

favourite destinations

Sunshine— Liverpool to Amsterdam



Severn Bridge and Bristol, then continued through the counties of Wiltshire, Hampshire, Sussex and Essex. Getting the hang of those roundabouts was a bit tricky, and one or two motorists did shout some helpful suggestions, none of which I will pass on. We soon found that there is no such thing as a flat road in England, and every campsite is located at the top of the very highest point - for the panoramic view, of course. We got into the habit of calling in at a local pub for our "coffee break" each day, and decided this was a very civilized way of spending a holiday. Our final campsite in England was in Folkestone, and then it was just a small matter of cycling up and over those renowned White Cliffs to get to Dover and the ferry across to Belgium...

... beautiful, flat, flat, bicycle-friendly Belgium, with cycle paths separated from the roadway and away from all traffic. We toured Ostend and then headed to the medieval city of Bruges, and enjoyed visiting its Gothic City Hall, and touring its cobblestone streets. Cyclists can travel in both directions on the many one-way streets in Bruges, and here we sampled true Belgian waffles, chocolates, pastries and ice-cream - definitely a place we'd like to revisit and explore further! Camping here was a little different - it didn't seem to matter if we used the

washroom marked "Dames" or "Heren", and we were soon carrying the required toilet paper roll around just like everyone else.

On to Holland following the LF1 "Nordzeeroute" bicycle route, which winds through coastal villages and miles of huge sand dunes along the coast of Holland. It also crosses a number of causeways which contain massive flood control projects, and onto ferries where, upon docking, the crowds of bicycle passengers burst free from the lower decks like swarms of bees. We camped at the Hook of Holland and in the red sunset watched as merchant ships sailed out to sea from Rotterdam.

Further north we turned off the Nordzeeroute and headed into Amsterdam for our final few days of vacation. Here we learned that if we wished, we could shop for Magic Mushrooms, Psychedelic Seeds and Ecstasy Cigarettes next door to McDonalds; that Koffie houses do not sell coffee; and that the red lights are not bicycle tail lights. We packed up our tent early on a Sunday morning and cycled to Schiphol airport for our flight home, vowing to return to see the rest of Holland. We'd covered 1200 km in two weeks of glorious sunshine - and ended this fabulous trip by pulling out our unused rain gear as we cycled back home from Pearson in the pouring rain.

—Pauline Upton

We packed our tent, sleeping bags, Thermarests, rain gear and a couple of pairs of socks into our pannier bags one Friday night

in July, and pedaled to the airport to catch our flight to England.

Under brilliant blue skies we cycled over the Shropshire Hills, through the Wye Valley to the

Leisure Wheelers to perspire again

Inspired by the sterling example of TBN's long-distance riders, the Leisure Wheelers have had the temerity to schedule a Metric Century for Sunday, October 1. Everyone is welcome. You don't have to finish theride - just start with us at 10 a.m., incite us, and turn back whenever you have enough of this masochism. This is NOT the uphill Century that we rode in 1998; instead we will go westward along the shore of Lake Ontario from Shoppers World at Danforth and Victoria Park, one block south of the Victoria Park subway Kiss and Ride.

Want to run a weekend trip?

We have a new system that makes leading a weekend trip easy and straightforward.

We welcome new Weekend Trip Leaders. If you know of a great spot (that could accommodate more than

15 people) for a weekend of cycling, mountain biking, hiking, or cross-country skiing, let us know. Volunteer. Be a leader.

The TBN website now has clear instructions of all your responsibilities as a Weekend Trip Leader.

So check it out, and think about it!

—Janet Aronoff

QuickRelease



September/October, 2000
Volume 18, Issue 4



Everyone gathered in the Grenadier Restaurant parking lot around Bob's pickup to meet, greet and pick up their maps and emergency contact info. Riders ranged from TBNers old and new, some Toronto Randonneurs and even a member of HPVSO (Human Powered Vehicles of Southern Ontario - a group of recumbent enthusiasts). Around 8 a.m., a group of us set off. It wasn't long before a large group of fast roadies, including some "Hairshirt" veterans and contenders, overtook us. I was seriously contemplating trying to hang with this group, but a poorly timed light made the decision to give it up and ride at our own pace. My new riding companion, Joe, on his hybrid, and I soon settled into a comfortable pace as the urban sprawl slowly transformed into miles of country greenery. We were leaving "civilization" and our usual cares behind.

TBN's Annual TNT Overnight Ride

It was a glorious, sun-dappled, blue sky Saturday morning as I mounted my Easy Racers Gold Rush Replica and rolled down the driveway. At 7 a.m., leaving Scarborough for the start point at High Park, the air was still pleasant, but the day promised to be a scorcher. Halfway there, I encountered a couple (Onya and Ian) on a gorgeous road tandem. I waved and asked, "TNT Ride?" Sure enough, we joined up and made our way to the start together.

