



QUICK RELEASE

Volume 17
Issue 2
May-June
1999
Newsletter



Speeding into summer

photo Dan Roitner

Mark your Calendar for Cyclon '99

Toronto Bicycling Network's premier annual cycling event returns to Kingston, July 30 to August 2.

Those who went last year can tell you that Kingston is a cyclist's heaven, with quiet roads, rolling hills, the splendid scenery of Lake Ontario, the St. Lawrence, and the Rideau Canal system. Your weekend package includes three nights' accommodation at Queen's University, up to five cycling tours to choose from each day, ALL meals from Saturday breakfast until the picnic lunch on Monday, and a banquet and

continues on page 5

Summer Sprint '99

Saturday, June 19, 1999
@ 6pm (7 pm bbq)
The Docks - 11 Polson St.

Come celebrate the summer with a lakefront BBQ on The Dock's water's edge patio. Simply enjoy the afternoon on the patio or participate in some of The Dock's activities. At 9pm an evening of dancing will follow in their nightclub!



Available @ additional cost:
Billiards/Games Room
Golf Driving Range/Mini Putt
Swimming Pool
Beach Volleyball/Climbing Wall



Jacquie and Jana pose in front of one of the tourist sites during last years Kingston Cyclon.

Newsletter Information

Quick Release is published five times per year. Members are encouraged to submit material for publication; classified ads are free to members.

To discuss a submission or for advertising information call, **Michael Waldstein, Managing Editor at 416-363-2247.**

For the July/August, issue of *Quick Release*, submit articles, news items, graphics and ads by May 1st the deadline to:

Toronto Bicycling Network
Attn: Editor, *Quick Release*
131 Bloor St. W., Suite 200, Box 279,
Toronto, ON M5S 1R8

Or make your submission by email to:
newsletter@tbn.on.ca
 as Text.txt, Word.doc, or Wordperfect.wp files &
 Photos as .JPG - Artwork/Ads as .EPS, .GIF
fax: 416-363-9111.

Moved? Moving? Is the address on your mailing label not quite right? Leave a message in the Social & Membership mailbox of the Hotline or send e-mail to:
membership@tbn.on.ca

Telephone: 416-760-4191
Website: www.tbn.on.ca
E-Mail: info@tbn.on.ca

TBN's Who's Who

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Acting President and	John Corbett	778-7657
VP, Touring		
VP, Skiing	vacant	
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Weekend Trips Director	vacant	
Managing Editor	Michael Waldstein	363-2247
Past President	Owen Rogers	925-5035

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Easy Roller	Eugene Housego	787-5596
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Wednesday Wheelie	Bill Hannaford	482-2125
Wednesday Knights	Ron Fletcher	461-9695
Friday Night Ride	John Tytler	445-6192
Saturday Morning Ride	David Gretton	
Indoor Spinning	Owen Rogers	925-5035
Membership Secretary	Alan Gordon	447-6586
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Newsletter Layout Artist and Photo Editor	Dan Roitner	699 2728

TBN'S HOT-LINE

To best use TBN's voice mail system, follow these easy steps...
 **Using a touch tone phone, call:

- 1) **760-3909** to get detailed instructions on how to use the voice mail system, OR
- 2) **760-4191** to go **directly** to the **Main Menu**.

From the Main Menu...

Press 1 for Saturday & Sunday Cycling
 Press 2 for Weekday & Evening Cycling
 Press 3 for Social Events & Membership information
 Press 4 for Weekend Trips
 Press 5 for Cyclone 99 info

HOTLINE Tips:

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



While most public transit-dependent commuters feared the inconvenience of our short-lived **TTC strike**, I was secretly hoping it would last longer. Cyclists of all types (the Supercycle crowd; those with handlebar baskets, suits with pant-clips, or long skirts and hats; helmet-less yahoos etc.) made Toronto look almost recreational during the rush hour traffic. I espied clusters of locked bicycles everywhere, demonstrating to all of us that the bicycle will always be there, - and not only for the weekend warriors.

Unfortunately, many forced converts reverted to their old motorized ways once the strike was over I'm certain some will be back for the **Bike to Work Week** (May 28 - June 6) . At least I can now reclaim my favourite parking meter-cum-locking post in front of my office building.

While the strike was on, the temporary cycling mania hampered my task of soliciting ads for this issue. Most bicycle stores were swamped with bike buyers and victims of flat tires. **Advertisers** often ask me where the TBNers are. So do identify yourself when buying cycling gear; and patronize stores that advertise in Quick Release. Some of them will even give you sizeable discounts on

accessories and clothing. (And tell them Michael - not Mike - sent you.) Speaking of accessories, we are working hard on breathing life into our very own **club jersey**. Our think tank, Ron Clark, Sue Maskery and Andrea Leven-Marcon, have already started contacting suppliers and designers. In the not-so-distant future, many of you will be donning this club jersey - we welcome your input!

Hello? – Does anyone out there want to organize mountain bike rides, or other **activities suitable for the club**? (No bungee jumping, please.) While participating on a Saturday morning ride recently, I was surprised by how many club members, arriving on their mountain bikes, turned into mountain goats, bushmen and puddle fiends. “Mud therapy equals longer life”. Yeah, right.

On a more subdued note, I would like to thank two **outgoing Board members**, Léo Charbonneau and Nadine Bojarra. They both put countless hours into various quality club activities, such as trips, rides and social events. Our most recent social function, the Spring Dinner Dance at the Balmy Beach Club, was a great success with over 140 people in attendance. Many thanks go to Robert Britton, Muktha Tumkur, John Tytler, and others, who fed the hungry crowd and provided the entertainment.

The cycling season is upon us, so come on as many **weekday** and **Sunday rides** as you can. Many weekend trips are now unfortunately sold out, but our marquee event, **Cyclon**, beckons. See the enclosed application for this hugely successful TBN classic.

More TBN Education Nights

by Annette Mackenzie, TBN Education Director

1999 finds the TBN's education program on the move, as our regular monthly evening seminars again take up residence at North Toronto Collegiate, 70 Roehampton Ave., Room 103 (1 block north of Eglinton, east of Yonge). Please check the hotline to confirm the location. Except for the CPR course, classes are free and there is no need to sign up in advance.

