

QuickRelease

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Toronto
bicycling
Network



End of Season Ski Report

Peter MacDonald

Vice-President, Skiing and Snowshoeing

The 2006 ski and snowshoe season came to an end on Sunday March 26th with our last trip of the year to Hardwood Hills and the annual Spring Fling.

The season got off to a great start on January 8th with a full bus of skiers and snowshoers on a bus from our new bus company Coach Canada on our first trip of the year to Scenic Caves near Collingwood.

And then in the second week of January, a weird thing happened in Southern Ontario. Spring arrived. Early. Real early. With a forecast of rain for the 15th, our planned trip to Dagmar was cancelled due to poor conditions and poor sign ups for the bus.

Winter did come back to ski country the following week and we managed to run the rest of the planned buses although the buses weren't as full as we would have liked. Highlights of the rest of the season included a trip to Horseshoe Valley for moonlight skiing on February 11th and a trip to Arrowhead Provincial Park on March 4th.

This year featured many new changes in the program. We had a new bus company, Coach Canada provided our buses this year after Penetang-Midland was bought up by Greyhound last winter. Coach Canada will be back next year as our bus company.

New this year were two Saturday trips, our moonlight ski trip to Horseshoe Valley and our trip to Arrowhead. Both trips were well received and will be back next year.

Interest was expressed in the possibility of a third Saturday trip to another far destination. One possibility would be Silent Lake Provincial Park and may be in the schedule for next year.

People liked being able to pay for everything in cash on the bus and to sign up in advance for trips they wanted. These features will be back in 2007.

Other plans for 2007 are finding CANSI certified instructors in the club who would be willing to give lessons during the season and the addition of a dinner trip one weekend.

The ski program could not be the success that it was if the Vice-President didn't have the help of a lot of hard working, dedicated volunteers. My volunteers this year were:

- Janet Guttsman, who wrote the newsletter article on ski safety
- Wendy Schlicter, who helped with the decorations on the moonlight ski bus and who baked a birthday cake for a couple of birthday boys in March

Of course, I had the following as my assistant bus captains who made sure everyone got the correct change on the bus:

- Catherine Whitfield
- Pilar Harrietha
- Phil Piltch

- Jean Doiron
- Wendy Schlicter
- Howard Chan
- Victoria Plaskett
- Dave Moffat

Thanks guys, I couldn't have done it without you. Their photo is below.

Plans are being made for next year's ski and snowshoe season already. If you would like to help plan next year's ski and snowshoe season this summer, send an e-mail to xcski@tbn.ca and I will get in touch with you.

Have a safe summer. See you on the rides and think snow for next winter.



Photo by Patrick Lam. Left to right: Phil, Howard, Peter, Victoria, Catherine, Wendy and Jean. Missing from the photo are Pilar and Dave.

Spring Dinner Dance May 13

We'll be back to the Ashbridges Bay Yacht Club for the TBN Spring Dinner-Dance, on Saturday, 13 May. Cash bar starts at 6:30, with dinner at 7:30. Fee is \$30 for members until 6 May, and after that, \$35.

Toronto Trailblazers Need You

The Trailblazers is a recreational cycling club with a twist. We give blind and vision impaired adults the opportunity to cycle with sighted volunteers (Captains) on tandems (bicycles built for two). The club is currently in need of more Captains in the GTA (from Scarborough to Etobicoke to North York). If you can help us with even one or two outings during the cycling season, our members would greatly appreciate this. We provide orientation sessions for all new Captains and club members (blind and vision impaired). Tandem bikes are provided by the Trailblazers. Club membership for Captains is free. If you have any further questions or decide to volunteer as a Captain, please contact: Lynda Spinney at: lspinney@rogers.com or call 416-247-7117. More info: www.torontotrailblazers.org

Cover photography by Owen Rogers, Lionel Simmons, Randy Domm and some guy in the parking lot at Hardwood Hills using Patrick Lam's camera.

2006 Inline Skating Program

by Michael Lin

Once again TBN will be offering recreation level and fitness level inline skating from the beginning of May until Thanksgiving weekend.

Inline skating in a group atmosphere is a great way to explore the city, mix with fellow TBNers and enhance your fitness. We've got an exciting program scheduled for this year. Our regular skates will be on Saturday mornings and Monday evenings, except for Holiday Mondays when we will skate during the day.

As usual, the majority of skates will be in areas of the city that are accessible by public transit. There is a good balance of skates from the east to the west to

encourage all to join in the fun. Of course, we'll head out after our skates for further fun and socializing. This year we have tried to co-ordinate a number of our local skates with community events. We'll skate on the paths and party on the streets; Woo-hoo!

[Favorite road trip destinations like Niagara-On-The-Lake, the Hamilton Beach Trail, and a new trip to the Peterborough Lift Locks are scheduled. For the fitness freaks we have 3 self timed marathons.]

So if you're looking to put a little more fun and excitement into your active outdoor lifestyle, come on out and give eight wheels a try. You might end up having four times the fun!

Toronto Bike Show success

by Carlo DiFlorio

The Toronto Bike Show was a huge success. The three days were filled with meeting new members and getting reacquainted with existing members. The volunteers were enthusiastic about getting the word out and informing all who entered our booth about the virtues of the TBN. We had over 30 volunteers this year who graciously gave their time to promote the club. In all we signed up 18 new members and handed out countless information packages to people who were going to join after the show.

A special mention goes out to Brenda MacIntosh for her wonderful help in setting up the booth. Brenda offered her time on Thursday for set up, she spent extra time to take the booth that one step further. It is all the volunteers that made the Bike Show such a great success.

Rolling Stops and Sidewalks

by Carl Friesen

- I'm on Dupont Circle, in my favourite part of Washington DC, beside my favourite Starbucks. The car and truck traffic around the Circle itself is moderate, stopping in an orderly fashion at the red lights. That is, until I see a young woman on a bicycle blithely ride through three red lights in succession, without even slowing down.
- Switch to... the sight of a uniformed member of Toronto's Finest, riding a bicycle on the Wellington Street sidewalk, eastwards, against the direction of this one-way street.
- And again ... it's the start of a TBN ride. "Please obey all traffic laws and signals," the leader intones, and then proceeds to coast through the very first stop sign along the route.
- Once more ... I'm on a TBN group ride on a quiet country road, deep in conversation with another cyclist. We come to a stop sign and I say I'm stopping. Her response is a puzzled, "What for?" Clearly, the idea of actually stopping at a stop sign is new to her.

What's with it between cyclists and traffic laws? They don't apply or something?

To start with, yes, traffic laws do apply to cyclists. Bicycles are considered "vehicles" under the Ontario Highway Traffic Act and most similar legislation around the world. That means that they are entitled to use

the road networks just as cars and trucks are, subject to a few limitations like expressways. That also means that they are obligated to obey traffic laws. Stop at red lights and stop signs, signal turns and stops, and don't speed (not usually a problem for a bike).

There's probably no way I can argue you into traffic law compliance if you don't want to go there. But there are some good reasons why you should.

One is that civil society depends on people obeying the laws fairly passed. It's not a smorgasbord at which you are free to pick and choose. A burglar, for example, might decide that property rights don't apply to her or him, and as a result your laptop, jewellery and iPod disappear. I think that even the most avowed stop-sign-running cyclist would think that this was wrong, and that the burglar should be prosecuted. We're obligated to obey the laws even when there isn't a police officer standing there to enforce them.

Another is that other users of the road have a right to expect others to comply with the rules. Think of some time when you've been driving a car in heavy traffic, and the driver in front of you slammed on the brakes and turned into a driveway without signaling. If you've had a rough day, you might vent a bit with a blast of your horn or a rude gesture. That's because the driver didn't obey the laws or common courtesy. It's the same with

cyclists who decide to suspend laws and courtesy as applied to them.