Just before the first rest stop, a "mechanical" reared its ugly head. Joe's flimsy Norco saddle bag had swayed into his spokes... After about half an hour of adjusting his brakes and truing his rear wheel, we were back on the road. Around Burlington, I spotted a miraculous site for a recumbent enthusiast, a guy pulled off the road on a home-built low racer. If you've never seen one of these speed demons, imagine a short wheelbase recumbent, chopped, stretched and lowered, with a saddle height about six inches off the pavement. Richard, of HPVSO was gracious enough to let me sit on his ride and we chatted for a bit while ogling our respective mounts.

The rest of the day was fairly uneventful. I rolled along through vineyards

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TBN's Annual General Meeting Dinner & Dance

Friday, October 13, 2000

Metro Central YMCA
20 Grosvenor Street, Toronto
7:00 p.m. buffet dinner

Member's Price: \$25 before October 6
Non-Member's Price: \$30 before October 6
After October 6, Members and non-members: \$35

Cash Bar opens at 6:30 p.m., dinner at 7 p.m., dancing to follow. Attend our Annual General Meeting to help elect the new board for an exciting year 2001. It is also an excellent opportunity to thank the out-going board and all our volunteers who have assisted in making 2000 a success. We are using the same caterer as at the Spring Dance and the same DJ as at Cyclon.

Location: Between Wellesley and College, west of Yonge.
Parking: There is paid city parking across the street.

To reserve, please mail the insert with your cheque to:

Yvonne de Bulnes
3402 Forest Manor Rd.
Willowdale, Ontario
M2J 1M1

Board of Directors		
President	John Corbett	778-7657
VP, Touring	Erica Morse	762-0147
VP, Skiing	Nancy Palardy	533-5747
Treasurer	Doug Innes	252-7073
Secretary	Marc Kramer	604-8352
Social Director	Yvonne de Bulnes	491-0341
Publicity & Promotions	Lynn Nicolai	488-3945
Education Director	Frank Remiz	654-4747
Director of Cyclon	Brenda Porter	694-3272
Weekend Trips Director	Janet Aronoff	588-1886
Civic Affairs Director	Ed Clark	531-0974
Everyone else		
Leisure Wheeler	Alan Gordon	447-6586
Easy Roller	Dan Engels	429-6088
Tourist & Sportif	Owen Rogers	925-5035
& Webmaster		
Country Cruise	Rowena Maclure	487-1474
& Saturday Shorts		
Wednesday Wheelie	Bill Hannaford	482-2125
Wednesday Nights	Ron Fletcher	461-9695
Wednesday Sundowners	Graham Whilmsmith	615-0167
Friday Night Ride	John Tytler	445-6192
Saturday Morning Ride	David Gretton	-
Hotline Announcer	Rob Long	-
Hotline Announcer	Marcia Santen	-
Indoor Spinning	Manuela Gobatto	762-9846
Membership Secretary	Alan Gordon	447-6586
Quick Release		
Managing Editor	Dan Roitner	699-2728
Copy Editor	Chen Chih-Pien	465-8726
Chair of graphic design	David Young	535-0389

Volunteer Season

The TBN's Annual General Meeting (AGM) and Fall Dinner/Dance will be held again this fall season. A new Board of Directors will be elected there, and they will be looking for people to fill the many volunteer positions that make our programs run. Please review the positions below and give some thought to volunteering to help the club continue to run successfully. This is your big opportunity to have a say in how the club is operated. Remember, many hands make light work. For further information, or to

volunteer, contact Owen Rogers, (416)925-5035.
(Note that exactly which positions will become vacant has not yet been confirmed and some volunteers may wish to continue in their current capacity.)
Board of Directors
(Elected Positions) President
- Vice President, Touring
- Vice President, Skiing - vacant -
Treasurer - Secretary - vacant
- Editor, Quick Release - vacant
- Social Director
- Publicity & Promotions Director

- Education Director
- Civic Affairs Director
- Director of Cyclon
- Special Events Director
- Other Volunteers
So you don't feel like serving on the board just yet?
Following is a list of some TBN's non-Board volunteer positions.
-Leisure Wheeler Ride Coordinator
-Easy Roller Ride Coordinator
-Vice President, Touring
-Country Cruise Ride Coordinator
-Weekend Trips Coordinator
-Inline Skating Coordinator
-Hiking Coordinator
-Ice Skating Coordinator
-Wednesday Wheelie Coordinator
-Wednesday Night Ride Coordinator
-Friday Night Ride Coordinator
-Saturday Morning Ride Coordinator
-Route Researchers
-Map Makers
-Bike Show Booth Volunteers
-Ride for Heart Volunteer Coordinator
-Cyclon Committee
-Weekend Trip Organizer(s)
-Newsletter Copy Editor
-Newsletter Layout Artist
-Membership Application Distributors
-Hotline Announcer(s)
-Hotline Monitor(s)
*Full descriptions of the positions are posted on our web site

Editor's Notebook

On the way home tonight, I came across two new traffic lights and a stop sign. Is Toronto STOP crazy? Is it me, or do we have far too many three-ways? I question the reasoning behind these new intersections, and think of all the idle cars stinking up the air as half the city sits there at yet another light. Say, what's happened to the cities parks budget? For months, debris at a bridge has been damming the creek. On one Sunday TBN ride, we walked our bikes down a torrent of water 100 metres in length and sometimes even a foot deep, covering the path south of Edward's Gardens. That path has since been washed away. If only I had my camera - what a sight, all of us barefooting over the fast water in the rain!