Wednesday May 5, 1999:

Touring Workshop: Are You Loaded? - Paul Stockton will offer sage advice on avoiding the pitfalls of “loaded” touring, while enjoying the freedom of self-sufficiency. Afterwards, he will present slides from his cycling trip to Asia.

Wednesday May 26, 1999:

Basics of Wheel and Tire Maintenance - Dave Scovell will teach you everything you need to know to fix a flat tire on the road. In addition, the basics of wheel and tire maintenance will be covered, including enough information to keep neophyte wheel-truers out of serious trouble. After the class, a brief presentation regarding this year's Cyclon

will take place, so bring your cheques to reserve your spot!

Wednesday June 16, 1999

Nutrition - Touring New Zealand by Bicycle - Dietician Katherine Hawkins will teach you about nutrition and hydration while cycling. Then, sample the wonders of touring New Zealand by bicycle: a picture presentation by “Kiwi” Celia Hope.

Saturday June 26, 9:00 a.m. to 5:00 p.m.

TBN's Basic Riding Skills Workshop Coach Aubrey Bryce is back with this entertaining and informative blend of classroom seminar, hands-on demonstration and practical riding session. He'll cover topics like basic bike maintenance, gear selection, braking skills and road etiquette, among others. Leisure Wheelers and Easy Rollers who attend this course will find their cycling experience safer and more enjoyable. Phone Alan Gordon (416) 447-6586 to pre-register and for more information. Fee: \$5. Location to be announced. Don't forget to bring your bike!

The Cycle Canada Series from Veloforce

by Margot Jorgensen.

We have launched this new series in response to requests from those who wish to participate in only part of the Tour du Canada. June 29/30 to September 4, 1999: In 1999 we will have two groups, leaving a day apart. Each group has a maximum of 24 participants. The total distance for the Tour du Canada is 7200 km. Participants travel through all ten provinces departing from Vancouver, and arriving nine weeks later in St. John's, Nfld. Accommodation, which is prearranged, is mainly camping. Van support carries riders' tents, personal belongings and a galley kitchen. The fee is \$2645, and includes initiation in the Tour du Canada cycling club, all meals, support van and driver, accommodation, daily route maps (to scale), and ferry fees.

Cycle Canada Series

The Cycle Canada Series is styled after the Tour du Canada ride, but allows riders to cross the country in stages. Each segment is approximately 2500 km and three and a half weeks in duration. Maximum number per group is 30.

The Pacific: June 26 to July 21, 1999, Vancouver to Winnipeg. The Great Lakes: July 24 to August 15, 1999, Winnipeg to Toronto. The Atlantic: July 31 to August 24, 1999, Toronto to Halifax. Fee per segment is \$1325 and includes accommodation (mainly camping), daily route maps (to scale), ferry fees, all meals, support van and driver.

Saturday and Sunday June 12 and 13

join the Toronto-Niagara-Toronto Overnight ride. Leave High Park at 8:00 a.m. and ride 165 km to Niagara Falls, stopping at Ball's Falls. Spend the rest of the day in Niagara and sleep at the Maple Leaf Motel. The next day follow the Niagara River to Niagara-on-the-Lake and then through wine country to Toronto. For those who do not wish to exert so much energy, we have a short start from Stony Creek at 10:00 a.m., riding 85 km to the Falls. Carpooling can be arranged.

The BiQue Ride: July 11 to July 17,

1999 This will be the fourth annual one-week ride from Toronto, Ont. to Montreal, Que., along the shores of Lake Ontario and the St. Lawrence River. Terrain is flat to gently rolling. Total distance is 630 km with an average daily distance of 105 km. The fee for camping option is \$500, and \$650 for the indoor option. Included in the fee are five dinners, six breakfasts, a welcoming reception in

One person in private room with one double bed \$62.00
Two people in a room with one double bed \$35.00 each
Two people in a room with two double beds \$40.00 each

This includes your luggage transfer to and from Niagara Falls plus sag support (call one of two numbers) and set of maps.

Montreal, a support van to carry riders' personal belongings, and daily route maps (to scale). Optional return fare to Toronto by bus, including luggage and bike. Camping option

includes three nights indoors. Arrival in Montreal coincides with the Just For Laughs comedy festival.

Triple T, Southern Ontario Cycling Rally: May 22 to May 24, 1999 The twelfth annual gathering of the cycling clans: a three-day rally in the Kawartha region of southern Ontario. The ride departs

June

is the month of brides, romance and flowers. What could be more romantic than a trip to Niagara Falls? What could do more for your heart than to help the Heart and Stroke foundation save lives?

from Oshawa on Saturday, includes a choice of loops in and around Peterborough on Sunday, and returns to Oshawa on Monday. Fee of \$160

Heart and Stroke

On Sunday June 6 you can assist as a Road Ambassador for the TBN. If you missed last year there is good news. We no longer pass through the tangle of narrow roads and deadly railway tracks of the Commissioner Street area. This year all you have to do is show up with your TBN membership card, sign in and off you go. If you are not a member but still wish to help, call Joe Hickey at 416-719-8439 and leave your name to be put on the non-member list. Time and place: The C.N.E. Prince's Gates at Strachan Ave. between 7:30 and 8:00 a.m. Don't overdress because you will be wearing the Ride For Heart/TBN T-shirt.

includes two nights' single indoor accommodation in downtown Peterborough, two dinners, two breakfasts, "Yuk Yuks on Tour" performance on Saturday night and daily route maps (to scale). Plus the annual Tour du

Canada Time Trial.

For more information contact Veloforce at (416) 484-8339; by e-mail at sweep@cyclecanada.com, or visit the Cycle Canada web page at <http://www.CycleCanada.com>. Bud Jorgensen is the principle of Veloforce.

He is an avid recreational cyclist and cycling advocate.

