

TBN Who's Who

TBN Board of Directors

Acting President	Ron Fletcher	president@tbn.ca
Past President	Loreto Mani	
Director, V.P. Skiing & snowshoeing	Peter MacDonald	xcski@tbn.ca
Director, V.P. Touring	John Burdett	905.881.9259
Treasurer	Roy Hill	416.291.2249
Secretary	Brenda Sweet Paul Price	tbn@tbn.ca
Newsletter	David Bolivar	newsletter@tbn.ca
Education Director	Dinsmore Roach Marie Ferguson	education@tbn.ca
Publicity & Promotions	Carlo DiFlorio	
Social Director	Ron Fletcher	416.461.9695
Weekend Trips Director	David Maclean	416.482.8033
Cyclon Director	Evelyn Bradley	cyclon@tbn.ca

Others

Quick Release Graphics	David Belford	dbelford@visedge.ca
Toronto Cycling Cttee. Rep.	Martin Koob	tcc-rep@tbn.ca
Membership Secretary	Eileen Harbinson	416.482.2157

TBN Coordinators

City Walks	Mark Brousseau Howard Chan	416.466.4979
Country Cruise, Saturday Shorts	Rowena Maclure Barry Pinsky	416.487.1474 416.928.0503
Easy Roller	Roberta Terzolo	easyroller@tbn.ca
Friday Night Ride	Peggy McFarland	416.405.8307
Hiking	Terry Davison	905.453.1952
Ice Skating	Molly Cheung	iceskate@tbn.ca
Indoor Spinning	Lori Roth	spinning@tbn.ca
Inline Skating	Michael Lin	inline@tbn.ca
Leisure Wheeler	Jamie Hauyon	416.537.8865
Promotions Projects Manager	Martha Krzic	promo-projects@tbn.ca
Membership Secretary	Eileen Harbinson	416.482.2157
Mtn. Biking, Trail Riding	Doug McCorquadae	mtb@tbn.ca
Saturday Morning Ride	Julie Willmot	416.696.9263
Tourist, Sportif, Webmaster	Owen Rogers	info@tbn.ca
Tuesday Ravine Rides	David Peebles	416.534.7168
Wednesday Nights	Ron Fletcher	416.461.9695
Wednesday Wheelie	Bill Hannaford	416.482.2125

TBN Hotline!

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

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

From the main menu press...

- 1 Cross-country skiing and snowshoeing day trips (January-March)
- 1 Weekend and holiday rides (April-December)
- 2 Weekday events
- 3 Social events & membership information
- 4 Inline skating
- 5 Weekend trips & Cyclon 2006 information

Hotline tips:

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

MOVING?

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

QuickRelease

Sept./Oct./Nov. 2006 • Volume 24, Issue 4



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



Saturday Cruising Shorts

Sept 2 9:00 am

GOODWOOD WANDERER - A beautiful, although sometimes hilly ride over the Oakridges Moraine from Stouffville to Mrs. Wideman's Bake Shop at Goodwood for lunch. Start: Meet for an 9:00 a.m. departure at the North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.

Dist: 61 km



Photo by Belfountain

Sept 16 9:00 am

CAMPBELLVILLE COUNTRY CRUISER - A ride through the rolling countryside around Campbellville. You would never believe there are such quiet scenic roads so close to Toronto! Lunch is in the park in Lowville.

Start: Meet for a 9:00 a.m. departure in the commuter parking lot at Guelph Line & Reid Sideroad (lot is small). Take Hwy 401 west to exit 312 and go south on Guelph Line towards Campbellville. Parking lot is on the right immediately after crossing over Hwy 401. If lot is full, turn right on the Reid sideroad. Go approx. 1/2 km until past the last "No Stopping" sign on top of the "80 KPH Begins" sign. Park on shoulder. Ride back to commuter parking lot to begin ride.

Dist: 62 km

Cover photography by Patrick Lam, Frank Lee, Mike Maloney & Jon Watts

Message from TBN President, Ron Fletcher

As our wonderful summer heads to a close, the TBN looks forward to a fun-filled autumn schedule of events. As everyone knows, TBN's success depends on our volunteers. Our premier event, Cyclon, held this year at beautiful Kingston, could not have happened without a massive effort by Evelyn Bradley, her Cyclon Committee, and all the others who pitched in. Great work, Ev, and thank you from all who took part. You have brought much enjoyment to our members and spread the word on our club far beyond our city.

Also at this time, the Board and membership thank our departing editor, Carl Friesen, who for the last two years got Quick Release together. Regretfully, the issue you have in your hands is Carl's last. Dave Bolivar will be taking the helm for our next issue. Thank you, Carl, a well-deserved rest.

And while we're at it, wasn't that a great BBQ put together once again by Joe Hickie and Bob Everett!

Also, Terry Davison and Wally Lem are taking a break after 13 years of leading our fall hiking program. Please contact me (416 461-9159) if you can help out. Thanks Terry and Wally.

Please add Thursday, September 14th to your calendar. The TBN Board is looking for direction on matters you feel are important to the membership. To this end we are having a visioning meeting at Ralph Thornton Centre, 765 Queen St East of Broadview at 7 PM. Your participation is important.

Lastly, we wish a speedy recovery to VP of Touring, John Burdett. Too many riders have sustained accidents this year. Poor road conditions are usually a factor as is riding too closely in large groups.

Enjoy the rest of your summer, and see you at the AGM for our dinner/dance at Whistler's Saturday, October 21st.

AGM DINNER DANCE SATURDAY OCTOBER 21

\$25 members;
\$30 non-members

Whistler's, 995 Broadview Ave.
(at Pottery Rd)

Cash Bar from 6:30

Dinner and elections 7:30

DJ Jimmie Fraser
8:30-12midnight

Cheques payable to...

Toronto Bicycling Network Inc.

Mail C/O Melanie McGill

149 Langley Ave., Apt 1

Toronto ON M4K 1B6

Questions?

Ron Fletcher
416 461-9159

Please note that no tickets are mailed to you. We have a list of paid diners at the door. Note that cheques must be received by October 14th or a \$5 surcharge will apply. No tickets are available "at the door" as dinners must be pre-ordered.



Friday Night Ride. Photo by Ania Poradzisz

Riding the Erie Canal: two upright women and three 'bent men

by Carl Friesen

It took many litres of Gatorade, about a dozen bicycle tubes and some pretty skilled wayfinding through some of the more forgettable cities of rustbelt America, but we did it - 550 km along the Erie Canal during what was probably one of the hottest weeks of the summer.

Five riders - two women on upright (boring) bicycles and three men on recumbents - started their journey from Schenectady near the eastern end of the Canal.

