Advanced Photo System). Never used. Value \$250. Will exchange for used 21-speed mountain bike with good components (Acera or better). Anthony 416-934-9243.

SHIATSU MASSAGE A balancing act. Treatment \$40.00. Contact: Julie Perry 416-604-8852.

Member, CPAAM (Canadian Practitioners' Association of Asian Medicine)



This logo is a winner!

Congratulations to Owen Rogers, winner of the Cycon logo contest; and thanks to the nine other cyclists who also submitted entries.