MOUNTAIN BIKE RIDING SKILLS CLINIC

Join Dave Scovell for the day, and participate in an informative clinic on mountain biking. We will meet at Hardwood Hills, where there are 36 km of ski trails and 45 km of singletrack, with difficulty levels ranging from beginner to technically advanced. Hardwood Hills is an hour's drive from Toronto, located 40 km north of Barrie. Their website is www.hardwood-hills.on.ca



photo Dan Roitner

TOPICS COVERED

<i>Equipment</i>	<i>Bike fit</i>	<i>Climbing</i>
<i>Steep Descents</i>	<i>Singletrack</i>	<i>Riding over logs & rocks</i>
<i>Technical Sections</i>	<i>Bunnyhopping</i>	<i>Track stands & balance</i>

When: Saturday June 12. Rain date is June 26.
Cost: Trail fees are \$8. Bike rentals from \$25 (1/2 day)
Register: By calling Dave at (416) 482 - 9676. Limited to 12 participants.

Cyclon continues from page 1

dance on Sunday evening. There is also an optional Thousand Islands cruise on Saturday night.

To sign up, look for the brochure included with this newsletter. Cost is \$220 for members, \$250 for non-members. (Non-members can deduct \$15 from their TBN membership fee if they join the club within 60 days of attending Cyclon.) **REGISTER EARLY**, because after June 14th, it'll cost you another \$30.

If you'd like to help out at Cyclon (lead a tour, distribute lunch bags, navigate the bike bus, work the check-in table et cetera), call Jennifer Clark at 416-531-0974. Volunteers qualify for a draw for one of several great prizes.

For more information, check the TBN hotline (line 5), or the TBN web page, or send a note to cyclon@tbn.on.ca.

Ride for the Rouge, May 8

TBN members are invited to participate in the 1999 Ride for the Rouge, which will take place on Saturday, May 8, starting at 9:30 a.m. from the Rouge Valley Conservation Centre (opposite the main entrance to the Metro Toronto Zoo). Riders have the option of either riding 25 or 50 km. The 25 km ride will be ideal for Leisure Wheelers and the 50 km for the Easy Roller category of rider. Pre-registration for this event is \$10 and should be in by May 2. Registration on the day of the ride is \$15. The registration fee will be waived with a minimum of \$25 in pledges submitted at the registration desk. Lunch will be provided for participants.

All proceeds go to the Rouge Valley Foundation for Education and Rehabilitation projects within the Rouge Valley. For more information, either call Chris Evans at the Conservation line (416) 284-0257 or TBN member Robin Persaud at 416-283-9028. Also, you can visit the foundation's

website: web.onramp.ca/rivernen/.

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

WED. FRI. & SAT. RIDE SCHEDULE

Wednesday Wheelie Day Ride - Rides of about 75 km suitable for tourist riders. Start points are within a one hour drive of Toronto and stick to the same quiet roads that characterize our Sunday Country Cruise rides. Start times may vary, usually 8:30 a.m. during the hot summer months and 10:00 a.m. at other times. Listen to the HOTLINE (press 2) each week for details.

Wednesday "Knight" Ride - 6:30 p.m. is the start time to this oh-so-popular and not-too-strenuous social ride. Check the HOTLINE weekly for the start point and après-ride stop. BRING LIGHTS.

Friday Night Ride - These hugely popular 30 km rides to local eateries bring a different dining experience each week so don't forget to bring your appetite! Check the HOTLINE weekly for the start point and restaurant. BRING LIGHTS!

Saturday Morning Ride - Meet at 9:30 a.m. for a 30 km ride suitable for Easy Rollers and Tourists usually starting at the Boardwalk Café at Lakeshore and Coxwell. (Parking is available.) Complete the ride before noon in time to complete the Saturday errands, or if you're in a more leisurely mood, join us for an après ride snack outside the Boardwalk Café.

NEW!

Saturday Cruising Shorts - Meet **biweekly** this summer at 9:00 a.m. for short, scenic rides in the country leaving from departure points far enough removed from the city, yet still within easy driving distance. Listen to the HOTLINE each week for details.



photo Dan Roitner

workers' co-op
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Sunday/Holiday Ride Schedule

May 9 - July 4

RIDE CLASSIFICATIONS

SUNDAY, MAY 9

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

Start: Shopper's World, Victoria Park & Danforth (one block south of the Victoria Park Kiss & Ride)

Dist: 26 km

Class: Leisure Wheeler

Après: Tropical Nights on Danforth, east of Victoria Park

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

Start: King Edward's statue, Queen's Park

Dist: 30 km

Class: Easy Roller

Après: TBA

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

Start: Centerpoint Mall, SW corner Yonge & Steeles

Dist: 70 & 90 km

Class: Short Tourist, Tourist

Après: Nino D'Aversa, NW corner Yonge & Steeles

HOLLAND MARSH-SCHOMBERG - We'll ride among the vegetable fields in the Holland Marsh before heading to *Sheena's Kitchen* in Schomberg for brunch. Long tour returns via Bolton.

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

Start: Centerpoint Mall, SW corner Yonge & Steeles

Dist: 110 & 130 km

Class: Sportif, Advanced Tourist

LEISURE WHEELER - Distances of 20-60 km, at speeds of 15 km/h or less, at a "leisurely" pace. Designed as a series of entry level rides for novices, those returning to cycling after a long absence, and senior riders.

EASY ROLLER - Distances of 20-60 km, at speeds of 15-20 km/h, at a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas.

TOURIST - Distances of 50-200 km, at speeds averaging 20-25 km/h, at a comfortable pace. "Short Tourist" designates rides in the 50-70 km range. "Advanced Tourist" rides are in the 120-200 km range.

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

COUNTRY CRUISE - These novice/tourist rides of 40-120 km explore the country roads of southern Ontario. Start points are within a 90-minute drive of Toronto. When carpooling, passengers are expected to offer \$5 to the driver for gas.

NEW!

SATURDAY CRUISING SHORTS - Short, scenic country rides with start points far enough removed from the city yet still within easy driving distance. Routes are taken from our inventory of Country Cruises. Starting time is 9:00 a.m.

BEELINE TO BOWMANVILLE - A quiet undulating route from Oshawa to Bowmanville.

Start: Durham College, North Parking Lot, located off of Conlin Rd. just West of County Road #2 in Oshawa.

Dist: 62 & 76 km

Class: Country Cruise

SUNDAY, MAY 16

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

Start: Finch Subway Kiss & Ride (NW corner Yonge & Hendon)

Dist: 35 km

Class: Leisure Wheeler

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

KINGSWAY RIDE - Wander the lovely neighborhood backstreets of Etobicoke.

