

QuickRelease

March - April 2010 • Volume 28, Issue 1



New Season, New Beginnings

ARE YOU READY?

Inside this Issue...

- The 2009 AGM Report
- Spring Ride Schedules
- Ski & Skating Updates

TBN President's Message



As I'm writing this email, it's positively nippy outside... I've just come back from my first X-Country Ski trip of the year and the temperature is hovering around the minus double digits. Not exactly the time to think about cycling. But you're getting this newsletter when spring is almost here. The Bike Show is upon us and everyone is thinking about the newest equipment and latest cycling gadgetry. Who wants a new bike this year? I know... it's a rhetorical question.

So to recap (and prognosticate) the winter. We had a fine AGM with attendance of almost 100 members. Democracy in action, there were no other keeners desiring to run against the existing slate of volunteer directors. And we didn't even have to prorogue our mini-parliament. Next year I'm hoping there's more interest for Presidential positions or you're going to have to call me Fidel. We lost a few Directors and we gained some new ones. Kudos to outgoing volunteers Karen Bota, Noel Manchulenko and his much better half Mel (just kidding - they both put in an awesome multi term performance). The skating season got off to a great start with Fred Lee picking up Molly's hatchet and delivering a long string of great Friday night ventures to different skating venues around the city. For me it's always about the après, and there were good selections of fine restaurants. Also, Linda Hamilton put in a long Ski Season with great snow everywhere. She even got me to come out once or twice, a not inconsiderable task given my predilection for gravity propulsion skiing. It was great fun, and I was very pleased to see the volunteerism and the help that everyone provided to her and Victoria Plaskett. X-Country Skiing is one of our great programs and I'm glad it is so strong.

Additions to the Board include Juliet Suddaby and Ginger Lee (Lam) as co directors for newsletter production. This is the first issue on their own and judging by their organization skills, it will be an amazing success. We have Susan McAlister and Kathleen Harford who are also splitting the duties of Social Director. Kathleen actually started her apprenticeship helping to plan the AGM that got her elected. They are both keen to make sure members have many opportunities to get together outside of regular scheduled bike rides. After last year's amazing Cyclon performance, Arlene Smith has taken on a co-director in the form of Carole Hill to help her out and make this year's event at Kitchener a truly innovative experience. Their team is already planning on some pretty incredible enhancements and options that I'm sure we will remember for many years. Sherri Stelmack has taken on the role of Publicity and Promotions and is working on getting our message out to the City. Alan Bell has taken on a Director at Large position and will be focusing his considerable

talents on working with Sherri for the Bike Show, providing expert advice with mapping and technology improvements and just inserting himself wherever he can help out the most people.

We also have many old stalwarts returning to the Directorship fold. Dinsmore and Marie Roach continue coordinating education and the fabulous presentations they organize. Dave Maclean, the longest serving member on the Board, continues as Weekend Trips Director. Our Volunteers of the Year, Paul and Brenda Price continue as Secretaries of the Board and keep us organized. Linda Hamilton agreed to stay on as VP Skiing until end of the 2009/2010 season and is so far doing a great job. Richard Anstett continues as VP Touring and keeping all the Ride Coordinators happy. He's also responsible, with the help of Susan McAlister, for our just finished February Blues (and beer) night which hopefully went over real well. And lastly but certainly not least, we have the talents of Eileen Harbinson as membership secretary and Owen Rogers as Webmaster to keep everything organized and provide us with historical guidance. Although these are not Board positions, we could not exist without them. I think we have a wealth of talented and hard working people and that this year will be another great year for TBN.

That said, we can always use more help. We NEED a few people to fill HOLES in our structure. First off, we need a TREASURER to fill Karen's shoes. Anybody with some book-keeping or accounting service that can spend about 5-8 hours a month (MAX) writing a few cheques, depositing receipts and recording them would be very much appreciated. Also this year, we are initiating a NEW position of VOLUNTEER DIRECTOR. Principal mandate will be to coordinate club volunteers at all levels and recruit for new and existing rides and endeavors. If you like people, this position is for you. Please email me at president@tbn.ca if you'd like more information or just to talk anytime.

In closing, welcome to the beginning of the 2010 cycling season. Please remember we are a SOCIAL bicycling club. We belong because we like to ride with other people and hopefully make good friends along the way. Say hello to new members and make them feel comfortable. And if you can, volunteer for something... ANYTHING. We get so much more out of this club when we put in a little effort.

Cheers and Happy riding...

Brian Mclean
President (again)

Open TBN Board Positions

Have an interest in helping to make the Toronto Bicycling Network a more successful and enjoyable club? Have new ideas and the motivation to contribute? Then maybe you should consider an open position on the TBN board! If you have an interest in filling one of these positions, please contact us at tbn@tbn.ca. Board positions are open to all TBN members in good standing.

Treasurer: Manages the TBN's assets and liabilities. Prepares financial statements at the end of the year AGM. Bookkeeping or Accounting experience required.

***NEW POSITION* Volunteer Director:** Coordinate Club volunteers with all Club activities. Responsible for recruiting new volunteers and matching volunteers with their interests/abilities.

2009 TBN Volunteer of the Year

Paul Price and Brenda Sweet

Over the past few years, we have honoured volunteers that have shown outstanding commitment and given countless hours of their time to the TBN. This year, the TBN Volunteer of the Year award goes to Paul Price and Brenda Sweet. Paul and Brenda have been involved with almost every aspect of the club - from organizing their ever-so-popular camping trips, volunteering on the Board for several years and helping with numerous key TBN events, including Cyclon. We thank Paul and Brenda for their hard work and their infectious enthusiasm. We asked Paul and Brenda to give us a little insight on how they started cycling and how they began volunteering:

'It was 1992. May 30th to be exact. After renting a tandem for a few hours on Centre Island, we decided to purchase one. It was a Norco Cape Cod - heavy, brown, and it didn't fit us very well - but we liked it.

I was born in Windsor, Brenda in Belleville. Growing up, my friends and I lived on our bikes - summer and winter. But then you grow up.