A third reason is that generally, traffic laws are there for good sound reasons. You stop at a stop sign so that you have full control of your vehicle (including a bicycle) and can yield to oncoming traffic. If you don't stop, you're more tempted to try to get across in the face of oncoming traffic, and in a physical discussion between a car and a bicycle, guess who wins?

Fourth, there's the issue with tickets. Police do hand out tickets to errant cyclists.

Yes I know, the herd instinct is strong. If other cyclists on a group ride roll through the stop sign, you may feel pressure to do the same. But since when did you let other people decide for you what's right and wrong for you?

I've had no trouble continuing conversations with others on group rides, even though I may be the only one who actually stops at stop signs. I just make sure to signal the stop, call out "stopping" and pull well to the right. I haven't been rear-ended yet.

It's not hard at all to stay on the right side of the law as you cycle. You'll improve your safety factor significantly into the bargain.

Retailers Providing Discounts to TBN Members

There are now 34 retailers, tour operators, and fitness centres 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.ca/discount for changes and additions.

Badrockbikes.com

10% discount to TBN members.

Submit membership # by e-mail, fax, or phone.

Bayview Cycle Centre

3335 Bayview Ave.

10% off regular priced merchandise.

Benjamin Sports

393 Donlands Ave.

35% off everything in store.

Bicycles at St. Clair

625 St. Clair Ave West

5% off on parts and bicycles and a free tune up on purchased bicycles.

Bike Zone

501 Lakeshore Road West, Mississauga

10% off all parts, accessories and service.

Brown's Sports & Cycle

2447 Bloor St. West

10% off regular priced bicycles & cycling related parts and accessories.

Chain Reaction Bicycles

4231 Dundas St West

10% off regularly priced parts & accessories.

Curbside Cycle

412 Bloor St West

10% of parts, accessories and clothing.

Cycle Solutions (Beach)

615 Kingston Rd.

15% off regular priced parts, accessories, & clothing.

Cycle Solutions (Cabbagetown)

444 Parliament St.

15% off regular priced parts, accessories, & clothing.

Cyclemania (Danforth)

281 Danforth Ave..

15% discount on purchases, does not apply to repairs.

Cyclepath (Bloor West)

1204 Bloor St. West.

10% discount on parts, accessories, clothing, repairs.

Cyclepath (Creditview)

20-1170 Burnhamthorpe Road West, Mississauga

10% off non-sale items.

Cyclepath (North Toronto)

2106 Yonge St.

10% off parts and accessories.

Cyclepath (Oakville)

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

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

10% off all regularly priced books, excluding shipping.

Duke's Cycle

625 Queen St. West

10% off all accessories.

Fitfix Health and Wellness

2409 Yonge Street, Suite 201

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!)

High Park Cycle & Sports

2878 Dundas St West

Parts, accessories, clothing, labour: 5%. Used & demo bikes: 15%. New bikes: 10%. With cash payment: additional 5%

L & J Cycle

1144 Davenport Rd.

10% discount off all regularly priced parts and accessories.

MBS Tandems

2964 Keynes Crescent, Mississauga

10% off parts, accessories & labour. 5% off bicycles.

McBride Cycle

2923 Dundas St West

15% off all regularly priced instock items.

Pavan Cycle

2601 Matheson Blvd East, Unit #24, Mississauga

10% off all products.

Quad Spinning

580 King St. W., Lower Level

Receive a \$20.00 discount off any package.

Racer Sportif

2214 Bloor St. West

10% off all regularly priced items, including bikes.

Recumbent Trikes - Canada

1415 Cunningham Crescent, Orillia

15% off regular price of Mueller Windwrap fairings. 5% off regular price of recumbent trikes.

Scholz Adventure Travel

16575 Dufferin St, King City

5% on any trip.

Set Me Free (High Park)

381 Roncesvalles Ave.

15% off regularly priced parts, accessories & clothing. 5% off regularly priced bikes.

Set Me Free (Little Italy)

653 College St.

15% off regularly priced parts, accessories & clothing. 5% off regularly priced bikes.

Urbane Cyclist

180 John St.

10% off parts and accessories.

Velotech

884 College St.

15% discount.

Wheel Excitement

249 Queen's Quay West, Unit 110, Toronto

10% off: rentals; all non 'sale' items; major tune ups.

Spring 2006 Ravine Rides

The Ravine Rides is a series of 1-2 hour rides Tuesdays at 10:30 AM. Enjoy the park paths without the weekend crowds. The routes avoid busy streets as much as possible. All start points are near subway stations, and the 10:30 start gives a full hour for travelling on the TTC with your bike. These relatively short rides at a moderate pace are a great way to introduce friends to TBN. Optional coffee stop after each ride.

Tuesday, May 2

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 virtually car-free.

Start: Etienne Brûlé parking lot (down the hill behind Old Mill subway station)

Distance: 20 km

Tuesday, May 9

THE SECRET CIRCUIT - A half-hidden downtown route with a minimum of street riding. A short but varied ride, and the Poplar Plains hill will make sure you get a good cardio workout! Some unpaved paths.

Start: Taddle Creek Park one block north of the Bedford exit of the St. George subway station

Distance: 14 km

Tuesday, May 16

HILL AND VALE - Up Poplar Plains, along a bit of the Beltline, down Moore Park Ravine, then back through the heart of Rosedale. Some unpaved paths. Moore Park Ravine is one of the longest downhill glides in Toronto.

Start: Taddle Creek Park one block north of the Bedford exit of the St. George subway station

Distance: 15 km

Tuesday, May 23

ONE-WAY TICKET, YEAH! - A one-way ride from High Park subway station to Rosedale / Summerhill. Mostly paved.

Start: Entrance to High Park, Bloor and High Park Ave.

Distance: 22 km

Tuesday, May 30

MIMICO CREEK AND THE HUMBER - Paved paths and only a few blocks of street riding.

Start: Old Mill subway station

Distance: 21 km

Tuesday, Jun 6

ONE-WAY TICKET T.O. RIDE - A one-way ride from Kennedy to Davisville. Mainly paved paths with only a few blocks of street riding.

Start: Beside the elevator on the east side of the Kennedy subway station (on Transway Crescent)

Distance: 20 km

Tuesday, Jun 13

BALFOUR AND THE BELTLINE - David Balfour Park, Moore Park, the Beltline, and Cedarvale Park. Some unpaved paths.

Start: Taddle Creek Park one block north of the Bedford exit of the St. George subway station

Distance: 19 km

Tuesday, Jun 20

TAYLOR, MARTIN, AND DON - A water theme: the lakeshore, the Don River, and Taylor Creek. Mainly paved paths with only a few blocks of street riding.

Start: Shoppers World, Danforth and Victoria Park, in front of Coffee Time Donuts

Distance: 26 km

Tuesday, Jun 27

CEDARVALE PROSPECTING - Cedarvale Park, and the Beltline extension. Some unpaved paths and street riding.

Start: Taddle Creek Park one block north of the Bedford exit of the St. George subway station

Distance: 19 km

Ride Leader Clinic

(for anyone interested in learning to lead rides for TBN, or experienced leaders who want to refresh their learning)

Date: Thursday, May 25, 2006

Time: 6:30 PM to 8:15 PM

Location: Deer Park Library

40 St. Clair Ave. East on the north side of St. Clair one block east of Yonge, in the upstairs Program Room, accessible by stairs or elevator from the front of the building.

If you are interested in attending, please RSVP to John Burdett, VP Touring at touring@tbn.ca or 905-881-9259.

Tuesday, Jul 4

EAST END EXCURSION - This ride has a bit of everything: ravines, a cemetery, two cannons, an industrial park, quiet residential streets, and a stairway. All but 100 m on pavement.

Start: Shoppers World, Danforth and Victoria Park, in front of Coffee Time Donuts

Distance: 22 km

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.