Start: Etienne Brulé Park, Humber River & Old Mill

Dist: 35 km

Class: Easy Roller

Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

VIVIAN-VANDORF PICNIC - Two routes exploring the quiet sideroads of Whitchurch-Stouffville with a picnic lunch in the town of Vandorf.

Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie St.

Dist: 80 & 100 km

Class: Tourist, Sportif

Après: Jack Astor's, Don Mills Shopping Centre

GOODWOOD GETAWAY - We venture into Durham region for lunch at Mrs. Wideman's Bakery in Goodwood.

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

Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie

Dist: 120 km

Class: Advanced Tourist



RIDE SCHEDULE NOTES

--- Ride schedule is subject to change. Listen to the weekly update on the **HOTLINE 760-4191** for the latest ride information.

-All start times are **10 a.m.** unless otherwise noted.

-Helmets are mandatory on all TBN rides.

-Bring your membership card to show the Tour Leader.

-**Non-members are welcome** for a \$5 fee.

This can be credited to the TBN membership fee (max. \$5. credit).

- "Après" refers to the after ride restaurant stop.

MOUNT ALBERT/LAKE SIMCOE - A scenic jaunt along the cottage-lined shore of Lake Simcoe and surrounding countryside. Note that for this ride there are two starting points:
Short: Meet at the municipal building on the southwest corner of Highway 48 and county road (CR) 18, across from the restaurant.
Long: Meet at Mount Albert Community Centre, Main Street in Mount Albert.
Dist: 51 & 79 km
Class: Country Cruise

SUNDAY, MAY 23

LESLIE ST. SPIT/TOMMY THOMPSON PARK - 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 Café, Coxwell & Lakeshore
Dist: 30 & 40 km
Class: Leisure Wheeler, Easy Roller
Après: Boardwalk Café

SHARON TEMPLE PILGRIMAGE - We'll pedal north for a glimpse at an historic building.
Start: Centerpoint Mall, SW corner of Yonge & Steeles
Dist: 85 & 110 km
Class: Tourist, Advanced Tourist
Après: Nino D'Aversa, NW corner of Yonge & Steeles

SCHOMBERG COUNTRY ROADS - A ride in the lovely countryside north of Schomberg.
Start: 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 in Schomberg.
Dist: 58, 67, 74 & 93 km
Class: Country Cruise

MONDAY, MAY 24

LAKE WILCOX PICNIC - Four routes rendezvous in shady St. George Conservation area overlooking Lake Wilcox. Bring a picnic lunch or pick something up along the way.
Start: Centerpoint Mall, SW corner Yonge & Steeles
Dist: 52, 65, 80 & 110 km
Class: Easy Roller, Short Tourist, Tourist, Sportif
Après: Nino D'Aversa, NW corner of Yonge & Steeles

SATURDAY, MAY 29

HOLLAND MARSH - Because of the rave reviews from "Wednesday Wheelies" and its close proximity to Toronto, this route seems an ideal one to start the 1999 season of "Saturday Shorts". So come and enjoy your first Saturday ride through the very pretty, surprisingly rural area just north of our megacity.
Time: **9:00 a.m. sharp**
Dist: 60 km
Start: King City. Meet at the Memorial Arena on Doctor's Line, one block east of Keele Street on King Road.
Class: Saturday Cruising Short

SUNDAY, MAY 30

UNIONVILLE BRUNCH RIDE - Visit pretty Unionville for a tasty brunch.
Start: Finch Subway Kiss & Ride (NW corner Yonge & Hendon)
Dist: 33 km
Class: Leisure Wheeler
Après: Slug & Lettuce, NW corner of Yonge & Finch

TOUR de TORONTO - Three-quarters of this loop around Toronto is comprised of bike paths of the Humber Valley, Lakeshore, Taylor's Bush and Don Valley.

Start: Etienne Brulé Park, Humber River & Old Mill

Dist: 48 km

Class: Easy Roller

Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

PORT CREDIT HARBOUR TOUR - A pleasant cycle out to a picnic lunch Saddington Park, Port Credit with the opportunity to explore the new bikepaths along the lakeshore west of the Humber on the return trip.

Start: Grenadier Restaurant, High Park

Dist: 60 km

Class: Short Tourist

Après: Grenadier Restaurant



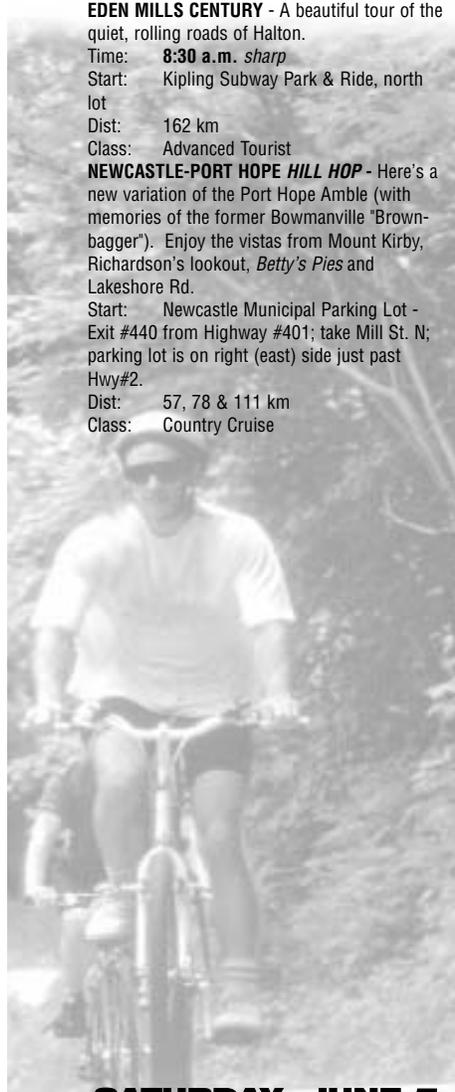
KELSO CRUISE & SCHMOOZE - We'll head out to Milton for lunch but not before a climb up Bell School Line (yes, there is a shortcut).

Start: Kipling Subway Park & Ride, north lot

Dist: 90 & 110 km

Class: Tourist, Sportif

Après: Country Style Donuts



EDEN MILLS CENTURY - A beautiful tour of the quiet, rolling roads of Halton.