With the tandem, we were out more, but didn't feel that we were cycling enough. Brenda did some research and found a recreational bike club - TBN. First though, we had to get a vehicle that could transport our tandem from Mississauga. It was getting to the end of the summer in 1993. We started riding with the Leisure Wheelers. It was hard getting up the hills and keeping up with the group. Alan Gordon was always so encouraging, and we never felt that the group was waiting specifically for us when regrouping.

The first time I really thought about volunteering was on a ride from Shoppers World. The ride leader never showed up. Someone tried phoning the Ride Coordinator (from a pay phone of course) with no success. Fortunately, two of the people waiting had a city map and knew a route. We had a great ride thanks to Martin Koob and Heather.

We were doing the Saturday morning ride pretty regularly when Martha Scott asked us to volunteer as a ride leader. She suggested that we attend an upcoming Ride Leaders Clinic; which we did. For a couple of shy people, it was surprisingly easy. TBNers are fun.

The Ride Leaders Clinic encouraged us to develop new routes. We decided to try to connect with the new bike paths that had just been opened North of the 401. After cycling around for a few weekends, we found a route from Etienne Brule Park to Humber College. Fortunately, it's a lot easier now with Google maps satellite view!

We started doing weekend trips with the Club. We especially liked the camping trips that were being organized by John Tytler, Leo Charbaneau, Paul Stockton, and Tim and Cecilia Hope.

The weekend camping trips stopped. We suffered withdrawal and decided to volunteer. We contacted the weekend trip coordinator and were asked to submit a business plan. Our plan was rejected.

Dan Engels who was the VP Touring asked if one of us would fill in as Secretary on TBNs board of directors. We agreed, but only if both of us could jointly fill the position. Like someone said: Many hands make light work - particularly if you work with someone who works as hard as Brenda does.

We asked permission again in 2004 to run some camping/cycling weekend trips. We ran two in 2004 and expanded that to three a year since then. These trips are a real joy to host, and we

look forward to holding them each year. Thanks to the regulars and to everyone who has ever come out - it's really all about you!

In closing, we'd like to muse about the value of community and the importance of volunteering. What would the GTA be like without the TBN? The world wouldn't end, but our quality of life would be poorer. In our minds, TBN helps make the big city smaller and more fun. There is a lot about a non-commercial, completely volunteer-run club that's worth keeping. Brenda and I are both a lot healthier and more fit than we were when we joined in 1993. Thanks TBN!

Paul Price and Brenda Sweet



TBN Annual General Meeting & Festivus Dinner Dance

Toronto Bicycling Network's AGM & Festivus Dinner Dance took place on December 5, 2009 at the Days Inn in downtown Toronto. It began with a 3 course meal followed by the Annual General Meeting. Members reviewed the 2009 financial statements, thanked outgoing board members and welcomed in the new board members. The 2009 TBN Volunteer of the Year Award went to Paul Price and Brenda Sweet for their outstanding contributions to the club. After business matters were closed TBN members mingled, made new friends and the dancing continued into the wee hours. Thanks to Kathleen Harford, Social Director for organizing a fab event.

Juliet Suddaby
Ginger Lee
Editor Quick Release



TBN 2009 Board of Directors



Club Members Mingle



On The Dance Floor

TBN Financial Statements Ending 9/30/09

Income Statement

| | 2009 | 2008 |
|---------------------|----------------|----------------|
| Income | | |
| Membership Dues | 218,881 | 407,529 |
| Weekends | 20,274 | 17,664 |
| Cyclon | 86,573 | 58,116 |
| Uby Hikek | 1,175 | 4,787 |
| Skiing | 8,100 | 8,448 |
| Other | 2,005 | 10,003 |
| Total Income | <u>336,908</u> | <u>606,547</u> |

Expense

| | | |
|----------------------------------|---------------|---------------|
| Annual General Meeting | 4,073 | |
| Credit Card Charges | 3,780 | |
| Insurance | 7,214 | 12,953 |
| Newsletter | 10,610 | 10,691 |
| Other Administration Costs | 7,434 | 12,700 |
| Total Club Administration | <u>33,101</u> | <u>36,344</u> |

| | | |
|--------------------------|----------------|----------------|
| Cyclon Expenses | 87,414 | 58,676 |
| Cycling Programs | 507 | |
| Education Expense | 714 | |
| Publicity and Promotions | 1,653 | 6,450 |
| SKI Expenses | 8,776 | 8,487 |
| Stake-Expenses | 2,100 | |
| Weekend Trips - Expense | 18,856 | 18,188 |
| Events | 7,434 | 11,054 |
| Total Expenses | <u>177,808</u> | <u>136,851</u> |

Net Ordinary Income 1,401 8,343

Other Income/Expense

| | | |
|---------------------------|---------|---------|
| Interest Income | 3,120 | 2,707 |
| Jersey Coat of Honor | (1,215) | (5,055) |
| Jersey + T-Shirt Revenue | 1,575 | 6,036 |
| Lost Other Income/Expense | 3,480 | 2,305 |

Net Income 4,681 6,236

Balance Sheet

| | 2009 | 2008 |
|-----------------------------|----------------|----------------|
| Assets | | |
| Cash and Deposits | 125,567 | 128,202 |
| Inventory - Jerseys | 1,576 | 5,090 |
| Total Current Assets | <u>127,143</u> | <u>133,292</u> |
| Fixed and Other Assets | 752 | 3 |
| Total Assets | <u>127,895</u> | <u>133,295</u> |

Liabilities and Equity

| | | |
|-------------------------------------|----------------|----------------|
| Retained Earnings Beginning of Year | 123,315 | 114,576 |
| Add: Surplus for the Year | 4,109 | 3,262 |
| Cyclon Surplus | 721 | 5,457 |
| Net Income | <u>4,681</u> | <u>6,236</u> |
| Retained Earnings at End of Year | <u>128,125</u> | <u>123,315</u> |

Total Liabilities and Equity 128,125 123,315

Notes to the Financial Statements

- The Toronto Bicycling Network Inc. is a not for profit corporation.
- Accounting Policies:
 - These financial statements are the representation of management and are prepared in accordance with the following accounting policies:
 - Assets are stated using the cash method of accounting.
 - A statement of changes in the financial position of the corporation is not included with these statements as it would add no material additional information to the statements presented.
- No change were issued or redeemed during the year.

