

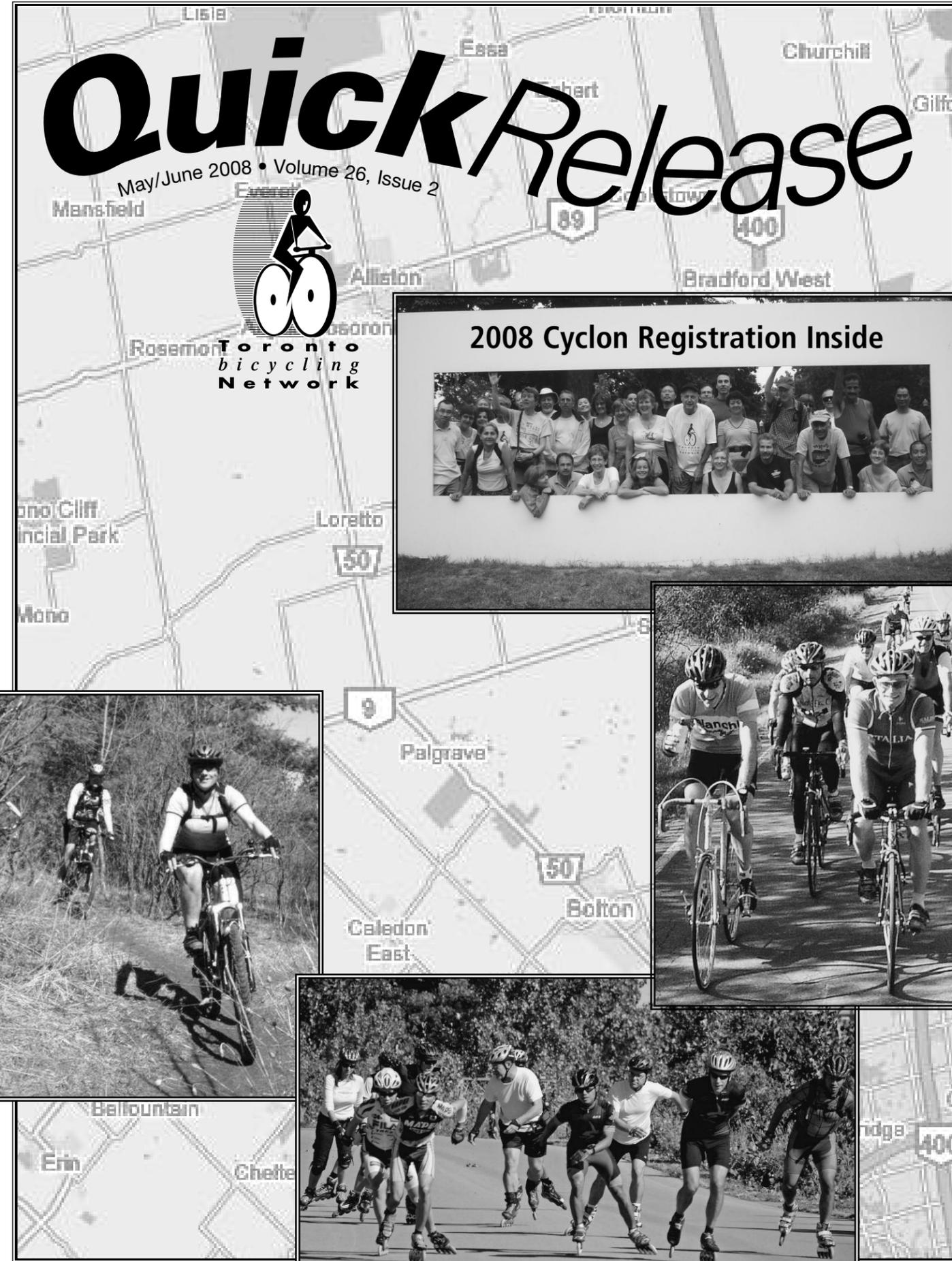
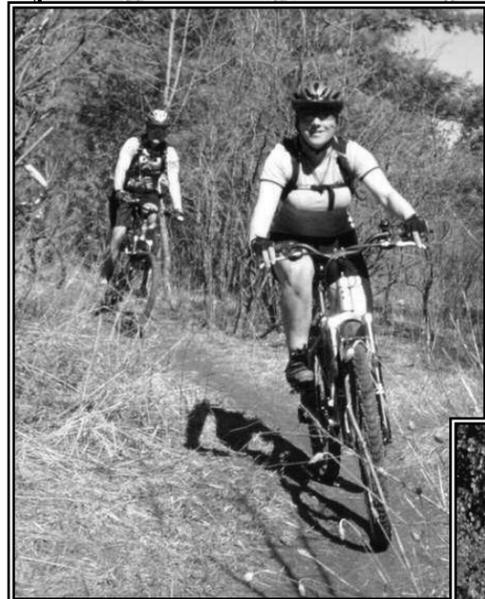
# QuickRelease

May/June 2008 • Volume 26, Issue 2



Toronto  
bicycling  
Network

## 2008 Cyclon Registration Inside



# 2008 Ice Skating Season

The ice skating season started Nov 23, 2007 and ended Mar 14, 2008. On average, 23 skaters showed up for each skate and the dinner social afterwards. Ice skating is the longest running winter event TBN offers.

Some Highlights:

**Skating and Xmas Party** - We went to the Richmond Green Skating Trail in Richmond Hill to skate the snaky oval and then onto my house for a pizza and dessert. Nick sang Karaoke all night with many joining in. I had to force them to stop so we can have our re-gifting gift exchange - where one person's junk could become someone else's treasure. Mel traded her bottle of wine for an ice cone making machine, people envied the hand craved chess set that Dave received, Sue liked her coasters, Fred liked his 60's hit CD, Ania loved, loved, loved her beauty case with makeup and nail polish!!! She even got Brian and Darrel to paint their nails! Others just got another unwanted gift for their unwanted gift.

**Cedarena** - This an old fashioned natural ice rink located in Markham. It is a very large rink nestled in the trees with a wood cabin, just what Randy remembers from his childhood. This year the ice was pretty rough, but the turn out was good.

**Christie Pitts** - A record breaking 30 skaters showed up one evening and only 7 skaters on another evening, because of a winter storm warning. On this evening, we tried to have some fun shoveling some of the snow off the ice. After a while, Mark quit shovelling because he was 'Too tired of having fun'. Brian shoveled hardest to create an oval. Jeff was the only one to don skates to skate a few minutes. Then, onto the après, if conditions are not good for skating we go to dinner.

**Harbourfront** - This is a favourite rink of many. This rink also has the most options for apres. The gang seems to like Spice Thai and always go there if I am not leading the skate. We are at Harbourfront at least once a month which means we are eating at Spice Thai at least 5 times in the season! I try to get them to eat elsewhere but Spice Thai it always is. This year Swiss Chalet opened nearby. The gang really likes chicken. Now I am trying to get them to eat at Spice Thai. I bet Spice Thai is wondering what happened to us this season.

I couldn't run the skating program without help, thank you Mel McGill, Noel Manchulenko and Patrick Lam for leading skates when I am not available. Also, thank you Marc Smith and Peter Low for carpooling people to rinks outside the GTA.

**Molly Cheung**  
Ice Skating Coordinator



North Toronto Rink - January 25th, 2008

## Thank You MasterCard

To: Julie Wilson  
Subject: Thank You MasterCard - Ice Skating

Dear Julie:

Our ice skating season has just come to a close on March 14.

Thank you masterhood for stepping in and funding the public skating rinks for the month of December. This generosity enabled our group to start our usual weekly ice skating season as planned. We are the ice skating group that is part of TBN, Toronto Bicycling Network, where we go to a different outdoor skating rink each Friday night throughout the winter and then head to a nearby restaurant for dinner and socializing. On average, about 23 people show up each week for the skates.

Our group really appreciates your generous contribution.

Yours Sincerely,

Molly Cheung  
TBN Ice Skating Coordinator

Dear Molly:

Thank you very much for kind and thoughtful note.

The TBN sounds like a great and very fun group. On behalf of all of us at masterhood, we are delighted that you could continue your weekly skate events. I'm sure it was a fabulous season. We are happy we could help out.

Thanks again for taking the time to send your warm wishes, we appreciate it. Congratulations on a successful season.

Take care and best wishes.

JulieWilson  
Director, Public Affairs  
MasterCard Canada

## TBN SPRING KICK-OFF BREAKFAST

Saturday May 10, 2008

Ashbridges Bay Park  
Picnic Areas 1 and 2

Free Breakfast: 9 a.m.  
Bike rides leave at 10:30 a.m.  
(Rain or Shine)

Free Breakfast. Games and Prizes.  
Membership and event sign-up.  
Safe riding talks. Rides for all levels.

Bring your family and friends and spend a morning with TBN.  
Learn about TBN programs and upcoming events.