Time: **8:30 a.m. sharp**
Start: Kipling Subway Park & Ride, north lot
Dist: 162 km
Class: Advanced Tourist

NEWCASTLE-PORT HOPE HILL HOP - Here's a new variation of the Port Hope Amble (with memories of the former Bowmanville "Brown-bagger"). Enjoy the vistas from Mount Kirby, Richardson's lookout, *Betty's Pies* and Lakeshore Rd.

Start: Newcastle Municipal Parking Lot - Exit #440 from Highway #401; take Mill St. N; parking lot is on right (east) side just past Hwy#2.
Dist: 57, 78 & 111 km
Class: Country Cruise

TERRA COTTA TRIPPIN' - Follow the wandering Credit River on your way to a delightful lunch in Cheltenham.

Start: Kipling Subway Park & Ride, north lot
Dist: 105 km
Class: Tourist

FORKS OF THE CREDIT - A hilly but beautiful ride to Belfountain & Forks of the Credit Rd. Great last minute training for TNT Overnight!

Time: **8:30 a.m. sharp**
Start: Kipling Subway Park & Ride, north lot
Dist: 151 km
Class: Advanced Tourist

SUNDAY, JUNE 6

BECEL RIDE FOR HEART - Once again, all TBN-ers are invited to participate as Ambassadors of the Road. See the article elsewhere in this issue of Quick Release on how to get involved.

GEORGETOWN-EQUESING HYSTERICAL TOUR - Another jaunt around the Halton Hills. One of the original Country Cruises, the route passes through the picturesque little town of Eden Mills.

Start: Stewarttown Public School at the southeast corner of Trafalgar Rd. and 15th Side Rd. (Make sure you go to Stewarttown not PineviewSchool!)
Dist: 43 & 81 km
Class: Country Cruise

SAT., JUNE 12

CREDIT RIVER CRUISING I - An undulating ride through the wilds north of Brampton.

Time: **9:00 a.m. sharp**
Dist: 42 km
Start: Alloo School on the north side of Mayfield Rd., just east of Mississauga Rd. (Mayfield Rd. is the first road north of Hwy. 7).
Class: Saturday Cruising Short

SATURDAY, JUNE 5

We've scheduled three special Saturday rides especially for those of you who plan to help out on tomorrow's Ride for Heart.

SIXTEEN MILE CREEK - Short tourists can experience the infamous *Glenorchy Climb* before lunch in Streetsville.

Start: Kipling Subway Park & Ride, north lot
Dist: 70 km
Class: Short Tourist
Après: Country Style Donuts

SUNDAY, JUNE 13

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

Start: King Edward's statue in Queen's Park (SE of St. George subway station; south of the ROM)
Dist: 41 & 50 km
Class: Leisure Wheeler, Easy Roller
Après: TBA

STOUFFVILLE CRUISE - Head up to Stouffville for lunch, then swing by Main St. in Unionville on the way back for ice cream.

Start: Finch Subway Park & Ride
Dist: 65 km
Class: Short Tourist
Après: Slug & Lettuce, NW corner Finch & Yonge.

MUSSELMAN LAKE/MT ALBERT - Our classic run to Musselman Lake, with a few hills thrown in. Lunch in Ballantrae.

Start: Finch Subway Park & Ride
Dist: 80 & 110 km
Class: Tourist

MOUNT ALBERT EXPEDITION - A shady Mt. Albert park provides a perfect place to eat a picnic lunch from a nearby restaurant or store.

Time: **8:30 a.m. sharp**
Start: Finch Subway Park & Ride
Dist: 110 km
Class: Advanced Tourist, Sportif

CAMPBELLVILLE COUNTRY CRUISER - A ride through the rolling countryside around Campbellville. This year offering four distances including an imperial century.

Start: Take exit 312 off Hwy. 401; go south on Guelph Line into Campbellville. Look for green "P" parking sign; park in gravel parking lot across from plaza.
Dist: 50, 85, 114 & 164 km
Class: Country Cruise

SUNDAY, JUNE 20

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

Start: Outside Old Mill station (park in Etienne Brulé lot at Old Mill Road)
Dist: 30 km
Class: Leisure Wheeler
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

ETOBICOKE MEANDER - Ride along the Eglinton bikepath, the Humber Trail and the Mimico Lakeshore Promenade.

Start: Etienne Brulé Park, Humber River & Old Mill
Dist: 50 km
Class: Easy Roller
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

*Rattlesnake Point, Ont.
photo Dan Roitner*

KLEINBURG KRAWL - Lunch at the Molisana Bakery in Bolton via Kleinburg.
Start: Wilson Subway **Park & Ride**, on Wilson Heights Blvd north of Wilson Ave, east of W.R. Allen Rd.
Dist: 80 km
Class: Short Tourist
Après: TBA

SPIN TO SCHOMBERG - This popular classic heads to lunch at *Sheena's Kitchen* in the quaint village of Schomberg.
Start: Wilson Subway **Park & Ride**, on Wilson Heights Blvd north of Wilson Ave, east of W.R. Allen Rd.
Dist: 99 km
Class: Tourist

CALEDON-KING CONUNDRUM - A scenic and hilly route to a late lunch in Caledon East.
Time: **8:30 a.m. sharp**
Start: Wilson Subway **Park & Ride**, on Wilson Heights Blvd north of Wilson Ave, east of W.R. Allen Rd.
Dist: 130 km
Class: Advanced Tourist

PORT PERRY PEDLAR - An undulating scenic ride up and down the drumlins of Durham County. (Note: there are two versions of this route -versions 1&2. Listen to the Hotline to see which version is being run.)
Start: Durham College North Parking lot, located off of Conlin Rd. just west of County Rd. #2 in Oshawa.
Dist: Version 1: 72 & 85 km
Version 2: 60 & 90 km
Class: Country Cruise

SAT., JUNE 26

HORNBY/CAMPBELLVILLE - A jaunt along some quiet roads in the Halton Hills without Rattlesnake!
Time: **9:00 a.m. sharp**
Dist: 55 km
Start: Hornby Park in Hornby. Take Hwy 401 west to Trafalgar Rd., then head north to Steeles and west to Sixth Line.
Class: Saturday Cruising Short

