

# QuickRelease

March / April 2003  
Volume 21, Issue 1



## Oh, what a feeling!

### The Toronto International Bike Show Friday February 28 to Sunday March 2

National Trade Centre, Hall A, Exhibition Place

See all of the latest technology in the manufacturer's showcase section and talk to industry representatives. If you're in the market for a new bike you'll find the very best prices on last year's models and accessories are available in the retailers' section. Most of the major retailers in the GTA will be on hand.

Drop by the TBN booth and renew your membership, or bring a friend along and sign them up for \$5 off the regular new member's price of \$55. Free indoor bike parking in underground parking area.

**Show hours:**

Friday, noon to 9:00 p.m.;

Saturday: 10:00 a.m. to 8:00 p.m.;

Sunday: 10:00 a.m. to 6:00 p.m.

Adult admission: \$10.00; seniors and 6-12 year-olds:



RENEW OLD ACQUAINTANCES, MEET NEW FRIENDS

## TBN SPRING DINNER DANCE

SATURDAY MAY 24, 2003

TORONTO SAILING & CANOE CLUB

1391 LAKESHORE BLVD. WEST

MEMBERS \$30.00 NON MEMBERS \$35.00

(SEE PAGE 9 FOR DETAILS)



Quick Release is published five times a year. Members are encouraged to submit material for publication. Classified ads are free for members. To discuss a submission, call Loreto Manni, Managing Editor at 416-783-6953 or e-mail [newsletter@tbn.on.ca](mailto:newsletter@tbn.on.ca). We would prefer submissions be made digitally, so send ads/ stories/ graphics to: [newsletter@tbn.on.ca](mailto:newsletter@tbn.on.ca) in one of the following formats: text.txt, word.doc, wordperfect.wp ... and your graphics/photos in these formats: .tif, .jpg, .eps, .gif Analog submissions may still be made by letter mail to: Toronto Bicycling Network Attn: Editor, Quick Release 131 Bloor Street West, Suite 200, Box 279, Toronto, Ontario, M5S 1R8

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 Website [www.tbn.on.ca](http://www.tbn.on.ca)  
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 (please specify intended recipient in

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

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**Hotline Directory**

**From the main menu press**

1. Weekend and holiday rides
2. Weekday events
3. Social events & membership information
4. Weekend trips,
5. Cyclon 2003 information

**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)

# Welcome to the 2003 Cycling Season!

Daniel Engels, VP Touring

Hello cyclists and in-line skaters, and welcome to another season of fine outdoor activities with the World's Best Recreational Cycling Club!

I am pleased to advise that the rides and other activities that you have enjoyed in 2002 will continue in 2003! In fact, all the co-ordinators (people who select the ride, recruit a ride leader, and generally ensure that our many events take place) will be back this year! A big thank-you to Bill, Dan, David, Kay and Peggy (the Dynamic Duo), Jamie, Julie, Martha, Owen, Ron, and Rowena for taking this on!

The excitement begins March 19th, with the first Wednesday Wheelie ride.

Details on rides to the beginning of May are enclosed with the newsletter.

All this happens because of the dedication of your fellow members, who volunteer to lead events throughout the club. Why don't you consider volunteering with TBN? As a start, try leading a ride. We have two ride leader clinics (see article in this issue) where you can learn all about leading a ride.

We are also looking for new ride ideas. Please share with me your thoughts about our day programme, either by e-mail at [touring@tbn.on.ca](mailto:touring@tbn.on.ca), or by phone at 416-429-6088.

Have a great year with TBN!

## 2002/03 board of directors

At October's Annual General Meeting the new TBN board of directors was presented.

Top row (left to right): Joshua Wolman, Weekend Trips Director; W.D. Lighthall, Publicity & Promotions; Doug Innes, Treasurer; David Weil, President; Dan Engels, Vice President, Touring. Bottom row (left to right): Richard Budic, Secretary; Ron Fletcher, Social Director; Loreto Manni, Managing Editor QR. Absent from photo: Kathleen Ryan, Vice President, Skiing; Vanessa Busch & Trevor Woerner, Directors of Cyclon; and Celine Turgeon, Education director.



**Tour du Highway**  
and  
**Other Cycling Stories**  
by **Bruce McCormick**

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*Riding Through the Real World*

## News Brake

Toronto Police Bike Auction moved to ebay. Site address  
[http://members.ebay.ca/aboutme/toronto\\_police\\_auctions/](http://members.ebay.ca/aboutme/toronto_police_auctions/)

Its Rowena Maclure's final year as Country Cruise coordinator. If you would like to take over the position contact Rowena or Dan Engels.

TBN welcomes Vanessa Busch and Trevor Woerner as our new Cyclon Co-Directors.

Anne Nikkel, former Cyclon director, had a baby boy on December 8, 2002, weighing 8 lb 2 oz.

TBN welcomes Celine Turgeon and Carlos Rodas, who will take over education activities for TBN.

Do you have a great TBN memory on film? We're always looking for photos of TBN'ers on rides having a good time. Send us your photos and we will use them in the newsletter.

TBN member Jaye Haworth is planning to ride the required brevets to qualify for the Paris-Brest-Paris ride, August 18 - 22. The ride is 1,230 K and must be completed in 90 hours. Good luck Jaye!



## Director's Report

By Anne Nikkel, Director of Cyclon 2002

Cyclon 2002 was a wonderful weekend of cycling, eating and partying for over 200 cyclists. The weather was nearly perfect with barely a cloud in the sky, the cycling was terrific and the food was plentiful. Early indications are that it was a highlight of the summer for many participants. Special thanks are due to some special people. A great BIG thanks to **Eileen Harbinson, Doug Innes, Trevor Woerner, Vanessa Busch and Denis Grey** for devising the overall vision and doing a lot of the "grunt work" starting last fall. But it would not have been successful without the energy, hard work and advice provided by a host of volunteers. Names that spring to mind: **Karen Martin, Roberta Terzolo, Julie Postil, Sandra & Paul McCrossan, Carole & Roy Hill, Laima Janusauskas, and John McCuaig.**

Most of the aforementioned are also included in the commendable list of over **20 tourleaders and sweeps.** THANKS to

the many of you who acquainted yourselves with the routes prior to the ride, corrected an occasional map error, planned appropriate stops on the route, and assisted with flat tires and other minor mechanical difficulties. Gratitude is also extended to the dedicated and detailed volunteers assisting with **registration** on Friday evening. A smile and a thanks is also due to **Ron Fletcher**, TBN's very own social director, who got the weekend started on a "high" by facilitating an energetic time of "fun and games" at the Friday evening reception even though he couldn't stay for the weekend – now that's dedication!