The day before, we'd driven our vehicles to Niagara Falls NY and parked them there, and driven a rented car and a cube van containing the bicycles and luggage, down the NY Thruway. We'd intended to start from Albany on the Hudson River where the canal starts, but couldn't get hotel rooms - every last room in the city was booked by the baby lawyers taking the New York Bar Exam. In retrospect, this was a good thing, because starting further up-river it made our first day about 100 km instead of about 150.

For the next three days, we continued the pattern of getting up at around 6:00 a.m. and onto the bikes by about 7:00. We stopped to "smell the roses" where such were offered - a few museum tours, (reasonably) long lunches, and the occasional snooze along the pathway.

As with previous multi-day trips, we'd scheduled a rest day for relaxing and laundry - in this case, in the town of Aurora. Such rest days are pretty important, and as it happens we'd also thoughtfully scheduled the only serious amount of rain for our day off.

Having a rest day meant that we were actually eager to climb back onto the bikes for the three final days of the tour, through Rochester and smaller towns like Brockport.

To my surprise, not much of the Erie Canal Path is beside the actual current Erie Canal. Some of it is along roadway, some on rail-trail and some of it along the original Canal, now a peaceful backwater involving ducks, Canada geese and herons. We saw three deer one morning.

About half of the route is paved; the rest is on stone-dust trail and that, plus the effects of our luggage and the headwinds, slowed us to an average of about 19 km/hour.

We'd booked our motels ahead of time, mostly through on-line searches. One day we had to shorten our ride and ended up in Palmyra NY, which is the birthplace of Mormonism. We stayed at a very pleasant hotel filled with earnest, chubby, friendly people with lots of children.

A few pointers for anyone considering a similar trip:

- Ride the canal west to east, not east to west as we did it. The guide-books are set up this way, it's in the direction of the prevailing winds, and it's slightly more downhill.

- Take a rest day part way through.
- Remember that way-finding, the unpaved nature of the trail and the weight of your luggage will slow your speed.
- Carry lots of spare tubes and tools.
- Be prepared to ride in the rain and into the wind.

Participants: Brenda Porter, Carl Friesen, Grethe Jensen, Jack Ellis, Mike Maloney



Photos by Brenda Porter



Seeking your ideas on future priorities for TBN

TBN's Board of Directors wants your input into the future of the club and how we can better meet our priorities. So if you have an initiative you'd like to see the club undertake, a way to make it meet members' needs better, or other suggestions for improvement, we welcome your feedback. Board members are your representatives, and we want the club to meet the needs of the members.

Please send your suggestions to ideas@tbn.ca.

Also, we plan on holding a special information meeting for all members at which you can present your ideas verbally. When: 7:00 p.m., Thursday, 14 September 2006. Where: Ralph Thornton Centre, 765 Queen Street East, just east of Queen and Broadview.

Cyclon's 20th Anniversary Event a success!

For this year's Cyclon, which is TBN's major event of the year, some 150+ people made their way to Kingston for three days of riding, great meals and fun for all. Queen's University residence at Leggett Hall was booked for accommodations, which to the relief of all, is fully air-conditioned. Salsa dancing, karaoke and a historical walk of downtown Kingston were some of the activities planned for the weekend as well as a special presentation made by the "Four Spokes" at lunch on Monday.

To celebrate the 20th anniversary attendees had the option of ordering a custom Sugoi Cyclon jersey. Many of those attending Cyclon wore their jerseys with pride each of the three days; we can only hope that they washed them after each day's ride. We received a number of requests to order more, but unfortunately it was a one time order. Perhaps we'll have something just as special for the 25th anniversary - you'll have to wait and see.

As with all TBN events, Cyclon could not have taken place if it wasn't for our volunteers. Most people think "it just happens"... which of course it does, but not without a lot of hard work, dedication and yes - even a few tears... A number of tasks are necessary to plan such a huge event, such as research of venues and routes, budgets and cost analysis, updating forms, information pamphlets, the website, registration night & data entry, assembling attendee packages, coordination of rides, leaders & sweeps, prizes... and the list goes on and on.

A special thanks to the following companies for generously donating prizes over \$1000 in value to Cyclon this year:

Velotique

www.velotique.com
1592 Queen Street East, Toronto
416-466-3171

Mountain Equipment Co-op

www.mec.ca
400 King Street West, Toronto
416-340-2667

Louis Garneau Sports Inc.

www.louisgarneau.com

At this point, I would like to take a moment to thank the Cyclon Committee members and a few others, who were

active behind the scenes... You name it - they did it. Support, suggestions, emails (oh so many emails...) and lots of fun in between.

Cyclon Committee Members:

Doug Innes (Maps extraordinaire)
Arne Oslinger (Jersey Guru)
Loreto Manni
Carl Friesen
Ron Fletcher
Sandra McCrossan
Carole Hill
Roy Hill
Dan Sideen (Cyclon Widower)

Honourable mention also goes to...

Eileen Harbinson (lunch & sock monitor)
Brenda Porter (Queen of SWAG)
Owen Rogers (King of the Web and last minute updates)
Barry Pinsky
Paul Rappel (Kingston Velo club) local route & advice

Again, all "behind the scenes" action... but supportive all the way!

Cyclon Ride Leaders, Sweeps and Sag Wagon Support - they did a great job.

Lionel Simmons
Catherine Whitfield
Edith Williamms
Janie Siegelberg
Fred Loftin
Ilana Klein
Mary Kennedy
Bill Kennedy
Derek Wu
Patrick Lam
Dave Otway
Tom Vaivada
Catarina von Maydell
Sam Bootsma
Marc Smith

And I'm sure there were many more volunteers that simply helped out (passing along messages, hanging posters, taking down signs, etc.) because

that's what TBN volunteers do... If I've missed anyone, please forgive me - old age is creeping up.

Speaking of age... did you know that the average age of the attendees at Cyclon was 51? Our youngest rider Lana Monas, was five years old and a real trooper... and (according to our records) the eldest was Fred Loftin. Don't worry Fred, your secret is safe with me.

We had attendees from as far away as Ohio, and Connecticut, and Paul Rappel joined us from the local club.

The ratio of male to female was 46% male, 54% female - believe it or not! Twenty nine attendees indicated this year was their first Cyclon, and 38 of the 156 were non-members. We hope they become members and join us again next year.

Speaking of next year - we'll be back in Kingston, at Queen's University the weekend of August 3-6th, 2007. If you would like to assist in the preparation of next years event, please email cyclon@tbn.ca and let us know.

As the saying goes... many hands make light work!