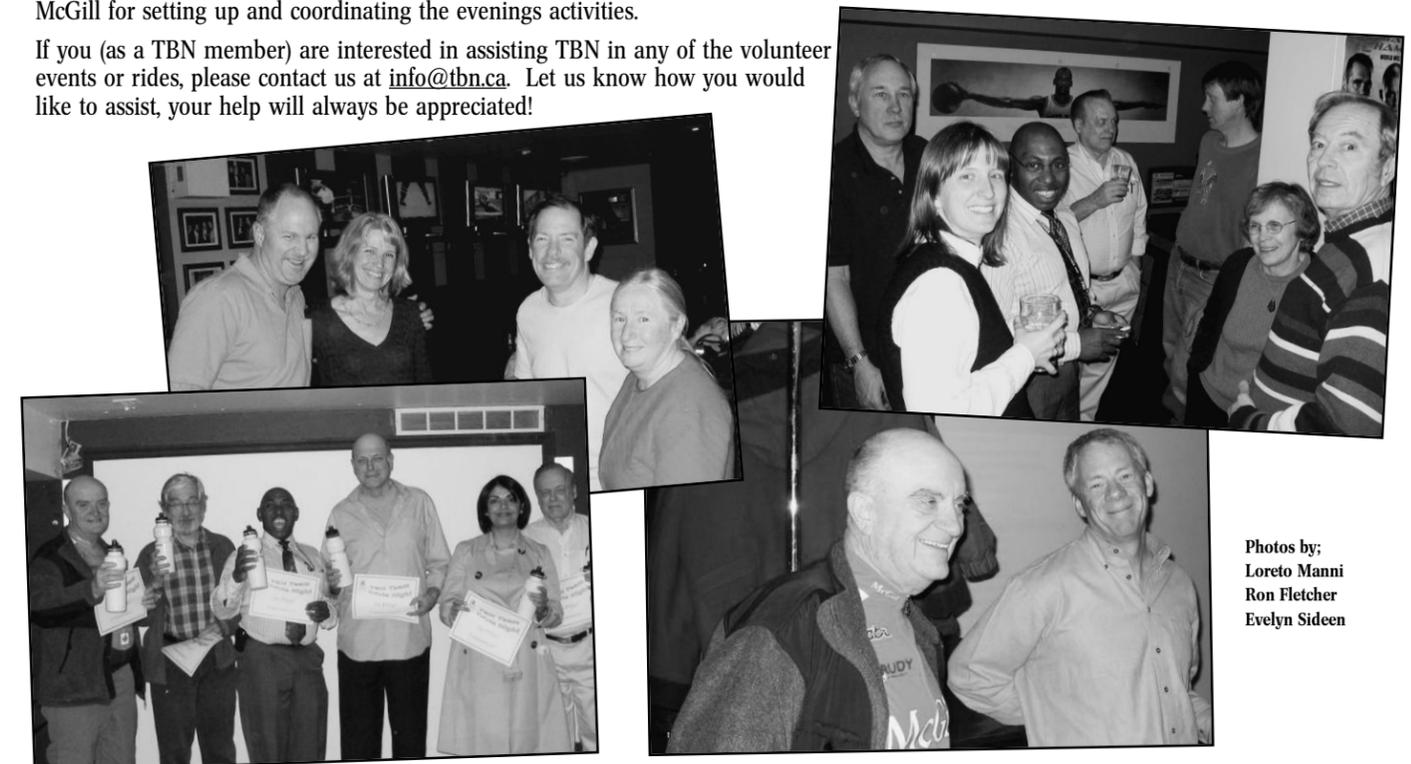


For more information visit [www.tbn.ca](http://www.tbn.ca)  
or contact Mel at [social@tbn.ca](mailto:social@tbn.ca)

## TBN Volunteer Appreciation Night

We would like to thank again all of the TBN volunteers who have committed time to assist in the many various areas of the Toronto Bicycling Network. On Wednesday, April 2nd, a volunteer appreciation night was held at the Sports Cafe (St. Clair West) to thank all those who have lead and coordinated various rides, inline skating, skiing, ice skating, hiking, walking, running events, trips, and all other activities that keeps TBN going. Thanks also to Ron Fletcher, Evelyn Sideen, Loreto Manni, Paul Price, Brenda Sweet, and Mel McGill for setting up and coordinating the evenings activities.

If you (as a TBN member) are interested in assisting TBN in any of the volunteer events or rides, please contact us at [info@tbn.ca](mailto:info@tbn.ca). Let us know how you would like to assist, your help will always be appreciated!



Photos by:  
Loreto Manni  
Ron Fletcher  
Evelyn Sideen

# Would You Like A Medal? Can the TBN Win A Trophy? Join CKAP!

By Paul Dicks

CKAP (Canadian Kilometer Achievement Program) grew out of the Montreal Olympics, back in 1976. Tom Parry, a name some of us have said under our breaths while riding the Halton Hilly Hundred was instrumental in starting the organization. Long time members will remember his Twinklebones Tea Shoppe in St George. Of course, back then it was called CMAP, and started under the umbrella of the OCA, before that organization could not afford to fund volunteer non profit organizations. Today, CKAP is run by James Wilson, a member of the Ottawa Bicycle Club, with help from several other volunteers. The 1254 members who have participated in the past 32 years have cycled 19 408 087 km.

Now comes the problem. There is a trophy in CKAP, the Hewes Challenge, for the most kilometers by a bicycle club. The Ottawa Bicycle Club used to win, and then the Niagara Freewheelers, and now the Randonneurs BC have a hammerlock on the competition, as they have Kenneth Bonner, who rode over 50 000 km in 2006, and several other people who do a lot of



kilometers every year.

I would like to see the Toronto Bicycling Network give the trophy a home. There aren't many of us who do 50 000 km every year, but what the TBN has is numbers. We are the largest cycling club in Canada, and we would need just a fraction of members to join to win the trophy.

What about the medal, you ask? There is an incentive program, awarding bronze, silver and gold badges for 1000, 2500 and 5000 km, and bronze, silver and gold medals for 10000, 15000 and 25000 km. The badges cost \$8 and the medals cost

\$18. It does not stop there. When (not if) you reach 100 000 km (a several year journey for most mortals) you get a nice wooden and brass plaque, detailing your accomplishment for the amazement of your non cycling friends and relatives. Since the gap between the medals and the plaque is a big one, you can buy plaques for the big events in between - 50 000 km and 75 000 km.

To join CKAP, you have to download the membership form found at [www.ckap.ca](http://www.ckap.ca), and send a cheque for \$30 to James in Ottawa. You are assigned a number, and given a log sheet to fill out, or you can use the MS-Excel version on the website. At the end of the year, send in your log with the weekly total of kilometers, and James does the rest. A couple of months later, you will see, at [www.ckap.ca](http://www.ckap.ca), your name (and picture if you send one) with your kilometer total. As a bonus for those 50 years of age and over, you get to count your two previous years if you can provide cycling logs for those years.

If you have questions, ask the TBN members who are already members of CKAP - the highest member so far has 134 000 km. Kaz Bieniak and myself are at 61 000 km, Fred Loftin is at 38 000 km, and Edith Williams and Sam Bootsma are both at 31 000 km.

Take a look at the website and talk to someone who has joined. It is nice to get a tangible reminder of what you and your bicycle have accomplished. Not all of us do rides where we get a jersey for participating, and CKAP has nice awards for each step as you accumulate kilometers. Everything counts - the Hairshirt, the shortest club rides, on the paved trails or the dirt, your training rides, and the ride to the corner store.

## Be aware of road conditions

This winter, southern ontario received near record amounts of snow and ice. Many of the municipal and county roads have been snow covered, plowed, and salted numerous times. Due to this, a large number of potholes and other poor road surface conditions exist.

When cycling, please be aware of the increased number of potholes, loose gravel, and debris left by the poor weather. Ride safely and remember to signal trailing riders of up coming road hazards.

# Plans underway - 50 km of new bike lanes in 2008

By Martin Koob

At the March 17th, 2008 meeting of the Toronto Cycling Advisory Committee (TCAC) members and attendees got the first hint of the City's plans for building bike lanes in 2008. Councillor Adrian Heaps, the Chair of the TCAC, was confident that 50 km of new bike lanes would be painted this year. There are solid grounds for hope that 2008 will be a much better year for bike infrastructure given that there is a new process for approving bike lanes this year. Furthermore, the funding for building the Bikeway Net-work has been increased and more staff have been hired to do the design and implementation work necessary. In fact, work is well underway to having all 50 km of bike lanes that were approved before the summer, ready to be painted over the summer. Also, there are 7 km of bike lanes that were approved in 2007 but not yet completed and ready to go. Work can start on installing them as soon as it is warm enough for crews to paint.

The new bike lane approval process was adopted by City Council in January 2008. In the past each bike lane had to be approved individually at one of 4 community councils or at the Public Works and Infrastructure Committee (PWIC). The new process involves all bike lane

proposals going to the PWIC, and will allow several bike lanes to be approved at once as a package. This year there will be two packages of bike lane proposals go to PWIC for approval totaling 43 km's. The first will be on May 7th, and the second will be on June 4th. These committee meetings will be the opportunity for Toronto residents to show their support through e-mails, phone calls, and deputations to the members of the PWIC. The members of that committee are Councillors Glenn De Baeremaeker(Chair), Shelley Carroll, Adam Giambone, Mark Grimes, Chin Lee, and John Parker.

What we did not find out at the TCAC meeting in March was 'which' bike lanes will be included in these reports for approval this year. However, there are plans to add a feature to the City of Toronto's cycling web pages that will allow you to check the progress on the proposed bike lanes in the city's 44 wards. The URL for that was not announced, but you can check the City's cycling web pages at [www.toronto.ca/cycling](http://www.toronto.ca/cycling). About a week before each of the PWIC meetings you will also be able to see the reports with the list of bike lanes up for approval at the following page.