Kevin Holt, Treasurer 2009-2010 (December 31, 2009)

Ice Skating 2009/2010



Photos by Patrick Lam & Brian

My first year as Ice Skating Coordinator

It's been fun. We've had Friday night skates at Harbour Front, City Hall, Withrow Park, Richmond Green, Dufferin Grove, Kew Gardens and Don Mills Shopping Centre outdoor oval, Cedarena, Christie Pits, Giovanni Caboto and Gage Park. The turnout has been good, usually 10 to 20 skaters and from 6 to 18 staying for dinner afterwards.

Photos of this year's skating season are posted in the Photo Gallery on the TBN website. Please join us next year and bring your friends. Friends can accompany you at no charge as we skate on public rinks. A skating trail in Colonel Sam Smith park is being constructed and due to open in Spring 2010 so this will be a new location for the next season.

We have the full range of skating abilities from a complete beginner (she's been taking lessons!) to our very best skater Nancy. I'm somewhere in between.

A word on choosing ice skates if you are new to skating. Avoid figure skates unless you intend to take figure skating lessons. Figure skates are those with the teeth at the front of the blade. They are used for planting a toehold on the ice to launch a spin or a jump. If performing on ice is not for you and you just want to skate around for fun, buy a pair of hockey skates without the teeth on the front of the blades. Also, hockey skate sizing is different to regular shoes and you may have to buy a size smaller.

If you are a beginner you may want to consider buying second hand. However do make sure they fit. Stainless steel blades stay sharp longer and won't rust. Lower end (\$50 to \$100 new) hockey skates have better ankle support than lower end figure skates. Figure skates are more expensive. I am still using my high end hockey skates that I purchased in 1998 and I play about 60 hockey games per season. As a child my parents used to get my skates a few sizes larger than my shoe size so I would grow into them and be able to wear thick socks to keep warm. For adults this is not a good idea, get the correct skate size, a pair of winter cycling socks and you'll be fine.



Fred Lee, TBN Ice Skating Coordinator

24th Annual Toronto International Bicycle Show March 5 - 7, 2010

The Toronto International Bicycle Show is the best place to shop for bicycles and accessories, preview the newest trends in cycling from the top manufacturers and distributors, plus enjoy thrilling action-packed events. The show is celebrating its 24th year in production and is one of the largest exclusive bicycle consumer shows in North America.

New Building: Better Living Centre

Exhibition Place, Toronto, Ontario

Friday, March 5, 2010

Noon to 9: P.M.

Saturday, March 6, 2010

10 A.M. to 7 P.M.

Sunday, March 7, 2010

10 A.M. to 6 P.M.

More details at:

<http://bicycleshows.toronto.com>

Admission

| | |
|--------------------------------------|----------|
| Adults | \$ 13.00 |
| Ages 6-12 | \$ 8.00 |
| Seniors | \$ 8.00 |
| Ages 5 and under | FREE |
| Family of 4 | \$ 34.00 |
| (min. 1 adult, children 18 & under). | |
| 3 Day Pass | \$ 29.00 |
| 2 Day Pass | \$ 23.00 |

INLINE SKATING ROLLS OUT IN MAY

TBN's inline skating program will start its twice-weekly skates in May. Look for announcements and updates on the Inline page (www.tbn.ca/inline) and also in the Chain of Events.



Inline skating is a great form of cardio-vascular exercise and a great cross training option for cyclists that want to add a little variety and skills to their routine.

TBN inline skates are a great way to explore the city, as well as meet and socialize with great people who share your enthusiasm for an active outdoor lifestyle.

Mike Lin - Inline Skating Coordinator

TBN Advocacy Report



TBN as a recreational cycling club has for many years advocated safe, enjoyable, recreational cycling. Many

of our members remain nervous about cycling in the city, so many of our trips are out of the GTA.

However, several of our members do cycle in the city and some commute to work regularly. TBN has also been a long-time supporter of a complete Bike Network as outlined in the City of Toronto Bike Plan. A continuous Bike Network is more than just a dream for cyclists. Our city is crisscrossed by ravines and deep valleys. In many cases it is not possible to cross Toronto without using arterial roads. Thus the

importance of Bike lanes.

Some TBN members are possibly reluctant to support bike lanes, fearing that, once they are established, bikes could be prohibited from leaving those lanes.

Although a great deal of debate will likely follow as we lead up to the municipal election, it is important to question your local candidates as to their support of the Bike Network which has been worked on for so long. Despite significant differences with Europe, many North American cities are making huge strides towards city cycling that is safe and enjoyable for all, not just road warriors. Complete roads are a part of that progress. Toronto can not afford to be left behind.

Ron Fletcher



Suggested Bicycling Etiquette

Prepared by Paul Grayson

- 1) Obey all traffic signs and signals. This includes traffic lights and stop signs.
- 2) At all times, treat other riders with respect.
- 3) Do not take actions that have the potential to injure other riders, such as riding with hands off the handlebars.
- 4) Communicate with your fellow riders, using proper cycling terms, such as "On your left," "Car back," etc.
 - a) 'Car back' = Move to single file on the right hand side of the road or shoulder. Give way to the car. They are bigger than you and they will win in the event of a collision.
 - b) 'On your left' = Allow the person coming up behind you to pass safely within the lane; not crossing over into the other lane. If necessary move to the right.
- 5) Stay to the right, except to pass. Pass on the left side only. Do not pass on the right.
- 6) Always ride in a straight line. Do not wander over the road.
- 7) Do not cross the center line regardless of passing zone.
- 8) Use proper signals when turning. Make left turns from the center of the road or left turn lane.
- 9) Cross railroad tracks at right angles.
- 10) Ride in control of your bike at all times (i.e. being able to stop within a reasonable distance.)
- 11) Ride defensively, in consideration of your fellow riders.
- 12) Do not use Aero bars in a group.
- 13) Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
- 14) Do not overlap wheels. A slight direction change or gust of wind can easily cause you to touch wheels and fall.
- 15) When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration.
- 16) When riding socially with a group, it is usually expected that each group member will take a turn pulling at the front; however, if you are not up to pulling, remain at the back of the group so that you do not interfere with the rotation of other riders.
- 17) When riding in a group in a competitive situation, such as the Hairshirt, unless you have the agreement of other members of the group, expect to take your turn pulling. If the group is too fast, find a more appropriate group.
- 18) If riding in a group, under no circumstances should you pull ahead of the person leading the group until you have pulled for an amount of time equal to the time you have drafted.
- 19) When you take a turn pulling, ensure that your pace is the one that has been established by the group. If you want to go faster, do your share as in 18) first.
- 20) While you are not expected to conduct repairs for other riders in distress, stop in case you can provide some other form of assistance.
- 21) Always stop at the scene of a bike accident until you are sure that you can be of no assistance.
- 22) Use of rear-view mirrors is recommended.