Hope to see you all again next year

Sincerely,

Evelyn Bradley
Cyclon Director



Photos by Patrick Lam and Lionel Simmons



How Cyclon Began

by Lowell Aronoff

(reprinted from the June/July 1991, TBN News)

On July 1, 1986, Dick Quemey was discussing with Bud Jorgensen the frustrations of organizing the Great Canadian Bicycle Rally every year for the past five years. The GCBR was a great success, but it was too much work. Dick told Bud that if he could not find someone to take over the event 1986 would be its last year!

This started Bud thinking. The GCBR was a fabulous weekend. With 10 years under

really believe he knew what the problems were? Could he find people to help with talent in the needed areas?

On TBN Sunday rides, Bud bounced his ideas off many fellow TBNers and found tremendous enthusiasm. But was it enough? Would people contribute more than verbal support?

The Point Pelee Wheelie weekend which Bud organised that summer was a great success. It managed to attract 50 people but more important was the warm feeling that was pervasive among the participants. This gave Bud the confidence to feel that he really could organize a bicycle rally. But what kind bicycle rally? And where would he get the seed money - from the GCBR or the TBN?

Bud approached the board of the TRN with the idea. There was a great deal of trepidation. In the three years of its existence, the TBN had exploded from zero to 600 members. The club had already changed its focus from the founder,

Richard Aaron's idea of a network of small clubs and tour organizers, to a club with a greater social focus. The majority of the work was still being done by the same small group of volunteers that had started the TBN. A bicycle rally would broaden the base of the TBN. The board was not convinced that a larger

club was either desirable, or that they could handle the increased size.

By this time, however, Bud's enthusiasm for the idea had spawned enthusiasm in others. It made sense to call a meeting to determine whether Bud had a group with enough experience to pull it off. The first organizing meeting for the as yet unnamed CYCLON took

place on September 30, 1986.

With the enthusiasm of the first meeting, it was obvious that we were not talking about if we were going to organize a bicycle rally, but how to do it. Not a single person at that meeting had ever been involved in the organization of a bicycle rally and there was no clear consensus of ideas. Where would we get the seed



its belt, it was a tradition. Cycling in Ontario did not have many icons of tradition. Organizing bicycle tours was not something new to Bud; he organized many TBN day trips as well as weekend trips. But a bicycle rally was different - ten times larger and infinitely more complex. Could he get the turn out? Did he have the time? Could he solve the problems? Did he

money? If we took over the Great Canadian Bicycle Rally, Dick Querney would insist that our rally be a camping weekend. Did we want more amenities such as nicer accommodation? Did we want to organize evening activities? And what about insurance? All volunteer sports organizations at that time were worried about insurance. None of us wanted to be held personally liable for accidents. Insurance companies were decidedly unenthusiastic about covering these types of events because of the massive awards that the courts were handing out. The list of potential problems seemed endless, but yes, at that meeting we decided that we were going to organize a bicycle rally.

Dave Hearn came up with the name 'CYCLON', and in that first meeting we decided that if we could convince the TBN to sponsor the event, we would hold CYCLON on the Civic holiday weekend. This way we would not compete with the Great Canadian Bicycle Rally.

If there was one thing that the rally had an abundance of, it was volunteers. Bud, Dave Hearn and Pam Harrison had a knack for infusing their enthusiasm in others. The amount of talent on that committee was amazing. Among the people who donated time in their respective professions were commercial artists, journalists, marketers, a lawyer, a nutritionist and a database application designer.

By the beginning of July, despite nine months of a lot of hard work by many talented people, we had not finished the route research, had not finalized the entertainment, had only 60 people registered, and no idea what to do about insurance. The TBN had reluctantly put up more than it could afford in seed money. And everyone on the committee was worried that we had created a huge flop that would lose a ton of money!

At that point the real (frantic) work started. The TBN membership list was divided amongst volunteers and most members were called.

A group spent the weekend in St. Catharines to finish and check all the routes. A huge last minute push resulted in the insurance coming through on the day before the event.

On Friday, July 31, 1987, it was clear that all the work had been worthwhile. The feeling of camaraderie on the first night of CYCLON made it apparent that CYCLON would be an annual event for a long time to come.

Toronto Municipal Election 2006 a chance to give the Bike Plan a boost

by Martin Koob

TBN representative to the Toronto Cycling Committee

At the July 2006 Toronto Cycling Committee meeting the members approved a number of recommendations for the 2007 budget year. They were:

- \$6.0 million in the Transportation Services Division cycling budget for new bike lanes and paths in Hydro corridors,
- \$1.5 million in the Parks Forestry and Recreation Division Budget for upgrading and building new paths in parks,
- \$270,000 added the Planning Division budget to expand cycling promotion programs such as Cycling Ambassadors, Bike User Groups, Bike Week and other cycling events during the year,
- \$100,000 in the Toronto Public Health budget for an education program regarding sidewalk cycling.

These recommendations will go forward to the various committees of City Council and then on to Council itself this September. However it will not be the current Council that decides the fate of these recommendations and the fate of the Bike Plan. Normally at this point in the article I would encourage people to call their Councillors and ask them to support these recommendations. However this year is an election year. The candidates for Council will be calling you this fall and asking for your support. You should tell them that your support will depend on their stand on the Bike Plan.

If you have been following the progress of Toronto's Bike Plan over the past three years you will know it has proceeded slowly. There have been some advances such as in getting funding for bike lane construction increased from \$1 million annually to \$3 million annually, but most of the proposed bike lanes have not yet been built since they haven't been approved by Toronto's City Council. In 2005 only one kilometre of new bike lane was built; there were 16 km proposed in that year. In 2006 it is estimated that only 12 km of a proposed 30 km will be built. While the Mayor has positioned himself as a supporter of cycling and some Councillors have been very supportive of the proposals in the Bike Plan, and many

other councillors are indifferent when they are asked to support cycling projects and programs, and some are staunchly opposed to them. With this mix at City Hall the Bike Plan is at risk of stalling.

The only way we will see real progress on implementing the Bike Plan is if we have a Mayor and Council that believe in the goals of the Bike Plan and are committed to ensuring all its recommendations are implemented. Toronto's municipal election, on Monday, November 13th, is our opportunity to change the make up of Council to one where the Mayor and Councillors support the full funding of the Bike Plan for 2007 to 2010, the bike lane projects that need approval over the next four years, and, all the other recommendations in the Bike Plan.

Cycling has to be an issue in this election and a group has formed to make sure that happens. The Toronto Coalition for Active Transportation (T-CAT) is a coalition of organizations and individuals who want to see walking and cycling (Active Transportation) recognized as important forms of transportation; and who want to see policy changes enacted and adequate funding provided to enhance the role these modes play in Toronto's transportation system. TBN has joined with other local cycling and pedestrian organizations to present a common front and raise the profile of these issues in the election.