[www.toronto.ca/legdocs/2008/agendas/pw.htm](http://www.toronto.ca/legdocs/2008/agendas/pw.htm)

The first bike lanes to go in this spring will be the 7 km approved last fall. Among that list should be:

Street	Between
1) Rogers Road	Oakwood - Old Weston Road
2) Stephen Drive	Queensway - Berry
3) Pond Road	Sentinal - Murray Ross Parkway
4) Royal York Rd	Delroy - Mimico Creek
5) Yonge St.	Queen's Quay - Front

It should be a banner year for expanding Toronto's Bikeway Network in 2008. Once the approvals have been met for this year, work will start for getting 75 km of projects approved for 2009. You can play a role in that. Contact your City Councillor. If a bike lane is going in their ward this year, offer your thanks. If not, ask them 'why not'. Then ask them for support on adding a proposed bike lane in your area on the next year's list. In spite of the new approval process, a lot still depends on the support of the local Councillors. If you and your neighbours let them know you want improved cycling infra-structure in your neighbourhood, the more likely they are to support that.

## TBN Educational Corner

By Marie Ferguson & Dinsmore Roach

### TOPIC: 5-MINUTE INSPECTION

Check these things after each ride, and next time you'll roll without a hitch.

Most cyclists, if they check their bikes at all, wait to do it five minutes before the group ride. What's the point? No one's going to wait for you to remedy a cracked frame or a torn sidewall. Be one of the smart ones: Give your bike this once over after each ride, so you're ready to roll.

**WHEEL.** Check for trueness. HOW? While spinning the wheel, watch the distance between rim and the brake pad. It should be uniform for the entire rotation. If it wobbles, the wheel needs truing.

**BRAKES.** Check for grit on the pads, caliper alignment. HOW? If your brakes feel gritty, clean the pads with a rag and degreaser; replace pad if the grooves are worn more than 50 percent. Calipers are aligned if the pads are equidistant from the rim.

**TIRE.** Check for low tire pressure, embedded glass, slices in the tire or sidewall. HOW? Inflate tires to proper pressure, and carefully remove embedded debris with tweezers. A cut tire or sidewall is prone to a blowout and must be replaced.

**CLEATS.** Check for loose bolts and overall wear. HOW? Worn-out cleats won't engage as crisply. You'll know they've just plain quit on you, and then it's time for new cleats. Bolts will loosen over time, so tighten them now.

Excerpted from *Bicycling Magazine* - January/February 2008 Issue



## TBN Ski Report 2007/2008

A big thanks to all you came out and skied or snowshoed this season. We had very good participation with most at least three quarters full. We also had quite a few non-members, some of whom later joined the club.

This years ski season had a bit of a shaky start, with much of the snowfall we received before Christmas and just after New Years Day disappearing with rather spring-like weather. Luckily winter returned with a vengeance in mid-January and we had a great day of skiing at Hardwood for our first trip of the season. That first trip also confirmed the advantages of going up to the ski centres by highway coach, especially when driving conditions are less than ideal (there was blowing snow with whiteout conditions on Hwy 400). We had eleven trips in total.

While we didn't get to quite as many places as last season, we still had a lot of great skiing trips. We were supposed to go to Scenic Caves on February 10th but blowing snow and poor road conditions forces a diversion to Highlands Nordic, where in spite of stiff winds and cold we still managed a good days skiing. The following Sunday proved how fickle the weather can be with a day of rain, freezing rain and ice pellets, a good test of how waterproof one's jacket is. Luckily the following weekend was near perfect for the moonlight ski at Horseshoe Resort on February 23rd. We had a great day of skiing on March 1st at Arrowhead (always a treat) followed by a fabulous dinner at

Three Guys and a Stove in Huntsville. March was the big surprise, with good conditions lasting to the end of the month. The big dump of snow in early March made for excellent skiing at Mansfield on March 9th, even with both grooming machines broken leaving the logger trail partially groomed and the skating trail untouched. I received a number of requests to add an extra ski trip on March 30th and as luck would have it, enjoyed some amazing spring skiing at Hardwood. Let's hope next season is another great one. Photos from those trips are on the clubs web photo gallery at [www.tbn.ca](http://www.tbn.ca).

After two years running the ski/snowshoe program, I will be moving on. Linda Hamilton has graciously stepped up to take it on next season. Among the plans are to look at scheduling some trips before the Christmas holidays, since Hardwood, Horseshoe and Highlands have often been open in mid to late November. Linda has some other ideas to help boost participation and enjoyment in our skiing program. Have a great spring, summer and fall and see you out on the trails next winter.

Phil Piltch, VP Skiing





**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.

Cyclon 2008 will be held in St. Catherines, from Friday, August 1<sup>st</sup> to Monday, August 4<sup>th</sup>. We will be based at Brock University – an old favourite!

**Rides:**

- Road and MTB rides
- 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/Sweeps
- Sag-Wagon drives the routes and is on call for rider assistance

**Package Includes:**

Lodging at Lowenberger Residence, Information Package upon arrival, Meals, Rides, Free time/Planned Social Activities, Use of facilities and much more!

**All Early bird registrations and payments must be received on or before June 19<sup>th</sup>**

*For your convenience, we are now accepting Visa & Mastercard payments!*

Book Early...  
Registration closes – July 15<sup>th</sup>

**Accommodation and Meals:**

- Three nights air conditioned lodging (dormitory residence) on university campus. Linens and towels provided.
- A Common Room with TV, comfy chairs and Kitchenette is available on each floor.
- Bikes allowed in room.
- Three breakfasts, Two lunches, Three dinners

**Social Activities and Extras:**

- Friday Night – Early-bird Ride & Social
- Saturday evening BBQ & Social
- Sunday Gala Dinner and Dance

**Early Bird Sign Up and Social:**

**Date:** Thursday, June 19<sup>th</sup>, 2008 (TBC)  
**Time:** 6:00 – 9:00 p.m.  
**Place:** Bow & Arrow Pub 1954 Yonge St., on the west side, immediately north of Davisville in Toronto. 416-487-2036.

Come out to meet fellow cyclists, have your Cyclon questions answered in person and reserve your spot at Brock. Cash bar!

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



Need more information?  
Frequently Asked Questions (FAQ), online registration, and more ... is available at [www.tbn.ca/cyclon](http://www.tbn.ca/cyclon)

**Cyclon® 2008 Registration Form**

Confirmation of registration will be sent via email prior to event. Cyclon reserves the right to limit registration. Cancellations made in writing by July 15 will be accepted subject to a \$50 fee. No refunds after July 16, 2008, but you may sell your registration package with the approval of the Cyclon Director. To qualify for the Early Bird discount, your registration and payment must be received on or before June 19, 2008. Registration closes July 15, 2008. **Please complete one form per registrant.**

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

<b>TBN Member:</b>	<input type="checkbox"/> \$ 300	<input type="checkbox"/> \$ 325	<b>Membership #:</b>		
<b>Non-Member:</b>	<input type="checkbox"/> \$ 325	<input type="checkbox"/> \$ 350	<b>Payment Type:</b>	<input type="checkbox"/> Cash	<input type="checkbox"/> Cheque
			<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard	
<b>Credit Card Number:</b>			<b>Printed Name on Card:</b>		
<b>Expiry Date:</b>			<b>Signature:</b>		
<b>First Name:</b>		<b>Last Name:</b>		<b>First Time at Cyclon?</b> <input type="checkbox"/>	
<b>Address:</b>			<b># Cyclon events attended:</b> ____		
<b>City:</b>	<b>Province/State:</b>		<b>Postal Code/Zip:</b>		
<b>Phone Number (Home):</b>	<b>Email Address:</b>		<b>Age as of July 1, 2008:</b>		
<b>Please check the appropriate boxes:</b>		<b>Gender:</b> Male <input type="checkbox"/> Female <input type="checkbox"/>	<b>Meal Preference:</b> <input type="checkbox"/> Non-Vegetarian, <input type="checkbox"/> Vegetarian		
<b>Preferred Breakfast Time</b> (select one): <input type="checkbox"/> 7:00-7:15am, <input type="checkbox"/> 7:15-7:30am, <input type="checkbox"/> 7:30-7:45am, <input type="checkbox"/> 7:45-8:00am, <input type="checkbox"/> After 8:15am					
<b>Allergies:</b> (please specify)					
<b>Accommodations:</b> A suite accommodates 3 people – 3 single beds with a shared 4pce bathroom. If you wish to share a suite with specific people, please enclose all registration forms in the same envelope and identify your suitemate(s). If no preferences are made, same gender singles will be grouped to fill suites.					
Single (grouped): <input type="checkbox"/>		Double Suitemate:		Member Number: _____	
Double: <input type="checkbox"/>		Third Suitemate:		Member Number: _____	
Triple: <input type="checkbox"/>					
<b>TBN Ride Classifications:</b>	<b>Distance</b>	<b>Speed km/hr</b>	<b>TBN Ride Classifications</b>	<b>Distance</b>	<b>Speed km/hr</b>
Leisure Wheeler <input type="checkbox"/>	20 –60 km	15-17	Short Tourist <input type="checkbox"/>	50 –80 km	18-22
Easy Roller <input type="checkbox"/>	20 –60 km	18-20	Tourist <input type="checkbox"/>	50-120 km	20-25
Advanced Easy Roller <input type="checkbox"/>	50 –70 km	18-22	Long Tourist/Sportif <input type="checkbox"/>	120-200 km	25-30
<input type="checkbox"/> I would like to volunteer for Cyclon		<input type="checkbox"/> I would like to be a tour leader and/or sweep for my ride class above			
<b>Carpooling:</b> <input type="checkbox"/> N/A <input type="checkbox"/> I need a ride (will share expenses with driver) <input type="checkbox"/> I can provide a ride (Provide # of spaces and closest major intersection)					
<b>In Case of Emergency:</b>		<b>Contact:</b>		<b>Phone Number:</b>	
<b>The following waiver must be read and signed:</b>					
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.					
<b>Name:</b>		<b>Signature:</b>		<b>Date:</b>	
Please make cheque or money order payable to: "Cyclon" (plain & simple – no exceptions please) Mail Cyclon Registration Form and payment to: Cyclon 409 O'Connor Drive, Toronto ON, M4J 2W4					

# TNT - Toronto-Niagara-Toronto Overnight

June 14-15th, 2008

High Park to Niagara Falls: 168 km, or Stoney Creek to Niagara: 90 km.