Happy riding & Have Fun!

Ride Leader Spotlight - Pastor Charles Vickerson



This year, we are introducing a new feature called the 'Ride Leader Spotlight', where we give you an opportunity to get to know the people that make our rides so great.

This issue, we shine our Spotlight on Charles Vickerson, whom you may have seen at almost every Wednesday and Friday Night Rides.

'I started to bike with TBN 10 years ago. As a pastor I found myself a bit of a desk and pulpit jockey so I had to get out and ride like Clint Eastwood in the movie 'The Good Bad and the Ugly'. As a pastor I mentor people, so personal relationships are my bag. I like to see people grow beyond their troubles, failures and rejections, which are the regular building blocks of life and character. Groups in general share something in common. TBN can be the start of a healthy, inner-

green revival time for your soul, like a bowl of hot, chicken soup. Me, I know I got something in common with everyone. It's not all about the bikes but it can start with the bike.

Being the Sweep came easy to me as I was usually the last of the last. However, as I attended the Tuesday morning and Wednesday and Friday night rides I worked my way up to leading the pack. The speed for the Tuesday Ravine Ride is geared towards beginners and even a few guys with weak knees. It's a bike and talk fest and we love to get to know the new people on the block. My tip is that if you don't get up and walk or cycle across that dance floor you'll be just another wallflower.

Summer picnics, BBQs and after cycle cafes with ice cream parlours are what makes TBN a holistic therapeutic treat in an otherwise mundane week. Even at 68 and after a quintuple bypass surgery in November 2009, I am still a man in motion. Life is a gift and I like to invest it with time spent with good friends on the trail.'

Thanks Charles, for having the highest number of Leads & Sweeps combined in 2009!

Crossword Answers

Answers for crossword puzzle in November - February Issue 2010

ACROSS

- 1 AGM
- 3 Trails
- 5 Wax
- 12 Relaxer
- 13 Cyclon
- 14 Web
- 16 Ice
- 17 Hairshirt
- 18 Vandorf
- 20 Ravine
- 24 Toogood
- 26 Snow
- 27 Edwards
- 28 Autumn
- 29 Skate
- 32 Gear
- 33 Cynthia
- 37 Map
- 41 Bridge
- 42 Spin
- 43 Rain
- 45 Kelso
- 46 Rodeway
- 47 Brock

DOWN

- 1 Alan
- 2 Sherston
- 4 Sportif
- 6 Allegany
- 7 Wanakita
- 8 Helmet
- 9 Bellschool
- 10 TTC
- 11 Village
- 15 BigArt
- 19 Daves
- 21 Inline
- 22 Tourist
- 23 Sweep
- 25 Bruce
- 30 Pump
- 31 Hammer
- 34 Hockley
- 35 Jarvis
- 36 Ride
- 38 Hendon
- 39 Maple
- 40 Link
- 44 Après

Remember to Thank your Ride Leaders. TBN is made possible entirely by volunteers!

TBN Ride Classifications

LEISURE WHEELER

Distances of 20-60 km, at speeds of 15-17 km/h, 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. Rides start at 10:00 am.



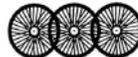
EASY ROLLER

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. Rides start at 10:00 am.



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 am from late April to early October.



SPORTIF

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



COUNTRY CRUISE

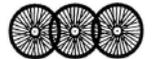
Rides of 40-120 km exploring the country roads of southern Ontario. Suited to cyclists of varying fitness levels. Participants set their own pace averaging from 18 km/h to 25 km/h. At least two routes are offered: a short route of 50-70 km and a longer route. Start points are typically within a 90-minute drive of Toronto. Rides start at 10:00 am, unless otherwise stated.



OTHER RIDE PROGRAMS

WEDNESDAY WHEELIES

The riders are a very diverse group, from Tourist to Sportif. At least two distances are offered each day, varying from 60 to 100 km. Start points are within a 90 minute drive from Toronto and stick to quiet country roads. Start times vary, with 8:30 am during the hot summer months and 10:00 am at other times.



SATURDAY CRUISING SHORTS

TBN presents short, scenic country rides with start points far enough removed from the city yet still within easy driving distance. Start time 9:00 am.



2010 SKIING & SNOWSHOEING



Winter is my favourite season! The best way to make the most of our amazing Canadian winters is to participate in an outdoor sport! So, on Sunday afternoons, TBN members headed north for some fun in the snow.

I'm excited to be the 2010 vice president of TBN's Cross Country Ski and Snowshoe program. We travel to wonderful, scenic destinations with

groomed trails through open meadows or woodlots and welcomed novice and experienced skiers and snowshoers. We travel by comfortable 55 seat Coach Canada bus while chatting, reading, snoozing or watching a movie with other outdoor winter enthusiasts.

Next ski season, make the most of our great Canadian winter by getting outside, getting fit, having fun and making new friends. And as outgoing VP Linda Hamilton says, 'Think snow, dream snow, and do a snow dance.'

We're always working on ways to improve the ski program. Consider getting involved and using your skills by volunteering--a great way to meet people and make new friends! We need bus captains, assistant bus captains, photographers, newsletter article writers, and update a Facebook page. We encourage your ideas to make every ski trip memorable. Next year, we're planning an overnight trip to Arrowhead. Watch for our new on-line registration. Our XC ski hotline is 416-760-4191 or email xcski@tbn.ca.

Victoria Plaskett
VP of Skiing
Toronto Bicycling Network



Sunday and Holiday Rides

SUNDAY APRIL 04, 2009

HORNBY/CAMPBELLVILLE

Explore some of the quietest roads in the Halton with lunch in Campbellville and descent of Bell School Line on the longer rides.