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.

Mountain Bike Rides

All rides start at 10:00 a.m. unless otherwise noted.

Saturday, May 6

Durham Forest - 25 km of single and doubletrack trails. With mixed forest and thick pines this fat-tire playground is sure to please.

Trail pass: free

Terrain: Easy to moderate, clay, sandy areas

Facilities: none, limited parking

Start: Parking lot of Durham Forest. Take Hwy 401 to Brock Road exit, Pickering, north up Brock Rd about 23 kms to Durham Rd #21 (Coppins Corners), east 5 km to 7th Concession Rd, turn right, entrance is 1 km south on east side.

Sunday, May 7

Hardwood Hills - With 70 km of single & doubletrack trails, Hardwood Hills is an industry benchmark offering trails for all abilities. Don't miss this superb mountain bike centre.

Trail pass: \$12.00

Terrain: Easy to extreme, hard pack surface

Facilities: Full service: washrooms, showers, cafeteria, bike rental

Start: Parking lot of Hardwood Hills. Exit Hwy 400 northbound at interchange 111 (Forbes Rd), travel east 10km, entrance on left side.

Saturday, May 13

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

Trail pass: Free

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

Facilities: none

Start: Toronto Brick Works on Bayview Ave. south of Pottery Road.

Sunday, May 14

Albion Hills - Ride north of Bolton on 25km of hilly, forested xc-ski trails.

Trail pass: \$4.

Terrain: Easy to moderate. Single track, some sand, roots and logs.

Facilities: washrooms, snacks, camping, swimming

Start: Albion Hills Conservation Area. Drive north on Highway 50 past Bolton until you see the entrance to the conservation area on your left. Park at far end by chalet.

Saturday, May 20

Kelso Conservation Area - Featuring 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill--tough going up, a blast going down.

Fabulous view.

Trail pass: \$7.00

Terrain: Moderate, clay based hard pack with mud holes, limestone boulders

Facilities: washrooms, snack bar, camping, swimming

Start: Summit Gatehouse of Kelso Conservation Area. Exit Hwy 401 westbound at Hwy 25, then south to Hwy 8/Steeles Ave. Turn right and head west on Steeles, parking at Old Bell School Line.

Sunday, May 21

Glen Major - 15 km of tight technical single track, for beginner to advanced. Drop offs, sandy areas, long runs and great scenery, south of Uxbridge.

Trail pass: Free

Terrain: Easy to extreme

Facilities: none

Start: Hwy 401 east to Brock Rd. in Pickering. North on Brock Rd. to about 20 km, turn east on RR.5/Concession 9. Travel to Balsam go north on Sideline #4 about 3 km, trail on west side by parking lot.

Saturday, May 27

Knobby Knewbie Ride: Don Valley -

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. Depending on interest among the group and leader after the morning clinic we'll take the new riders out for an easy trail ride in the Don Valley.

Trail pass: Free

Terrain: Easy

Facilities: none

Start: Toronto Brick Works parking lot on Bayview Ave. south of Pottery Road.

Sunday, May 28

Horseshoe Valley - Horseshoe now offers MTB trails. Over 40 km of xc-ski loops and single track for all abilities.

Trail pass: none, yet.

Terrain: Easy to extreme, hard pack surface, sandy, flat sections and monster hills.

Facilities: none

Start: About 20 km north of Barrie on Hwy 400 take Exit 117 (Horseshoe Valley Rd) and head east to the resort. Park on north side of road by x-country ski lodge.

Saturday, Jun 3

Waterdown - This 30 km valley system near Hamilton offers lots of steep downhill, and uphill challenges. Logs, mud, great scenery, and plenty of interweaving trails to learn your way around.

Trail pass: Free

Terrain: Moderate to extreme

Facilities: local stores, diners

Start: Parking lot off Rockcliffe Rd in Waterdown. Take QEW west, continue onto Hwy 403, turn north on Hwy 6, then east briefly on Hwy 5 (Dundas St.), right at Dennis Ave to parkette entrance on Rockcliffe Rd. Please try to carpool as parking is limited.

Sunday, June 4

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

Trail pass: free.

Terrain: Moderate to extreme. Hardpacked surface, fairly flat but very twisty, can be muddy

Facilities: limited parking

Start: Meet for 10:00 a.m. departure in the parking lot at Ravenshoe. From the west or central areas: take Hwy 404 north, exit at Green Lane, then east 300m to Woodbine Ave, north 5km to Ravenshoe Road, east 9km to McCowan Rd. and then south for about 500 m, parking on the right. From the east: north on Hwy 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, then south 600m.

Saturday, Jun 10

Puslinch Trail - 20km of mixed riding there are lots of tight and twisty trails with some switch backs and a few hills.

Trail pass: Free

Terrain: Moderate

Facilities: None. Reasonable amounts of parking.

Start: From Toronto take Hwy 401 West to Guelph exiting at County Rd 33 which is just west of Hwy 6 North off of the 401. Head south on County Rd 33 to County Rd 32 (first road south of the Hwy) turn left heading east. You'll pass Puslinch lake keep going. The road comes to a stop and veers off to the north (left) follow it north. Parking lot is just south of the 401 on the east side.

Sunday, June 11

Dundas Valley - This 40 km valley system near Dundas can be ridden fast and offers some downhill, and uphill challenges. Great scenery, and plenty of interweaving trails will keep you busy all day.

Trail pass: \$2.

Terrain: Moderate to extreme

Facilities: local stores, diners

Start: Dundas Valley Conservation Area. Exit Hwy 403 westbound at the Aberdeen exit to Main Street West in Hamilton. Continue west, Main St becomes Osler Drive. Turn left/head west 2 km on Governors Road to Dundas Valley Conservation Area.

Saturday, June 17

Durham Forest - 25 km of single and doubletrack trails. With mixed forest and thick pines this fat-tire playground is sure to please.

Trail pass: free

Terrain: Easy to moderate, clay,sandy areas

Facilities: none, limited parking

Start: Parking lot of Durham Forest. Take Hwy 401 to Brock Road exit, Pickering, north up Brock Rd about 23 kms to Durham Rd #21 (Coppins Corners), east 5 km to 7th Concession Rd, turn right, entrance is 1 km south on east side.

Sunday, Jun 18

Kelso Conservation Area - Featuring 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill--tough going up, a blast going down. Fabulous view.

Trail pass: \$700

Terrain: Moderate, clay based hard pack with mud holes, limestone boulders

Facilities: washrooms, snack bar, camping, swimming

Start: Summit Gatehouse of Kelso Conservation Area. Exit Hwy 401 westbound at Hwy 25, then south to Hwy 8/Steeles Ave. Turn right and head west on Steeles, parking at Old Bell School Line.



Photo by Dan Roitner

Saturday, Jun 24

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

Trail pass: free.

Terrain: Easy to extreme.

Facilities: outhouse

Start: Take Hwy 10 north, it will join Hwy 24 past Orangeville. Follow Hwy 24 north, turn left onto Hwy 4, then right on Gray Rd #2. The parking lot is located about 10 min. up the road on the right hand side. The trail entrance is across the road.

Sunday, Jun 25

Knobby Knewbie Ride: Don Valley -

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. Depending on interest among the group and leader after the morning clinic we'll take the new riders out for an easy trail ride in the Don Valley.

Trail pass: Free

Terrain: Easy

Facilities: none

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

Saturday, July 1

Ravenshoe - The 15 km of single-track trails at Ravenshoe offer lots of roots, logs and stunts to challenge the rider--one our hardest/favourite rides. Trail pass: free.

Terrain: Moderate to extreme. Hardpacked surface, fairly flat but very twisty, can be muddy

Facilities: limited parking

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

Sunday, July 2

Kelso Conservation Area - Featuring 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill--tough going up, a blast going down. Fabulous view.