T-CAT has developed a platform organized around five themes which are:

- BUILD better cycling and pedestrian infrastructure
- INTEGRATE cycling and pedestrian issues into city planning
- PROMOTE walking and cycling as safe, sustainable transportation
- PROTECT cyclists and pedestrians from unsafe road conditions
- LEAD in promoting active transportation

Under each of these themes there are platform planks that outline actions that City Council needs to take over the next four years to implement the Toronto Bike Plan and to realize the principles that are set out in Toronto's Pedestrian Charter. Here are some examples of the cycling related demands that are in the platform.

Under BUILD is the demand that Council increase its funding for cycling infrastructure in as recommended in a city staff report on an Implementation Strategy for accelerating the Bike Plan. Under INTEGRATE the platform asks for a new streamlined bike lane approval process be followed. Under PROMOTE it asks Council to double the staffing for the cycling safety education and promotion programs run by the city as recommended in the Implementation Strategy Report. Under PROTECT it asks that Council implement the recommendations from the 1988 Regional Coroner's Report on Cycling Fatalities in Toronto. Finally, under LEAD one of the planks is that the city increase the use of cycling and walking to conduct city business by having more staff use bikes as they conduct their duties, such as bylaw enforcement officers, police and others, by encouraging staff and residents to bike to city buildings for work or business, and by making more use of foot and bike couriers. There is much more to the platform, too much to outline here. You can see it and how to get involved in the election at the T-CAT website: www.torontocat.ca.

One of the activities that T-CAT will be doing is conducting candidate surveys so that voters will know where the Ward and Mayoral candidates stand on the issues. BikeToronto.ca will be hosting the cycling election survey, just as it did in the 2003 election, as part of the coordinated effort to raise the profile of Active Transportation: cycling and walking, as an issue. So check www.biketoronto.ca for the results of these surveys as we approach the fall election.

Voter turn out for municipal elections is traditionally low. It was 40% in Toronto's last election compared to 60% for the last federal election. It is thought that people don't vote because the results won't affect them directly. It is ironic because it is the decisions of City Council that most directly affect us. For cyclists that is especially true. Councillors will decide whether or not bike lanes get built, and whether or not park paths get upgraded and extended. T-CAT will try to raise the profile of cycling and ask Council candidates to make their positions known. You can help by becoming familiar with the issues and the candidates, asking them to support the T-CAT Platform, and getting out and voting for the ones that do.

Weekend Trips

Pelee Wheelie September 1-4 2006

Cycle the pleasant Lake Erie shoreline starting from Wheatley Provincial Park. Relax on the Labour Day long weekend with fellow cyclists. In the evening, enjoy swimming or hiking the Carolinian forest or just relax around the campfire. Friday, Saturday, and Sunday night will be group camping. Provided will be three pancake breakfasts and provisions for three light lunches. Saturday night dinner will be potluck. Sunday night will be a local restaurant (not included).

The cost is \$55 for members and \$60 for non-members. Please book early. Download the sign up sheet in pdf or Word format. For more info email Paul & Brenda at pelee@tbn.ca or call 905-567-1035 (no voice mail).

Tour of Madawaska October 6-9th, 2006

For the past 10 years, members of TBN have enjoyed fall's golden splendour in the Madawaska valley. Undeterred by tough climbs and capricious weather, a 40 strong group has endured rain, wind and even snow, and, in equal measure, sunshine blue skies and summer temperatures.

The Tour of Madawaska explores rugged terrain between Bancroft, Barry's Bay, Killaloe and Combermere. Thanksgiving is the weekend when fall colours reach their peak in these parts and tour routes focus on the highlights, following (mostly) paved roads. Circular tours of 60-80, 100-120 and 130-160 kilometers are available each day.

Accommodation is provided in two- and three-person rooms and six-person dormitories at the Madawaska Kanu Centre, a whitewater school.

Wilderness trails afford opportunity for both hikers and mountain bikers. In fact, trail rides, offered by our hosts, have attracted quite a following in recent years. At the end of the day, however, the thing that ranks foremost in a cyclist's priorities is good food. Thanks to a staff well versed in dealing with ravenous kayakers all summer long, good food comes in generous measure.

Fee for the weekend includes two meals plus packed lunch each day. Payment can be made to Madawaska Kanu Centre, 39 - First Avenue, Ottawa ON K1S 2G1. Cheques / POs for \$225 per person should be made out to Madawaska Kanu Centre. Visa and Mastercard payments can be made by contacting the office at 613-594-5268 or by email to paddle@owl-mkc.ca.

Charity Rides

RONA MS Bike Tour: 10 September, Toronto, 30 km and 55 km.

The RONA MS bike tours help raise funds for multiple sclerosis research and services. Each ride offers optional rest stops every 15 km, and at the finish line, a massage from an experienced volunteer massage therapist. Experienced riders are encouraged to volunteer as tour leaders. For more information, visit www.ms biketours.com or contact Joanna Sharp at 416.922.6600, ext. 2308; joanna.sharp@mssociety.ca.

BikeTREK 2006 September 24th, 2006,

Registration Opens 8:00am

The Lung Association is hosting its 10th Annual BikeTREK fundraiser to support lung health. This 60km and 30km trek is a "Ride at Your Own Pace" one-day event. Beginning and ending at Phyllis Rawlinson Park at Leslie Street & 19th Line, the route will travel through the scenic communities of Richmond Hill, Whitchurch-Stouffville, Newmarket, Aurora and King City. Included are a continental breakfast, snacks, a barbeque lunch, draw prizes, a massage, a well marked route, Trek point stops, medical and mechanical support, and a participant gift bag. Register at www.on.lung.ca or contact Erika at 416.864.9911 ext. 257 or by email at eowen-hicks@on.lung.ca. Registration fee: \$50 with a pledge minimum of \$200.

In-line skating continues

The TBN inline skating program continues its Monday evening and Saturday morning group skates throughout September and early October, with the official season ending on Thanksgiving Monday.

Many of the skates are out and back routes along the Martin Goodman Trail. We re-group often and offer shorter and longer distances to accommodate the different levels of skaters. The Apres skate provides fun and laughter as well as an abundance of skating knowledge for all that are interested.

Special events planned for September include a Toronto Island "Airshow" skate on September 2nd and a Niagara ON The Lake road trip on September 23rd. Car pooling is available for TBN inline road trips.

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



Picnic 2006. Photo by Patrick Lam.



Picnic 2006. Photo by Ania Poradzisz

Mountain Biking

Saturday, Sept 2

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

Terr: Moderate to extreme, clay based surface, gravel, sandy along river

Facils: none

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

Sunday, Sept 3

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

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

Facils: limited parking

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

Saturday, Sept 9 10:30 a.m.

Hardwood Hills - With 70 km of single & doubletrack trails, Hardwood Hills is an industry benchmark offering trails for all abilities. Don't miss this superb mountain bike centre. Trail pass: \$12.00.