A lot of credit for Cyclon publicity goes to **Owen Rogers**, TBN's webmaster and QR editor. Thanks to Owen we had up-to-the-moment coverage via the TBN website, Chain of Events e-mail news and of course the TBN's own *Quick Release* newsletter.

Several generous suppliers kindly donated a variety of items to Cyclon. Special thanks goes to: **Bayview Cycle** who donated \$300 in gift certificates; **FitFix** who donated 2 personal training packages, and **FitNet** who also donated a personal training package.

After 2 years of organizing Cyclon, it's time to let someone else take on the role of Director and make their mark in the Cyclon history books. Cyclon 2003, our 17th annual, will again be held at Brock University. Organizing Cyclon is a challenging task, but it also has many rewards one of which is meeting many new people.

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## Ride Leader Clinics

Daniel Engels, VP Touring

For 2003 we will be holding two Ride Leader clinics. This is a great opportunity for current ride leaders, and members considering leading rides or other TBN events, to discover what is involved in leading TBN rides, or to brush up on your skills.

Come listen to other people who have led rides and learned some new and exciting tips! As a reminder, all people who lead rides should have attended a Ride Leader's Clinic in the past three

years.

The two clinics are as follows (both cover the same topics):

Saturday April 5, 2003, 9AM - Noon

Tuesday May 27, 2003, 7PM - 9:30PM

Refreshments will be served.

Both clinics are at the:

North Toronto Community Centre  
200 Eglinton Avenue West, 2nd Floor  
Toronto, Ontario M4R 1A7

The North Toronto Community Centre is a 10 minute walk west of the Eglinton

subway station. Free bicycle and vehicle parking nearby!

Please contact me if you are planning on attending either clinic, and indicate which clinic you will be attending. Responses should be sent RSVP by e-mail to [touring@tbn.on.ca](mailto:touring@tbn.on.ca), or by telephone to 416 429 6088

P.S. Attending one Ride Leader clinic each year qualifies towards a free TBN membership renewal!

# GROUP RIDING: FAST, SAFE & FUN

By David Weil, President

So you're new to the club, or you're making the change from Easy Roller rides to Tourist, and you see a group of riders cluster together and take off. You think to yourself "they're just competitive and trying to go really fast; that's not how I want to ride." I've heard a number of people make comments to that effect, especially last August at Cyclon, and it's not really like that.

Pack riding (riding closely in a group) is primarily about teamwork and co-operation, and it can be very social too. In a double pace line you can have a 3- or 4-way conversation going, and as the pack rotates you can talk with everybody in the group. Sure, the riders doing a turn pulling (leading) are probably a bit more heads-down-focused on the road and their pace--but the rest are more relaxed and enjoying themselves. Anyone who watched the Tour de France will understand how much faster than individual cyclists a co-ordinated pack can be. We don't go nearly as fast as the tour cyclist, but the same dynamics apply; individually the cyclists in a pack might only be able to maintain a 24km/h average pace, but put eight of them together and the pack will be able to average 29km/h.

Sounds great, doesn't it? Unfortunately, it's not quite as simple as just hopping on the back when the "train" goes by. There are things you need to know before riding 30km/h down the road with other cyclists a metre ahead, beside and behind you. We're not talking about the Caramilk secret here; almost anyone you ask will be glad to teach you, but we're not good at offering to teach people. I'll try to explain the most critical things here; beyond this, don't be afraid to ask people for tips, or ask to ride with them.

## Keep people informed.

This is the most critical point. Most group accidents happen when someone stops or swerves suddenly without giving the other riders enough warning. Always call (yell out) **before** hitting the brakes; the rider behind you will need a split second to react to your call, and in a large group will need to

relay the call back.

## Look ahead.

It's a common mistake to end up watching the tire in front of you, especially if you're tired and hanging on at the end of the pack. Unfortunately, this gives you very little time to react if the rider ahead of you changes position or speed. If you keep your head up, you can watch the motion of the riders 3 or 4 ranks ahead and be ready for any sudden changes in position.

## Hold a line, hold a pace.

This is most important when you're pulling the pack, but even in the middle of the group it's important to be predictable. You have to have a certain amount of trust in other riders to draft them, so you want them to change road position slowly, allowing lots of time for others to react. Holding a line means keeping a stable lane position, not--for instance--swerving around sewer drains. Pick a line you think you can follow, watch the road ahead, and if you see up will have to dodge a pothole, try to drift slowly to the side to avoid it. Keeping a constant pace is also important, since you don't want the people behind to suddenly ride up onto your wheel. Try to find a cadence that's comfortable and keep ticking it over.

## Warn the riders behind you.

Riding behind another rider really cuts down on the time you have to react to obstacles on the road. Loose gravel, potholes, cracks wide enough to grab a tire, tree branches, etc. can all take down a surprised cyclist, so it's important to warn the riders behind you. Riders in pack seldom follow directly in line - favouring a slightly staggered line - so even if your line misses the obstacle, it may still be a hazard to a rider behind you. If you see a potential hazard on the road, point to it. Hold your hand out from your body so it's visible to other riders, and point directly down at the hazard. Some riders have ways to indicate different kinds of hazards; I don't know if there are standard signs or not, but just providing the warning is the most important

point. It also helps to yell out "crack" or "gravel" so people know what to expect. (In case someone can't dodge the problem, they at least know what they're going to have to cope with.)

The other common sign is a hand (usually the right) waved behind the back to indicate that the entire pack needs to move its line (usually to the left). The most common reason for this is parked vehicles or other obstacles in the lane.

## Maintain a safe distance.

Yes, the closer you are to the rider ahead, the better the draft you're going to catch. But you don't want to be so close that you endanger either of you. Until you're reasonably experienced, try to keep at least 25cm of distance from your tire to the tire of the rider ahead of you. You can still catch a meaningful draft from one metre back, so don't be too aggressive about closing to the rider ahead. It's also a good idea to not follow directly behind, since if your tires "kiss," you're going to go over your handlebars. I try to ride to whichever side of the rider I'm following that will give me the best escape route if the pack makes a panic stop.