As the riding season winds down, our hiking boots will come out. At this point I do not have any details, but check the hotline for info. once October arrives. The picnic this year must have been the biggest; we ran short on lunch. And then, Cyclon not only made a great comeback in Guelph, but satisfied all.

Here are a few directions your current board has taken at its monthly meetings: Under the guidance of Doug Innes, the treasurer, we have rearranged our saving accounts to collect more interest. Janet Aronoff has improved the weekend trip policies, and posted forms on our website for the convenience of trip leaders. Doug and I have changed the status of the QR into an ad-free newsletter. Brenda Porter negotiated compensation from Loyalist College, and co-ordinated the switch to Guelph for Cyclon. Eric Morse has started the wheels rolling for Trail Rides. Ed Clark has been active on behalf of TBN cycling concerns at many city meetings. Future topics to be discussed are: moving the AGM to the Spring; better compensation for Cyclon volunteers (did you know, they all - even Brenda - had to pay their own way?); and storage space for Club "stuff".

Traditionally, the September QR calls upon the membership to give some of their time and expertise to help TBN, Canada's biggest bicycle club, work. Consider the positions posted on page two. Do you see yourself volunteering next term?

I am also passing on the torch. I have enjoyed the creative freedom, been pleased with the people I've worked with, and happy with the look of QR for the last three years. It seems that you were, too. I am going to need time to pursue a few Internet ideas. I maybe involved in the next issue, and am in conversation with a few interested replacements. Are you interested?

With that said, it's time to saddle up my two-wheeler for a quick one before it ices over - Brrrrrr.

—Dan Roitner.

PRESQU'ISLE JULY TRIP

It's Thursday, the long weekend is coming up and I am looking forward to a wonderful bicycling trip in Presqu'isle. I am also, however, a bit anxious about the weather. I've heard there will be thunderstorms. And that means rain. But who cares. It's bicycling time,

and for out-of-shape people like me almost flat Presqu'ile is ideal.

At noon on Friday, as I finalize my packing, I am startled by a loud and unwelcome rumbling from above. Thunderstorm. The sky

IT RAINED BUT WE HAD FUN!

has gone dark, the rain is heavy and I am wondering throughout the 2—now 3 or more—hour drive what could have possessed me to undertake such an uncomfortable trip. I could be at home relaxing in the comfort of my living room watching TV, or maybe maybe listening to music. But my bike won.

Just as we drive into the provincial park, the rain stops. As the evening progresses, a few fellow fanatics roll in. I wonder how many others were dissuaded by the weather, but to my surprise a crowd of 23 show up and we all opt for Dinner in town, which is a great way to relax and get to know each other a little..

By 9:30 the next morning the remaining 4 TBN's arrive and we are all here, ready to cycle in the light rain. It's actually quite pleasant and refreshing to ride in the rain. It's not as pretty as riding in the sun but it certainly beats cleaning and cooking at home. Most of us cycle for four or five hours and head back for the camp. Others decide to take the longer 80 or 90 km route and join up later. It's still raining so maybe it's time to get some

shelter. This means taking an early shower, and then heading into town in order to sip some cappuccino and eat chocolate brownies. How decadent.

Dinner is a great affair. Our smart organizers Tim and Celia Hope have arranged a dry sheltered area for us within the campsite. Everyone has brought food, and drink to share so we eat like kings, easily regaining our recently lost calories. Eating under the rain is fun, and we come to feel more connected.

Next day, the rain has stopped and the sun is breaking out. It's time to get another 50 or 100 Kms, under the belt. For some, skipping breakfast was also a good idea.

What made this trip so exceptional were the people. Everyone was fun-loving and easy-going. No stress. No hassles. No huge egos. A great thanks must also go to Tim and Celia who helped make this a memorable event—in spite of the rain!

—George Beshara

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

Dial **760-3909** to get detailed instructions on how to use the voice mail system, or



760-4191 to go directly to the main menu.

From the main menu press...

- 1 for Saturday and Sunday cycling
- 2 for weekday and evening cycling
- 3 for social events & membership information
- 4 for weekend trips

Hotline tips:

When in the Main Menu you can make a selection at any time, and you don't have to wait for the message to finish.

You can return to the main menu after making a choice, by pressing 2 at any time

After making a selection from the main menu, you can press 1 to leave a message related to your Main Menu choice.

Please be sure to select the appropriate mailbox to leave your message in.

If you're not sure where to leave your message, please leave it in the Social & Membership mailbox (i.e. press 3 from the main menu, then press 1).

Quick Release is published five times a year. Members are encouraged to submit material for publication. Classified ads are free for members. To discuss a submission or for advertising information call Dan Roitner, Managing Editor at 699-2728.