Start: Meet at the Hornby Park. Exit Hwy 401 westbound at Trafalgar Road, then head North to Steeles Avenue and west to Sixth Line.

Distances: 55 km, 67km & 75 km

Class: Country Cruise

SUNDAY APRIL 11, 2009

HOLLAND MARSH

This route just north of the megacity is an ideal one early in the cycling season. See the Marsh come alive in the spring and enjoy a few training hills.

Start: King City - Meet at the arena parking lot, located on Doctor s Dr., first south street, east of the intersection of King Road and Keele Street.

Distance: 56 km, 68km & 79km

Class: Country Cruise

SUNDAY APRIL 18, 2009

CREDIT RIVER CRUISING - I

An undulating ride through the wilds north of Brampton.

Start: Meet at Alloa School, on the North side of Mayfield Road, just East of Mississauga Road (Mayfield Road is the second Road North of Hwy 7).

Distances: 47 km, 66 km & 90 km

Class: Country Cruise

LAKESHORE

Start the Easy Roller season with a brisk ride to the edge of Mississauga along the Lakeshore, with the traditional lunch at Tim Hortons.

Start: Grenadier Cafe - High Park

Dist: 30 km

Class: Easy Roller

SUNDAY APRIL 25, 2009

BEELINE TO BOWMANVILLE

A popular, quiet undulating route from Oshawa to Bowmanville.

Start: Go east on Hwy 401. Exit at Oshawa (Simcoe Street/ CR#2) and continue north to Conlin Rd. Meet at Durham College North Parking lot, located off of Conlin Rd. just west of County Rd. #2 in Oshawa.

Distances: 62 km & 76 km

MIMICO CREEK

Ride on trails and quieter streets before stopping for lunch at Tim Hortons (of course) near Sherway Gardens. We then reconnect with a trail down to the Lakeshore, and back to the start.

Start: Etienne Brule Park

Dist: 35 km

Class: Easy Roller

All rides start at 10 A.M. unless otherwise noted



For updates on Ride Schedules and ride descriptions, please check www.tbn.ca regularly!

Tuesday Ravine Rides

Enjoy park paths without the weekend crowds. The Ravine Rides are a series of relatively short rides at a moderate pace, generally taking 1-3 hours. The rides start at 10:30 AM on Tuesdays from May to October. All start points are near subway stations, and the 10:30 start gives a full hour for travelling on the TTC with your bike. The routes avoid busy streets as much as possible. Optional coffee and sandwich stop after each ride.

TUESDAY, MAY 4

THE HUMBER YO-YO

A great way to warm up your cycling muscles after a long winter: a paved path with gentle grades along one of the nicest stretches of the Humber River. The route is almost totally car-free.

Start: 10:30 a.m. at Etienne Brule parking lot (down the hill behind Old Mill subway station)

Dist: 20 km

Saturday Morning Unofficial Rides

The regulars continue to meet due to a mild winter.

Start: 9:30am

Location: NW corner Lakeshore/Leslie (Tim Hortons carpark)

*Note: These rides are not officially sanctioned by TBN

Friday Night Rides (FNR)

TGIF! Say farewell to those forlorn, frumpy Friday nights - make way for fast, furious fun with FNR coordinator Peggy McFarland! FNRs are fast-paced, fun and incredibly social events. Ride begins May 14th, 2010.



Wednesday Night Rides (WNR)

WNRs are a comfortable ride between 'Leisure Wheeler' (soft challenge) and 'Tourists' (hard challenge). Wednesday Nighters are known for their upright posture and their smiling cheeks. They take the time to sweep the passing landscape for all the joys offered by Toronto's sights and sounds.

Friday Night Rides and Wednesday Night Rides start at 6:30pm. Don't forget to bring your lights!



Wednesday Wheelies



WEDNESDAY, MARCH 31 HORNBY TO CAMPBELLEVILLE

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

WEDNESDAY, APRIL 7 KESWICK ALONG LAKE SIMCOE

A 63 or 75 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 Green Lane in Newmarket. Turn right on C.R. 12 and continue north to Keswick.

WEDNESDAY, APRIL 14 UNIONVILLE TO MOUNT ALBERT & MUSSELMAN'S LAKE

A 70 or 86 km ride from Unionville to Mount Albert & Musselman's 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.

WEDNESDAY, APRIL 21 SCHOMBERG TO CALEDON EAST

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

Photos By Dave Mader

WEDNESDAY APRIL 29 STOUFFVILLE TO GOODWOOD

A 61 or 76 km ride north from Stouffville with lunch at Anna's Bakeshop. 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.

WEDNESDAY MAY 5 SCHOMBERG TO ALISTON/HOCKLEY

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 Highway 9 west of Main Street. Schomberg is just west of Highway 27 and south of Highway 9

WEDNESDAY MAY 12 DURHAM COLLEGE TO PORT PERRY

A 60, 72 or 85 km ride from Durham College to Port Perry for Lunch. Meet for a 10 A.M. departure at Durham College. When you reach the lights at the entrance to Durham College, turn left past the College Tennis Centre and park in the arena parking lot. To reach Durham College, exit Highway 401 east at Thickson Rd., go north to Conlins Road, then east to Durham College.

The Penultimate Wheelie of 2009



Common TBN Start Locations

Boardwalk Pub - Just east of the foot of Coxwell Avenue at Lakeshore Boulevard in the Eastern Beaches area. Woodbine Beach parking is \$5, but free street parking is available on both sides of Coxwell Avenue.

Bridge Point Health - Meet at the park behind Bridge Point Health at the corner of Broadview & Langley. Parking is on Broadview.

Edwards Gardens - The Edwards Gardens parking lot is located on the southwest corner of Lawrence Avenue East and Leslie Street.

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

Finch - Finch Subway Park & Ride is on the northwest corner of Yonge Street and Hendon Avenue, one block north of Finch Avenue.

Kipling - Kipling Subway Park & Ride, North Lot on Subway Crescent, south of Dundas Street West and west of Kipling. Look for the signs.

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

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

Grenadier Café, High Park - Follow the signs south from the intersection of High Park Avenue and Bloor Street West.

See you at the Bakery Roberta!