## Keep your bike in good shape.

If your bike is on the verge of falling apart, people aren't going to want to have you riding in pack with them. Remember, they need to have an expectation that you're not going to do anything stupid or unexpected that might cause an accident.

You'll probably need to practice a bit too. It takes focus to do a shoulder check, get an energy bar out of your pocket or take a drink without letting your bike drift sideways. Still, I think it's worth it, and the first time you're cruising along a flat at 35km/h, breathing easily, with only a whisper of a tailwind, you'll understand why the pack doesn't like to stop.

Next time; single and double pace lines and rotation.

# Oh, what a winter!

By Kathleen Ryan, Vice President, Skiing

For TBN cross-country ski fans, the winter of 2003 has been a great one. Every Sunday in January and February, a bus of keen skiers has left the slushy, salty streets of the city behind and journeyed to the winter wonderland that is ski country. At ski resorts ranging from Hardwood Hills to Highlands Nordic to Wasaga Beach, TBN skiers have enjoyed excellent snow conditions, crisp air, a refreshingly peaceful environment and good company.

Skiers have included seasoned veterans who monitor their heart rates as they race along the trails, first-time skiers who are getting used to a great new sport, as well as

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## Make Every Week Bike Week

Aron Dunn Bike: Week Facilitator, Adina Spivak Bike: Week Community Events Facilitator

Greetings TBN Members. I thought we'd like to update you on the City of Toronto's plans for Bike Week 2003. This year's theme is "Make Every Week Bike Week," and we need your group's support to make the event a success. The festivities will be launch on Monday May 26<sup>th</sup> with the 14<sup>th</sup> Annual Group Commute and Free Pancake Breakfast. The ride starts at 7:30 a.m. at Bloor & High Park, Yonge & Lawrence, or Woodbine & Danforth. The three groups will congregate at Yonge & Bloor at 8 a.m. before heading to Nathan Phillips Square for a free pancake breakfast, generously supplied by Whole Foods Market. There will be product giveaways, entertainment, speeches and much, much more. I am cordially inviting all TBN members to join the Group Commute and show your



support for Bike Week. We also have **FREE** T-shirts for Group Commute participants. I'll include details of how you can get one of these limited edition Bike Week T-Shirts in the next newsletter.

The other big news is that the city's

brochure is now available. It includes a map of the Group Commute's start points as well as a sneak peak at a few of this year's events. Some old favourites, like the Becel Ride For Heart, have returned. Look for it in your local bike store or community centre. You can also pick them up at civic centres including City Hall and Metro Hall or check it out on line at [www.toronto.ca/cycling/bikeweek\\_2003.htm](http://www.toronto.ca/cycling/bikeweek_2003.htm)

The City's friendly Bike Week staff are always available for consultation. Please contact at [bikeweek@toronto.ca](mailto:bikeweek@toronto.ca) or (416) 392-7592 for more information. Keep pedaling



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people rediscovering the joys of cross-country skiing after an absence.

Whether you skate ski or classic ski, cross-country skiing is a fantastic workout and a great opportunity to leave the city behind and get back to nature. If you're looking to try something completely new, several of the resorts (including Hardwood Hills, Horseshoe Valley, Wasaga Beach, and Lafontaine) have snowshoeing trails and rent equipment.

As long as there's snow, the ski bus will continue to head north on Sundays. The ski bus leaves at a reasonable hour, so there's no need to wake up early. Come by yourself or bring a friend. Check out the ski webpage on the TBN website or call the TBN hotline for the latest information on the ski destination of the week.

See you on the trails!

# Tempted to Try In-line Skating?

Martha Scott Inline Skating Coordinator

For those bashful beginners or nervous newbies who might be feeling fearful, awkward, slow or who haven't yet mastered stopping (yikes!), below are some encouraging words for you from three former newbies. If, after reading their comments, you still don't feel ready to join the TBN's blading bunch you can first take a couple of lessons. TBNer Ron Horton and other instructors are listed on our webpage at [tbn.on.ca/inline](http://tbn.on.ca/inline). For added help, be sure to read "Tips for Newbies" also on our web page.

-- Albert Ng: I was a bit nervous on my first outing with TBN having only bladed twice on my own with a cheap pair of skates I had recently purchased from Walmart. However, to my surprise (and relief), there were many inline newbies who were just out there to have fun, and wanted to practice in the

company of others at their level. There was no pressure to keep up with the pros, and that first day turned out to be a great experience! I instantly became a regular, and was introduced to many nice trails that I didn't previously even know existed... Rowntree Mills Park is my all time favourite.

-- Andrew Tron: I had a wonderful time during the whole TBN in-line skating program last season and met lots of great people. I strongly feel that I would not have progressed in my skating ability as much as I did outside of the club environment, one that was at the same time nurturing and challenging. I look forward to hitting the trails and roads this season with the club.

-- Claire Vendramini: Yes, I know what you are thinking because when I first started blading, I was thinking the same. My gosh,



it's a sidewalk, my gosh, it's sand and, OH MY GOSH, IT'S A HILL! Sometimes I still get the jitters, but each time I strap on the skates and roll with the TBN bladers, it doesn't take long before I'm glad I took the time to learn to blade and joined this group. If someone is having difficulty, Martha's right there to help or give an encouraging word. Join us once and I know you'll come back. The company's terrific and the rolls are fun.

For all skaters... This year's skating schedule gets in motion in May, on Tuesday evenings and on the occasional Saturday morning. Come join us!

# Weekend Getaway

## The Allegany Amble

The tradition continues as TBN will again be visiting New York State for the Victoria Day long weekend. The destination for this popular trip will be Allegany State Park, about an hour's drive south of Buffalo. Accommodation is in rustic self-serve cabins. The terrain is moderate rolling to hilly for road touring, and there is also mountain biking right from your cabin door. Meals will be a group effort. Cost: To Be Announced

Make cheque payable to the Toronto Bicycling Network.  
Contact: Dave Maclean, 416-482-8033.