For the Dec/Jan/Feb issue the deadline for submissions is Nov 1.

Send your Ads/Stories/graphics to:

Toronto Bicycling Network
Attn: Editor, Quick Release
131 Bloor Street West, Suite
200, Box 279, Toronto,
Ontario, M5S 1R8
or e-mail your stuff to
newsletter@tbn.on.ca

We need your text to be in one of the following formats:

text.txt, Word.doc,
Wordperfect.wp
... and your graphics/photos
in these ones:
.jpg, .eps, .gif
fax: 416 363-9111

Moving? Moved?

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

Telephone 416 760-4191
Website www.tbn.on.ca
e-mail info@tbn.on.ca

(please specify intended recipient in the subject field of your e-mail)

Weekend Touring Schedule

Ride classifications

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.

Saturday Mountain Biking
Schedule notes are in a grey box like this one

Ride schedule notes:

- Ride schedule is subject to change. Listen to the weekly update on the HOTLINE 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.

SATURDAY SEPTEMBER 9

HARDWOOD HILLS MTB - Come and enjoy a relaxed day of riding at one of Ontario's most progressive mountain bike facilities. They offer 70km of single and doubletrack trails. There are trails designed for all abilities.

Time: Meet in parking lot for 10:00 a.m.
Start: Take Hwy 400 (stay on 400 at the junction) to exit 111 (Doran Road) Go east 10 km to reach the facilities.
Facils: Rentals, bike wash, repair and retail shop, cafeteria and washrooms.
Cost: \$9.00 for the day – if 12 or more people show up the cost will be \$7.00
Info: 1-800-387-3775 or www.hardwoodhills.on.ca
Class: Saturday Mountain Biking

SUNDAY, SEPTEMBER 10

TAKE YOUR PICK: Two LW rides today: one in the country and another in the city. Read on carefully.

LW COUNTRY CRUISE - A pretty ride along the shores of Lake Simcoe from Keswick. Bring a lunch.
Start: St. Thomas Aquinas separate school at N/E corner of Homestead and Metro Rds in Keswick.
Dist: 46 km
Class: Leisure Wheeler
Après: TBA

LW CITY RIDE - PICNIC IN THE PARK - Take the Martin Goodman Trail to Humber Bridge, and then continue to the lighthouse at the tip of Humber Bay Park West for a picnic. Bring lunch.

Start: Boardwalk Café at Coxwell and Lakeshore
Dist: 40 km
Class: Leisure Wheeler
Après: TBA

PETTICOAT CREEK CONSERVATION AREA – Head to Pickering by the lake.

Start: Shoppers World, Danforth & Victoria Park (one block south of the Victoria Park subway Park & Ride).
Dist: 56 km

Class: Easy Roller
Après: Tropical Nights on Danforth east of Victoria Park

SIXTEEN MILE CREEK - Short Tourists will head out to lunch in Streetsville after a foray into the Halton countryside.

Start: Kipling Subway Park & Ride, north lot
Dist: 80 km
Class: Short Tourist
Après: Tim Horton's, Aukland & Dundas

CEDAR SPRINGS SOJOURN - A little fun and a breathtaking view in the hills around Lowville.

Start: Kipling Subway Park n' Ride, north lot
Dist: 115 km
Class: Tourist

EDEN MILLS CENTURY - A beautiful tour of the quiet, rolling roads of Halton with lunch at the annual Writer's Festival in Eden Mills. Short tour goes to Glen Williams.

Time: 8:30 a.m. sharp
Start: Kipling Subway Park & Ride, north lot
Dist: 110 & 162 km
Class: Advanced Tourist

HALTON HILLS/LOWVILLE - Enjoy the Halton Hills with the challenging option of mounting the escarpment via Rattlesnake (or not!)

Start: Pineview Public School, Trafalgar Rd & 5th Sideroad.
Dist: 67 & 92 km
Class: Country Cruise

SUNDAY, SEPTEMBER 17

MAPLE BAKERY RIDE - The last LW visit of the season to TBN's favourite bakery.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)
Dist: 35 km
Class: Leisure Wheeler
Après: Tim Horton's, east side of Yonge, north of Bishop

DIM SUM BRUNCH - For these cooler autumn days, this will surely warm you up!

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)
Dist: 65
Class: Easy Roller
Après: Slug & Lettuce, NW Corner Finch and Yonge

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: Finch Subway Park & Ride (NW corner Yonge & Hendon)
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 the Country Café in Schomberg for brunch.

Time: 8:30 a.m. sharp
Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)
Dist: 110 km
Class: Advanced Tourist

HOCKLEY ROAD HURRICANE - Now in its fifth year, this big looping route covers some familiar territory with the whole of scenic Hockley Road sandwiched in between. We've even got silver Double Metric Century Patches for all those who complete the ride.

Time: 8:30 a.m. sharp
Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)
Dist: 205 km
Class: Advanced Tourist

ESCARPMENT ADVENTURE - Experience all the escarpment has to offer including a possible trip to the Royal Botanical Gardens just outside Dundas. A fairly hilly, somewhat demanding ride.