For fifteen years now, we've cycled this lovely route that gets you to the heart of Niagara and back on scenic, traffic-free back roads with an overnight stay in downtown Niagara Falls. Optional "scenic" 183 and 202 km routes from High Park on the first day for those training for the Hairshirt. Prices includes maps, luggage transfer, sag support, and motel accommodation:

1 person in one room (one double bed): \$95.00  
2 persons in double room (two double beds): \$62.00 each  
2 persons in double room with Jacuzzi (one double bed): \$73.00 each.  
Non-members are welcome for an additional \$10 each.

Registration is on a first-come basis.

DEADLINE IS MAY 6, 2008. We cannot guarantee rooms after this date.

For more information contact Eileen Harbinson at [tntovernight@tbn.ca](mailto:tntovernight@tbn.ca)



## 2008 Toronto International Bike Show



This year's booth at the Toronto International Bike Show was successful all around. Thanks to the fabulous efforts put forth by our volunteers, we signed up 19 NEW members and 15 renewals at the show and each new member received their Membership package at the show, thanks to Eileen's preplanning efforts.

Our volunteers this year: Eileen Harbinson, Charles Vickerson, Dee Simpson, Doug McCorquodale, Frank Scerni, Fred Lee, Jon Watts, Loreto Manni, Lucia Kuzminski, Rick & Pauline Upton, Shadan Ashfaie, Steve Clayman, Susan Biggs, Tamara Bew, Paul Price, Brenda Sweet, Arlene & Rick Smith, Ron Fletcher, Donna Flemming, Leroy Hill, Dave Otway, Cynthia Macri and Dan Sideen.

Our set up crew - blew and put up balloons, posters and even re-positioned them when asked, all with friendly enthusiasm and cooperative efforts. They displayed T-shirts, helmets, skis, skates, roller blades, folded coupons and stuffed membership forms, not to mention lugging all this stuff back & forth in the midst of a wonderful snowstorm... How's that for dedication!

Our booth, as you can see in the pictures, was organized and ready to go the first day, so that when the volunteers arrived each day, they could concentrate on the public. These volunteers worked very hard over the weekend. They handed out over 380

membership forms, had people fill out ballots for the draws and extolled the countless advantages of becoming a TBN member. And let me tell you, this is no easy task, even with all that TBN has to offer its members.

Our creative booth drew a lot of attention our way, particularly with the two raffles we held. One for a "Free One Year Membership" and the other, "Guess the # of Jelly beans" in the Jar. Over 180 ballots were completed for each draw. The winner of the Free One Year Membership was Michael Slilowicz. Congratulations Michael and welcome to TBN. Congratulations Michael and welcome to TBN.

There were 577 jelly beans in the container and the winner guessed closest at 581. John Winn, a non-member has graciously asked that they be donated to the Toronto Sick Kids Hospital. Thanks John, I'm sure the kids appreciated them. And to spice things up further, we held a mini contest among the volunteers working the booth - to see who could get the highest number of memberships. The winner was Loreto, with 3 new sign ups. Unfortunately, some of the forms didn't have names on them, so we couldn't assign them to anyone. Obviously, everyone was too busy, but hey, you're all winners to TBN! The prize was a \$25 Gift Certificate from Cyclepath.

Let's not forget the take down - after the fun and games are over - again TBN volunteers stepped up to the plate. Ron, Donna, Dave, Dan and even my Dad who was visiting, took down posters, popped balloons, packed and repacked, folded and stuffed boxes to get out in a timely manner and again, that wonderful storm was with us all the way!

As you can see, it takes a lot of planning, volunteers, effort and preparation to put together a successful event and our volunteers are among the best!! Please be sure to thank them when you see them. I know I can't possibly thank them enough. It was a pleasure working with all of you. See you again next year!

Sincerely,

Evelyn Sideen

Publicity and Promotions Director

TBN

## Retailers Providing Discounts to TBN Members



There are now 36 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](http://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, Toronto  
10% off regular priced accessories

### Benjamin Sports

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

### Bicycles at St. Clair

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

### Bike Switzerland

[www.bikeswitzerland.com](http://www.bikeswitzerland.com)  
\$200 USD off trip price (any trip).

### Bike Zone

501 Lakeshore Road West, Mississauga  
10% off all parts, accessories and service

### Brown's Sports & Cycle

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

### Chain Reaction Bicycles

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

### Curbside Cycle

412 Bloor St West, Toronto  
10% of parts, accessories and clothing

### Cycle Solutions (Beach)

615 Kingston Rd, Toronto  
15% off regular priced parts, accessories, & clothing

### Cycle Solutions (Cabbagetown)

444 Parliament St, Toronto  
15% off regular priced parts, accessories, & clothing

### Cyclemania (Danforth)

281 Danforth Ave., Toronto  
15% discount on purchases, does not apply to repairs

### Cyclepath (Mississauga)

20-1170 Burnhamthorpe Road West, Mississauga  
10% off non-sale items

### Cyclepath (North Toronto)

2106 Yonge St, Toronto  
10% off parts and accessories

### Cyclepath (Oakville)

507 Speers Rd., Oakville  
10% all parts and accessories

### D'Ornellas Bike Shop

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

### Detour Publications

500 University Avenue, 8th Floor, Toronto  
10% off all regularly priced books, excluding shipping.

### Duke's Cycle

452 Richmond Street West, Toronto  
10% off all accessories

### Fitfix Health and Wellness

2409 Yonge Street, Suite 201, Toronto  
Signup discount 15% 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, Toronto  
Parts, accessories, clothing, labour: 5%  
Used & demo bikes: 15%  
New bikes: 10%  
With cash payment: additional 5%

### L & J Cycle

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

### MBS Tandems

2964 Keynes Crescent, Mississauga  
10% off parts, accessories & labour  
5% off bicycles

### Racer Sportif

2214 Bloor St. West, Toronto  
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

### RPM Spinning and Gravity Studio

2109 Bloor Street West, Toronto  
10% off any RPM Card package.

### www.runningskirts.com

19 Bluewater Trail, Brampton  
Free Shipping to all TBN members.

### Scholz Adventure Travel

16575 Dufferin St, King City  
5% on any trip

### Set Me Free (High Park)

381 Roncesvalles Ave, Toronto  
15% off regularly priced parts, accessories & clothing  
5% off regularly priced bikes

### Set Me Free (Little Italy)

653 College St, Toronto  
15% off regularly priced parts, accessories & clothing  
5% off regularly priced bikes

### Sweet Pete's Bike Shop

1204 Bloor St. West, Toronto  
10% discount on parts, accessories, clothing, repairs

### Tailwind Touring

1202 Owen Court, Oakville  
5% off bike tours in north America and Europe.

### To Be Active

26 Elfindale Crescent, North York  
10% off regularly priced wheeled products (Does not apply to kites or buggies.)

### Urbane Cyclist

180 John St, Toronto  
10% off parts and accessories

### Velotech

882 College St, Toronto  
Happy to offer 15% discount to TBN Members with proper ID on EVERYTHING.

### Wheel Excitement

249 Queen's Quay West, Unit 110, Toronto  
10% off: rentals; all non 'sale' items; major tune ups

# TBN Inline Skating Program

Michael Lin  
Inline Skating Coordinator

With the arrival of the good weather, we'll see fitness conscious people propelling themselves on wheels throughout the GTA. However, they won't all be on bicycles. Over the past decade the popularity of inline skating has grown enormously. Once again TBN will offer its members an exciting program of inline skating starting in May and carrying right through until Thanksgiving weekend.



Inline skating with the TBN is 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. This year our regular skates will be on Saturday mornings and Wednesday evenings.

Saturday morning skates will be at a variety of places both in the GTA and outside of the GTA. Among the out of town trips, the beautiful, smooth and wide Hamilton Beach Trail will be most prominent. Road trips to Peterborough and Welland are also on the agenda. For the Hamilton Beach trips, a measured (42 km) marathon course will be available for the advanced skaters that want to test themselves to the max. Even on scheduled 'Monthly Marathon' skates though, there will be a strong focus on recreational skating and as always, a strong emphasis on après skate socializing.