## DAY TRIP VOLUNTEERS WANTED

Joshua Wolman, Multi-Day Trip Director

As the winter-wrap up is slowly creeping to a close another season of cycling is about to start. I would like to welcome everyone to another great season.

This year we will have the customary rides; Allegany, Manitoulin, Toronto-Niagara-Toronto (TNT). We will also try to bring back some of the golden oldies. If you have a certain trip or know of an area which would lend itself to a great weekend, I'll assist you in organizing the trip which could be

included in this season.

These trips can only take place if new and former leaders come forward. If you feel you want to organize and lead a multi-day trip do not hesitate to contact me by phone or by e-mail at [trips@tbn.on.ca](mailto:trips@tbn.on.ca)

I look forward in assisting and meeting with you in the coming season. Have a great season.

# Trail Riding Schedule



### Durham Forest Sat April 5

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

**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.

### Don Valley Sat April 12

*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:** 10 am **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.

### Coulson Hill Sun April 13

Small mixed wood lot with 12 km of winding, clay/gravel trails with logs, singletrack & fire roads

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

**Facilities:** none

**Trailhead:** From Bradford, take Hwy 11/4 north to 11<sup>th</sup> Concession (Coulson Hill Rd). Turn west and follow for about 10 mins.

[ From the 400 exit#64 east towards Bradford, north on 10<sup>th</sup> sideroad, west 11<sup>th</sup> Concession.] York regional forest is on right side of road. Just before the bridge over Hwy 400

### Mansfield Sat April 19

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.

**Start:** 10:30am **Trail pass:** \$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 Center, (don't go to the ski hill on the left)

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# Let's get Rock'n and Roll'n

Dan Roitner, Trail Riders co-ordinator

The Mountain Bike, Trail Riders group are out for their fourth season riding the trails of southern Ontario. Come and join us either on a beginner **Nobbie Newbie** ride or one of our regular weekly rides. Enjoy the thrill of cycling through the forest as you twist and turn your way around trees, rocks and over logs.

Doug McCorquodale and I have put together an exciting schedule with two new ride locations; Kalapore Uplands and York Forest. ( Doug is also continuing to lead occasional Wednesday night rides in the Don Valley.) Trail riding is not a speed or distance thrill (that we leave for the road riders), but a

challenging skill of balance, perception and technique. No time to daydream here kids, attention to trail terrain, direction, gearing and speed all combine to leave us all smiling in a sweat.

The advantages of trail riding for those of us who love to ride off-road are; well no roads, no traffic, no stop signs and little wind. There is also cleaner air, it's quiet, scenic and we travel in smaller groups. Interested yet? If so you will need a proper bike, equipment and guts to join us. Read our page on the website [www.tbn.on.ca/cycling/mtb.htm](http://www.tbn.on.ca/cycling/mtb.htm).

We hope to see you out for a bit of exercise and a chance to make some good friends.

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[www.mansfield-outdoors.com](http://www.mansfield-outdoors.com) Note: check hotline 416 760 4191 to confirm ride

## Ganaraska Forest Sun April 27

Ganaraska is a huge +100 km forest, littered with x-ski loops and single track trails. Easy to moderate, sandy, large hills, a fast ride

**Start:** 10:30 am **Trail pass:** \$5

**Facilities:** outhouse

**Trailhead:** Hwy 401 east of Toronto take 35/115 north to Kirby, go east on Ganaraska Road (County Road 9) for 10km then go north for 4km on Cold Springs Camp Road to The Ganaraska Forest Centre. [www.grca.on.ca](http://www.grca.on.ca)

## Ravenshoe Sat May 3

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:** none

**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

## Highland Creek Sun May 4

*Nobbie Newbie beginner ride*

Come out on an instructional ride through the heart of Scarborough. This easy 15km route will take

riders through the basics of technique and trail safety.

**Start:** 10 am **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.



## SPRING DINNER DANCE SATURDAY MAY 24, 2003

Come dining and dancing by the water's edge at the Toronto Canoe and Sailing Club. Cash bar opens at 6:30 p.m., dinner at 7:30 p.m.

Toronto Canoe and Sailing Club is located at 1391 Lakeshore Blvd West at Jameson, just west of the CNE.

Members: \$30.00

Non members: \$35.00

After May 17 \$35.00 everyone.

Please include your name, phone and membership numbers. For more information call Ron Fletcher, 416-461-9695

Special note to first-timers: TBN does not issue "tickets" for social events. We add your name to the attendance list when we receive your cheque. You need only identify yourself at the reception desk when you arrive at the event.

Make cheques payable to:  
Toronto Bicycling Network  
c/o Ron Fletcher  
121 Victor Ave  
Toronto, Ontario  
M4K 1A7

**TTC:** Take the King Streetcar south from Dundas West Station, debark at King, take the pedestrian bridge across to the Palais Royale, then proceed back east along the recreational path to the club. Paid parking is available.

# 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

### MEANDERING MAPLE BAKERY Sun March 30

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

**Directions:** Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge St. and Hendon Ave, one block north of Finch.

**Distances:** 52, 65 & 75 kms

**Classifications:** Advanced Tourist, Short Tourist, Tourist

**Après Ride:** Slug & Lettuce, NW corner Finch & Yonge.

### KING CITY RIDE Sun April 6

Pleasant tour in and around King City.

**Directions:** Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch.

**Distance:** 70 km

**Classification:** Short Tourist

**Après Ride:** Slug & Lettuce, NW corner of Yonge & Finch

### BOLTON HAMMER Sun April 6

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

**Directions:** Meet for a 10:00 a.m. departure at Finch Subway Kiss and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch.

**Distances:** 85 & 110 kms

**Classifications:** Advanced Tourist, Tourist

**Après Ride:** Slug & Lettuce, NW corner of Yonge & Finch

### STOUVILLE RAMBLER Sun April 13

An easy ride up to the Lion of Whitchurch pub in Stouffville.

**Directions:** Meet for a 10:00 a.m. departure in the parking lot of Edwards Gardens on the southwest corner of Lawrence Ave E and Leslie St.

**Distances:** 70 & 90 kms

**Classifications:** Short Tourist, Tourist

**Après Ride:** Jack Astor's, Don Mills Shopping Centre.

### LAKERIDGE CIDER RUN Sun April 13

A new, improved and 100% paved route to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!