Start: Town of Waterdown; IGA Plaza at the corner of Hwy 5 and Hamilton St.
Dist: 52 & 72 km
Class: Country Cruise

SUNDAY, SEPTEMBER 24

OAKVILLE ODYSSEY - A brand-new ride from the west side of Toronto out to the quiet gardens of classy Oakville. Bring lunch.

Start: Kipling Subway Station's east parking lot.
Dist: 58 km
Class: Leisure Wheeler
Après: TBA

UNIONVILLE - Brunch in Unionville - this starting time in the East.

Start: Shoppers World, Danforth & Victoria Park - Coffee Time Donuts
Dist: 55
Class: Easy Roller
Après: Tropical Nights

MUSSELMAN LAKE/MT ALBERT - Our classic runs to Musselman Lake & Mt Albert, with a few hills thrown in.

Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie
Dist: 80 & 115 km
Class: Tourist

GOODWOOD/UXBRIDGE – Your last chance to visit these culinary landmarks in 2000.

Time: 8:30 a.m. sharp
Start: Edward's Gardens' parking lot, Lawrence Ave E & Leslie
Dist: 100 & 125 km
Class: Tourist, Advanced Tourist

CREDIT RIVER CRUISING II: THE REVENGE - Explore the wilds north of Brampton.

Start: Alloo School on the north side of Mayfield Rd, just east of Mississauga Rd. (Mayfield is the first road north of Hwy 7).
Dist: 63 & 93 km
Class: Country Cruise

SUNDAY, OCTOBER 1

THE LW METRIC CENTURY - Travel along the lake from Toronto to the edge of Oakville. Mostly level trails and quiet streets, many exit points if you get tired. Bring snack foods.

Start: Boardwalk BBQ & Pub at Lakeshore just east of Coxwell.
Dist: 100 km
Class: Leisure Wheeler
Après: TBA

FIELD & STREAMS - From Old Mill to Streetsville for Brunch
Start: Etienne Brûlé Park, Humber River & Old Mill Rd
Dist: 65
Class: Easy Roller
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

FIELDS & STREAMS FALL TOUR - Tourists head west to Streetsville for lunch. Long tour visits Lowville out on Guelph Line.

Start: Etienne Brûlé Park, Humber River & Old Mill Rd
Dist: 80 & 110 km
Class: Easy Roller, Short Tourist, Tourist, Advanced Tourist

CAMPBELLVILLE CLASSIC - Follow the shady backroads to the Bruce Trail Eatery in Campbellville. Short tour to Lowville. Our last 8:30 start of 2000.
Time: 8:30 a.m. sharp

Wed.- Sat. rides

Check the hotline 416-760-4191, or website at www.tbn.on.ca for details.

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 Sundowner Ride
The Sundowner is a two-hour, 22-km exercise ride suitable for Leisure Wheeler-class riders. We meet every week at King Edward's statue at the north end of Queen's Park at 8:00 p.m. sharp. We ride a set route on the Don River Trail south to the Martin Goodman, across Queen's Quay and return past the Sky Dome. There is a refreshment stop along the way. The return is night riding on city streets. Helmet and lights are mandatory, bicycle in good condition and reflective safety accessories recommended.

Wednesday Night 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 apres-ride stop. BRING LIGHTS.

Friday Night Ride
These very popular 30-km rides to local eateries offer 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
Depart at 9:30 a.m. sharp on this brisk-paced 35-km ride suitable for Easy Rollers and Tourists. Start point is often The Boardwalk Café, east of Coxwell and Lakeshore. Complete the ride by 12:30 p.m., in time to do Saturday errands or just relax over an apres-ride snack or lunch. NOTE: Woodbine Beach parking is now \$5, but free parking is available on Coxwell. If driving, please allow extra time for parking.

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.



Start: Etienne Brûlé Park, Humber River & Old Mill Rd
 Dist: 130 km
 Class: Tourist, Advanced Tourist

THE PORT HOPE "HILL HOP" - A return to the ever-popular area around Port Hope. Enjoy an undulating warm-up before the awesome scenery at Bickle Hill!

Start: Port Hope Town Hall - exit #461 from Hwy 401; follow Hwy #2 to downtown; Town Hall is at 56 Queen St.
 Dist: 39, 82 & 100 km
 Class: Country Cruise

SUNDAY, OCTOBER 8

AUTUMN COLOURS - This final LW ride of 2000 will focus on the natural beauty beside the Martin Goodman, Don and Taylor Creek trails.

Start: Shoppers World, Danforth & Victoria Park (one block south of the Victoria Pk. subway Park & Ride).
 Dist: 26 km
 Class: Leisure Wheeler
 Après: Tropical Nights on Danforth east of Victoria Park

KING CITY - See and have lunch in King City!