Weeknight skates have been changed to Wednesday this year and all of these skates will be on the Martin Goodman Trail, rotating start points between east and west. This scheduling change should allow us to have larger groups than ever with varied rates of expertise. Whenever possible we will be trying to co-ordinate start and après points with the Wednesday night riders. The decision of Wednesday as our weeknight skate night was also influenced by our efforts to have non-conflicting skate nights with other GTA skating groups, and therefore leave these skaters open to join up with us. For those who believe 'the more the merrier' this should lead to some great socializing and learning opportunities.

We welcome all levels of skaters to come out and join us. You'll find the skate leaders and regulars are extremely helpful with the advice and patience they lend to the newer skaters. Although we are very helpful as a group, it should be noted that these skates do not serve as formal instructions. We are happy to refer those interested to formal instructors.

All in all, it looks to be an exciting season of inline skating with the TBN. 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 just end up having four times the fun!

## May-June Schedule

Date	Route	Start Point	Meet time	Class
Sat May 03	Western Beache	Sunnyside Pavilion	9:45 AM	SS/FF
Wed May 07	Western Beaches	Sunnyside Pavilion	6:30 PM	SS/FF
Sat May 10	Eastern Beaches	Boardwalk Pub	9:45 AM	SS/FF
Wed May 14	Eastern Beaches	Waterside Sports	6:30 PM	SS/FF
Sat May 17	West Humber Trail	West Humber Park	9:45 AM	SS/FF
Mon May 19	Fireworks Skate	Leslie & Unwin	8:30 PM	SS/FF
Wed May 21	Western Beaches	Sunnyside Pavilion	6:30 PM	SS/FF
Sat May 24	Whitby-Oshawa	Lake Park	9:45 AM	SS/FF
Wed May 28	Eastern Beaches	Waterside Sports	6:30 PM	SS/FF
Sat May 31	Waterfront Trail	Marie Curtis Park	9:45 AM	SS/FF
Wed Jun 04	Western Beaches	Sunnyside Pavilion	6:30 PM	SS/FF
Sat Jun 07	BanburyEdwards	Gardens	9:45 AM	SS/FF
Wed Jun 11	Eastern Beaches	Waterside Sports	6:30 PM	SS/FF
Sat Jun 14	West Humber Trail	West Humber Park	9:45 AM	SS/FF

# TBN Custom Jersey

The TBN Custom Jersey, made by Louis Garneau, is now available exclusively at Urbane Cyclist, 180 John St., and they're priced to go!! TBN Members, cost \$55, non-members \$89.

**Limited supply** - so hurry in and get one before they're gone!!



# Saturday Morning Rides

Kick off the weekend with this brisk-paced 35km social ride suitable for Easy Rollers and Tourists. Departs at 9:30 a.m. sharp and returns by 12:15 p.m. so you can do your Saturday errands or relax over an après ride snack or lunch.

Check the hotline or web site for start points.



Photo by Ania Poradzisz  
Saturday Morning Rides

# Wednesday Night Rides - 6:30 pm

Join the fun in our Wednesday Night Rides - Easy Roller Rides on bike trails or routes, with a relaxed social component. You'll need the brisk exercise because the apres often includes gelato, patio drinks, or pizza get-togethers. Rides are approximately 25/30 km, starting at 6:30 pm, and ending by 8:30 pm followed by an apres.

Usual start points are Bridgepoint Health at Riverdale Park, the Boardwalk Cafe at the Beaches, or Wilket Creek Park in the Don Valley (Check the TBN Website to confirm each weeks start point).



# Friday Night Rides

Exercise and socialize on a Friday night. Join our relaxed social group as we tour Toronto sites as the sun goes down and then head over to the après to top off the evening. Rides are 30/35 kms suitable for Easy Rollers. Please don't forget your locks, lights, helmet, and jackets for cool nights on rides by the lakeside.

Check the hotline or web site for start points and details on the first rides of the season. Please note, **all rides start at 6:30**, and the rides will be cancelled if raining.

## Friday Rides Listed for Bike Week:

### Fri May 30

Cycle through parks & quiet residential streets to the Scarborough Bluffs for romantic sunset views and a pizza dinner in the park! Followed by some cold beer on a patio! Meet in Riverdale Park just north of Bridgepoint Health Centre (on the west side of Broadview north of Gerrard).



### Fri June 6

Cycle the waterfront bike trails followed by drinks & dinner at one of Toronto's BEST patios, overlooking the lake at the Waterfront Bistro! Afterwards, we'll dance under the stars at Luminato's Free Opening Night Celebration at Yonge-Dundas Square featuring the phenomenal Count Basie Orchestra with 14 year-old rising star Nikki Yanofsky. Meet in Riverdale Park just north of Bridgepoint Health Centre (on the west side of Broadview north of Gerrard).

### Fri June 13

**FRIDAY NIGHT ICE CREAM RIDE - VIVA L'ITALIA!** In honour of the Taste of Little Italy Festival we're doing everything Italian tonight! We'll cycle the Beltline trail to La Paloma (the best Italian gelato in Toronto!). Afterwards, we'll check out the Taste of Little Italy street festival with great entertainment & lots of wonderful food! We'll end up at California Sandwiches for the absolute BEST veal sandwiches anywhere! Meet in Riverdale Park just north of Bridgepoint Health Centre (on the west side of Broadview north of Gerrard) departure.

### Fri June 20

Cycle the waterfront bike trails followed by drinks, dinner & free live entertainment on a patio at Toronto's newest HOT SPOT -the Distillery District (at Parliament & Mill St just north of the Lakeshore). Meet in Riverdale Park just north of Bridgepoint Health Centre (on the west side of Broadview north of Gerrard).

# City Walk Program

We had a great outdoor season last fall. All our of the Walks were well attended and everyone seemed to enjoy themselves. Unfortunately, the Program was curtailed somewhat-by the early onset of Winter. Our much anticipated BBQ was snowed-out due to arrival of the first major blizzard of the year.

We are already planning for next Fall. However the Program has suffered a tragic loss; the founding Co-ordinator of the City Walks (Howard Chan) has departed on a year long teaching assignment in Korea. Howard will be sorely missed.

In his absence-we are looking for other Club members-who are interested in planning and leading walks. We hoping to hold a planning meeting sometime in late August- to organize the upcoming season. Also, we will try to run some of the popular "Summer Sunset" evening walks-starting in July. We are very keen to hear from Club Members who may have some ideas that they may want to contribute in the meantime -feel free to E-Mail: [Mark.Brousseau@ontario.ca](mailto:Mark.Brousseau@ontario.ca). Yours Sincerely Mark Brousseau



Annapurna Trail - Photo by Ania Poradzisz

# Wednesday Wheelies

## May 7, 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 14, 10:00 am

### DURHAM COLLEGE/PORT PERRY

Start: Durham College, Oshawa. To reach Durham College, exit Hwy 401 east at Thickson Rd., go north to Conlin's Rd, then east to 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.  
Dist: 60, 72 & 85 km

## May 21, 10:00 am

### HORNBY/ROCKWOOD

Start: 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: 70 & 81 km

## May 28, 10:00 am

### KING CITY/SCHOMBERG ALTERNATE

Start: Meet in the municipal parking lot located at the northwest corner of King Road and Keele St. The entrance is off Keele St, north of King Rd.  
Dist: 70 & 92 km

## June 4, 10:00 am

### CAMPBELLVILLE/WATERDOWN

Start: The Campbellville New Ball Park. To get to Campbellville go west on Hwy 401 to the Guelph Line, go just south of Hwy 401 and west on Reid Side Road. Park in the parking lot for the Ball Park on the south side of the road.  
Dist: 64, 74 & 114 km

## June 11, 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

## June 18, 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

## June 25, 8:30 am

### KING CITY/SCHOMBERG

Start: Meet in the municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)  
Dist: 67, 80 & 96 km

## July 2, 8:30 am

### ASHBURN 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. Bring lunch for this tour.  
Dist: 57 & 81 km

## July 9, 8:30 am

### HORNBY/GLEN WILLIAMS

Start: 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



Campbellville/Waterdown Ride - May 30, 2007

# 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.

# 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 6

**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

## Tuesday, May 13

**THE SECRET CIRCUIT** - The original - and shortest - ravine ride: a half-hidden downtown route with a minimum of street riding and enough hills to make sure you get a good cardio workout! Some unpaved paths.  
Start: 10:30 a.m. in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station  
Dist: 14 km

## Tuesday, May 20

**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: 10:30 a.m. beside the elevator on the west side of the Kennedy subway station (on Transway Crescent)  
Dist: 22 km

## Tuesday, May 27

**CEDARVALE PROSPECTING** - Cedarvale Park and the Beltline extension. Some unpaved paths and street riding.  
Start: 10:30 a.m. in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station  
Dist: 19 km

## Tuesday, June 3

**HUMBER AND HIGH PARK** - North along the Humber, east through Smythe Park, south through city streets and High Park to the lakeshore, then west back to the Humber. Two short unpaved sections.  
Start: 10:30 a.m. Etienne Brule parking lot



Photo by Nicholas Bello. Secrets of Scarborough Ride

(down the hill behind Old Mill subway station)  
Dist: 24 km

## Tuesday, June 10

**BALFOUR AND THE BELTLINE** - David Balfour Park, Moore Park, the Beltline, and Cedarvale Park. Some unpaved paths.  
Start: 10:30 a.m. in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station  
Dist: 19 km

## Tuesday, June 17

**BOORDALE AND MIMICO CREEK** - Explore the western edge of the city. A bit of street riding takes us to paths in two nice long ravines. One unpaved road.  
Start: 10:30 a.m. Kipling subway Park and Ride (north lot)  
Dist: 19 km

## Tuesday, June 24

**SUNNYBROOK/DON VALLEY** - Almost all of the route is paved. Some street riding, but two-thirds of the route is on bike paths and half is in ravines. Come and see the amazing half-elephants (or maybe they're giant molars)!  
Start: 10:30 a.m. in Taddle Creek Park one block north of the Bedford exit of St. George subway station  
Dist: 26 km

## Tuesday, July 1

**HOGG'S HOLLOW HOLIDAY** - After some street riding, this route dips down into Hogg's Hollow to cross the west branch of the Don River, then climbs back up to follow Wilket Creek to the east branch. Includes some unpaved paths, a little bit of gravel, and the infamous Wilket Creek sand trap.  
Start: 10:30 a.m. by the playground in Oriole park, one block west of Davisville subway station  
Dist: 27 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.