Terr: Easy to extreme, hard pack surface

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

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

Sunday, Sep 10

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

Terr: Easy to extreme

Facils: none

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

Saturday, Sept 16

Kelso Conservation Area - Featuring 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill--tough going up, a blast going down. Fabulous view. Trail pass: \$700.

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

Facils: washrooms, snack bar, camping, swimming

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

Sunday, Sept 17

Knobby Knewbie Ride: Don Valley - Come out on an instructional ride through the heart of Toronto. An easy 15km route will take riders through the basics of technique and trail safety. Trail pass: Free Depending on interest among the group and leader after the morning clinic we'll take the new riders out for an easy trail ride in the Don Valley. Leader: Adam.

Terr: Easy

Facils: none

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

Saturday, Sept 23

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

Terr: Easy to moderate, clay, sandy areas

Facils: none, limited parking

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

Sunday, Sept 24

Albion Hills - Ride north of Bolton on 25km of hilly, forested xc-ski trails. Trail pass: \$4.

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

Facils: washrooms, snacks, camping, swimming

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

Saturday, Sept 30

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

Terr: Moderate

Facils: None. Reasonable amounts of parking.

Start: From Toronto head on the 401 West to Guelph to County Rd 33 which is just west of HWY 6 North off of the 401. Head south on county rd 33 to County rd 32 (first rd south of the HWY) turn left heading east. Pass Puslinch lake & keep going. The road comes to a stop & veers off North (Left). Follow it north. Parking lot is just south of the 401 on the east side.

Sunday, Oct 1

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

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

Facils: limited parking

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

Saturday, Oct 7

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

Terr: Easy to extreme

Facils: none

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



Photo by Jon Watts

Sunday, Oct 8

Albion Hills - Ride north of Bolton on 25km of hilly, forested xc-ski trails. Trail pass: \$4.

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

Facils: washrooms, snacks, camping, swimming

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

Saturday, Oct 14 10:30 a.m.

Hardwood Hills - With 70 km of single & doubletrack trails, Hardwood Hills is an industry benchmark offering trails for all abilities. Don't miss this superb mountain bike centre. Trail pass: \$12.00.

Terr: Easy to extreme, hard pack surface

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

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

Sunday, Oct 15

Kelso Conservation Area - Featuring 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill--tough going up, a blast going down. Fabulous view. Trail pass: \$700.

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

Facils: washrooms, snack bar, camping, swimming

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



Photo by Jon Watts

TBN Ride Classifications

LEISURE WHEELER



Distances of 20-60 km, at speeds of 15-17 km/h, at a "leisurely" pace. Designed as a series of entry-level rides for novices, those returning to cycling after a long absence, and senior riders. Rides start at 10:00 am.

EASY ROLLER



Distances of 20-60 km, at speeds of 15-20 km/h, at a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Rides start at 10:00 am.

TOURIST



Distances of 50-110 km, at speeds averaging 20-25 km/h, at a comfortable pace. "Short Tourist" designates rides in the 50-70 km range.

Advanced Tourist



Distances of 120-200 km at speeds averaging 25-30 km/h at a brisk pace. These rides generally start at 8:30 am from late April to early October.

SPORTIF



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

COUNTRY CRUISE



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

OTHER RIDE PROGRAMS

WEDNESDAY WHEELIES



Rides of about 75 km suitable for tourist riders. Start points are within a one-hour drive of Toronto and stick to the same quiet roads that characterize our Sunday Country Cruise rides. Start times vary, usually 8:30 am during the hot summer months and 10:00 am at other times.

SATURDAY CRUISING SHORTS



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

Saturday, Oct 21

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

Terr: Easy to moderate, clay, sandy areas

Facils: none, limited parking

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

Sunday, Oct 22

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

Terr: Moderate

Facils: None. Reasonable amounts of parking.

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

Saturday, Oct 28

Albion Hills - Ride north of Bolton on 25km of hilly, forested xc-ski trails. Trail pass: \$4.

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

Facils: washrooms, snacks, camping, swimming

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

Sunday, Oct 29

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

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

Facils: limited parking

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

Wednesday Wheelies

Sep 6 10:00 am

SCHOMBERG/CALEDON EAST

Start: The arena in Schomberg, just south of Highway 9 west of Main Street. Schomberg is just west of Highway 27 and south of Hwy 9
Dist: 74 & 93 km

Sep 13 10:00 am

CAMPBELLVILLE/WATERDOWN

Start: Shopping centre west of Guelph Line in Campbellville. To get to Campbellville go west on Hwy 401 to the Guelph Line, and south until you see the green parking sign for the entrance to the shopping centre on Crawford St. Park in the lot behind the Trail Eatery.
Dist: 64 & 74 km

Sep 20 10:00 am

BRADFORD/INNISFIL BEACH

Start: North Bradford Square Shopping centre on Hwy 11, 1 km north of the town centre. To get to Bradford, exit Hwy 400 at Hwy 88 East.
Dist: 75 km

Sep 27 10:00 am

ASHBURN TOUR

Start: Ashburn Community Park on the west side of Ashburn Rd, 200m north of the main intersection in Ashburn. To get to Ashburn, go east on Hwy 401 to Brock Rd, north to Claremont and east on County Road 5 to Ashburn. Bring lunch for this tour.
Dist: 57 & 81 km

Oct 4 10:00 am

STOUFFVILLE/GOODWOOD

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.
Dist: 61, 76 & 84 km

Oct 11 10:00 am

MOUNT ALBERT/LAKE SIMCOE

Start: Community Centre on Main St in Mt. Albert. To get Mount Albert go north on Hwy 404, east on Davis Drive to Hwy 48, and north to Mount Albert.
Dist: 55 & 79 km

Oct 18 10:00 am

WATERDOWN ESCARPMENT ADVENTURE

Start: Proceed west on Hwy 5 (Dundas St) to Waterdown. Meet at the IGA Plaza at the corner of Hwy 5 and Hamilton St.
Dist: 51, 71 & 83 km

Oct 25 8:30 am

KING CITY/SCHOMBERG ALTERNATE

Start: The arena parking lot on Doctor's Dr., the first south street east of the intersection of King Road and Keele St.
Dist: 70 & 92 km

Nov 1 10:00 am

HORNBY/ROCKWOOD

Start: Hornby Park. To get there, exit Hwy 401 at interchange 328, Trafalgar Rd. go north to the lights, turn left, proceed to Hornby Park.
Dist: 81 km

Nov 8 10:00 am

SCHOMBERG/ALLISTON/HOCKLEY

Start: The arena in Schomberg, just south of Hwy 9 west of Main Street. Schomberg is just west of Hwy 27 and south of Hwy 9.
Dist: 72 & 88 km