Trail pass: \$700

Terrain: Moderate, clay based hard pack with mud holes, limestone boulders

Facilities: washrooms, snack bar, camping, swimming

Start: Summit Gatehouse of Kelso Conservation Area. Exit Hwy 401 westbound at Hwy 25, then south to Hwy 8/Steeles Ave. Turn right and head west on Steeles, parking at Old Bell School Line.

Saturday, Jul 8

Glen Major - 15 km of tight technical single track, for beginner to advanced. Drop offs, sandy areas, long runs and great scenery, south of Uxbridge. Trail pass: Free

Terrain: Easy to extreme

Facilities: none

Start: Take Hwy 401 east to Brock Rd. in Pickering. North on Brock Rd. to about 20 km, turn east on hwy 5.Concession 9. Travel to Balsam go north on Sideline #4 about 3 km , trail on west side by parking lot.

Sunday, July 9

Dundas Valley - This 40 km valley system near Dundas can be ridden fast and offers some downhill, and uphill challenges. Great scenery, and plenty of interweaving trails will keep you busy all day. Trail pass: \$2.

Terrain: Moderate to extreme

Facilities: local stores, diners

Start: Dundas Valley Conservation Area. Exit Hwy 403 westbound at the Aberdeen exit to Main Street West in Hamilton. Continue west, Main St becomes Osler Drive. Turn left/head west 2 km on Governors Road to Dundas Valley Conservation Area.



Photo by Dan Roitner

August 4-7



Cyclon® is a spectacular, three day bicycle touring event for all cyclists.

The Toronto Bicycling Network, Canada's largest recreational cycling club, hosts Cyclon each year on the August Civic Holiday long weekend. *Join us as we celebrate our 20th Anniversary!*

Cyclon 2006 will be held in historical downtown Kingston, from Friday, August 4th to Monday, August 7th. We will be based at Queen's University, just steps away from beautiful Lake Ontario.

RIDES:

- Road biking
- Choose from several tours per day
- Distances vary from 30 to 180 km
- Designed for every level of cyclist
- Detailed maps provided
- Experienced Ride Leaders
- Emergency services Sag-Wagon drives the routes and is on call

ACCOMMODATION AND MEALS:

- Three nights lodging on campus, in air-conditioned rooms. Each room has a double bed, telephone and Internet connectivity and is joined by a shared bathroom.
- Common Room with TV, comfy chairs and Kitchenette on each floor.
- Bikes allowed in room. A secured bike room will also be provided for those who wish to use it.
- Three breakfasts, three lunches, two dinners

SOCIAL ACTIVITIES AND EXTRAS:

- Friday Night - Welcome Reception
- Saturday evening BBQ & Social
- Sunday Gala Dinner and Dance Package Includes:
- Lodging, Meals, Rides, Planned Social Activities, Optional Sugoi Bike Jersey, Use of facilities and much more!

NEW! CYCLON 2006 - 20TH ANNIVERSARY SUGOI BIKE JERSEY

This semi-custom jersey, Fuel III, is Sugoi's lightweight standard for comfort, moisture transfer and performance. Three elasticized back pockets expand easily. Available to all Cyclon participants only for the low, low price of \$45.00. No refunds permitted.

Sizes: Unisex/Men's (XS-4XL), Women's (XS-2XL) See attached sheet for additional jersey information. Sizing charts and measuring tapes will be on hand at the Early Bird Sign Up and Social to help ensure you order the correct size. See details on the following page.

EARLY BIRD SIGN UP AND SOCIAL:

This is your chance to meet fellow cyclists, have your Cyclon questions answered in person and reserve your spot in Kingston.

Date: Thursday, May 25, 2006

Time: 6:00 - 9:00 p.m.

Place: Bow & Arrow Pub 1954 Yonge St., on the west side, immediately north of Davisville in Toronto.

Everyone welcome, even if you're not ready to sign up just yet! Cash bar!

SEE PAGE 8 FOR THE REGISTRATION FORM

ALL EARLY BIRD REGISTRATIONS AND PAYMENTS MUST BE RECEIVED ON OR BEFORE MAY 25TH

For more details and online registration visit www.tbn.ca/cyclon

THE NEW CYCLON 2006 - 20TH ANNIVERSARY BIKE JERSEY

SUGOI SJ01.744 FUEL III – Classic Jersey



Details: TechniFino is Sugoi's lightweight standard for comfort, moisture transfer and performance. This short sleeve jersey has 3 elasticized back pockets that expand easily.

Logo Placement: In black on the front, back and sleeves, and in white on the side panels

Colour: Blue & white (black wording)

Zipper: 10" Zipper

Sizes: Unisex: XS-3XL, Women: XS-2XL

Material: 4 oz/sq yd 100% Polyester Microfiber

Price: \$45.00 - Only available to Cyclon 2006 participants. No refunds permitted.

"TechniFino represents an evolution to the next level of performance and comfort. This refinement features a 100 per cent microfilament construction with smoother texture, enhanced stretch, and improved moisture transfer and dispersal. The new linear surface detail increases surface area, amplifying moisture uptake and speeding evaporation for a drier sensation on the skin in warm or cool conditions. TechniFino creates the perfect environment for heart rate acceleration."

Jerseys are made in two distinct fits to suit nearly every type of body.

It is important to read and understand the approximate measurements used to establish the sizes:

Sugoi classic jerseys are sold at the following stores, so you can try them on to ensure you order the right size from TBN. Please note that not all retailers will carry all sizes but it will give you a better idea of which size to order.

Company Name	Address	Zip Code	Phone
Adelaide Sports (Wingback Ent)	First Canadian Place, Concourse Level	M5X 1C8	416 364-2772
Bayview Cycle Centre	3335 Bayview Ave	M2K 1G4	416 225-2633
Bikes on Wheels, Inc.	309 Augusta Ave	M5T 2M2	416 966-2453
CDP Incentives Inc	196 Donlea Drive	M4G 2M9	416 429-4368
Chain Reaction	4231 Dundas St West	M8X 1Y3	416 234-5300
Curbside Bike Repair	412 W Bloor St	M5S 1X5	416 920-4933
Cycle Solutions	615 Kingston Rd	M4E 1R3	416 691-0019
Cyclemania	281 Danforth Ave	M4K 1N2	416 466-0330
Cyclepath (Danforth) Ltd	1510 Danforth Ave	M4J 1N4	416 463-5346
D'Ornellas Bike Shop	1894 Lawrence Ave E	M1R 2Y5	416-752-3838
Dukes Cycle & Radio Ltd	625 W Queen St	M5V 2V7	416 504-6138
Enduro Sport Inc.	35 Coldwater Rd.	M3B 1Y8	
Enduro Sport Inc. -Queen St	2254 Queen St East	M4E 1G2	416 916-0831
Energia Athletics	164 Danforth Ave	M4K 1N1	416 406-6664
Epic Cycling	1767 Queen St East	M4L 3Y4	416 694-9353
Fred's Sports	2261 E Queen St	M4E 1G3	416 698-2849
Mayfair Lakeshore Racquet Club	801 Lakeshore Blvd East	M4M 1A9	416 466-3777
McBride Cycle	2923 Dundas St W	M6P 1Z1	416 763-5652
Pedlar Cycles	152 Avenue Road	M5R 2H8	416 968-7033
Racer Sportif	2214 Bloor St West	M6S 1N4	416 769-5731
Set Me Free	381 Roncesvalles Ave.	M6R 2M8	416 532-4147
Set Me Free	2130 Queen St. E.	M4E 1E3	416 698-3756
Set Me Free	653 College St W.	M4E 1E3	416 516-6493
Sport Swap Ltd	2063 Yonge St	M4S 2A2	416 481-0249
Sporting Life Inc	2665 Yonge St	M4P 2J6	416 485-1611
Sportylicious Athletics Inc	2580 Yonge St	M4S 1Z6	416 485-6556
Sweet Petes Cyclepath	1204 W Bloor St	M6H 1N2	416 533-4481
The Cyclepath (Yonge St)	2106 Yonge St	M4S 2A5	416 487-1717
The Fitness Institute	TD Centre, 36th Floor	M5K 1J5	416 865-0900
The Fitness Institute	TD Centre, 36th Floor	M5K 1J5	416 865-0900
The Runners' Shop / Urban Fitness Gear	180 Bloor St West	M5S 2V6	416 923-9702
Time 2 Run	249 Queen's Quay West	M5J 2N5	416 597-3222
Urban Voyager	55 Avenue Rd, #280	M5R 3L2	
Urbane Cyclist	180 John St	M5T 1X5	416 979-9733
Velotique Ltd	1592 Queen St East	M4L 1G1	416 466-3171
ZM Cycle & Fitness Ltd	2055 Dufferin St	M6E 3R3	416 652-0080

