

\ The Toronto-Wide Touring and Recreational Cycling Club /

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/ \*\*\*\*\* VOL. 1 - NO. 3      Network Phone: 494-7987      \*\*\*\*\* \

## CHANGE OF ADDRESS

Even before you start reading this issue of the Network news, make a note that the mailing address for the Toronto Bicycling Network has changed. The phone number has stayed the same (494-7987).

NEW ADDRESS:   The Toronto Bicycling Network,  
55 Skymark Drive,  
Apt. #202,  
Willowdale, Ont.   M2H 3N4.

## LOUISE SUTHERLAND

ROUND-THE-WORLD cyclist Louise Sutherland was in Toronto on June 18th to give an enthralling account of her experiences on the road. Louise has been cycling on and off for the past 34 years and in 1978 went 2700 miles across South America through the Amazon jungle along a dirt, and mud track (which is misleadingly called the Transamazon Highway). Louise was more than fifty years old when she became the first cyclist to accomplish this feat and she did it alone!

Time was short, since the Network knew only a week ahead of time the exact date that Louise would be speaking. Yet we gained considerable exposure for Louise in the Star, Sun, Globe and Mail, on CITY-TV, and CFRB. We attempted to phone as many Network members as we could in the time available and flyers were distributed in bicycle stores throughout the city.

For those of you who missed Louise speak and would like to know more about her Amazon exploits, she has written a book called the IMPOSSIBLE RIDE. In between trips, Louise has volunteered considerable time in underdeveloped countries as a nurse; her book is being sold to raise money for a mobile medical clinic for the Amazon Indians who are badly in need of attention. To give you an idea of the power of Louise's talk, almost half of those in attendance picked up a copy of the book afterwards (eat your heart out, Pierre Berton). If you have an interest in bicycle travel or exotic travelling in general, then this is the book for

you. To quote Louise from a Sacramento newspaper article: "I don't get a penny out of it. People shouldn't think they're paying \$10 for a book, but that they're donating \$10 to the care of people in the Amazon and they get this nice little book as a gift." By the way, Louise not only wrote THE IMPOSSIBLE RIDE, but also publishes and markets the book herself. Hats off to Louise!

Title: THE IMPOSSIBLE RIDE  
Cost : \$10 (includes mailing)  
Payable to: The Toronto Bicycling Network

## SHORT NOTES

PREPARATIONS are underway for our Fall get-together. It would be nice to have a slide show or two. If people would like to show any trip they have been on, please get in touch with Richard as soon as possible (494-7987 eve.).

THOSE of you interested in bike maintenance and touring will be pleased to learn of two workshops offered this month.

Workshop: Bicycle Maintenance  
Description: How to Maintain and Repair Different Types of Bicycles  
When: Wed. July 13 - at 7:30 p.m.  
Where: Jarvis Collegiate - 495 Jarvis St.  
Admission: Free to Network members - New memberships available at the door

Workshop: Bicycle Touring  
Description: All Aspects of Touring: Preparation, Route Selection, Choosing Equipment, How To Get Started  
When: Wed. July 20 - at 7:30 p.m.  
Where: Jarvis Collegiate - 495 Jarvis St.  
Admission: Free to Network members - New memberships available at the door

BAD NEWS people. By popular request, the New Games Day has been cancelled. The last newsletter solicited six individuals to come forward as Player/Referees. And as there was insufficient response, New Games Day will be a non-event this year. Ah well, we'll try again next year.

THE SUMMER ISSUE of the City Cyclist is now out. It can be picked up in the City of Toronto at bike stores, libraries, rec. centres, community centres, and a variety of other locations around town. Due to the cost of mailing bulky material, the City Cyclist will not be sent with the Network newsletters. Instead, the Network is offering subscriptions to individuals which guarantees receiving the Fall 1983 and all of next year's issues. The cost of this subscription is \$3. Make cheques payable to the Toronto Bicycling Network.

GOOD NEWS. We have reached a milestone in the young life of the Network We are now more than 100 members strong. That means more people reading the ads, attending the events, and contributing ideas, time and talent. You can help the growth by telling those cyclists you know to become members and avail themselves of the services the Network provides.

\*\*\*\*\* OTTAWA IS FOR BICYCLING \*\*\*\*\*

By Alan Ardron - Network Member

One of the more enjoyable Canadian cities to bicycle in is Ottawa. The National Capital Commission has helped build miles of picturesque bike pathways all around the town. For the camping cyclist, the perfect campground to stay at is Camp LeBreton - located right in the heart of Ottawa! It is one mile west of the parliament buildings near Booth St. and the Ottawa Parkway, within site of the Ottawa River. The campsite is open June 7th to August 31 with a maximum stay of 5 days at a cost of \$3 a night. The setting is park-like and when you get up in the morning you can see the Ottawa business people bicycling to work on one of the major bike paths that runs past the campgrounds. There is 24-hour security and excellent shower facilities and wood is available for campfires.