Nov 15 10:00 am

STOUFFVILLE/UXBRIDGE

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.
Dist: 61, 76 & 85 km

Nov 22 10:00 am

KING CITY/BOLTON/KLEINBURG

Start: The arena parking lot on Doctor's Dr., the first south street east of the intersection of King Road and Keele St.
Dist: 74 km

Nov 29 10:00 am

UNIONVILLE/MUSSELMAN LAKE

Start: Toogood Pond in Unionville. To get to Toogood Pond drive north on Hwy 404 to Hwy 7, then east to Kennedy Rd. Turn left to Carlton Rd, left to Main St, and right to Toogood Pond Rd. Turn left into the parking lot.
Dist: 70 km

Dec 6 10:00 am

HORNBY/CAMPBELLVILLE

Start: Hornby Park. To there exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.
Dist: 66 km

Dec 13 10:00 am

KING CITY/BRADFORD

Start: The arena parking lot on Doctor's Dr., the first south street east of the intersection of King Road and Keele St.
Dist: 60 & 65 km

Dec 20 12:00 pm

WEDNESDAY WHEELIE CHRISTMAS LUNCHEON

- We'll be meeting at Rich Tree Market Restaurant, on the west side of Yonge St, just north of Front St for a season-ending get together at 12:00 noon. Please confirm attendance with Bill Hannaford by phone (416-482-2125) one week before luncheon.



Photo by Lionel Simmons



Photo by Lionel Simmons



Photo by Lionel Simmons

Fall 2006 Ravine Rides

The Ravine Rides are 1½-3 hour rides on Tuesdays at 10:30 AM. Enjoy the park paths without the weekend crowds. The routes avoid busy streets as much as possible. All start points are accessible by subway. Optional coffee stop after each ride. Distances are approximate and subject to change due to weather and trail conditions.

Tuesday, September 5

Richard's Route A new route in the far northeast. Some street riding.

Start: 10:30 a.m. Midland RT station

Dist: 22 km

Tuesday, September 12

Parallel Lines: Kennedy to Kipling A one-way ride the whole length of the Bloor-Danforth line. Get full value for your subway token.

Start: 10:30 a.m. beside the elevator on the east side of the Kennedy subway station (on Transway Crescent)

Dist: 35 km

Tuesday, September 19

Humber and High Park North along the Humber, east through Smythe Park, then south through city streets and High Park to the lakeshore and back to the Humber.

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

Dist: 24 km

Tuesday, September 26

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

Start: 10:30 a.m. Coffee Time at Shoppers World, one block south of Victoria Park subway station.

Dist: 22 km

Tuesday, Oct. 3

Boordale and the Humber About 7 km of street riding near the start, but the rest of the ride is on park paths and bikeways.

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

Dist: 28 km

Tuesday, Oct. 10

Mainline A one-way ride from High Park to Main and Danforth. Paved all the way with a few kilometres of street riding.

Start: 10:30 a.m. Park entrance at Bloor and High Park Avenue

Dist: 28 km

Tuesday, Oct. 17

Heart of Toronto A ride linking ravines in the centre of the city. Some unpaved paths.

Start: 10:30 a.m. in Taddle Creek Park one block north of the Bedford exit of St. George subway station

Dist: 28 km

Tuesday, Oct. 24

Perpendicular Lines: Finch to Kennedy A one-way ride that takes a shortcut from Finch subway station to Kennedy station.

Start: 10:30 a.m. Finch subway Park and Ride

Dist: 23 km

Tuesday, Oct. 31

Balfour and the Beltline Plus Visit two cemeteries on Halloween. A lovely downtown ride with a few hills and some unpaved paths.

Start: 10:30 a.m. in Taddle Creek Park one block north of the Bedford exit of the St. George subway station.

Dist: 24 km

Common TBN Start Locations

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

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

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

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

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

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

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

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



Rock Point camping trip. Photos by Ania Poradzisz



Saturday, Sunday and Holiday Rides

Sunday, September 3

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

Start: Edwards Gardens 8:30 am

Dist: 121, 136 & 166 km

Class: Advanced Tourist

LEISURE WHEELER COUNTRY

CRUISE - A ride along the shores of Lake Simcoe from Keswick to Sibbald Point Park.

Start: Keswick. Go north on the 404 to Davis Dr and east to Woodbine Ave. Turn left and drive 20 minutes north to Keswick. North of the town turn left onto Old Homestead Road (garden centre on the right, and church on the left marks the corner), continue across Metro Rd turn right on to First St. and park there.

Don't forget a bathing suit and lunch for our 1 hour lunch stop at the beach, with facilities, in Sibbald Point Park.

Dist: 46 km

Class: Leisure Wheeler

CYNTHIA'S SCENIC SITES (PART 4)

Discover the most scenic neighbourhoods and hidden treasures in North York.

Start: Boardwalk Pub

Dist: 66 km

Class: Easy Roller

STOUFFVILLE RAMBLER - Two routes head to lunch at the Lion of Whitchurch Pub in Stouffville, long tour via Clarendon.

Start: Edwards Gardens

Dist: 75 & 93 km

Class: Short Tourist, Tourist

TOTTENHAM TRAIN RIDE - JOINT

TBN/GCBT - This time TBN CCR's host riders from the Great Canadian Bicycle Tours (GCBT) on a ride through the Caledon Hills.

Those who wish to take some extra time in Tottenham can enjoy an excursion on a steam locomotive or a jaunt to a framers' market.

Start: Meet for a 10:00 a.m. departure at the Mayfield Recreation Centre on the northeast corner of Bramalea Rd North and Mayfield Rd. The parking lot is a little further north on Bramalea, on the east side. To get there take Hwy 401 west to Hwy 410, then north to Mayfield Rd and east to Bramalea.

Dist: 53 & 80 km

Class: Country Cruise

Monday, September 4

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

Start: Shoppers World, Danforth

Dist: 32 km

Class: Leisure Wheeler

Après: Coffee Time

OAKVILLE ODYSSEY - Go from the west side of Toronto to the quiet gardens of classy Oakville. Pick up lunch at Tim Hortons or bring your own

Start: In the south parking lot of Kipling Subway. The entrance to the parking lot is on Kipling Ave, south of the railway overpass.

Dist: 65 km

Class: Easy Roller

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

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Sportif, Tourist

Sunday, September 10

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.

Start: Kipling 8:30 am

Dist: 106, 145 & 166 km

Class: Advanced Tourist, Tourist

GUILD INN PICNIC - Join us for a picnic on the grounds of the historic Guild Inn. Bring lunch or pick-up something along the way. New route. Some hills.