**Bridge Point Health** - Meet at the park behind Bidge 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.

# Sunday and Holiday Rides

## May 4, 2008

### LAKERIDGE PANCAKE RIDE

Head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich or have brunch at the annual Durham Kiwanis Pancake Weekend.

Start: Finch 8:30 am

Dist: 123 & 137 km

Class: Advanced Tourist

### MAPLE BAKERY RIDE

Head north for brunch at TBN's favourite bakery.

Start: Finch

Dist: 35 km

Class: Leisure Wheeler

Après: Tim Hortons

### KINGSWAY RIDE

Wander the lovely neighbourhood back streets of Etobicoke.

Start: Etienne Brûlé Park

Dist: 35 km

Class: Easy Roller

### STOUFFVILLE/GOODWOOD

Two routes cycle up to Stouffville for a spot of lunch at the Lion of Whitchurch pub. The third lunches in Goodwood.

Start: Finch

Dist: 79, 97 & 108 km

Class: Short Tourist, Tourist

### SUTTON - LAKE SIMCOE TOUR

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

Start: Take Hwy 404 north, Davis Drive east, Hwy 48 north. Go left on High St. into Sutton. Right on Dalton Rd. Left on Black River Rd. to the Peter Gzowski Library.

Dist: 64 & 84 km

Class: Country Cruise

## Sunday, May 11, 2008

**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

### 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 Hortons

### LESLIE SPIT

Cycle to the lighthouse at the end of the spit to view the spectacular Toronto skyline.

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: 72, 108 & 116 km

Class: Short Tourist, Sportif, Tourist

### TRIPLE "H" - HORNBY HALTON HILLS (TO LOWVILLE)

- True to form the hills of Halton loom. Enjoy this route as it takes you to Lowville for a picnic lunch in the park.

Start: Hornby Park. Exit Hwy 401 westbound

at Trafalgar Rd, then head north to Steeles Ave and west to Sixth Line.

Dist: 67, 85 & 98 km

Class: Country Cruise

## Sunday, May 18, 2008

**QUEENSVILLE/MT ALBERT RIDE** - A hilly route with a brief interlude in the Holland Marsh. Lunch in Mt Albert.

Start: Finch 8:30 am

Dist: 120 & 141 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

### CYNTHIA RIDE (PART 2)

Ride the city's most scenic bicycle path along the Humber River, as well as the residential streets of York and Etobicoke.

Start: Grenadier Café, High Park

Dist: 59 km

Class: Easy Roller

### THORNTON BALES/NEWMARKET

A hilly but scenic route to lunch in Aurora.

Long tour takes in the Marsh.

Start: Finch

Dist: 79 & 104 km

Class: Short 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 19, 2008

**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

### ETOBICOKE MEANDER

Cycle through Etobicoke on the bike paths.

Start: Etienne Brûlé Park

Dist: 54 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 25, 2008

**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

### SECRETS OF SCARBOROUGH

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

Start: Shoppers World, Danforth

Dist: 32 km

Class: Leisure Wheeler

Après: Coffee Time

### 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

Three routes cycle up to Stouffville for a spot of lunch at the Lion of Whitchurch pub.

Start: Finch

Dist: 75, 93 & 108 km

Class: Short Tourist, Tourist

**ABC TOUR - ALLISTON, BORDEN, CREEMORE** - Revised routes, avoiding Angus and Utopia. A fairly easy ride with some gently rolling hills near Alliston and near Creemore. The long route has a scenic and hilly

loop through Glen Huron. Bring a picnic lunch for the short ride. Medium and long rides have lunch in Creemore.

Start: Town of Alliston, at the public parking lot at end of Mill St. Take Hwy 400 north to exit 75, Cookstown. Go west on Highway 89 about 18 km to Church St. – the second

intersection with traffic lights west of the train tracks. Mill St. is the next street west of Church St. Do not park at the Beer Store.

Allow sufficient travel time – this is about 80 km from Yonge St and Highway 401. No washrooms at the starting point, so stop at the MacDonalds at exit 75, or at Tim Hortons in Cookstown or Alliston.

Dist: 65, 93 & 106 km

Class: Country Cruise

## Saturday, May 31, 2008

**BALLINAFAD-BELFOUNTAIN** - Splendid route to an old favourite via the backroads of Halton. Short tours head to Glen Williams. Optional century route for RLCTers. No dirt!

Start: Kipling 8:30 am

Dist: 95, 115, 135 & 161 km

Class: Advanced Tourist, Sportif, Tourist

## Sunday, June 1, 2008

**THE 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 of the area, including Shelter Valley. The lunch spot is on the grounds of the Baltimore Community Centre. Note: Bring your own lunch. Snacks and 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, 70 & 99 km

Class: Country Cruise

## Sunday, June 8, 2008

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

Start: Finch 8:30 am

Dist: 115, 131 & 155 km

Class: Advanced Tourist, Touris

### 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. Bike Week Event.

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

**HIGH PARK TO PORT CREDIT** - Parks and river banks is the theme of this scenic ride. Ride through two parks, High Park and Centennial Park and two river banks, the

Humber and the Credit. Lunch in Mississauga.

Start: Grenadier Café, High Park

Dist: 54 km

Class: Easy Roller

Après: Grenadier Café

### 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

### PORT PERRY PEDLAR (VERSION #1)

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

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

Dist: 72 & 85 km

Class: Country Cruise

## Sunday, June 15, 2008

**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: 121, 139 & 201 km

Class: Advanced Tourist, Tourist

### CYNTHIA'S SCENIC STREETS

Ride the city's most scenic bicycle path along the Humber River, as well as the residential streets of York and Etobicoke. Bike Week Event.

Start: Old Mill Subway

Dist: 44 km

Class: Leisure Wheeler

### UNIONVILLE BRUNCH

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

Start: Finch

Dist: 55 km

Class: Easy Roller

### KETTLEBY/SCHOMBERG

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

Start: Finch

Dist: 76, 96 & 118 km

Class: Short Tourist, Sportif, Tourist

### 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 22, 2008

**TORONTO-NIAGARA-TORONTO HAIRSHIRT CLASSIC** - Test the limits of your endurance with this now 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. A record 43 cyclists attempted this ride in 2007. Please contact Owen Rogers, email: [hairshirt@tbn.ca](mailto:hairshirt@tbn.ca) to pre-register. A set of lights is mandatory for those participants who expect to finish after dusk (past the 13.5 hour mark). Check out the web site for complete information.

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

## OLD VILLAGE TOUR

Meander north through trails and quiet residential areas en route to Black Creek Pioneer Village. Bring lunch.

Start: Old Mill Subway

Dist: 54 km

Class: Leisure Wheeler

## CYNTHIA SCENIC GARDENS - PART 5

Glimpse at this year's gardens in the affluent neighbourhoods of North York, including some unfamiliar parks and trails.

Start: Edwards Gardens

Dist: 63 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, June 29, 2008**

**FORKS OF THE CREDIT** - A hilly but beautiful ride to Belfountain. Short tour heads to Glen Williams.

Start: Kipling 8:30 am

Dist: 112, 127 & 147 km

Class: Advanced Tourist, Tourist

### EDWARDS GARDENS PICNIC

The most popular LW ride. Bring lunch or buy something there as you enjoy the flowers and sights; asphalt trails and streets.

Start: Finch

Dist: 37 km

Class: Leisure Wheeler

Après: Tim Hortons

### CYNTHIA'S SCENIC

**NEIGHBOURHOODS - PART 3** - Explore the most beautiful and charming neighbourhoods of Etobicoke and the southern side of the Humber Trail.