SUNDAY, JUNE 27

GUILD INN PICNIC - See the spectacular Scarborough Bluffs *en route* to a picnic on the grounds of the historic Guild Inn. Bring a lunch or pick up something along the way. Note: some hills.
Start: Shopper's World, Victoria Park & Danforth (one block south of the Victoria Park Kiss & Ride)
Dist: 28 km
Class: Leisure Wheeler
Après: TBA

SCARBOROUGH SCENIC SAFARI - A fun ride through the wilds of Scarborough.
Start: Scarborough Town Centre in front of Eatons
Dist: 47 km
Class: Easy Roller
Après: TBA

SIXTEEN MILE CREEK - Short tourists can experience the infamous *Glenorchy Climb* before lunch in Streetsville.
Start: Kipling Subway Park & Ride, north lot
Dist: 70 km
Class: Short Tourist
Après: Country Style Donuts

CEDAR SPRINGS SOJOURN - A little fun in the hills around Lowville.
Start: Kipling Subway Park n' Ride, north lot.
Dist: 115 km
Class: Advanced Tourist

CAMPBELLVILLE CLASSIC - We'll follow the shady backroads to the Bruce Trail Eatery in Campbellville.
Time: **8:30 a.m. sharp**
Start: Kipling Subway Park n' Ride, north lot.
Dist: 130 km
Class: Tourist, Sportif

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. If you've never done this before, call Owen Rogers (416) 925-5035 to pre-register. A set of lights is mandatory for those participants who expect to finish after dusk (past the 13.5 hour mark).
Time: **~6:00 a.m.** (sunrise)
Start: Mississauga Square One, green parking post #5, SE corner Duke of York & Rathburn Rd
Dist: 322 km
Class: Advanced Tourist, Sportif

HOLLAND MARSH - Enjoy a variety of cycling conditions in a very pretty, surprisingly rural area just north of our megacity.
Start: King City. Meet at the Memorial Arena on Doctor's Line, one block east of Keele Street on King Road.
Dist: 60 & 79 km
Class: Country Cruise

THURSDAY, JULY 1

LAKE WILCOX PICNIC - Four routes rendezvous in shady St. George Conservation area overlooking Lake Wilcox. Bring a picnic lunch or pick something up along the way.
Start: Centerpoint Mall, SW corner Yonge & Steeles
Dist: 52, 65, 80 & 110 km
Class: Easy Roller, Short Tourist, Tourist, Sportif
Après: Nino D'Aversa, NW corner of Yonge & Steeles

SUNDAY, JULY 4

TORONTO ISLAND TOUR - Cycle the Martin Goodman Trail to the ferry and then steam over to the Island. Ferry fare is \$4.00 return.
Start: Shopper's World, Victoria Park & Danforth (one block south of the Victoria Park Kiss & Ride)
Dist: 40 km
Class: Leisure Wheeler
Après: Tropical Nights on Danforth, east of Victoria Park

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

STOUFFVILLE/GOODWOOD - Sort tour heads to the Whitchurch Pub in Stouffville while the long tour continues on to Mrs. Wideman's in Goodwood (that extra 15 km is all hills!)
Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie
Dist: 90 & 105 km
Class: Tourist, Advanced Tourist

UXBRIDGE/UTICA - Ride the quiet, rolling roads of Durham region to a satisfying lunch in Uxbridge with the return route via Utica and Ashburn.
Time: **8:30 a.m. sharp**
Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie
Dist: 135 km
Class: Advanced Tourist

TOUR OF KAWARTHAS - Experience the Trent-Severn Waterway and view the lift locks in Peterborough.
Start: Millbrook Parking lot across from the liquor store. Millbrook is south of and west of Peterborough at the junction of County Rds. 28 & 10.
Dist: 60, 91 & 134 km
Class: Country Cruise

TBN Weekend Trips Schedule, Summer 1999

Please note: most TBN trips sell out, usually well in advance, so don't be disappointed - sign up now! Cancellation policy: if you sign up for a trip and need to cancel less than 10 days from the trip date, you are liable for the full cost of the trip if a replacement can't be found.

May 21-24: The Allegheny Amble

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

Cost: \$75 (Cdn.), which includes three nights' accommodation.

Contact: Nancy Palardy or Chris Winter, 416-533-5747; e-mail: npalardy@web.net

May 21-24: The Great Niagara Free-wheelin' Extravaganza

SOLD OUT. For those who've already signed up, direct any last-minute questions to the TBN liaison person for this trip, David Laferla, (416) 447-2857; e-mail: dllafer@accessv.com

June 12-13: Toronto-Niagara-Toronto Overnight

This is it, the TBN's famous "TNT." Test your stamina with scenic back-to-back imperial centuries (160 km), starting in Toronto's High Park, with a Saturday overnight stay at Niagara Falls. Your overnight bag will be transported separately so you can enjoy the full experience of unencumbered touring. Again this year, we will be offering a second starting point in Stoney Creek for those who wish to do back-to-back metric centuries (100 km).

Cost: approximately \$40 for accommodation, based on double occupancy.

Contact: Joe Hickey, 416-444-3452.

June 30 - July 4: Cruisin' Manitoulin

SOLD OUT. However, the trip organizer may still be collecting a few names for the waiting list.

Get your fill of fully-loaded touring on the quiet country roads of beautiful Manitoulin Island. We'll rendezvous in Toboumou on Wednesday evening, June 30, then leave our cars behind and catch the ferry on Thursday morning to Manitoulin. Over the next four days we'll cycle to the

far west end of the island and back, with lots of time to explore the many hidden bays and sandy beaches. We'll be camping each night and will be carrying all our own gear. Previous loaded cycle touring is not essential, but you should have some previous camping experience, and you do need proper gear (panniers, et cetera).

Cost: \$40. Contact: Paul Stockton, (416) 469-0364; e-mail: paul2@total.net

July 16 - 18: Awenda Camping Weekend

Come for two days of cycling around the magnificent Penetanguishene Peninsula of Georgian Bay. The Penetang-Midland area abounds with natural

Weekend Trips

beauty and cultural history. We'll be carpooling from Toronto on Friday evening, and camping two nights at Awenda Provincial Park, one of the most scenic in Southern Ontario, with great beaches and hiking trails. Saturday dinner will be a group effort.