Well, my tenure as Easy Roller coordinator has finally come to an end. I've been at it for almost 7 years and I must say, it's been fun. I enjoyed creating the schedule for the seasons, sort of like putting a puzzle together and making sure all the pieces fit. The first month or so is like a warm up - short rides to get the cycling legs back. Then once the good weather started, so did the mileage.

The one aspect I didn't enjoy so much was sending all those reminder emails for ride leaders. At first it was easy, but over time it seemed tougher finding people to commit to rides and I seemed to have led way more rides that I would have liked. Although if you stop and think about it logically, we come out to many of the rides, so why not "lead" and get your membership for free the following year? And leading a ride doesn't mean you must ride at the front of the group. Your main responsibilities are to pre-ride (or drive) the route beforehand to ensure safety on the roads, there are no unexpected detours, to update and distribute maps, collect non-member fees and then, just enjoy yourself.



Roberta Terzolo & David Middleton

Also as time went on, it became a challenge to update and refresh many of the rides themselves. New roads were created, old ones became busier and so it was necessary to find routes with less traffic. The addition of new rides helped tremendously and injected some much needed fun back into the Easy Rollers rides (thank you Demetrius for the Cynthia rides and thank you Jimmy for all your rides). Although some Easy Roller rides are still very popular and will never go away: the Annual BBQ ride to Unionville, Alan Gordon Metric Century and the ever popular destination of Centro (Maple) Bakery! I even held a BBQ lunch at my place a couple of times and I must say, everyone agreed that lunch tasted way better than Tim Horton's!

Lastly, I want to say a big THANK YOU to all my Ride Leaders who rose to my call in August 2008 to lead for the remainder of the year after my cycling accident. It was during my convalescence that I re-evaluated my priorities and decided that it was time to move on and give someone else the challenge. I agreed to be coordinator for one more year, so in 2009 I started actively recruiting for my successor. After much searching, David Middleton has graciously accepted to take over my role as Easy Roller coordinator. I wish you all the best David, it's a challenge but a good one. And of course, I'm always around to lead a few rides.

See you all at the Bakery!

Roberta Terzolo
Former Easy Roller Coordinator

Weekend Trips

ALLEGANY AMBLE
VICTORIA DAY LONG WEEKEND
May 21 - 24, 2010



It's not spring yet but, cycling season will soon be here! Once again, TBN will be hosting this popular long weekend trip. Allegany State Park is located approximately one hour south of Buffalo in Upstate New York, USA. We will be staying in rustic four person, two bedroom cabins near the lake.

Rides vary from 40 to 120 km through scenic rolling to hilly terrain and are suitable for Country Cruise to Sportif riders. Mountain biking and excellent hiking is also available within the park. Meals will be a cabin group effort. We head into Ellicottville for dinner on Saturday night followed by a pot luck dinner on Sunday at the main lodge.

Come and join in on the fun! Limited space is available on a first paid basis. Cost to be announced and will be posted on TBN's website. Sign-up/questions by email to allegany@tbn.ca Please include your phone number(s) and any other pertinent contact information. Car pooling may be available.

"Imagine, a 40 km ride within the park and never the same road twice" - Catherine Maurer, Allegany Amble 2009

Need a Challenge? Join Us on a MTB Trail Ride!

Try mountain biking with our group and you will never be bored, as the excitement is certainly there. Over every hill and valley, every turn and twist comes another challenge to stay on your bike and ride the terrain.

You love biking, have ridden the busy roads of Toronto and the GTA, why not consider expanding your cycling experience and join us on a ride. We offer forest trails with no cars, fresh air and scenery. Riding on trails in the woods offers shade from the sun and some shelter from rain. (it never seems to rain on our a rides) And if you want exercise, we got it in buckets of sweat.

We offer beginner instructional Knobby Newbie rides every month for those just trying out the

sport. You will need a good MTB bike and gear. Go to the MTB web page for details and the schedule. Join us on a ride and discover a new exciting way to ride a bike and make friends.



Annual Spring Challenge

TORONTO-NIAGARA-TORONTO OVERNIGHT

JUNE 19-20, 2010

For 17 years now, we've cycled a lovely route that gets you to the heart of Niagara Falls on scenic and traffic-free back roads. From Toronto's High Park, 168 km each way. From Stoney Creek, 90 km each way.

Get your spring training in gear to prepare for the TNTO 2-day challenge ride. Will you be aiming for your personal best? Or just out to enjoy the scenery? Other than luggage transfer, this is an unsupported ride and there are no ride leaders. You'll be challenging your stamina, self-sufficiency, and probably your butt. Come prepared and plan to ride with friends. Past riders have found that spinning classes during the winter/spring were helpful. This event is a great target for your cycling season training goals.

In the weeks leading up to the TNTO, participants should be able to ride:

- 135 km a day, for those starting at High Park
- 70 km a day, for those starting at Stoney Creek

For those training for the "Hairshirt" (June 27th) or just looking for an additional challenge, we have optional "scenic" 187 and 200 km routes available from High Park on the first day.

In addition to the beauty and exhilaration of riding through Niagara Falls at the end of Day One, on your arrival at the motel you can celebrate with all the FREE watermelon you can eat.

Price includes maps, luggage transfer and motel accommodation.

1 person in one room: \$110.00

2 persons in double room (two queen beds or 1 king bed): \$60.00 each

2 persons in double room with Jacuzzi (one king bed): \$80.00 each

Non-members are welcome for an additional \$10 each.