**Directions:** Meet for a 10:00 a.m. departure in Edwards Gardens parking lot, southwest corner Lawrence Ave E & Leslie St.

**Distances:** 116 & 131 kms

**Classification:** Advanced Tourist

### UNIONVILLE BRUNCH Fri April 18

Our traditional Good Friday excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jakes Pub & Grille.

**Directions:** Meet for a 10:00 a.m. departure at Shopper's World Danforth, Victoria Park & Danforth in front of Coffee Time.

**Distances:** 55 & 80 kms

**Classifications:** Short Tourist, Tourist

### CAMPBELLVILLE CLASSIC Sun April 20

Follow the shady backroads to the Bruce Trail Eatery in Campbellville.

**Time:** 8:30 a.m. sharp

**Start:** Kipling Subway Park & Ride, north lot.

**Distances:** 110 & 130 kms

**Classifications:** Short Tourist, Tourist

### SIXTEEN MILE CREEK Sun April 20

We'll explore the quiet farmland of Halton before a satisfying lunch in Streetsville

**Start:** Kipling Subway Park & Ride, north lot.

**Distance:** 65 & 80 kms

**Classifications:** Short Tourist, Tourist

### HOLLAND MARSH-SCHOMBERG Sun April 27

We'll ride among the vegetable fields in the Holland Marsh before heading to Schomberg for brunch. Long tour returns via Bolton.

**Directions:** Meet for a 8:30 a.m. sharp departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch.

**Distances:** 110 & 130 kms

**Classifications:** Advanced Tourist, Sportif

**Après Ride:** Slug & Lettuce, NW corner of Yonge & Finch

### KETTLEBY SURPRISE Sun April 27

An undulating ride to the village of Kettleby, with the hills of Weston Rd awaiting the long tour on the way back.

**Directions:** Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch.

**Distances:** 70 & 90 kms

**Classifications:** Short Tourist, Tourist

**Après Ride:** Slug & Lettuce, NW corner of Yonge & Finch

Ride the quiet, rolling roads of Durham region to a satisfying lunch in Uxbridge. Short tour lunches in Goodwood.

**Time:** 8:30 a.m. sharp

**Start:** Edwards Gardens parking lot

**Distances:** 110 & 130 kms

**Classifications:** Advanced Tourist, Tourist

Do the Musselman Lake run to lunch in Ballantrae, or a few extra hills will get you a sandwich from Mrs. Wideman's in Goodwood.

**Start:** Finch Subway Park and Ride

**Distances:** 80 & 95 kms

**Classifications:** Advanced Tourist, Tourist

**Après Ride:** Slug & Lettuce, NW corner of Yonge & Finch

# 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

### TODMORDEN MILLS

Sun April 6

**Description:** Visit Todmorden Mills, then return via the Don Valley (bike path).

**Directions:** Meet for a 10:00 a.m. departure at King Edward's Statue, Queen's Park. The statue is at the north end of the park, due south of the intersection of Bloor St West and Avenue Rd.

**Distance:** 20 km

**Après Ride:** Hart House, University of Toronto

### TAYLOR CREEK RIDE

Sun April 13

**Description:** Come and enjoy the bike paths in and around Taylor Creek Park.

**Directions:** Meet for a 10:00 a.m. departure at Shoppers World, Danforth & Victoria Park, in front of Coffee Time Doughnuts

**Distance:** 26 km

**Après Ride:** Tropical Nights

### KINGSWAY RIDE

Sun April 20

**Description:** Wander the lovely neighbourhood back streets of Etobicoke.

**Directions:** Meet in the parking lot of Etienne Brûlé Park for a 10:00 a.m. departure. Etienne Brûlé Park 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).

**Distance:** 35 km

### MAPLE BAKERY RIDE

Sun April 27

**Description:** Head north for lunch at TBN's favourite bakery on our new, quieter route.

**Directions:** Meet for a 10:00 a.m. departure at Finch Subway Kiss and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch.

**Distance:** 35km

**Après Ride:** Slug and Lettuce Pub, northwest corner Finch and Yonge

### TOUR OF THE RICH AND FAMOUS

Sun May 4

Meander through the residential streets of Rosedale and Forest Hill. Enjoy the shady streets and quiet avenues.

**Directions:** Meet for a 10:00 a.m. departure at King Edward's Statue, Queen's Park. The statue is at the north end of the park, due south of the intersection of Bloor St West and Avenue Rd.

**Distance:** 30 km

**Après Ride:** Hart House, University of Toronto

## Wednesday-Saturday Rides

Check the Hotline 416-760-4191 or website at [www.tbn.on.ca](http://www.tbn.on.ca) each week for details. Or subscribe to our Chain of Events email and have the schedule for the next seven days delivered to your inbox every Tuesday.

### Wednesday Night Ride

Starting in May: 6:30 p.m. is the start time to this oh-so-popular and not-too-strenuous social ride suitable for Easy Rollers and Tourists. The Wednesday rides will recommence April 30 weather permitting. The first ride is from Bridgepoint Hospital, (formerly Riverdale hospital), on Broadview Ave At Langly Ave. BRING LIGHTS.

### Friday Night Ride

Starting in May, these very popular 30-km rides to local eateries offer a different dining experience each week, so don't forget to bring your appetite! BRING LIGHTS!

### Saturday Morning Ride

Starting in April: Kick off the weekend with this brisk-paced 35km social ride suitable for Easy Rollers and Tourists. Departs at 9:30 sharp and returns by 12:15 so you can do your Saturday errands or relax over an apres-ride snack or lunch. Usual start point is the Boardwalk BBQ Pub, east of Coxwell and Lakeshore, but confirm weekly with the Hotline or on the TBN website. Free parking on Coxwell Ave.

### 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.

# Wednesday Wheelies

## 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

### KING TO BRADFORD March 19

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The Wednesday Wheelie ride for March 19 is a 59 km ride from King through the Holland Marsh to Bradford. Meet for an 10 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)

### HORNBY TO CAMPBELLEVILLE March 26

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The Wednesday Wheelie ride for March 26 is a 66 km ride from Hornby through Campbellville. Meet for a 10 A.M. departure at Hornby Park. To get to Hornby Park exit Hwy 401 at interchange 328, Trafalgar Rd.. Go north to the lights, turn left and proceed to Hornby Park.