Cost: \$30. Contact: John Tytler, (416) 445-6192, e-mail: john@rain-maker.com.

July 30 - Aug. 2: Cyclon '99

The Toronto Bicycling Network's premier annual cycling event, again this year being held in Kingston, Ont. To sign up, see the Cyclon brochure with this newsletter, or check the TBN hotline or Web page.

Aug. 20 - 22: Tour de Presqu'île Camping Weekend

Come to Presqu'île Provincial Park, with its wonderful bird sanctuary and 7 km of beach on Lake Ontario. It is located South of Brighton, just 150 km east of Toronto. This is a new trip for TBN! The area has many wonderfully quiet rolling roads to explore. Campsites have been reserved right at the water's edge. Saturday night dinner will be a group effort. Saturday and Sunday breakfast will be provided with help from the participants.

Cost: \$30. Contact: Tim or Celia Hope, (905) 885-1946, e-mail: the-hopes@eagle.ca.

And on the horizon ...

Keep an eye out for our annual Pelee Wheelie trip on the Labour Day long weekend, plus a new trip, also on the Labour Day weekend, to McGregor Point Provincial Park. Look for full details for these trips, and more, in the July/August Quick Release..

Help Update the Toronto Cycling Map!

Call For Suggestions

The Toronto Cycling Committee is in the process of updating the "Metro Cycling Map" to meet the needs of cyclists in the new City of Toronto. Any suggestions you may have for improving the old map (the green one produced by Parks and Culture) would be greatly appreciated. The planning group is especially interested in "suggested routes"-routes that you can recommend, in areas where there are no signed bicycle routes, lanes or trails.

Send your suggestions to davebike@yorku.ca, or fax 416-922-8553 as soon as possible. Please list the origin and destination points, and each street in between. Include any important tips.

We are planning to include some of the recommended routes that appear on Map Art's Toronto Bicycle Routes map, and would appreciate any opinions (either endorsements or criticisms) on these routes. Please forward this call to other cycling groups, so we can make this edition of the map as informative as possible. I will be away from e-mail for a while, but will be able to answer any queries after April 22. Thanks for your help!

David Tomlinson
Network Planning and Facilities Subcommittee

They shoot bikers don't they ?

As the photo editor, and a photographer, I'm constantly looking for new photos for club use in our marvelous newsletter, brochures, or on display posters.

Let me know, if you and your trusty bike, wish to be involved with this project. Or you know of a good ride with great scenery which I could photograph. I wish to shoot a video aswell.

So give me call, tell me your ideas at 699 2728 or ffoto@aracnet.net

Dan Roitner- Photo Editor & Newsletter Layout Artist

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The Fine Print **AUDIT REPORT**

I have audited the statement of financial position of the Toronto Bicycling Network as at September 30, 1998 and the statement of operations for the year then ended. These financial statements are the responsibility of the organization's management. My responsibility is to express an opinion on these financial statements based on my audit.

I conducted my audit in accordance with generally accepted auditing standards. Those standards require that I plan and perform an audit to obtain reasonable assurance whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation.

In my opinion, these financial statements present fairly in all material respects, the financial position of the organization as at September 30, 1998 and the results of its operations for the year then ended in accordance with generally accepted accounting principles.

Susan Mikulicic, CGA

April 13, 1999

The Bicycle in Literature

By Josef Eichenhofer

Last week, while on holiday at the cottage, I was leafing through some old novels, unread on a shelf for at least a couple of decades. Talk about serendipitous discoveries; the first page opened seemed to speak directly to my heart and fancies:

At the age of ten a new diversion was added. We were still in the city when the marvel rolled in. For quite a time I led it around by its ram horns from room to room; with what bashful grace it moved along the parquet floor until it impaled itself on a thumbtack! Compared to my old; rattling and pitiful little tricycle, whose wheels were so thin that it would get stuck even in the sand of the garden terrace, the newcomer possessed a heavenly lightness of movement. This is well expressed by the poet in the following lines:

Oh that first bicycle!
Its splendor; its height,
"Dux" or "Pobédá" inscribed on its frame,
The quietness of its tight tire!
The wavers and weavers in the green avenue
Where sun macules glide up one's wrists
And where molehills loom black
And threaten one's downfall!
But next day one skims over them,
And support as in dreamland is lacking,
And trusting in this dream simplicity,
The bicycle does not collapse.

And the day after that there inevitably come thoughts of "free-wheeling"- a word which to this day I cannot hear without seeing a strip of smooth, sloping, sticky ground glide past, accompanied by a barely audible murmur of rubber and an ever-so-gentle lisp of steel. Bicycling and riding, boating and bathing, tennis and croquet; picnicking under the pines; the lure of the water mill and the hayloft- this is a general list of the themes that move our author.

Vladimir Nabokov, *The Gift* (1963).

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ROADIE SLANG LEXICON

(via the Internet and suitable for cyclists of all stripes)

all show and no go -
A not so good rider with a state-of-the-art bike and gear.

bug gulp -
Swallowing a flying insect whole, without chewing.

chewing handlebar tape -
This occurs when you're suffering so much that you find yourself head down over the handlebars and you're chewing the tape on your handlebars (in the vain hope, I think, that you might find some energy from it).

compound disappearing hill -
A hill where no matter how long you climb, you're never more than halfway up.

furry frisbee -
Road kill, road pizza, flattened fauna.

knocking and pinging -
Running out of energy while riding uphill.

moocher -
Somebody that never has his own tools.

more yammerin' than hammerin' -
An easy ride.

No cop... no stop! -
(Come on, we all know this one...)

organ donor -
A helmetless rider (no such thing in the TBN).

pegging the funmeter -
reaching max heart rate on a tough ride.

pooch polo -
this is the time-honoured tradition of using a frame pump to dissuade the pursuing dog from having your leg for lunch (midwestern US term).

real cyclist -
You're only a real cyclist when the net worth of your cycling equipment exceeds the net worth of your car(s) by a factor of $\geq 3!$

sucking diesel -
cycling well/very fast (Irish expression).

wheel kiss -
The kissing sound made when a wheel sucks gets too close and rubber rubs.