Map and luggage transfer only: \$15.00 each

Registration opens March 23, 2010

For details and online registration refer to "Chain of Events" at www.tbn.ca



TBN Educational Corner

Marie Ferguson & Dinsmore Roach - TBN Educational Directors

Cycling Nutrition: Eat to Ride

To go strong and long, you need the right food at the right times

We asked pros and the people who train them to share their nutritional MOs. From living off the land to avoiding things you can't pronounce, their tips cover the entire nutritional spectrum.—As told to Selene Yeager

"On the bike, always carry some carbs, like a Clif Bar or energy drink. Off the bike, make sure each meal has carbs, protein and fat. Eating fat at every meal ensures you're not chewing on a candy bar an hour later."—Marla Streb, Team Luna Chix member and former singlespeed world champion



Milk contains a protein called casein that is found rarely in other foods; to get its benefits, drink a glass at bedtime. "It has a complex chemical structure that requires more time for the body to [break down]. As casein is slowly digested, small amounts of protein are released into the bloodstream over many hours. This provides the tissues the building blocks they need to heal throughout the night."—Tim Pelot, CSCS, USA Cycling level 1 coach and owner of Pelot Performance Coaching

Eat a more plant-based diet, and really look at your food before you eat it. "Can you recognize it as an animal, plant or something that came from a plant? Choose that over anything that comes in a package or is filled with mystery ingredients you can't pronounce."—James Herrera, founder and primary coach at Performance Driven Coaching

Too many cyclists don't take the intensity and length of their rides into consideration when they eat postworkout. They tend to overeat by at least twice as many calories than they actually burned during exercise. "Eat during your ride. If your ride is long and hard, have a snack that is a mix of protein and carbohydrate right after you finish. Then have a regular meal later." If your ride is an hour or less, you are likely fueled by the meal you ate beforehand, so you don't need extra energy.—Michelle Grainger, coach, personal trainer, and owner of Athletic Excellence

"I've found that keeping a good diet is not fun. But once you get a rhythm going, it becomes easy to stay on course. After a few weeks it feels like home." Follow the same pattern before a big ride or race. "Always eat something you know your body is used to processing. Three hours before is best." The night before, eat something that makes you feel great the next day. "My track coach told me to eat pizza the night before a big event. He claimed that it breaks down slowly in the stomach and will keep your body feeding while you sleep for up to eight hours. I do it and I always feel good the next day."—Mark Weir, downhill, cross-country and 24-hour marathon racer

"Eat things that have been around for 10,000 years, because your body knows what to do with them or you wouldn't still be in the gene pool."—John Stamstad, holder of the Ultra-Marathon Cycling Association 24 Hour Off-Road World Record of 352 miles

Bicycling Magazine December 2009

Cyclon 2010

Time to open up those Daytimers and block off the August 1st long weekend. Cyclon is coming back, better than ever!

This year we will be staying at Conestoga College in Waterloo.

Details are in the works but for now, here's a few tidbits of info:

- New cycling routes which will include scenic towns such as St. Jacobs, Elora, Paris (Ontario, that is), and Stratford
- Hotel-like suites complete with kitchens - and housekeeping service!
- Optional meal plans to meet everyone's needs and budgets
- Banquet at Bingemans, one of the premiere banquet facilities in Ontario. If it was good enough for President Clinton and Nelson Mandela, it just might be good enough for us
- A Saturday night menu of options to choose from:
 - The waterpark at Bingemans (with awesome slides and a wave pool) followed by a barbecue
 - A play at Stratford with group rates
 - A folk music concert in Cambridge

All this, and starting at under \$200!

So, block off July 30th to August 2nd and stay tuned for updates and info on the Early Bird Registration in April at www.tbn.ca.

TBN Custom Jersey

The TBN custom jersey, made by ATAC Sportswear is now available exclusively at Cyclepath located at 2106 Yonge St, on the west side of Yonge just south of Eglinton. TBN Members, cost \$60, non-members \$89. Please remember that payment is by cheque only, made payable to the Toronto Bicycling Network. Note: the old yellow/blue Garneau design is still available at Cyclepath in extremely limited quantities for \$60 -- instant collector's item!



Fall City Walks

End of Season Report



We had another successful season this year-running a full series of Walks from mid October to late December. As promised, we ran some entirely new

routes: (The Upper-Humber and Black Creek Trail). It's quite amazing that despite residing in the Metro area for so many years, we can still find new trails and local sites of interest to explore.

We attempted to link up with the "out of town Hike Program" on the Bruce Trail in late November. However we were not able to attend because of problems with logistics. Next year, we aim to go a bit further afield and try some more demanding trails just outside of the the greater GTA .

We ran our end of Season Annual BBQ in the Don Valley and this was as usual, well

attended. There was one significant change: our traditional location close to the Police Stables was not available. We were able to find another suitable alternative BBQ site just further down the Don Valley.

I would like to thank all of the Club members who assisted in the running the Program. We are already looking forward to next Season (Fall 2010). There will be a "pre-season planning session" in early September 2010 (watch the Web Site for details).

Yours Sincerely,

Mark Brousseau
TBN City Walk Coordinator



Out of Town Hikes

End of Season Report

The Out of Town Hikes this year had a small but loyal group of followers. The weather was better than prior years: warmer, drier, and little snow. But the numbers of hikers was low - perhaps the good weather kept potential hikers on their bikes. A BIG thanks to the regular hikers that came out weekly. For those that were going to come out but felt intimidated, the pace has dropped from the old days - the leader is slowing down. So next Fall when your Riding season is over, give the Hikes a try.



Ed Herage
Out of Town Hike Coordinator



Cycling Advocacy -It's Not Complicated

by Donna Fleming

I believe, we at TBN need to assume a leadership role to support and promote all cycling endeavors made by City Planners because we are part of the solution. It's important for all of us to support Cycling Advocacy no matter what our motivation. Cycling has been on the decline but that trend is changing now. It's difficult to quantify the benefits of Cycling. However, everyone at City Hall agrees with us, that it's of utmost importance to the health and well being of the community and the environment. Let's unite to get action and make our voices heard for Cycling Advocacy. The best way to be heard is by having more cyclists in the community.

Emails, letters, petitions, speakers and participants are needed at all forums on cycling. Let's keep cycling a priority for City Counselors and Urban Planners. Cycling infrastructure needs to be considered early in the designs for new construction and re-construction of our roadways, pedestrian ways and parks. Cycling Safety and Security measures need to be factored in from the beginning. Let's make sure the job is done the right way.

TBN incorporates all the reasons for cycling:

Leisure and Social

For the sheer pleasure for friends and family

Recreational and Fitness

To improve level of fitness and well-being

Competition and Sport

To challenge oneself against others.

Transportation

A choice for commuters, school children and residents to do their interests

Health Reasons

To reduce the risk of life style diseases like heart disease, cancer, osteoporosis, obesity, arthritis, diabetes and mental health.