### KESWICK ALONG LAKE SIMCOE April 2

---

The Wednesday Wheelie ride for April 2 is a 63 km ride from Keswick past Sibbald Point Provincial Park. Meet for a 10 A.M. departure at the plaza on the east side of County Road 12 at the south end of Keswick. To get to Keswick, go north on Hwy 404 to the end, go left on Davis drive in Newmarket until you see the sign for Keswick. Turn right on C.R. 12. And continue north to Keswick.

### UNIONVILLE TO MOUNT ALBERT April 9

---

The Wednesday Wheelie ride for April 9 is a 70 or 86 km ride from Unionville to Mount Albert & Musselman Lake. Meet for a 10 A.M. departure at Toogood Pond in Unionville. To get to Toogood Pond go north on Hwy. 404, east on Hwy. 7, north on Kennedy Rd., left on Carlton Rd., right on Main St. and left on Toogood Pond Rd. (Next road) into the parking lot.

### SCHOMBERG TO CALEDON EAST April 16

---

The Wednesday Wheelie ride for April 16 is a 74 or 93 km ride from Schomberg to Caledon East. Meet for a 10 A.M. departure at the Arena in Schomberg, just south of Hwy 9, west of Main St. Schomberg is just west of Hwy 27 and south of Hwy 9.

### STOUFFVILLE TO MRS. WIDEMAN'S BAKE SHOP April 23

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The Wednesday Wheelie ride for April 23 is a 61 or 76 km ride north from Stouffville with lunch at Mrs. Wideman's Bakery. Meet for a 10 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.

### SCHOMBERG TO ALISTON / HOCKLEY April 30

---

The Wednesday Wheelie ride for April 30 is a 72 or 88 km ride from Schomberg to the village of Hockley. Meet for a 10 A.M. departure at the arena in Schomberg, just south of Hwy 9 west of Main Street. Schomberg is just west of Hwy 27 and south of Hwy 9.

### DURHAM COLLEGE TO PORT PERRY May 7

---

The Wednesday Wheelie ride for May 7 is a 60, 72 or 85 km ride from Durham College to Port Perry for Lunch. Meet for a 10 A.M. departure at the north parking lot of Durham College. To reach Durham College, exit Highway 401 east at Thicksen Rd., go north to Conlins Road, then east to the north parking lot at Durham College.

### HORNBY TO ROCKWOOD May 14

---

The Wednesday Wheelie ride for May 14 is an 81 km ride from Hornby through Rockwood. Meet for a 10 A.M. departure at Hornby Park. To get to Hornby Park exit Hwy 401 at interchange 328, Trafalgar Rd.. Go north to the lights, turn left and proceed to Hornby Park.

## 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

### HORNBY / CAMPBELLVILLE

Sun April 13

Explore some of the quietest roads in Halton with lunch in Campbellville and a descent of Rattlesnake point in the afternoon.

**Directions:** Meet for a 10:00 a.m. departure at Hornby Park. Exit Hwy 401 westbound at Trafalgar Rd, then head north to Steeles Ave and west to Sixth Line.

**Distances:** 55 & 67 kms

### DUNDAS & APOLLO VALLEYS

Sun April 20

The nooks and hollows west of Hamilton conceal some of the prettiest roads in southern Ontario.

**Directions:** Meet for a 10:00 a.m. departure at the school on Harvest Rd, just east of Hwy 504 in Greensville. To get there, take the QEW & Hwy 403 west to Hwy 6, north to Hwy 5, then west to Hwy 504 and south to Greensville.

**Distances:** 50 & 75 kms

### CREDIT RIVER CRUISING PART 1

Sun April 27

An undulating ride through the wilds north of Brampton.

**Directions:** Meet for a 10:00 a.m. departure at Alloa School, on the north side of Mayfield Rd, just east of Mississauga Rd (Mayfield Rd is the second road north of Hwy 7).

**Distances:** 42 & 64 kms

### BEELINE TO BOWMANVILLE

Sun May 4

A quiet undulating route from Oshawa to Bowmanville.

**Directions:** Meet for a 10:00 a.m. departure in the north parking lot of Durham College. Exit Hwy 401 eastbound at Oshawa (Simcoe Street/CR#2) and continue north to Conlins Rd. The parking lot is located on the south side of Conlins Rd, just west of County Rd. #2.

**Distances:** 62 & 76 kms

# 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.

## Ride Schedule

### UNOFFICIAL LEISURE WHEELER RIDE

Sun April 6

Jamie Hauyon has volunteered to lead these rides until the official start of the Leisure Wheeler season on April 20.

**Directions:** Meet at 10:30 a.m. at the King Edward statue, at the north end of Queen's Park for a 2-3 hour, leisurely ride to the waterfront. Helmets are mandatory. Members and prospective members are welcome.

**Distance:** 25 km

### UNOFFICIAL LEISURE WHEELER RIDE

Sun April 13

Jamie Hauyon has volunteered to lead these rides until the official start of the Leisure Wheeler season on April 20.

**Directions:** Meet at 10:30 a.m. at the King Edward statue, at the north end of Queen's Park for a 2-3 hour, leisurely ride to the waterfront. Helmets are mandatory. Members and prospective members are welcome.

**Distance:** 25 km

### TODMORDEN MILLS RIDE

Sun April 20

Ease into the Leisure Wheeler season with a visit to historic Todmorden Mills via the Don Valley bike path.

**Directions:** Meet for a 10:00 a.m. departure at King Edward's Statue, at the north end of Queen's Park.

**Distance:** 20 km

**Après Ride:** Arbour Room in Hart House

### ASPHALT TRAIL RIDE

Sun April 27

Explore the Martin Goodman, Don, and Taylor Creek Trails after a brief start on the streets.

**Directions:** Meet for a 10:00 a.m. departure at Shoppers World, Danforth & Victoria Park (one block south of Victoria Park Subway Park & Ride).

**Distance:** 26 km

**Après Ride:** Boardwalk BBQ



# A Look Back at Year One of the Toronto Bike Plan

Martin Koob TBN Representative, Toronto Cycling Committee

Last year, 2002, was the first year of the implementation of the Toronto Bike Plan. I want to take this opportunity to look back at how the City of Toronto did in realizing the objectives set out in the plan for year one. In many respects it was a successful year with several goals achieved. In other areas the objectives were not met.