Start: Grenadier Café, High Park

Dist: 63 km

Class: Easy Roller

Après: Grenadier Café

### HORNBY-HERITAGE

Visit Hornby and Huttonville. Bring lunch for a picnic. Start: Kipling

Dist: 75 km

Class: Short Tourist

### 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

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

Dist: 57 & 84 km

Class: Country Cruise

**Tuesday, July 1, 2008**

**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

**VANDORF/SNOWBALL**

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

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Sportif, Tourist

**Sunday, July 6, 2008**

**LAKERIDGE RIDE** - 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: 115, 123 & 137 km

Class: Advanced Tourist, Tourist

### CYNTHIA'S SCENIC SITES

Discover some of the most beautiful neighborhoods and hidden treasures in North York. The route is evenly balanced between street and trail riding, as we also take you through the city's most scenic trails along the Don River and Taylor Creek.

Start: Shoppers World, Danforth

Dist: 54 km

Class: Leisure Wheeler

### COOKSVILLE TO APPLEWOOD

This ride is a mix between trail and roads.

Lunch in Mississauga. This ride is rather brisk and is expected to be at the top end of the Easy Roller pace.

Start: Etienne Brûlé Park

Dist: 56 km

Class: Easy Roller

### STOUFFVILLE CRUISE

Two routes cycle up to Stouffville for a spot of lunch at the Lion of Whitchurch pub. The third lunches in Goodwood.

Start: Finch

Dist: 79, 97 & 108 km

Class: Short Tourist, Tourist

**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

## Cruising Shorts

**May 10 9:00 am**

**HOLLAND MARSH** - 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 24 9:00 am**

**PORT PERRY PEDLAR (VERSION #2)**

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

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

Dist: 60 km

**June 7 9:00 am**

**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 21 9:00 am**

**BEELINE TO BOWMANVILLE**

A quiet undulating route from Oshawa to Bowmanville.

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

Dist: 62 km

**July 5 9:00 am**

**GEORGETOWN-EQUISING**

**HYSTERICAL TOUR** - Get a head start on the September 25 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

**July 19 9:00 am**

**TOTTENHAM TRAIN RIDE**

Ride through the Caledon Hills and if you choose, take time to enjoy an excursion on a steam locomotive or a jaunt to a farmers' market.

Start: Mayfield Recreation Centre on the northeast corner of Bramalea Rd North and Mayfield Rd. The parking lot is a little further north on Bramalea, on the east side. To get there take Hwy 401 west to Hwy 410, then north to Mayfield Rd and east to Bramalea.

Dist: 54 km

## Mountain Bike Rides

**Saturday, May 3**

**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. Trail pass: free. There will be a short "trail ride" after the lunch break, on a 'real trail' in the Don Valley, if anyone is interested.

Terr: Easy

Facils: 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.

**Sunday, May 4**

**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. Leaders: TBD

Terr: Easy to moderate.

Facils: none, limited parking

Start: Parking lot of Durham Forest. Take Hwy 401 to Brock Road exit, Pickering, north up Brock Rd about 25 kms to Durham Rd #21 (Coppins Corners), east 5 km to 7th Concession Rd, turn right, entrance is 1 km south on east side.

**Saturday, May 10**

**KELSO CONSERVATION AREA** - 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 Leader: Doug Terr: Moderate, clay based hard pack with mud holes, limestone boulders Facils: 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 18**

**ALBION HILLS** - Ride north of Bolton on 25km of hilly, forested xc-ski trails. Trail pass: \$4. Leader: TBA

Terr: Easy to moderate.

Facils: 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 24**

**GLEN MAJOR** - 15 km of tight technical single track, for beginner to advanced. Trail pass: Free

Terr: Easy to extreme

Facils: none

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

**Saturday, May 31**

**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. Trail pass: free. There will be a short "trail ride" after the lunch break, on a 'real trail' in the Don Valley, if anyone is interested.

Terr: Easy

Facils: 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..

**Sunday, June 1**

**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. Leader: John

Terr: Moderate

Facils: None. Reasonable amounts of parking. Start: From Toronto head on the 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 rd 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.

**Saturday, June 7**

**RAVENSHOE** - 15 km of single-track feature lots of roots, logs and stunts to challenge the rider-one our hardest/favourite rides. Trail pass: free. Leader: Ron

Terr: Moderate to extreme

Facils: 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, June 15**

**ALBION HILLS** - Ride north of Bolton on 25km of hilly, forested xc-ski trails. Trail pass: \$4. Leader: TBD

Terr: Easy to moderate.

Facils: 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, June 21**

**KELSO CONSERVATION AREA** - 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 Leader: John Terr: Moderate.

Facils: 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, June 22**

**PALGRAVE** - 20 km of biking fun. Trail pass: free. Leader: Jon.

Terrain Moderate

Facilities parking, no washrooms or changerooms

Directions Meet for a 10:00 a.m. departure a Palgrave Conservation Area, about 7 km north of Bolton. Head north on Hwy 50. About 1 1/2 km past Albion Hills make a left onto Patterson Side Road. Travel about 1 km and turn right onto Duffy's Lane. Head North on Duffy's Lane for about 1 - 1 1/2 kms. Turn right onto a gravel lane which becomes the parking area for Palgrave.



Don Valley Ride - May 2007

# Fundraising & Fun Rides

**Saturday, May 10**

## 14TH ANNUAL RIDE FOR THE ROUGE

Fundraising ride to benefit the Rouge Foundation starts at 10:00 a.m. with registration at 9:00 a.m. at the Rouge Valley Conservation Centre (opposite the main entrance to the Metro Toronto Zoo). Ride distances are 25 or 50 km around the Rouge Valley. Fabulous prizes. Lunch will be provided. More info: 416-282-8265 or [www.tbn.ca/link/rougeride](http://www.tbn.ca/link/rougeride)

**May 16-19**

## BICYCLE EXTRAVAGANZA 2008

The thirteenth annual edition of this Victoria weekend cycling classic to the lovely villages and quiet rural roads of Mennonite country (Elora, Elmira, St. Jacob's, etc.). There are routes for all riding categories, from novice (30 km) to experienced (160 km). Accommodation is in air-conditioned quad suites at the student residence of Wilfred Laurier University in Waterloo. Cost: \$225, which includes three nights accommodation, three breakfasts, two dinners, and Sunday night social. Online event registration using Visa or Mastercard is now available. More info: [www.tbn.ca/link/extravaganza](http://www.tbn.ca/link/extravaganza)

**May 17-18**

## SOUTHERN ONTARIO CENTURY RIDE

Starts from the north end of Toronto and stays overnight in Alliston. Riders can choose from an imperial or metric century each day. Terrain is generally flat, with a hillier option for those looking for a greater challenge. Price for indoor accommodation is \$100.70. A camping option is also available for \$37.45 (tents are provided). Price includes GST, route sheets/maps, baggage transportation, one dinner and one breakfast, pass to pool and hot tub, taxes. More info: call Bud Jorgensen, 705-434-1100 or [www.cycle-canada.com](http://www.cycle-canada.com)

**Sunday, May 25**

## 3RD ANNUAL GIRO DI TORONTO

Starting at Dufferin and Lawrence, riders will hit the city streets and visit Toronto's distinctly Italian neighbourhoods along the way. Rest stops will feature regional Italian specialties and cultural presentations. Two route options: the full 75km course or a shorter 35km course. Both routes will take riders to Vaughan, ending in a barbecue on Villa Colombo Vaughan's grounds where prizes will be awarded to the top 5 fundraisers. Riders will then have the option to be transported back to Columbus Centre via bus or return on bike. No fundraising minimum, however, there is a \$50 registration fee for all riders. All proceeds to Villa Charities Foundation to help care for seniors,

provide job training to young adults with intellectual disabilities and increase cultural programming. Ride begins 7:15 a.m. Sunday morning. Registration limited to 400 participants. Online and paper registration available. More info: call Jennifer, 416-789-7011x242 or [www.girotoronto.com](http://www.girotoronto.com)

**Sunday, May 25**

## BIKE FOR BETTY

Have fun and raise funds for a good cause. All routes follow the scenic and flat Waterfront Trail. Five distances to choose from: 2 km mini-ride, 15 & 30 km family rides, 40km MTB ride, 75 km ride for road bikes (start times vary according to distance). Followed by a Family Fun Festival featuring live entertainment, great prizes and give-away items, healthy snacks, and kids' activities with face painting, clowns and much more! All proceeds support Trillium Health Centre's Betty Wallace Women's Health Centre. Raise pledges online with your sponsors' tax receipts generated immediately. Draw prizes for top fundraisers. Start and finish at Memorial Park, Port Credit. \$20 registration fee for 16 and up, kids free. No fundraising minimum. Online registration: [www.bike4betty.com](http://www.bike4betty.com)

**Sunday, June 1 20th**

## ANNUAL BECEL HEART & STROKE RIDE FOR HEART

Cycle the Gardiner Expressway and D.V.P.!

**PARTICIPATE!** - Join more than 10,000 cyclists and in-line skaters for the annual Ride For Heart event. Cycle the 25km, 50km or 75 km route. Blade the 5km, 10km or 20km route. This is an annual fundraiser for the Heart and Stroke Foundation of Ontario so participants are encouraged to collect pledges. Get full information at [www.tbn.ca/rfh2008](http://www.tbn.ca/rfh2008) or 416-486-RIDE (7433). Early registration is encouraged.

**VOLUNTEER!** - Conscientious TBN volunteers needed! If you are willing to assist in the event by providing BASIC assistance to cyclists in need, then this opportunity is for you.