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)
 Dist: 65
 Class: Easy Roller
 Après: Slug & Lettuce, NW Corner Finch and Yonge

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

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)
 Dist: 85 & 115 km
 Class: Tourist, Advanced Tourist

CALEDON-KING CONUNDRUM - A scenic and hilly route to lunch in Caledon East. Short tour heads to Bolton.

Time: 8:30 a.m. sharp
 Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)
 Dist: 110 & 130 km
 Class: Advanced Tourist

NIAGARA WINE LOVERS' TOUR - Oenophiles unite! Tour picturesque wine country then return to "the most scenic winery in Niagara" for a complimentary wine tour and tasting followed by more noshing on the

wine-deck or on the grounds of the winery.
 Start: Vineland Estates Winery. Take QEW to Exit 57, Victoria Avenue. Go south to Vineland and past stop light; then right on Moyer Road. Please park on Moyer Road at entrance to the winery.

Dist: 61 & 89 km
 Class: Country Cruise

SUNDAY, OCTOBER 15

LAKESHORE STEELES RESIDENTIAL RIDE (AGAIN!) - North and South through Toronto - let's not get flooded this time!

Start: Edwards Gardens Parking Lot (Lawrence and Leslie)
 Dist: 60
 Class: Easy Roller
 Après: Concession Stand at Edwards Garden

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 (weather permitting).

Start: Kipling Subway Park & Ride, north lot
 Dist: 95 & 110 km
 Class: Tourist, Sportif

MONDAY, OCTOBER 16

UNIONVILLE BRUNCH - Our traditional Thanksgiving day excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jakes.

Start: Shopper's World, Victoria Park & Danforth (one block south of the Victoria Park Kiss & Ride)
 Dist: 55 & 80 km
 Class: Short Tourist, Tourist
 Après: Tropical Nights on Danforth, east of Victoria Park

SUNDAY, OCTOBER 22

CARROTS AND LETTUCE - Another visit passing through King City - this time through a different route.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)
 Dist: 65
 Class: Easy Roller
 Après: Slug & Lettuce, NW Corner Finch and Yonge

STOUFFVILLE RAMBLER - A new quieter route through Stouffville with lunch at the Whitchurch Pub.

Start: Edwards Gardens parking lot,
 Lawrence Ave E & Leslie
 Dist: 70 & 90 km
 Class: Short Tourist, Tourist
 Après: Jack Astor's, Don Mills Shopping Centre

LAKERIDGE CIDER RUN - Climb the hill on Lakeridge Road (twice) and reward yourself with fresh baked cookies and hot apple cider.

Start: Edwards Gardens parking lot,
 Lawrence Ave E & Leslie
 Dist: 120 km
 Class: Advanced Tourist

SUNDAY, OCTOBER 29

SCARBOROUGH BLUFFS TOUR - Last scheduled ride of 2000! - this time lunch will be at a Café along the way

Start: King Edward's Statue, Queen's Park
 Dist: 60
 Class: Easy Roller
 Après: Hart House

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

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)
 Dist: 65, 75 & 95 km
 Class: Short Tourist, Tourist, Advanced Tourist
 Après: Slug & Lettuce, NW corner Finch & Yonge.

It ain't over till it's over, folks! Weather permitting there will be tourist rides scheduled into December. Check the Hotline or website on Fridays for details.

overnight-cont from cover

and fields, humming tunes and enjoying the foliage, country air, lightly traveled roads and savouring that feeling that comes with an "epic" ride. There seemed to be as many bicycles on the road as cars, along with a sizable motorcycle contingent. A couple on a Harley roared by, giving me the thumbs up. Passing through Balls Falls, I inhaled the clean air and absorbed some of the mystic energy of this magic place. A sign advertised "Earth, Air, Fire and Water - Summer Camp" leading me to suspect a sizeable pagan population among the locals. The afternoon wore on and eventually I was riding along the Niagara River, feeling its pleasantly cool spray, and enjoying the satisfaction of having arrived.

A group of TBners was lounging about the central parking area/courtyard of the Maple Leaf Hotel when I pulled in. I collected my small pannier from Bob, and allowed him to take a trial spin on my recumbent, then Joe Hickey pointed the way to my accommodations at the Stanley Motor Inn. Ahhh, hot water never felt so good! I wandered to the Capri restaurant for a supreme feast and good conversation with some TBN folk. Afterwards, we strolled about downtown and the Falls before eventually tumbling into exhausted slumber.

Sunday dawned auspiciously enough, with little hint of the weather to come. We left the motel and rolled along the Niagara River, a most scenic and relaxing area. At our first long stop of the day, there was an old merry-go-round, (circa 1905). Joe Hickey graciously covered the fare (at 5

cents each!) and TBners got a taste of the real deal, temporarily switching from their steel mounts to carved wooden ones. Joe was careful to point out the "good" horses with bell-cranks; they went up & down as well as around. A restaurant lunch later, and the group set out and spread out.