As it was the first year of this endeavour a lot of behind the scenes start up work was needed to lay the groundwork for future projects in future years. Planning and design work has to be done for each of the bikeway network projects. Once designs are complete community consultation meetings are held to get feedback from residents along the route. If there are concerns from local residents designs may have to be changed. A lack of support from a local Councillor for a particular project can stall or halt a project. A lot of this groundwork got done in 2002, but some of it not in time to get the actual construction work started to build some of the planned bikeways.

The staff at City Hall charged with implementing the Bike Plan were faced with many challenges as they tried to complete all of the projects that were planned for 2002. The budget was not approved until well into the year. Any capital projects can't be started until the budgets are approved. The city workers' strike also delayed work on some projects. These challenges were compounded by the fact that because of the staffing restrictions at City Hall there are not enough hands to do all the work that needs to be done.

There are "six spokes" (areas of focus) in the bike plan; Bicycle Friendly Streets, Bikeway Network, Bicycle Parking, Promotion, Safety and Education, and Cycling and Transit. The implementation plan had objectives for each of these categories in 2002.

## **Bicycle Friendly Streets**

One of the objectives in this category is

to improve cyclist safety during road construction. I had noticed that for several construction projects detours for cyclists were indicated. In fact when construction was being done on the Martin Goodman Trail near the Western Beaches a lane on the Lake Shore Boulevard was cordoned off with traffic cones to allow cyclists and other trail users a way to bypass the construction. It is nice to see that cyclists are being taken into consideration when construction

I had noticed that for several construction projects detours for cyclists were indicated.

projects are planned.

## **Bikeway network**

The year started well with the City budget containing the full amount requested in year one of the Bike Plan to build bike lanes, bike routes and off road trails. Most of the activity was carried out by the Works and Emergency Services Department. They completed several projects in 2002.

## **Construction Projects completed:**

- Bike lanes
- River Street
- Queen St. to Gerrard Ave.
- Shuter Street
- River St. to Yonge St.
- Montrose Ave
- Harbord Ave. to Bloor St.
- Martin Grove Road
- Rathburn Rd. to Eglinton Ave.
- Fort York Boulevard
- Lake Shore Blvd. to Bathurst St.
- Sheppard Avenue E.
- Kingston Rd. to Meadowvale Rd.

## **Off road Trails**

- New Paths
- Martin Goodman Trail -Humber Trail Link

Under Gardiner Expressway  
Lake Shore Boulevard East Pathway Carlaw Ave. to Coxwell Ave.

## **Path Upgrades**

- Martin Goodman Trail
- Western Beaches
- Martin Goodman Trail
- Leslie Street to Coxwell Ave

Delays started to crop up on some projects planned for last year preventing their completion in the 2002 construction season. For some of these projects planning work or community consultation was done but construction could not be started. The following projects were stuck at the community consultation stage, but it is hoped that they will be completed in 2003. These projects include:

## **Bikeway Projects Delayed**

- Bike lanes
- Dundas Street East
- River St. to Kingston Road
- Senlac Avenue
- Sheppard Ave. to Finch Ave.
- Some projects planned for 2002 were not started and have been deferred to 2003

## **Cycling Infrastructure Projects**

- Deferred to 2003
- Bike Lanes
- Willowdale Avenue
- Sheppard Ave. to Finch Ave.
- Dawes Road
- Victoria Park Ave. to Danforth Ave.
- Broadview Avenue
- Chesterhill Rd. to Cosburn Ave.
- Cosburn Avenue
- Broadview Ave. to Woodbine Ave.
- Pharmacy Avenue
- Denton Ave. to Gatineau Hydro Corridor

The Parks and Recreation Department is the other major player in the development of the Bikeway Network. Unfortunately they didn't play much of a role last year. Two

*(Continued on page 15)*

(Continued from page 14)

construction projects to upgrade the paths in parks in Etobicoke were deferred until 2003, although some planning and design work was completed. One project is an extension to the Beltline Trail and another involves upgrades to the trail along Newtonbrook Creek including a link to the East Don Trail. There was also work done to secure rail corridor land for future trails.

### **Bike Map**

A new improved Toronto bike map was to be ready in 2002. There was a lot of work done to redesign the bike map to address cyclists' complaints about the last map. The most time consuming part was that street names have been added to the base map. This extra work in the first year will pay off in future years. The bike map can now be published on a yearly basis as only the new routes that are built in that year need to be added. The new bike will now be ready by the 2003 Toronto International Bicycle Show on February 28th to March 2nd. Look for it at the City of Toronto's cycling booth. After that the map should start appearing at various locations around the city.

### **Signage**

One of the goals of the bike plan is to improve the signage along the bike lanes, routes and off road paths so that cyclists can easily find their way through the city on their bike. In 2002 the city was to develop a uniform signage policy for bike lanes, bike routes and off road paths. This was to be the responsibility of the Bike Plan Coordinating Committee since it would require the input and cooperation of the two city departments with the responsibility of developing and maintaining bikeways: Parks and Recreation and Works and Emergency Services. This committee did not meet till December 2002 so no progress was made on the signage issue. Members of the Toronto Cycling Committee want navigational signage to be at the top of their agenda when they start work on 2003 implementation plans.

### **Bicycle Parking**

1800 Post and Ring stands were installed at various locations throughout the City. This is part of an ongoing program to

increase the amount of bike parking available. Another project that was to be done in 2002 was a Bike Locker Demonstration Project to showcase a more secure type of bike parking facility. This project has been deferred until 2003.

### **Promotion**

Two of the major promotional activities are Bike Week and the Road and Trail Safety Ambassadors. Bike Week 2002 was quite successful. During the week there were over 100 events and there was a 30 % increase in media coverage of Bike Week.

The Road and Trail Safety Ambassadors participated in a total of 133 promotional events during the summer. This is down more than 60% from the number of events they attended in 2002. This was due to that there was a reduction in staff from 20 to 5. The Toronto Cycling Committee asked City Council to budget for 5 additional Ambassadors but that request was turned down.

A third promotional vehicle returned in 2002. The *Cyclometer* newsletter used to be published by the former City of Toronto. It has been resurrected in digital format as a monthly e-mail newsletter. If you would like to subscribe go to <http://toronto.ca/cycling> and look for the link for *Cycling News*.