Start: Shoppers World, Danforth

Dist: 42 km

Class: Leisure Wheeler



Photo by Jon Watts

Saturday Morning Rides

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

CYNTHIA'S SCENIC CITY (PART 1B)

Circle around Toronto through the city's park systems, quiet streets, and affluent neighbourhoods of The Bridle Path area.

Start: Edwards Gardens

Dist: 62 km

Class: Easy Roller

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

Start: Kipling

Dist: 94 & 106 km

Class: Advanced Tourist, Tourist

Après: Tim Hortons

NEWCASTLE NAVIGATOR - All three rides leave from Newcastle and head north-east to Port Hope for lunch. The long route is very hilly as it goes furthest north, the medium route is moderately hilly and the short route is relatively flat. After lunch, the rides return to Newcastle along the Lake Ontario shoreline.

Start: Meet for a 10:00 am departure at Newcastle Public School. Head east on Highway 401 to the Mill Street, Newcastle exit (exit #440), then go north on Mill Street (towards the village of Newcastle) for 700 m., right (east) on Edward Street East for 300 m., right (south) on Glass Street for 300 m to the parking lot of Newcastle Public School.

Dist: 59, 75 & 99 km

Class: Country Cruise

Sunday, September 17

SIMCOE CENTURY/MT. ALBERT - A new, quieter route to the shores of Lake Simcoe and back. Shorter option lunches in Mt. Albert.

Start: Finch 8:30 am

Dist: 115, 131 & 162 km

Class: Advanced Tourist, Tourist

CYNTHIA'S SCENIC CITY & PRE-CENTURY RIDE - Prime yourself for the Alan Gordon Metric Century ride on 9/24 by doing this 60-75 km ride that follows parts of the Waterfront Trail in an easterly direction.

Start: Old Mill Subway

Dist: 60 km

Class: Leisure Wheeler

KING CITY - Visit Kleinburg and King City before stopping in Maple for lunch.

Start: Finch

Dist: 65 km

Class: Easy Roller

Après: Tim Horton's

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

Start: Finch

Dist: 85 & 102 km

Class: Advanced Tourist, Tourist

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

NIAGARA WINE LOVER'S TOUR - Wake up and smell the grapes. Tour the picturesque farmland, orchards, and vineyards of the western Niagara region, with many opportunities for tasting along the way. The ride is fairly gentle even when climbing the Escarpment.

Start: (New Start Location) Lincoln Community Centre in Beamsville. Take QEW Niagara to Exit 64, Beamsville. Go south (right) on Ontario Street 2.5 km to John St. (at lights). Turn left on John St, go 200m, then turn right on to Central Ave. The Community Centre is on the left. Allow sufficient travel time - this is about 105 km from Yonge & Eglinton.

Dist: 77 & 97 km

Class: Country Cruise

Sunday, September 24

HOCKLEY ROAD HURRICANE - Now in its eleventh year, this big looping route covers a lot familiar territory, plus the scenic part of the Hockley Road sandwiched in between. We've even got a silver Double Metric Century Patch for all those who complete the ride.

Start: Finch 8:30 am

Dist: 107, 131 & 205 km

Class: Advanced Tourist, Tourist

THE ALAN GORDON METRIC

CENTURY - Travel along the lakeshore from Toronto into Oakville. Mostly level trails and quiet streets, many exit points if you get tired. Bring lunch. Special commemorative metric century patch awarded to all those who complete the ride. The ride will have two groups. The first group will ride at an easy roller pace. The second will ride at a leisure wheeler pace.

Start: Boardwalk Pub 9:30 am

Dist: 100 & 100 km

Class: Easy Roller, Leisure Wheeler



Photo by Jeff Lawrence

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

Start: Finch

Dist: 85, 97 & 105 km

Class: Advanced Tourist, Tourist

Après: Slug & Lettuce, NW corner Yonge & Finch

GEORGETOWN-EQUESING

HYSTERICAL TOUR - This tour has resurrected past rides and charted the best roads of the area resulting in three fabulous options to tour this area. The routes avoid traffic trouble spots in both Georgetown and Acton while catching all the best scenery and a few of those Halton Hills.

Start: Stewarttown Public School. To get there go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road. The school is on the southeast corner. (Make sure you do NOT go to Pineview School!)

Dist: 47, 62 & 89 km

Class: Country Cruise

Sunday, October 1

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

Start: Finch 8:30 am

Dist: 121 & 139 km

Class: Advanced Tourist, Tourist

Après: TBD

RICE LAKE REVISITED - Enjoy the fall colours in the Northumberland countryside following three new routes to Rice Lake. Lunch in Bewdley on the shores of Rice Lake where there is a restaurant, store and waterfront picnic area. Note these rides start in Port Hope (not Cobourg!)

Start: Meet for a 10:00 a.m. departure at Port Hope Town Hall, 56 Queen Street - Exit #461 from Hwy 401, follow County Road #2 into town.

Dist: 59, 75 & 93 km

Class: Country Cruise

AUTUMN COLOURS - This final LW ride of 2006 will follow the Beltline Trail and some quiet residential streets.

Start: Davisville Tennis Courts at Millwood Rd & Mt. Pleasant.

Dist: 30 km

Class: Leisure Wheeler

Après: Tim Hortons

GUILD INN - Visit the beautiful Guild Inn, and have a picnic lunch on the grounds. We'll stop to buy lunch on the way.

Start: Boardwalk Pub

Dist: 60 km

Class: Easy Roller

Weekday Evening Rides

Fun and sociable Wednesday and Friday evening rides continue throughout the fall. Start times are at 6:30. Apres are at various Toronto establishments. Check the web site for details and locations.



Friday Night Ride to the Lighthouse - August 11, 2006. Photo by Ania Poradzisz

KETTLEBY/SCHOMBERG - Three routes through the historic village of Kettleby, before diverging to lunch stops in Maple or Schomberg.
 Start: Finch
 Dist: 72, 92 & 112 km
 Class: Short Tourist, Sportif, Tourist
 Après: Slug & Lettuce, NW corner Yonge & Finch

Sunday, October 8

CAMPBELLVILLE CLASSIC - Follow the quiet backroads to the Trail Eatery in Campbellville.
 Start: Kipling 8:30 am
 Dist: 110 & 130 km
 Class: Advanced Tourist, Tourist

CYNTHIA'S NEIGHBORHOOD STREETS (PART 3B) - See the city in its brilliant autumn colours along the Humber Trail and most beautiful neighbourhoods of Etobicoke.