On the road again, we experienced the first of much rain to come. A large group pulled over for a while, but decided that the weather wasn't getting any better and set off once more. We decided to stop for garbage bags, as not everyone had jackets - a little road-side tailoring later and several riders were decked out in fashionable safety orange! This turned out to be a good thing... the rain let off for a while, then we encountered this eerie, thick fog, obscuring vision and blanketing sound. It was like a scene from Stephen King's The Mist - I almost expected some giant, misshapen creature to come swooping out of the sky to pluck one of us off the road. I was barely able to make out the rider in front of me, let alone anyone else. We were going through some weird temperature inversion. The mercury plunged and the rain resumed. I recall remarking to Joe along the final stretch into Stoney Creek that the weather was so bad, the cars stayed home. Teeth chattering, arms shaking, not too far off from being hypothermic, we rolled down the escarpment into town and a welcome reprieve at Tim Horton's.

The ride ended here for most; all those who were doing the short route were already at their cars. Word has it that a lot of those who set out from High Park bailed as well, calling home for a car ride. Evidently Paul Stockton,

myself and possibly one or two others actually completed the ride.

After eating lots of good, hot food, recouping and warming up, I left Tim Horton's for the final leg home to Scarborough. The rain was letting off, and it seemed to be getting a bit nicer out. Feeling fortified, I made a good pace. Day was running out and I started cranking hard.

Around the first signs of civilization, the road took a very steep but short downhill, then a hard left before a wooden bridge. I was perhaps going a bit too fast, but might have made it had there not been gravel and wet sand scattered across the asphalt. I managed to scrub off lots of speed before the front end washed out and I went down. Fortunately, I didn't lose too much skin, and still had a full bottle of water to hose out the road rash. After a quick survey, I popped the windshield back out, straightened the steering and was back on the road; no major damage, wheels still good, just a bit of pride and a bent windshield mount that would require a bench vise to straighten out properly. It was full dark by the time I got into the city proper and hit an Esso for a snack and a bottle of Gatorade. About an hour later, with the trip meter showing 198km for the day, I reached the neighborhood pub, mere blocks from my house for a well-deserved pint of ale, and the chance to regale some patrons and the proprietor with our weekend's adventure. —Tim Landon.



Jan Krulowitz

Joined TBN 1989?

Bicycles:
custom Nishiki

Longest Ride:
the Haast Pass in
New Zealand

Favourite Ride:
Nongon Chalk tour
—Port Perry

Favourite Ride Stop:
a nice warm unexpected
inn on a cool riding day



Member's profile

much that I became the country cruise coordinator for 2 years so I could make sure that all my favourite rides were featured (just kidding). I was quite astounded to discover that some of the near environs around the Golden Horseshoe are every bit as beautiful and as interesting as some of the far-flung destinations that I have visited. I've enjoyed venturing further afield on the TBN weekend trips and the various Cyclons. I met my husband, Alan Burke,

another longtime TBN member, on the Pelee Wheelie.

One of my most memorable rides was the first country cruise that I ever rode - the Nongon Chalk tour out by Port Perry. A favourite was also the country cruise around the Grimby area where I blew a tire and Alan and I discovered that we didn't have a working inner tube or patch kit between the two of us. I hitched into town, bike and all; and on his way to meet me Alan snapped a cable screaming down a hill. Thankfully

the local Canadian tire came to our rescue- they not only sold us the parts but lent us the tools to repair the cable. I still ride my original first "good" bike, a Nishiki international, but all the components have been replaced many times over.

I've also done some wonderful riding outside of Ontario. The east coast of Nova Scotia and the South Island of New Zealand rank as my all time favourites. One of my longest rides - at least it felt like it was the longest ride - was up, and I do mean up, over the Haast pass in New Zealand. Cross-Country skiing vies

with bicycling on my list of favorite ways to spend an afternoon. I was VP of skiing for 2 years.

Alan and I now have a daughter, Katherine, and though she is the cutest and smartest baby that ever walked this earth she is a major lifestyle impediment. We hope to "helmet train" her soon and get back on the bikes for more than quick ride on the Leslie street spit. I'm very much in country cruise withdrawal. I miss my Sunday exercise, fresh air and gossip fix.

Tips & Tricks

Greetings all, and happy riding! I recently completed a two week, solo, loaded tour of south-eastern Ontario, and learned a thing or two along the way that may be of benefit, so here goes...

First and foremost, always carry the essentials... one or more spare tubes, a patch kit and a mini or frame pump, plus a small tool kit, including tire levers if you need 'em. Don't leave home without it!

In the event of really bad luck, if you're out on the open road and have already had a couple of encounters with glass, you may find yourself out of patches, or perhaps your glue has dried out. If the puncture isn't too close to the valve stem, you can cut the tube at the puncture, then simply tie the ends together (use a reef knot). You will feel a bump as the wheel goes around, but you will be back on the road.