Land of the Midnight Sun



text & photo by Barry MacKinnon

Last June we packed up our bags and my 10-year-old Kuwahara Ultegra roadbike, and headed overseas to visit my cousin's farm in the Finnish countryside southwest of Helsinki. For most people, Finland is associated with tundra, Laplanders and reindeer. While this may be true of the northern part of the country, Southern Finland during summer is one of the greenest places in Europe. Another misconception is one regarding the weather. The truth is that, far from being perpetually cold, Southern Finland (its climate moderated by the Baltic Sea) enjoys mild, though dark winters, and pleasantly warm, bright summers.

Helsinki sits just north of 60°N latitude, the same as that of Whitehorse (Yukon Territory). At such a northerly latitude, the sun never really sets in June; it dips just below the horizon between 11:00 p.m. and 2:00 a.m. During these twilight hours, it is still easy to see one's surroundings, allowing some really neat midnight bike riding. The air is still, everything is quiet and there is no traffic (Finland has comparatively little road traffic anyway).

Cycling in Finland should also be experienced during full daylight. The countryside features rolling terrain amongst lakes, rocky outcrops, brilliant green pastures, and stands of spruce, much like the Muskokas. The thousands of lakes, or järvi, are the signature features of the Finnish countryside.

In June, roadsides are lined with stalks of purple lupins. The air here, so far removed from the industrial centre of Europe, is fresh and clean. There are no really steep hills (fjords are in Norway!) but there are frequent short climbs that give good workouts (much like sprints at TBN's spinning class with Kimchan). The lakeland roads make for good circle day tours.

The Finns are friendly, albeit with a slightly serious demeanor. Many speak some English. Finnish is too difficult for the short-term visitor to learn. Nevertheless, it's helpful to know a few expressions like hei! hei! (hi!) And kiitos (thanks). (And hope you won't be stuck in the middle of the countryside trying to describe a mechanical problem with your polkupyörän (bicycle) to a Finn!) Of course, the civilized part of cycling in Finland is an après-ride sauna, followed by a jump into the lake and perhaps a drink of viina. A bonfire by the lake is a national tradition during juhannus (Midsummer or the summer solstice holiday).

Travel in Finland is not cheap, and I was fortunately able to stay with a relative. For others, there are lots of reasonably priced alternatives such as hostels, campgrounds and cottages. It's hard to beat the peace of mind and satisfaction of cycling in one of the remoter parts of the civilized world. As for cycling under the midnight sun, - what could be better than riding home in the brightening sky of 2:00 a.m. after a few pints of kalja at the village pub?

MEMBER'S PROFILE



Vintage photo taken at the beginning of a race at the Toronto CNE, 1935. Joe is on the bicycle in the middle.

Joe Oggy

Joined TBN: 1991
Rider class: Sat. mornings & picnics
Bicycles: four bicycles and a tandem
Longest Day Ride: 50 km
Favourite Ride: Martin Goodman Trail
Après stop: home

When I started cycling in 1932 (at the age of 14), bicycling clubs as we know them today were rare. There were the Houting Ramblers, Maple Leaf Bike Club, Warren Cycle on Queen Street, and Hamilton Cycle. Other clubs were primarily of the racing stripe. Many of us hoped to become six-day bike riders (racers).

An 18-pound CCM Flyer with fixed gear and no brakes would set you back \$100. It had thin wooden rims, French-Belgian tires called PYE, with 1/16 rubber cemented on the outside of the tire. A slight friction rub against another wheel – these days we call it a wheel kiss -- and KABOOM! The tire, pumped to 120-pound pressure, would explode.

My greatest love was a rebuilt CCM Flyer that I bought from Mr. McCarthy, a nice gentleman from Weston. I would ride out to Weston every Saturday, paying 50 cents weekly, until my \$35 debt was paid.

We raced on Wednesday evenings and Saturday mornings at the CNE Grandstand. Oh, what thrills and spills we had! The first race would be the newspaper boys' race, followed by the novices, then the Class-B riders. Upon winning three Class-B races, one could move up to Class-A, and then on to professional racing. Yours truly got as far as one win in Class-B.

While racing up Dufferin Street on my way to Brampton one day, I had a nasty spill and had to sit out a whole year. I would go to the city dump to pick up old frames, wheels and tires to build bikes for kids in our neighbourhood (Times Road, in the Dufferin and Eglinton area). I dreamt of having enough money to buy \$10,000 worth of bikes to give to the less fortunate. After my back healed, I resumed racing, cycling to Hamilton, Oshawa and Long Branch every Sunday. When I was 18, I got a job as an apprentice photoengraver, later becoming a journeyman.

During peacetime, I served a sergeant in the Royal Canadian Engineers. My CCM Flyer remained my companion when I transferred to active duty as a corporal, accompanying me as far as the Alaska border.

In England, I was based at Aldershot and Bournemouth, where I trained with the Queen's Own Rifles, in preparation for the D-Day. During D-Day itself (the most horrible day of my life), one of the regiments arrived with bicycles, but threw them into the ocean when it was evident they would be of no help.

After the war, my family and I moved to Toronto Islands, where all of us rode bicycles. Joining the TBN has been a great thrill. I come out whenever I can, enjoy the friendship, and look forward to great picnics in Unionville. I have four bicycles and one custom-made tandem, built when tandems were scarce.

written by Joseph Oggy

Editor's note: Joseph Oggy turned 81 on April 15, 1999. His family-owned business printed *Quick Release* for great many years. Many Happy Returns, Joe, and thanks to you and your family for a job well done!

CLASSIFIED ADS

Cycling trip:

Would any of your members be interested in a hiking or cycling trip to the Japanese Alps, Fuji and beyond...? After several years in Japan, I have come up with a great trip to show this beautiful but undiscovered

land to Westerners.

We have planned some trips this spring and fall and are letting cycling and hiking organizations know about it. We would like to show others the place that has captured our hearts, take them to our favorite secret spots,

and enjoy the mountains where we live with you.

If you would like to find out more you can contact me at rebecca@konichiwalks.com or check out my web site at www.konichiwalks.com

Rebecca Ness
Tour Coordinator

For Sale:

Lemond Zurich racing bike Reynolds 853 frame, 21 1/2" apprx. 16 speeds, Shimano Ultegra 600 components including pedals, mint condition, hardly used, no time to ride, 1 year warranty from SportSwap \$1600
Ron at 416-497-3291