Environmental Reasons

For the purpose to reduce air pollution and use of natural resources.

Tourism and Exploration

To provide an economical and exciting way to see our city.

Bicycles as a Hobby

To provide the pleasure of tinkering on bicycles or collecting bicycles is a pleasing past time.

Employment

New equipment manufactures, research and development, repair and after market parts, and urban planning, are created with cycling.



> PLAN AHEAD

Madawaska Kanu Centre

by Anne Garnett



Twelve TBN members joined us at Madawaska Kanu Centre for Thanksgiving this year. It is a fabulous way to spend a fall weekend cycling and enjoying the milder weather before winter arrives.

During the summer our hosts, Dirk, Claudia and their 2 daughters, run a famous canoe and kayak training camp but they are also very passionate about cycling. After Labour Day the water activities cease and during Thanksgiving they open up the Centre for cyclists to enjoy this weekend in a very beautiful part of Ontario, just outside Algonquin, only 2 hours from Toronto and 1 hour from Ottawa.

The log-house itself is worth the drive: the dining room is hung with a wonderful collection of antique canoes, the walls are covered in photos of the family's Olympic successes and pictures of their students doing amazing things in white water. On Friday evening and after the rides we are greeted by a huge cheese tray and home made cakes to eat by the fireside. There is a log sauna – also an outside (hot) shower .

The food is terrific: healthy breakfasts with lots of choices; full picnic lunches and wonderful dinners – you never go hungry. The tables and stools have been made from old ships and the atmosphere is so warm and friendly it's a really hard to get ready for cycling. The Thanksgiving dinner on Sunday is a real highlight

after which we sit comatose around the log fire trying to make the effort to go to bed.

People tell me the scenery is too hilly. The cycling is tough but that's why it's so special - you have to have hills to have such stunning scenery - but there are many gentle rides and roads along lakes that are quite manageable. The roads are quiet with hardly any traffic. Personally I prefer to take on those hills because of the reward of looking backwards - I just ride about 2/3rd of the way up and then walk the rest so I can look behind and enjoy the views. There is no-where to compare in Ontario.

There are pretty routes for everyone: some do 35Km – others 160km. Typical routes are Combemere- Rockingham- Quadville; Eganville ; Bancroft, Barry's Bay and the famous Foymont Factory Outlet. There are also mountain bike tours each day led by Dirk and Claudia and these proved very popular (and puddle-prone) this year. If you want to see the more distant destinations simply do a remote start to reduce the distance. If you're worried about missing Thanksgiving at home some of the group leave after breakfast on the Monday, having had 2 or 3 days of challenging cycling and drive back comfortably for their family dinner that evening.

Details of this year's trip will be advertised at www.tbn.ca when available.

TBN Who's Who

TBN Board of Directors

| | | |
|-------------------------------------|-------------------------------------|-------------------|
| President | Brian Mclean | president@tbn.ca |
| Past President | Vacant | tbn@tbn.ca |
| Director, V.P. Skiing & Snowshoeing | Linda Hamilton | xcski@tbn.ca |
| Director, V.P. Touring | Richard Anstett | touring@tbn.ca |
| Treasurer | Vacant | tbn@tbn.ca |
| Secretary | Brenda Sweet Paul Price | tbn@tbn.ca |
| Newsletter | Juliet Suddaby Ginger Lee | newsletter@tbn.ca |
| Education Director | Dinsmore Roach Marie Ferguson | education@tbn.ca |
| Publicity & Promotions | Sherri Stelmack | publicity@tbn.ca |
| Social Director | Kathleen Harford Susan McAlister | social@tbn.ca |
| Weekend Trips Director | David Maclean | 416-482-8033 |
| Advocacy Director | Ron Fletcher | tbn-civic@tbn.ca |
| Cyclon Director | Arlene Smith Carol Hill | cyclon@tbn.ca |
| Director at Large | Alan Bell | tbn@tbn.ca |

Others

| | | |
|----------------------|--------------------|---------------|
| Membership Secretary | Eileen M Harbinson | memsec@tbn.ca |
|----------------------|--------------------|---------------|

TBN Coordinators

| | | |
|---------------------------------|--------------------------------|------------------------------|
| City Walks | Mark Brousseau | 416-466-4979 |
| Country Cruise, Saturday Shorts | Rowena Maclure Barry Pinsky | 416-487-1474 416-928-0503 |
| Easy Roller | David Middleton | easyroller@tbn.ca |
| Friday Night Ride | Peggy McFarland | fridays@tbn.ca |
| Hiking | Ed Herage | hiking@tbn.ca |
| Ice Skating | Fred Lee | iceskate@tbn.ca |
| Spinning Coordinator | Loreto Manni | spinning@tbn.ca |
| Inline Skating | Michael Lin | inline@tbn.ca |
| Leisure Wheeler | Jamie Hauyon | 416-537-8865 |
| Mtn. Biking, Trail Riding | Dan Roitner | mtb@tbn.ca |
| Saturday Morning Ride | Julie Willmot | 416-696-9263 |
| Tourist, Sportif, Webmaster | Owen Rogers | info@tbn.ca |
| Tuesday Ravine Rides | David Peebles | 416-534-7168 |
| Wednesday Nights | Ron Fletcher | tbn@tbn.ca |
| Wednesday Wheelie | Bill Hannaford | 416-482-2125 |

TBN Hotline!

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

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

From the main menu press...

- 1** Cross-country skiing and snowshoeing day trips (November-March)
- 1** Weekend and holiday rides (April-December)
- 2** Weekday events
- 3** Social events & membership information
- 4** Inline skating
- 5** Weekend trips & Cyclon 2010 information

Hotline tips:

- From the main menu you can make a selection at any time, and you don't have to wait for the message to finish. You can return to the main menu after making a choice, by pressing **2** at any time. After making a selection from the main menu, press **1** to leave a message related to your main menu choice.
- Please be sure to select the appropriate mailbox in which to leave your message.
- If you're not sure where to leave your message, please leave it in the Social & Membership mailbox (i.e. press **3** from the main menu, then press **1**).

MOVING?

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



Toronto
bicycling
Network

Toronto Bicycling Network
131 Bloor Street West
Suite 200, Box 279
Toronto, Ontario
M5S 1R8