Two miles to the north in Hull is the Gatineau Parkway, which has an 8 mile bike path running near it, in a country setting that dead-ends at Emerald Lake and an old mica mine. If the Gatineau Parkway is followed, it is quite scenic and hilly with little traffic and it also dead-ends 15 miles later at a scenic mile-high lookout overlooking farm land below. On the way back, an enjoyable stop at Mackenzie King's former summer residence makes a restful break.

Camp LeBreton gives preference to cyclist and hikers, whereas trailers and recreational vehicles are not permitted.

If you are looking for the ideal bicycling city with rural riding nearby, then Ottawa can't be beat.

-Fini-

## COMPANIONS WANTED - OUT OF TOWN

NOTE: Don't forget the listings from the last two newsletters. As a rule trips are listed only once, so keep your back issues around and don't hesitate to use them when you start planning your trip.

WEEKEND TOURING - Interested in getting together with others for 1 or 2 day weekend trips. Either O.C.A. or plan ourselves. Prefer camping weekends. Have car with room for one other bike if we happen to drive to events starting out of town. Call Carol Fisher at 461-1025(H) or 925-3311 Ext. 4461.

SHARE THE COST OF RENTING - Couple would like to rent car with other couple some weekends in order attend O.C.A. rallies out of town. Why miss good riding when we can cut expenses? Already have rack for four bikes. Call Norm or Ann at 766-1985 (home).

SQUARE ONE TO TWINKLEBONE TEAROOM - Join up with a group doing 80-85 miles on Sunday, July 16. The plan is to ride from Mississauga Square One shopping plaza to the Twinklebone Tearoom in St. George, Ont., have a hearty lunch there and then turn around to head back. This scheme materialized when a bunch of people on the Great Canadian Bicycle Rally were sitting in the tearoom during one of the weekend's tours and decided it was worth coming back for. As a bonus, you'll be riding with the greatest bunch of cyclists you could ever want to meet. Pace is moderate, not gruelling. Call Norm at 766-1985 (home).

TORONTO TO VERMONT - There are already four of us, but we're looking for more. We plan to leave between the latter half of July and the first half of August. The group is mixed and we have some interesting ideas about how to travel. Pace is 50-70 miles per day, depending how we feel. Our philosophy is: we stop when we feel like it, making the distance each day is secondary. If you like camping and hills, this one is for you. Trip length is 3-4 weeks, depending on how much time people can afford. We would return by train or plane. Call Richard today to get more details, at 494-7987 (home).

CYCLE ON THE CHEAP - This sounds like a great opportunity to travel with a veteran O.C.A tour organizer. Les is considering going on a tour around the world when he retires, but in the meantime he'll be doing his cycling in the province on trips such as the one listed below:

## **PENNY-PINCHERS BICYCLE VACATION SET FOR SUMMER/1983**

"Cousin Les" Cozens of Smiths Falls, Ontario invites you to explore the Mysteries of the Rideau Triangle from July 24th through August 6th, 1983, on a No-Frills Bikepacker Tour.

The Tour starts and ends at Lake Ontario Park in Kingston, Ontario, and along the way you'll learn whether you wanted to or not, the Mysteries of:

WHO WON CANADA'S LAST FATAL DUEL, WHAT HAPPENED TO HIM, AND DID HE MARRY THE GIRL HE FOUGHT FOR?

WHY DID CANADA SEND A 22,000 POUND CHEESE TO THE UNITED STATES IN 1983?

HOW MANY ISLANDS ARE IN THE 1,000 ISLANDS?

IS IT CAMPING ALLOWED OR CAMPING ALOUD IN THE SHADOWS OF THE PARLIAMENT BUILDINGS IN DOWNTOWN OTTAWA?

WHAT OTTAWA RESTAURANT INSISTS THAT ALL PATRONS MUST WEAR A TIE IN ORDER TO BE ADMITTED, THEN "SNIPS" THE TIES OFF WITH SCISSORS BEFORE ALLOWING THOSE SAME PATRONS TO BE SEATED?

WHERE ARE THE NORTH AMERICAN PIPE BAND CHAMPIONSHIPS HELD, DURING WHAT WELL-KNOWN GAMES, THE BIGGEST SUCH GATHERING OF THE CLANS IN NORTH AMERICA?

WHILE OSGOODE HALL IS ONTARIO'S LAW SCHOOL, WHAT KIND OF "BRIEFS" IS OSGOODE, ONTARIO BECOMING WORLD-FAMOUS FOR? NAUGHTY, BUT NICE!

WHERE IS THE BRICK OVEN BAKERY THAT MAKES EVERY CYCLIST'S MOUTH WATER?

Projected Tour costs \$98.00 for O.C.A. Members, and \$108.00 for Non-Members, to cover the costs of the Reserved Campsites.

**GET MORE FROM LES: "COUSIN LES" COZENS**  
OTTERDALE ESTATE, R.R. #4  
SMITHS FALLS, ONTARIO  
K7A 4S5

(613) 283-3844