UNISEX / MEN'S SIZING								
SIZE	XS	SM	M	L	XL	2XL	3XL	4XL
Waist	26-28"	28-30"	31-33"	34-35"	36-37"	38-40"	40-42"	42-44"
Chest	34-36"	36-38"	38-40"	40-42"	42-44"	44-46"	46-48"	48-50"
Inseam	30"	30.5"	31"	32"	33"	33.5"	34"	34.5"

WOMEN'S SIZING						
SIZE	XS	S	M	L	XL	2XL
Waist	24-26"	26-28"	28-30"	30-32"	32-34"	34-36"
Bust/Cup	30B-32A	32B-34A	34A-34C	34C-36B	36C-38B	38C-40B
Hip	34-36"	36-38"	38-40"	40-42"	42-44"	44-46"
Inseam	28"	28.5"	29"	30"	30.5"	31"

CYCLON® 2006 REGISTRATION FORM

Confirmation of registration will be sent prior to event. Cyclon reserves the right to limit registration. Cancellations made in writing by June 29 will be accepted subject to a \$50 fee. No refunds on any Jersey order. No refunds after June 29, but you may sell your registration package. To qualify for the Early Bird discount, your registration and cheque must be received on or before May 25. Registration closes June 15. **Please complete one form per registrant.**

Cyclon Fees: All fees listed in Canadian currency (please check the appropriate box below)

TBN Member: Without Jersey	On or by May 25 <input type="checkbox"/> \$ 290	After May 25 <input type="checkbox"/> \$ 315	Membership Number: Please check your size - 1 registrant only: Unisex/Men's Size: XS ___ S ___ M ___ L ___ XL ___ 2XL ___ 3XL ___ 4XL ___ Women's Size: XS ___ S ___ M ___ L ___ XL ___ 2XL ___ 3XL ___ Deadline – May 25 Early Bird Sign up night. ** Registrations received after May 25 are not eligible for a Jersey **
TBN Member: With Jersey	On or by May 25 <input type="checkbox"/> \$ 335	After May 25 <input type="checkbox"/> \$ 315**	
Non- Member: Without Jersey	On or by May 25 <input type="checkbox"/> \$ 315	After May 25 <input type="checkbox"/> \$ 340	
Non- Member: With Jersey	On or by May 25 <input type="checkbox"/> \$ 360	After May 25 <input type="checkbox"/> \$ 340**	

Accommodations: Note: If you wish to share a suite (with potentially one other person), you should enclose both registration forms in the same envelope or each suitemate should provide their suitemate's name with their registration form.

I would like to share a suite with: _____ Member Number: _____

First Name:	Last Name:	First Time at Cyclon? <input type="checkbox"/>
Address:		# Cyclon events attended:
City:	Province/State:	Postal Code/Zip:
Phone Number (Home):	Email Address:	Age as of July 1, 2006:

PLEASE CHECK THE APPROPRIATE BOXES:

Gender: Male Female

Meal Options: Non-Vegetarian, Vegetarian

Preferred Breakfast Time (select one): 7:00-7:15am, 7:15-7:30am, 7:30-7:45am, 7:45-8:00am, After 8:15am

Select your Picnic Lunch (by day):

Saturday: Kaiser: Whole Wheat White **Filling:** Ham & Cheese Turkey Tuna Vegetarian
Sunday: Kaiser: Whole Wheat White **Filling:** Ham & Cheese Turkey Tuna Vegetarian

Allergies: (please specify)

I would like to volunteer for Cyclon I would like to be a tour leader and/or sweep **Please select your ride class below**

TBN Ride Classifications:	Distance	Speed km/hr	TBN Ride Classifications:	Distance	Speed km/hr
<input type="checkbox"/> Leisure Wheeler	20 –60 km	15-17	<input type="checkbox"/> Short Tourist	50 –80 km	18-22
<input type="checkbox"/> Easy Roller	20 –60 km	18-22	<input type="checkbox"/> Tourist	50-120 km	20-25
<input type="checkbox"/> Advanced Easy Roller	50 –70 km	18-22	<input type="checkbox"/> Long Tourist /Sportif	120-200 km	25-30

Carpooling: Not Applicable I need a ride (Those who need a ride should pay their driver)

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

In Case of Emergency: Contact: _____ Phone Number: _____

The following waiver must be read and signed

I HEREBY RELEASE AND FOREVER DISCHARGE the Toronto Bicycling Network Inc., Cyclon, their officers, directors, employees, agents and other representatives ("Released Parties"), from all claims, demands, and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person, the registrant undersigned for whom I am the parent or guardian (The Registrant) or property however arising as a result of my participation or the participation of The Registrant in any activity organized and/or sponsored by Cyclon. I understand that this release includes the release of all claims, demands and causes of action, which may arise by reason of any intentional act, negligence, gross negligence, error or omission on the part of the Released Parties. I declare that this release is binding upon me, my heirs, executors, administrators, and assigns, and those of The Registrant. I FURTHER UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY the RELEASED PARTIES from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected to, my participation or the participation of The Registrant in any activity organized and/or sponsored by Cyclon. BY SIGNING THIS AGREEMENT I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREED to the above RELEASE AND INDEMNITY. I WARRANT that I am at least 18 years of age, physically fit to participate in Cyclon activities, and that all my equipment is mechanically fit and suitable for its intended use in such activities, and that I shall heed all traffic laws and wear a CPSC-, CSA-, SNELL-, or ANSI-approved cycling helmet.

Name: _____ Signature: _____ Date: _____

Please make cheque or money order payable to: "Cyclon" (plain & simple – no exceptions please)

Mail Cyclon Registration Form and cheque/money order to: **Cyclon**
409 O'Connor Drive
Toronto ON M4J 2W4

Wednesday Wheelies

May 3 10:00 am

SCHOMBERG/ALLISTON/HOCKLEY

Start: 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.

Dist: 72 & 88 km

May 10 10:00 am

DURHAM COLLEGE/PORT PERRY

Start: Meet in the north parking lot of Durham College. To reach Durham College, exit Hwy 401 east at Thickson Rd, go north to Conlin's Rd, then east to the north parking lot at Durham College.

Dist: 60, 72 & 85 km

May 17 10:00 am

HORNBY/ROCKWOOD

Start: Hornby Park. Exit Hwy 401 at interchange 328, Trafalgar Rd., go north to the lights, turn left & proceed to Hornby Park.

Dist: 81 km

May 24 10:00 am

KING CITY/SCHOMBERG ALTERNATE

Start: King City. Meet in the arena parking lot on Doctors Dr., first south street east of the intersection of King Road and Keele St.

Dist: 70 & 92 km

May 31 10:00 am

CAMPBELLVILLE/WATERDOWN

Start: To get to Campbellville go west on Hwy 401 to the Guelph Line, and south until you see the green parking sign for the entrance to the shopping centre on Crawford St. Park in the lot behind the Trail Eatery.