Ambassadors of the Road (as we are called) usually work in pairs offering assistance to cyclists in need, e.g. those that have a simple mechanical breakdown (flat tire, loose bolt), have crashed (comfort them while waiting for the first aid team to arrive) or need general information (like where the next rest stop is). While not essential it is preferable that one of your team of two will have some mechanical ability—at least able to repair a flat—and you should bring along a pump, patch kit, tire irons and any other useful bike tools you think you might need. Rewards for volunteering? T-shirt, lunch, entry to the event and loads of thankful smiles!! Also, like last year a lucky volunteer will win a voucher for a TBN Jersey (\$55

value!)

Volunteer Instructions: TBN Ambassadors of the Road are to meet Joe Hickey from 6:45 to 7:30 a.m. at the TBN Tent, Health & Fitness area, west end of the CNE grounds. Bring your TBN membership card to show Joe. T-shirts, and walkie-talkies will be distributed there. Cycling event takes place rain or shine. A limited number of parking passes are available for Ambassador of the Road volunteers. Phone Joe Hickey at 416-269-8947 or email [rideforheart@tbn.ca](mailto:rideforheart@tbn.ca) with your mailing address and we will send you a pass in advance or arrange pick up. If you are a non-member of TBN and wish to volunteer, phone Joe Hickey in advance of the event at 416-269-8947.

**Sunday, June 1**

## ZAREINU PRO TOUR

Features 162 km, 100 km and 50 km routes through the picturesque Niagara Escarpment. Support vehicles, ride marshalls and rest stations with refreshments and restrooms along the route. Start finish at the Milton Sports Centre with full use of change rooms, shower facilities and post ride BBQ. Massages available at start and finish lines for participants who will also receive a Zareinu Gift Pack, including Louis Garneau Cycling Jersey. Personal Online Donation page for each rider on the Moveathon website to manage sponsorships (minimum sponsorship requirement of \$1000 per rider.) More info: 416-661-1800 or [www.moveathon.com](http://www.moveathon.com)

**Sunday, June 15**

## TOUR DE CREEMORE 2008

15th annual edition of this charity ride in support of Trails Youth Initiatives. 9:00 a.m. start (8:30 check-in) next to the Creemore Brewery in the town of Creemore. Choice of 100 km, 40 km routes on paved roads or 10 km family ride. Fees: adults, \$55 until June 1, \$65 after; kids under 16 years: \$25; mountain bike rental (including helmet): \$40. Registration fee includes: microfibre workout shirt, ride, refreshments, lunch, Creemore beer and draw prizes. Info: [www.tourdecreemore.com](http://www.tourdecreemore.com)

**June 20-22**

## THE RIDE TO CONQUER CANCER

Cycle from Toronto to Niagara Falls over 200 kilometres in two days. Visit the website at [www.conquercancer.ca](http://www.conquercancer.ca) or call 416-815-RIDE!

**July 4-11**

## THE GREAT WATERFRONT TRAIL ADVENTURE

Participate in the first-ever fully supported bike tour of the entire Waterfront Trail! Register for the whole eight day, 680 km route from Niagara-on-the-Lake to the Quebec border, or join in the fun for a day or two! More info: [www.waterfronttrail.org/gwta\\_web](http://www.waterfronttrail.org/gwta_web)

# Weekend Trips

## Allegany Amble

**May 16-19, 2008**

This popular weekend trip is at Allegany State Park in Upstate New York, USA. Located approximately one hour south of Buffalo, we will be staying in rustic four person, two bedroom cabins near the lake. Meals will be a cabin group effort. Rides vary from 40 to 120 km through scenic, moderately rolling to hilly terrain. Mountain biking and excellent hiking is also available within the park. The cost this year is \$85.00 for members -- lower this year reflecting our stronger Canadian dollar! Come and join in on the fun. Limited spaces are available on a first paid basis. Apply by e-mail to [allegany@tbn.ca](mailto:allegany@tbn.ca). Please include your phone number(s) and any other pertinent contact information.

## Introduction to Loaded Bicycle Touring - The Sequal

**June 7-8, 2008**

Load up your bike and join us for a beginners' Loaded Bicycle Tour to Kelso Conservation Area in Milton on Saturday June 7th. We will camp overnight in the group camping area and return on Sunday, June 8th. There will be two routes - one shorter at approximately 60 km and for the more adventurous there will be longer options. Starting location to be determined. Space is limited so please e-mail Rick at [loaded@tbn.ca](mailto:loaded@tbn.ca) to reserve a spot on a first paid basis. Cost will be approximately \$10.00 with a cheque payable to 'The Toronto Bicycle Network, Inc.' Forward cheques to: Rick Upton, 38 Eastbourne Cres, Toronto, ON M8V 1W8. You will be carrying your own food and shelter. It will be a fun experience

## Rock Point Relaxer

**June 20-22, 2008**

(unconfirmed until May 1st)

Please note: Rock Point does not let us book the site until May 1st.

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 before June 16th. The cost is \$35 for TBN members and \$40 for non-members. Download the sign up sheet from the TBN website in pdf or word format. For more info email Paul & Brenda at [rockpoint@tbn.ca](mailto:rockpoint@tbn.ca) or call 905-567-1035 (no voice mail).

## Omeme

**July 25-27, 2008**

Cycle the Kawartha Lakes area starting from Emily Provincial Park. Hike the boardwalk trail, sun on the beach, or just relax around the campfire. We will be camping on a ground site Friday and Saturday night. Provided will be two pancake breakfasts and provisions for two light lunches. Saturday night dinner will be potluck. The cost is \$35 for TBN members and \$40 for non-members. Please book before July 21st. Download the sign up sheet from the TBN website in pdf or word format. For more info email Paul & Brenda at [emily@tbn.ca](mailto:emily@tbn.ca) or call 905-567-1035 (no voice mail)!.

## Presqu'ile Prescription

**September 5-7, 2008**

Cycle the scenic Prince Edward County area starting from Presqu'ile Provincial Park. In the evening enjoy a starlight walk to the lighthouse or just relax around the campfire. We will be 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 before September 1st. The cost is \$35 for TBN members and \$40 for non-members. Download the sign up sheet from the TBN website in pdf or word format. For more info email Paul & Brenda at [presquile@tbn.ca](mailto:presquile@tbn.ca) or call 905-567-1035 (no voice mail).



## Wanakita Weekend

This was the second year of TBN's now annual Camp Wanakita winter escape weekend. Organized and hosted by Ron Fletcher, Camp Wanakita is located in the scenic Haliburton Highlands about 2 1/2 hours north east of Toronto. We arrived on Friday to an amazing winter wonderland with lots of snow, more falling as the weekend progressed and daytime temperatures around -4C. The eager group of 27 was assigned lakeside cabins with six bedrooms in each, and plenty of room for all of our stuff.

The fun packed weekend activities included snowshoeing, track set cross country skiing, tobogganing, high and low ropes, skating and ice broom ball were all organized by two staff members assigned to our group. The cross country skiing - both classic and skating as well as a lantern lit night ski across the lake (with hot chocolate waiting!) was exceptional. More challenging were the wires and ropes that tested team work, strength and balance. Those with the nerve climbed the 30' high Vertical Playpen of wooden beams, tires, ladders, achieved personal satisfaction with their accomplishment. If you were looking for more fun, snow shoeing thought the quiet bush or the screaming on the toboggan run with the snow flying in your face gave us lots of laughs and tired us out.

With all of the activities, everyone built up quite the appetite and were never disappointed by the amazing breakfasts, lunches and dinner provided for us at the Core. The meals were started with hilarious kids camp 'grace' songs that we all sung before eating. At night we could sit by the wood burning fire, quietly relax in our cabins, go for a walk or enjoy the group activities at the Core which included joining in another group's vibrant drumming session and the various antics of TBN members.

Spring is here but, Ron says to mark this weekend on your calendar for February 6th to 8th, 2009 as no doubt Camp Wanakita will sell out again!

## TBN Who's Who

### TBN Board of Directors

President	Brian McLean	president@tbn.ca
Past President	Ron Fletcher	tbn@tbn.ca
Director, V.P. Skiing & snowshoeing	Phil Pitch	xcski@tbn.ca
Director, V.P. Touring	Richard Anstett	touring@tbn.ca
Treasurer	Brian McLean	tbn@tbn.ca
Secretary	Brenda Sweet Paul Price	tbn@tbn.ca
Newsletter	Noel Manchulenko	newsletter@tbn.ca
Education Director	Dinsmore Roach Marie Ferguson	education@tbn.ca
Publicity & Promotions	Evelyn Sideen	
Social Director	Melanie McGill	social@tbn.ca
Weekend Trips Director	David Maclean	416-482-8033
Advocacy Director	TBD	
Cyclon Director	Evelyn Sideen Melanie McGill	cyclon@tbn.ca

### Others

Membership Secretary	Eileen M Harbinson	memsec@tbn.ca
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### 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	Roberta Terzolo	easyroller@tbn.ca
Friday Night Ride	Peggy McFarland	fridays@tbn.ca
Hiking	Ed Herage	hiking@tbn.ca
Ice Skating	Molly Cheung	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	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	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 (January-March)
- 1** Weekend and holiday rides (April-December)
- 2** Weekday events
- 3** Social events & membership information
- 4** Inline skating
- 5** Weekend trips & Cyclon 2008 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](mailto:memsec@tbn.ca) or leave a message on Line 3, the Social & Membership Mailbox of the Hotline



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