If you find yourself miles from a shop and you flat out, there is a good way to reduce the likelihood of another puncture. Take out the old tube - if it is beyond repair, or has ruptured near the valve stem, simply cut the old tube on either side of the valve stem, removing it entirely. Use the remnants as a tire liner by putting it inside the tire (this also helps with old or worn tires) then install your last good tube. It may not be a kevlar belt, or puncture proof, but that extra thickness of rubber may be enough to prevent your next flat. A small piece of glass might not penetrate all the way to your tube. Incidentally, I got this tip from a bike shop owner east of Peterborough who unfortunately did not stock the tube that I needed - and it worked! I did not have another flat for the rest of the trip. By the way, if your bike requires a 20" Presta tube, take the time to drill out your rim to accept a Schrader valve, that way you can use both types. Virtually no one stocks 20" Prestas.

Kevlar tire liners, like "Mr. Tuffy's" work great for low to mid-range pressure tires. I have installed a set on my city bike last year and have not had a flat since... great for the commute to work. They do add a bit of rotating weight, but will render your tires virtually flat-proof. I understand they might not work well in high pressure tires, where the edges of the Kevlar belts have been known to actually saw through the inner tube. Several tire manufacturers have been listening, and there are now tires available in many sizes that have a Kevlar belt built right in. This is something apart from a Kevlar bead tire, which makes your tire lighter, and foldable, but does nothing to reduce the likelihood of flattening out... so check carefully, and ask! These tires offer increased puncture resistance built right in - a godsend for a touring rig, plus they are lighter and offer more simplicity over separate tire liners, although they may not be quite as "bomb proof". In any case, choose a fix that is appropriate for the bike and your needs, and keep the rubber side down!

—Tim Landon

Education update

I never knew learning could be so much fun! The club has hosted a number of different education events over the past year, including many new ones.

Is there something you'd like to learn more about or share with your fellow club members? Call or e-mail me anytime, and I'll help you kick-start it.

Upcoming education events:

Sunday September 10, 2000: TANDEMS - Learn all about these bicycles built for two. An informal presentation will be made by David and Brenda Vanderveelde of MBS Tandems. Meet several owners of tandems, and ask them questions. There will be opportunities for test-rides.

Cost: Free.

Location: Erin Mills Town Centre (northwest corner of parking lot just opposite Loblaws). (To get there, 1) from Hwy 401 take

the Mississauga Road exit off Hwy 401 then go south on Erin Mills Parkway about 7 km, or 2) from Hwy 403 take the Erin Mills Parkway exit then go north about 2 km. Look for the clock tower, and the blue Honda Odyssey van.)

Time: 9:00 a.m.

NOTE: A round-trip ride to Lowville will be held immediately afterwards, leaving at 10:00 a.m. Distance options are 65 km and 75 km. This ride is organized by MBS Tandems.

Thursday October 5, 2000: "BRING YOUR FAVOURITE PICTURES" NIGHT

Have you got some photos of your bicycling trips that you would like to show to others? Mary Hernandez will bring her pictures from Asia and Africa, and Howard Chan will talk about his trips. There will be time for everyone. Enjoy a beer, grab a bite, and shoot some pool. Cost: Free (even the pool is free!). Location: Coronation Billiards (Party Room), 378 Eglinton Ave. W.

(about four blocks west of Eglinton Station). Time: 7:00 p.m.

Thursday November 9, 2000: WINTER TRAINING

Do you want to keep riding in the winter, or do something that will give you a headstart in the spring? Eon, of D'Ornellas Bike Shop, will draw upon his extensive experience with athletes and racing teams. In addition to discussing the different types of indoor trainers and how to use them, Eon will discuss strength training and cross-training. There will be opportunities for others to share their knowledge. Enjoy a beer, grab a bite, and shoot some pool.

Cost: Free (even the pool is free!).

Location: Coronation Billiards (Party Room), 378 Eglinton Ave. W.

(about four blocks west of Eglinton Station). Time: 7:00 p.m.

—Frank Remiz

classy ads

3 road racing bicycles for sale:

I have a VINER Italian road racing bicycle with Columbus tubing, Campagnolo equipped, 54 cm (centre to centre) frame. Painted black, 8years old. Ready to go, just pump up

the tires. \$500.00 or best offer.

I also have a vintage French PEUGEOT road racing bicycle circa 1979/80. Reynolds 753 tubing, Simplex gears, Stronglight chainset, and with some minor upgrades. 52 cm (centre to centre) frame \$400.00 or best offer.

1988 PINARELLO rims and Michelin tires. Turbo seat, etc., etc. Ready to race/fast touring. 54 cm (centre to centre) frame...\$1200.00 or best offer.

Contact: Joe Pjo
<joep@challenger.com>

Musicians Wanted: A group of TBN musicians meet in the cold dark months to have fun playing a few tunes. If you want to rock 'n roll call Dan 699 2728

Strap that Shell

By Miwald

**Before you mount your bicycle
Check if all is well,
Don't forget to strap a shell
To your dome; it ain't nonsensical.
For riding stops being comical
When you nose-dive pell-mell,
There could be an awful smell
Of band aids or a hospital.**

**So protect your precious art
With some tight-fitting lid,
Don't worry about a helmet head
You want to remain smart,
You want to remain fit
Rather than end up brain dead.**

Toronto - June 2000