Dist: 64 & 74 km

Jun 7 10:00 am

BRADFORD/INNISFIL BEACH

Start: To get to Bradford, exit Hwy 400 at Hwy 88 East. The North Bradford Square Shopping Centre is on Hwy 11, 1 km north of the town centre.

Dist: 70 & 78 km

Jun 14 10:00 am

MOUNT ALBERT/LAKE SIMCOE

Start: To get Mount Albert go north on Hwy 404, east on Davis Drive to Hwy 48, and north to Mount Albert. Meet at the Community Centre on Main St in Mt. Albert.

Dist: 55 & 79 km

Jun 21 8:30 am

KING CITY/SCHOMBERG

Start: King City. Meet in the arena parking lot on Doctors Dr., first south street east of the intersection of King Road and Keele St.

Dist: 67, 80 & 96 km

Jun 28 8:30 am

ASHBURN TOUR

Note: Bring lunch for this tour.

Start: Meet at Ashburn Community Park on the west side of Ashburn Rd, 200m north of the main intersection in Ashburn. To get to Ashburn, go east on Hwy 401 to Brock Rd, north to Claremont and east on County Road 5 to Ashburn.

Dist: 57 & 81 km

Jul 5 8:30 am

HORNBY/GLEN WILLIAMS

Start: 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.

Dist: 73 & 87 km

Jul 12 8:30 am

DURHAM COLLEGE/BOWMANVILLE

Start: At the north parking lot of Durham College. To reach Durham College, exit Hwy 401 east at Thickson Rd, go north to Conlin's Rd, then east to the north parking lot at Durham College.

Dist: 69 & 79 km

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



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 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.



Photo by Lionel Simmons

Saturday, Sunday and Holiday Rides

Note: all rides start at 10:00 a.m. unless otherwise indicated.

Sunday, May 7, 2006

BLACK HORSE CENTURY - A hilly century exploring the northernmost reaches of Caledon and New Tecumseth with lunch in Alliston. 135 km option lunches in Tottenham. Short tour settles for lunch in Bolton.

Start: Finch 8:30 am

Dist: 105, 135 & 165 km

Class: Advanced Tourist, Tourist

MIMICO CREEK EXPEDITION - Cycle north along Mimico Creek to the Eglinton Trail, then west to the Humber and south to the Park.

Start: Old Mill Subway

Dist: 26 km

Class: Leisure Wheeler

Après: Coffee Time

LESLIE SPIT - Cycle to the lighthouse at the end of the spit to view the spectacular Toronto skyline, then return via the Don and Taylor Creek trails.

Start: Boardwalk Pub

Dist: 40 km

Class: Easy Roller

Après: Boardwalk Pub

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

Start: Finch

Dist: 70, 90 & 105 km

Class: Short Tourist, Sportif, Tourist

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

TERRA COTTA RAMBLE - Join us for the closest country cruise to Toronto before urban sprawl takes over. Weather permitting, we will pick up our lunch at Glen Oven Bakery in Glen Williams and enjoy it by the Credit River in Terra Cotta. A "well worth the effort" long tour lunches in Belfountain followed by a lovely ride on Forks of the Credit Rd.

Start: Shoppers World in Brampton, Steeles and Hurontario(HWY 10), in front of Tim Hortons. Take 401 west to Hurontario, then go north to Steeles.

Dist: 62 & 82 km

Class: Country Cruise

Sunday, May 14, 2006

QUEENSVILLE/GOODWOOD RIDE - A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert or Goodwood.

Start: Finch 8:30 am

Dist: 120 & 141 km

Class: Advanced Tourist, Tourist

SCARBOROUGH BLUFFS - Enjoy the view from the edge of the Bluffs; return via the Martin Goodman Trail and some city streets.

Pack a lunch.

Start: Queen's Park

Dist: 38 km

Class: Leisure Wheeler

Après: Tim Horton's

MISSISSAUGA DIM SUM - Try out fantastic dim sum in Mississauga. For those who don't like Dim Sum, there's Tim Horton's just around the corner.

Start: Etienne Brûlé Park

Dist: 43 km

Class: Easy Roller

Après: TBA

THORNTON BALES/NEWMARKET - A hilly but scenic route to Newmarket for lunch on the shore of Fairy Lake. Long tour takes in the Marsh.

Start: Finch

Dist: 79 & 104 km

Class: Short Tourist, Tourist

MT. ALBERT/KESWICK TO LAKE

SIMCOE - A scenic jaunt along the cottage-lined shore of Lake Simcoe and surrounding countryside. Bring your lunch for picnic by the lake.

Start: Mount Albert Community Centre, Main Street in Mount Albert. From Hwy 401, go north on Hwy 404, east on Davis Drive to Hwy 48 and north to Mount Albert.

Dist: 53, 65 & 82 km

Class: Country Cruise

Sunday, May 21, 2006

CALEDON-KING CONUNDRUM - A scenic and hilly route via Palgrave to lunch in Caledon East.

Start: Finch 8:30 am

Dist: 121 & 139 km

Class: Advanced Tourist, Tourist

MAPLE BAKERY RIDE - Head north for brunch at TBN's favourite bakery.

Start: Finch

Dist: 35 km

Class: Leisure Wheeler

Après: Tim Hortons

ETOBICOKE MEANDER - Cycle through Etobicoke on the bike paths.

Start: Etienne Brûlé Park

Dist: 42 km

Class: Easy Roller

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

Start: Finch

Dist: 70 km

Class: Short Tourist

Après: Slug & Lettuce

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

Start: Finch

Dist: 85 & 105 km

Class: Advanced Tourist, Tourist

SCHOMBERG TO CALEDON EAST - A ride in the lovely countryside north of Schomberg with lunch in Caledon East. Rolling terrain.

Start: The arena in Schomberg. Take exit 55 off Hwy 400 and head west on C.R. 9 to 20th Side Road (first road west of Hwy 27) and head south on 20th Side Road to the arena. (The arena is just west of Main Street.)

Dist: 74 & 93 km

Class: Country Cruise

Monday, May 22, 2006

HEAVENLY HOLIDAY - A two-hour exercise ride south on the Don Trail to the Martin Goodman Trail, across Queen's Quay, and then north past the Sky Dome.

Start: Queen's Park

Dist: 32 km

Class: Leisure Wheeler

Après: The Second Cup

SCARBOROUGH SCENIC SAFARI -

Cycle the wilds of Scarborough on this round trip out to the Zoo.

Start: Etienne Brûlé Park

Dist: 47 km

Class: Easy Roller

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

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Sportif, Tourist

Sunday, May 28, 2006

LAKERIDGE-PORT PERRY - Ride to Port Perry. Short routes head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!

Start: Finch 8:30 am

Dist: 121, 136 & 145 km

Class: Advanced Tourist

DIM SUM RIDE - Join Fred Lee for Dim Sum in Markham. Other foods available. Ride skips Cummer Hill.

Start: Finch

Dist: 40 km

Class: Leisure Wheeler

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

Start: Finch

Dist: 52 km

Class: Easy Roller

Après: Tim Hortons

STOUFFVILLE CRUISE - Two routes cycle up to Stouffville for a spot of lunch at the Lion of Whitchurch pub. The long route heads to Goodwood.

Start: Finch

Dist: 75, 93 & 108 km

Class: Short Tourist, Tourist

THE NEW SHELTER VALLEY SHUFFLE

- Explore the wonderful rolling hills and views north and east of Port Hope. This ride travels along some favourite tree lined roads including Shelter Valley. The lunch spot overlooks a pond. Note: Bring your own lunch. Snacks & drinks available at general store just before the lunch spot.

Start: Port Hope Town Hall. Take Hwy 401 east to exit #461, follow Hwy 2 to downtown Port Hope. The Town Hall is located at 56 Queen St.