Start: Etienne Brûlé Park
 Dist: 63 km
 Class: Easy Roller

GLEN WILLIAMS TOUR - Two routes to the town of Glen Williams for lunch at Glen Oven Bakery or a picnic in the park by the Credit River.
 Start: Kipling
 Dist: 95 & 115 km
 Class: Advanced Tourist, Tourist
 Après: Tim Hortons

CREDIT RIVER CRUISING II - Return to the wilds north of Brampton. A different route than earlier this season but with the same appeal of country roads not far from Toronto.
 Start: Alloa School. Go west on Hwy 401 to Mississauga Rd. Continue north to Mayfield Rd. (first road north of Hwy. 7). Meet at Alloa School on the north side of Mayfield Rd., just east of Mississauga Rd.
 Dist: 63 & 93 km
 Class: Country Cruise

Monday, October 9

DIM SUM BRUNCH - Try a Dim Sum lunch out in Richmond Hill.
 Start: Finch
 Dist: 60 km
 Class: Easy Roller

UNIONVILLE BRUNCH - Our traditional Thanksgiving excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jakes Pub & Grille.
 Start: Finch
 Dist: 55 & 80 km
 Class: Short Tourist, Tourist

Sunday, October 15

MT. ALBERT/UXBRIDGE - Two routes to lunch in Uxbridge. Short tour lunches in Mt. Albert.
 Start: Finch 8:30 am
 Dist: 110, 131 & 143 km
 Class: Advanced Tourist, Tourist

CYNTHIA'S SCENIC STREETS (PART 2B) - See the leaves at their peek colours along the Humber River.

Start: Etienne Brûlé Park
 Dist: 59 km
 Class: Easy Roller
 Après: Grenadier Café

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

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

Sunday, October 22

SCARBOROUGH BLUFFS - Visit the World Famous Scarborough Bluffs. Lots of places to grab lunch.
 Start: Boardwalk Pub
 Dist: 50 km
 Class: Easy Roller

LAKERIDGE PUMPKIN RIDE - Head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!

Start: Edwards Gardens
 Dist: 119 km
 Class: Advanced Tourist

STOUFFVILLE RAMBLER - A new improved route up to the Lion of Whitchurch pub in Stouffville, long route via Claremont.

Start: Edwards Gardens
 Dist: 75 & 93 km
 Class: Short Tourist, Tourist

Sunday, October 29

LAKESHORE TRAILS - A brisk ride to the border of Mississauga along the Lakeshore. Lunch at Tim Horton's.

Start: Grenadier Café, High Park
 Dist: 30 km
 Class: Easy Roller
 Après: Grenadier Café

MEANDERING MAPLE BAKERY - Three routes to a terrific lunch stop at Centro Bakery in the town of Maple.

Start: Finch
 Dist: 65, 84 & 96 km
 Class: Advanced Tourist, Short Tourist, Tourist
 Après: Tim Hortons

Sunday, November 5

TAYLOR CREEK - Come and enjoy the bike paths in and around Taylor Creek Park.
 Start: Shoppers World, Danforth
 Dist: 26 km
 Class: Easy Roller
 Après: Tim Hortons

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

Start: Finch
 Dist: 80, 95 & 107 km
 Class: Advanced Tourist, Tourist

Sunday, November 12

KETTLEBY/MAPLE - An undulating ride to the village of Kettleby, with lunch at in Maple on the return trip. Longer and shorter routes possible.

Start: Finch
 Dist: 75 & 95 km
 Class: Advanced Tourist, Tourist

It ain't over 'til it's over folks. Weather permitting we will continue to schedule weekly Sunday Tourist rides at 10:00 a.m. from Finch from now until Christmas. Check the web site, weekly email or Hotline for details.



Photos by Owen Rogers

2007 Ski Season is Closer Than You Think

Peter MacDonald, *v.p. skiing and snowshoeing*

As I write this, skiing and snowshoeing and cold weather are probably not on the minds of a lot of TBNers. That's understandable, the temperature outside right now is only 35C. Without the humidity worked in.

At the beginning of July, a group of six members met to start discussing plans for the 2007 ski season. I'd like to thank Jean Doiron, Janet Guttsman, Joan Melnick, Phil Piltch, Wendy Schlichter and Ala Tempska for offering to help put together what should be one of the best ski and snowshoe seasons ever offered by the TBN.

We are still waiting to hear from Coach Canada what the impact of rising fuel prices will have on the cost of their buses for next winter, current plans are to have them back again in 2007.

Our tentative ski season for 2007 is looking like this as of the end of July, and is subject to change between now and January:

Date	Destination	Comments
Sunday, December 31	Horseshoe	New Years Party after?
Sunday, January 7	Wasaga	
Sunday, January 14	Highlands	
Saturday, January 20	Silent Lake	
Sunday, January 28	Dagmar	
Saturday, February 3	Horseshoe	Moonlight Ski
Sunday, February 11	Scenic Caves	
Sunday, February 18	Ganaraska	
Sunday, February 25	Hardwood Hills	
Saturday, March 3	Arrowhead	
Sunday, March 11	Dagmar	
Sunday, March 18	Wasaga	
Sunday, March 25	TBD	TBN Spring Fling

Highlights include our Saturday trips to Arrowhead in March and to Horseshoe Valley in February for Moonlight skiing. January will include an extra Saturday trip, more than likely to Silent Lake Provincial Park.

Our last trip of the year will feature our first Spring Fling celebration. Highlights of the day will include a poker run in the afternoon, a costume contest and we are looking at the possibility of a club race in the morning. This will be our own event and we will not be heading to Hardwood Hills as we did in the past. Thank you to Ala Tempska for suggesting this last March and becoming the chairperson of the group organizing it.

Back next year will be snowshoeing. Attention all snowshoers, the snowshoe program needs you! Anyone interested in helping to scout out new parts of the Bruce Trail to snowshoe on, send me an e-mail at xcski@tbn.ca.

Coming up as well will be two or three ski and snowshoe education nights in October, November and January. Topics will include ski safety, an equipment and waxing night and a night on snowshoeing. Check the hotline in October and November for information on the education nights those months and the next newsletter for the January evening.

If you are interested in helping organize next years ski season or being a bus captain next year, send me an e-mail at xcski@tbn.ca

In the meantime, have a good summer and think snow in December!

The Fall City Walk Program

We are planning a new and exciting series of Walks for this season. We are anticipating starting the season around Mid-October-so watch the Web Site for exact details. We plan to run some of our favourites routes but are planning some entirely new expeditions. Specifically, we are looking at going a little further afield- by taking the GO Train northbound to visit various Conservation Centres in the Newmarket Area-or heading east to link up with the Waterfront Trail.

Finally-like all Club Programs we are looking for potential Tour Leaders to plan and run individual hikes. We are hoping to hold an open Planning Meeting for established and potential Walk leaders- sometime in early September-watch the Web site for further details.

Sincerely Mark Brousseau *Co-ordinator*



City Walk - High Park August 10, 2006. Photo by Ania Poradzisz