### **Safety and Education**

The Can-Bike program is one of the Safety and Education programs run by the City of Toronto to teach cycling skills. This program had been offered by Urban Development Services. Last year, responsibility for this program was transferred to the Parks and Recreation Department. The goal of this transition is to increase the availability of the courses throughout the city at community centres and to increase the promotion of Can-Bike courses by advertising them through the "Toronto Fun Guide." This initiative will continue in 2003. If you want to find out more about Can-Bike courses check the web site at <http://www.toronto.ca/cycling/canbike.htm> or call the Bicycle safety hotline: 416-392-1311.

### **Cycling and Transit**

The Toronto Cycling Committee (TCC) has been frustrated in its attempts to start work on projects with the Toronto Transit Commission or GO Transit. One of the projects that the TCC would like to see go ahead is a "Bike Racks on Buses" pilot project. This has been done successfully in many other major North American cities. Neither transit system showed any interest in supporting such a project. The TCC will have to continue to work to make the transit systems more bicycle friendly in the future.

### **Toronto Bike Plan Year 2: 2003**

By the time you read this the Bike Plan budget for 2003 will have been set by City Council. That will determine how fast the implementation of the Bike Plan will be this year. If you want to follow the developments check TBN's *BikeToronto.ca* web site (<http://biketoronto.ca>) for the latest cycling news. If you want to help speed up the implementation of the Toronto Bike Plan call or write your local Councillor. Ask if he/she will be supporting Bikeway Projects in his/her ward this year. Oh, one more thing, remind your Councillor that there is a municipal election this coming November.

### **Links**

City of Toronto Cycling Web Site  
<http://toronto.ca/cycling>  
Cycling News at BikeToronto.ca  
<http://biketoronto.ca>

## TBN Retailer Discount Program

There are now 34 retailers offering discounts to TBN members upon presentation of a current membership card subject to the terms and conditions laid out by each retailer. Please refer to [www.tbn.on.ca/discount](http://www.tbn.on.ca/discount) for changes and additions.

### **Badrockbikes.com**

Sales@badrockbikes.com  
10% off website, advise membership # by e-mail, fax, or phone.

### **Bayview Cycle Centre**

3335 Bayview Ave, Toronto  
10% off regular priced merchandise.

### **Benjamin Sports**

393 Donlands Ave, East York  
35% off everything in store.

### **Bicycles at St. Clair**

625 St. Clair Ave West, Toronto  
5% off on parts and bicycles and a free tune up on purchased bicycles.

### **Bike Zone**

239 Lakeshore Road East, Mississauga  
10% off all parts, accessories and service.

### **Bloor Cycle & Sports**

950 College St, Toronto  
15% to 25% off selected items

### **Brown's Sports & Cycle**

2447 Bloor St. West, Toronto  
10% off regular priced bicycles & cycling related parts and accessories.

### **Chain Reaction Bicycles**

4231 Dundas St West, Etobicoke  
10% off regularly priced parts & accessories.

### **Cycle Solutions (2 locations)**

615 Kingston Rd, Toronto  
444 Parliament St, Toronto  
15% off regular priced parts, accessories, & clothing.

### **Cyclemania (Danforth)**

113 Danforth Ave., Toronto  
15% discount on purchases, except on repairs.

### **Cyclepath**

1170 Burnhamthorpe Road West, Mississauga  
10% off non-sale items.

### **Cyclepath**

2106 Yonge St, Toronto  
10% off parts and accessories.

### **Cyclepath**

500 Speers Rd., Oakville  
15% off parts, 25% off labour, and bikes discounted on an individual basis.

### **D'Ornellas Bike Shop**

1894 Lawrence Ave East, Toronto  
15% off on cash or debit card purchases of regularly-priced parts, clothing, helmets, shoes and accessories. 10% off if paid by Visa. 10% off any regularly-priced bike.

### **Detour Publications**

[www.detourpublications.com](http://www.detourpublications.com)  
10% off all regularly priced books on website, excluding shipping.]

### **Duke's Cycle**

625 Queen St. West, Toronto  
10% off all accessories.

### **Fitfix Health and Wellness**

2409 Yonge Street, Suite 201, Toronto  
Signup discount 10% plus free nutritional assessment & fitness test.

### **Gears Bike & Ski Shop**

176 Lakeshore Rd. West, Mississauga  
10% off regularly priced items. (Does not apply to spin classes!)

### **Georgian Shores Cycling Tours**

[www.bmts.com/~gsct](http://www.bmts.com/~gsct)  
\$15 off weekend tours, \$25 off 3 day tours, \$40 off 5 day tours

### **L & J Cycle**

1144 Davenport Rd, Toronto  
10% discount off all regularly priced parts and accessories.

### **MBS Tandems**

2694 Keynes Crescent, Mississauga  
10% off parts, accessories & labour, 5% off bicycles

### **McBride Cycle**

2923 Dundas St West, Toronto  
15% off all regularly priced instock items

### **Pavan Cycles**

2601 Matheson Blvd East, Unit #24, Mississauga  
10% off all products.

### **Pedlar Cycles**

152 Avenue Rd, Toronto  
10% off regularly priced parts, accessories & service. Does not apply to bicycles or special order items.

### **Racer Sportif**

2214 Bloor St. West, Toronto  
10% off all regularly priced items, including bikes.

### **Recumbent Trikes - Canada**

[www.recumbenttrikes.ca](http://www.recumbenttrikes.ca)  
15% off regular price of Mueller Wind-wrap fairings  
5% off regular price of recumbent, trikes

### **Sandy's Cycle Shop**

115 Laird Dr, Toronto  
15% off parts and accessories.

### **Scholz Adventure Travel**

[www.kanutrip.com](http://www.kanutrip.com)  
5% on any trip

### **Set Me Free (3 locations)**

653 College St, Toronto  
381 Roncesvalles Ave, Toronto  
2130 Queen St East, Toronto  
15% off regularly priced parts, accessories & clothing  
5% off regularly priced bikes

### **Urbane Cyclist**

180 John St, Toronto  
10% off parts and accessories.

### **Wheel Excitement**

5 Rees St, Toronto  
10% off: rentals; all non 'sale' items; major tune ups.