Dist: 58, 73 & 99 km

Class: Country Cruise

Saturday, June 3, 2006

For Tourists who need to get some mileage in for RLCT, TNT-O or the Hairshirt, but want to do their bit at the Ride for Heart tomorrow we present these special Saturday Tourist rides.

BALLINAFAD-BELFOUNTAIN - Splendid route to an old favourite via the backroads of Halton. Note, 1.5 km of smooth dirt road enroute. Short tours head to Glen Williams. Optional century route via Alton.

Start: Kipling 8:30 am

Dist: 95, 115, 135 & 161 km

Class: Advanced Tourist, Sportif, Tourist

Sunday, June 4, 2006

BECEL HEART & STROKE RIDE FOR HEART - Once again, all TBNers are invited to participate as Ambassadors of the Road. Check the Hotline and website for details on how to get involved.

TOUR OF UTOPIA/CREEMORE - Come and find Utopia in Ontario followed by Creemore beer or tea at the Mad River Teashop. Now that's heaven!! Three routes offered. Medium has optional lunch stop at a conservation area.

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

Dist: 66, 90 & 101 km

Class: Country Cruise

Sunday, June 11, 2006

MT. ALBERT/UXBRIDGE/UTICA - Three routes to lunch in Uxbridge.

Start: Finch 8:30 am

Dist: 115, 131 & 155 km

Class: Advanced Tourist, Tourist

SCARBOROUGH SEE THE GEESE -

Explore the asphalt trails of Morningside and Col. Danforth parks en route to the mouth of the Rouge River. Bring lunch.

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

Dist: 40 km

Class: Leisure Wheeler

Après: Tim Hortons

LAKE WILCOX PICNIC - Visit Lake Wilcox in Richmond Hill. Bring a lunch or pick something up along the way. (Bring your swim suit if you dare!)

Start: Finch

Dist: 52 km

Class: Easy Roller

Après: Tim Hortons

MUSSELMAN LAKE/MT ALBERT - Do the Musselman Lake run to lunch in Ballantrae, or keep going north to Mt. Albert.

Start: Finch

Dist: 85 & 102 km

Class: Advanced Tourist, Tourist

Après: Slug & Lettuce

PORT PERRY PEDLAR (VERSION #1) -

An undulating scenic ride up and down the drumlins of Durham County.

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

Dist: 72 & 85 km

Class: Country Cruise

Sunday, June 18, 2006

CALEDON-KING-HOCKLEY - A scenic and hilly route to lunch in Caledon East, with an extra long option for those preparing for the Hairshirt.

Start: Finch 8:30 am

Dist: 110, 135 & 206 km

Class: Advanced Tourist, Tourist

HUMBER TRAIL & BEYOND - Enjoy the sights and sounds of the Humber Trail. This time the route goes north to Steeles Avenue.

Start: Old Mill Subway Station

Dist: 54 km

Class: Leisure Wheeler

CYNTHIA'S SCENIC STREETS - PART 2

- Ride through the Humber Trail and the residential neighbourhoods of York and Etobicoke.

Start: Grenadier Café, High Park

Dist: 57 km

Class: Easy Roller

Après: Grenadier Café

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

Start: Finch

Dist: 70, 90 & 105 km

Class: Short Tourist, Sportif, Tourist

Après: Slug & Lettuce

STOUFFVILLE TO UXBRIDGE - Follow the shady, rolling backroads of Durham region to Uxbridge and back again.

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.

Dist: 61 & 89 km

Class: Country Cruise

Sunday, June 25, 2006

TORONTO-NIAGARA-TORONTO

HAIRSHIRT CLASSIC - Test the limits of your endurance with this classic double century challenge. The group departs Square One at sunrise and you'll have until midnight to complete the ride. Physical, mental and mechanical preparation are essential for a successful ride. If you've never done this before, contact Owen Rogers, email: hairshirt@tbn.ca or call 416-232-0243 to pre-register. A set of lights is mandatory for those participants who expect to finish after dusk (past the 13.5 hour mark). More info: www.tbn.ca/hairshirt
Start: Mississauga Square One 6:00 am
Dist: 322 km
Class: Advanced Tourist

QUEENSVILLE/MT ALBERT - A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert.

Start: Finch 8:30 am
Dist: 120 & 141 km
Class: Advanced Tourist, Tourist

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

Start: Old Mill Subway
Dist: 48 km
Class: Leisure Wheeler

CYNTHIA SCENIC GARDENS - PART 5

- See this year's gardens in the affluent neighbourhoods of North York.

Start: Edwards Gardens
Dist: 58 km
Class: Easy Roller

THORNTON BALES/NEWMARKET

- A hilly but scenic route to Newmarket for lunch on the shore of Fairy Lake. Long tour takes in the Marsh.

Start: Finch
Dist: 79 & 104 km
Class: Short Tourist, Tourist

BEAVERTON CANALS, CAUSEWAYS, AND COTTAGES

- A flat ride around Beaverton. Explore farmland, the Trent-Severn Waterway, and the shores of Lake Simcoe. On the short ride there is no restaurant at the lunch stop, so you must bring a lunch.

Start: Beaverton Community Centre. Take Hwy 404 north, Davis Drive east, and Hwy 48 north. Turn left on Durham Road 23 at Port Bolster (just past the drive-in theatre). In Beaverton, turn left on Bay St. (at the Sunys gas station). Turn left on Main St. to the Beaverton Community Centre.
Dist: 59, 86 & 117 km
Class: Country Cruise

Sunday, July 2, 2006

FORKS OF THE CREDIT - A hilly but beautiful ride to Belfountain & Forks of the Credit Rd. Short tour heads to Glen Williams.
Start: Kipling 8:30 am
Dist: 115, 130 & 155 km
Class: Advanced Tourist, Tourist

LESLIE STREET SPIT - Cycle to the lighthouse at the end of the Spit to view the spectacular Toronto skyline; then return via the Don and Taylor Creek Trails.

Start: Boardwalk Pub
Dist: 30 km
Class: Leisure Wheeler
Après: Boardwalk Pub

ETOBICOKE MEANDER - Canada Day.

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

Start: Fieldhouse in Coronation Park, just south of Lakeshore and west of Bathurst.
Dist: 54 km
Class: Easy Roller

HORNBY-HERITAGE - Visit Hornby and Huttonville. Bring lunch for a picnic.

Start: Kipling
Dist: 75 km
Class: Short Tourist
Après: Tim Hortons

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

Start: Kipling
Dist: 95 & 115 km
Class: Advanced Tourist, Tourist

ASHBURN TOUR - Another Wednesday Wheelie favourite added to the Country Cruise schedule. Like all tours in the Durham area, this is a lovely ride along quiet roads with undulating terrain. Lunch in Enniskillen Conservation Area or picnic area near Enniskillen store. Bring a lunch for this tour.

Start: Meet at Ashburn Community Park on the west side of Ashburn Road, 200 m north of the main intersection in Ashburn. To get to Ashburn, go east on Hwy 401 to Brock Road., north to Clarendon and east on County Road 5 to Ashburn.
Dist: 57 & 84 km
Class: Country Cruise

Monday, July 3, 2006

VANDORF/SNOWBALL - Short route heads to lunch at Jake's in Unionville. Long route lunches in Maple!
Start: Finch
Dist: 70, 85 & 96 km
Class: Short Tourist, Sportif, Tourist
Après: Tim Hortons

Sunday, July 9, 2006

HAIL CENTURIONS! CLASSIC

CENTURY - Our annual club century, now in its 23rd year. A commemorative patch will be presented to anyone completing either the metric century to Waterdown or the imperial century to St. George. Fresh watermelon and beverages courtesy of TBN at the finish.

Start: Square One 8:30 am
Dist: 100 & 162 km
Class: Advanced Tourist, Tourist

NORTH BY NORTHWEST - Cycle the asphalt trails of five (!) parks and then stop for a picnic. Bring lunch; no stores en route.

Start: Finch
Dist: 32 km
Class: Leisure Wheeler
Après: Tim Hortons

UNIONVILLE BRUNCH - Join us for a leisurely ride north to this historic village for lunch.

Start: Finch
Dist: 50 km
Class: Easy Roller

SCHOMBERG - HOCKLEY COUNTRY ROADS - A ride in the lovely countryside north of Schomberg to the town of Hockley for lunch.

Start: The arena in Schomberg. Take exit 55 off Highway 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy. 27) and head south on 20th Side Road to the arena.
Dist: 61, 72 & 88 km
Class: Country Cruise

More Photography Wanted

We're always looking for more pictures taken at TBN activities - action shots, group shots, funny stuff, people in pretty locations... Get your friends in the news!

Attach your best shots to an e-mail and send them to dbelford@visedge.ca - you might see them in our next issue!

Weekend Trips

Allegany Amble, 19-22 May 2006

Join in the cycling fun this Victoria Day long weekend in New York State. Allegany State Park is located approximately an hour south of Buffalo. We will be staying in four person, two bedroom, rustic self serve cabins near the lake. Meals will be cabin group efforts. Rides vary from 40 to 120 kms through scenic moderately rolling to hilly terrain for road touring. Mountain biking and excellent hiking is also available within the park.

Cost is 95.00 CAD for members by cheque payable to the TBN. Apply on a first come first served basis by email to: allegany@tbn.ca Please include your phone number(s). Any correspondence will be answered after May 7th. Cheques can be mailed to TBN, 90 Millwood Road, Toronto, Ontario, M4S 1J7

Presqu'ile Prescription, 23-25 June 2006

Cycle the scenic Prince Edward County area starting from Presqu'ile Provincial Park. In the evening enjoy a starlight walk to a lighthouse or just relax around the campfire. Friday and Saturday night will be group camping. Provided will be two pancake breakfasts and provisions for two light lunches. Saturday night dinner will be potluck.

The cost is \$35 for members and \$40 for non-members. Please book early. Download the sign up sheet in pdf or word format. For more info email Paul & Brenda at presquile@tbn.ca or call 905-567-1035 (no voice mail).

Rock Point Relaxer, 28-30 July 2006

Cycle along the Lake Erie shoreline starting from Rock Point Provincial Park. Enjoy the company of fellow cyclists camping on a group site Friday and Saturday night. Provided will be two pancake breakfasts and provisions for two light lunches. Saturday night dinner will be potluck. Please book early.

The cost is \$35 for members and \$40 for non-members. Download the sign up sheet in pdf or word format. For more info email Paul & Brenda at rockpoint@tbn.ca or call 905-567-1035 (no voice mail).

One-Week Tour, Ontario – New York

Interested in a one-week trip along quiet country roads, without paying the prices of a commercial guided tour, and where there's flexibility on the route? Join several other TBNers on a semi-loaded trip, staying at motels and B&Bs, tentatively planned for July.

A possible route: We meet on the westbound the Lakeshore GO Train (yes, this works well) and take it as far as it goes. We then ride along the backroads of the Niagara Peninsula to Queenston, which has the only bridge over the Niagara accessible to cyclists. I love New York ... for the extra-wide paved shoulders on just about all roads, great for cycling. At Lockport NY, we can pick up the cycling path running along the historic Erie Canal. We might choose a route that goes around one of the Finger Lakes, and then head back across the river to pick up the GO Train again. About 70 – 80 km per day. I'd like to keep the group to between four and eight people.

If you're interested, please e-mail Carl Friesen at newsletter@tbn.ca, or phone 416.410.4527. I'm going to arbitrarily schedule a planning meeting, and if you can be there that's great, if not, you'll need to live with the decisions the rest of us make.

Planning Meeting:

Where: Green Mango Restaurant, 730 Yonge Street, West side of Yonge at Charles Street, just south of Bloor (note: NOT the Green Mango on the east side of Yonge)

When: Tuesday, May 23, 7:00 p.m.

Who: Carl Friesen

Saturday Cruising Shorts

All rides start at 9:00 a.m.

May 13

HOLLAND MARSH - A "Wednesday Wheelie" favourite, 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 on the way. Start: King City at the arena parking lot, located on Doctor's Dr., first south street, east of the intersection of King Road and Keele Street. Dist: 60 km

May 27

PORT PERRY PEDLAR (VERSION #2) - An undulating scenic ride up and down the drumlins of Durham County. Start: Go east on Hwy 401. Exit at Oshawa (Simcoe Street/CR#2) and continue north to Conlins Rd. Meet in the north parking lot of Durham College, located off of Conlins Rd. just west of County Rd. #2 in Oshawa. Dist: 60 km

June 10

HORNBY/CAMPBELLVILLE - A Saturday jaunt along some quiet roads in the Halton Hills without Rattlesnake! Start: Hornby Park. Exit Hwy 401 westbound at Trafalgar Rd., then head north to Steeles Ave. Hornby Park lies just west at the corner of Sixth Line and Steeles Ave. Dist: 67 km

June 24

COURTICE TO BOWMANVILLE - Not far east from Toronto, come out and enjoy a Saturday morning of country riding in Durham region. There are several route options, but all have manageable distances so you can be back in Toronto for the afternoon. Start: Town of Courtice, ON. Exit Hwy 401 eastbound at interchange 425 to C.R. 34 (Courtice Rd). Continue north to Courtice, junction of Hwy 2 and C.R. 34. Meet at the school in Courtice at Nash Rd., just west of C.R. 34. Dist: 50 & 71 kms

July 8

GEORGETOWN-EQUISING HYSTERICAL TOUR - Get a head start on the September 24 version of this ride by trying a short route on a Saturday. Enjoy the Halton Hills from a different perspective. Start: Stewarttown Public School in Georgetown. Go west on Hwy 401 to Trafalgar Rd. Travel north to 15th Sideroad. Meet at Stewarttown Public School on the SE corner of Trafalgar Rd and 15th Sideroad. (Make sure you do NOT go to Pineview School!) Dist: 62 km

TBN Who's Who

TBN Board of Directors

Acting President	Ron Fletcher	president@tbn.ca
Past President	Loreto Mani	
Director, V.P. Skiing & snowshoeing	Peter MacDonald	xcski@tbn.ca
Director, V.P. Touring	John Burdett	905.881.9259
Treasurer	Roy Hill	416.291.2249
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Social Director	Ron Fletcher	416.461.9695
Weekend Trips Director	David Maclean	416.482.8033
Cyclon Director	Evelyn Bradley	cyclon@tbn.ca

Others

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Membership Secretary	Eileen Harbinson	416.482.2157

TBN Coordinators

City Walks	Mark Brousseau Howard Chan	416.466.4979
Country Cruise, Saturday Shorts	Rowena Maclure Barry Pinsky	416.487.1474 416.928.0503
Easy Roller	Roberta Terzolo	easyroller@tbn.ca
Friday Night Ride	Peggy McFarland	416.405.8307
Hiking	Terry Davison	905.453.1952
Ice Skating	Molly Cheung	iceskate@tbn.ca
Indoor Spinning	Lori Roth	spinning@tbn.ca
Inline Skating	Michael Lin	inline@tbn.ca
Leisure Wheeler	Jamie Hauyon	416.537.8865
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Membership Secretary	Eileen Harbinson	416.482.2157
Mtn. Biking, Trail Riding	Doug McCorquadale	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	416.461.9695
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 (January-March)
- 1 Weekend and holiday rides (April-December)
- 2 Weekday events
- 3 Social events & membership information
- 4 Inline skating
- 5 Weekend trips & Cyclon 2006 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



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