

QuickRelease

Summer 2014: Volume 33 Issue 2



Toronto
bicycling
Network



New club jersey hits the road ...



President's Message

As I write this I am in quite a contemplative mood; having heard many opinions expressed about what TBN is doing right and where we may be missing the mark, I thought I would share some of the opinions I have heard and let you know my own opinions.

On the plus side, I have heard positive comments about many of things we are doing right – the variety of rides we offer, the overnight trips, the social events, the website, the on-line maps, the new club jersey and the fact that we are now using some of our reserve funds to give-back to youth in our community.

I am always pleased to receive positive feedback as it really makes me feel that, as a Board, we are moving in the right direction. The comments give a “lift to our day” but I have to admit that we expend a lot more energy in thinking about and dealing with the suggestions and negative comments.

So you now ask what the issues that are raised:

- There are people who want more rides, different rides and at different times and I do agree with those people. We would love to expand our ride program and we could do this but **we need more volunteers**. The answer to anyone who wants to expand our ride program is: Would you volunteer to organize the program, create the maps and lead the program? If you can't do all or some of this, do you know anyone who could or would? Once someone is willing to develop and implement a new ride or ride program, it will happen!
- Many of the rides have not changed for many years and if they have changed, they are not to everyone's liking. My first suggestions is to contact the Ride Coordinator and give them suggestions of different rides or the changes you would like on a particular ride; I know they will be receptive.
- Although most people are happy with the maps on-line, there are others who feel that they want a hard copy of the map given out at the beginning of the ride. Some people have even stated that the only reason they joined the club is to receive a hard copy of the map at the start of the ride. Firstly, we put maps on-line to allow members to view the routes before the ride and download to their GPS or to print out a hard copy if they wish. Secondly, we still give out hard copies at the start of the ride and we will continue to do that. However, I have difficulty with the statement that people are members of the club just to receive a map. TBN is a recreational cycling club so I would hope that people join TBN to ride with others at similar riding levels.
- People have complained that we are not a racing club and they are correct - we are not. We do have strong riders who ride in pelotons and we also have riders at many other levels but we do not train riders for races. We are a RECREATIONAL cycling club and we provide rides for all levels of ability; our goal is to make the rides enjoyable and social.
- I still hear complaints about people being left behind on tourist and advanced tourist level rides although I know there have been attempts to encourage people to buddy up with new riders. On some of the shorter Tourist rides, there is regrouping along the route. Although the onus is still on the rider to ensure that they are riding at the right level, I think as members we can still do a better job in providing support to new riders.

Trying to please 850 members can be an overwhelming task. However, I ask you to think about what you feel needs to be changed; then I need you to think about how we can improve and ask you to be part of the solution.

Together we can make TBN even better!

Arlene Smith, President

The Board of Directors

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Changes to TBN Board

Paul Price and Brenda Sweet, our long serving TBN Secretaries, retired from the joint role after many, many years of doing outstanding jobs of recording the Minutes for the Board and ensuring that all the data was stored safely and accessible to the Board. Thank you Paul and Brenda for all you have done and all you continue to do for TBN.

Our new Secretary, Janet Guttman, is well qualified for this position and has done an outstanding job since she began several months ago. In addition to her role as Secretary, she is doing a great job in writing the bi-weekly Chain of Events email. Thank you Janet for all you are doing.

Manuela Gobbatta, our Educational Director, retired from this position several months ago due to a heavy work commitment. Manuela created a structure for this position and provided us with a great variety of interesting and informative educational opportunities. Manuela set the bar for this role and is obviously greatly missed.

We really need someone to take over the reigns as Education Director; if you are interested in this position please contact me at president@tbn.ca.

Thank you again to Paul, Brenda, Janet and Manuela for all you do and have done for TBN.

Arlene Smith, TBN President



Join the TBN Facebook group at www.facebook.com/groups/tbn.ca



Tweet at www.twitter.com/#!/TOBikeNetwork



Editor's Message

Please send articles and program schedules to newsletter@tbn.ca by the **last week of August 2014** to meet the deadline for the Fall/Winter issue.

Sharon Chadwick, Newsletter Editor

Annual Spring Kick-off

Great turnout at the kick-off breakfast, on 10 May 2014, at Etienne Brulé Park. Perfect weather, lots of food, hot coffee, catching up with friends after a long winter, Easy Roller and Tourist rides from the park, all made for a very enjoyable event. Plus exciting to see so many new club jerseys out.

Thanks to everyone who participated in the annual 'slowest' race; a very impressive skill! Also, a big thank you to all the volunteers that helped make the event a success! It was great to have Cycle Toronto join the event again.

Susan Bishop, Social Director



May 17 - 26: Kentucky

Howdy Y'all! There are several compelling reasons to cycle in Kentucky: smooth pavement on quiet back roads (designed for the comfort of skittish equine royalty), drivers who treat cyclists with the deference normally reserved for such royalty, beautiful scenery, historic small towns, varied topography and impressive forest greenery. No wonder TBN'ers, Dinsmore Roach and Marie Ferguson, keep returning to the Bluegrass state.



In mid-May, our group car-pooled to Lexington to join Dinsmore and Marie for an 8-day cycling tour. Each of the next six days included a moderately-paced ride of around 80 km to a new hotel each night. We tested the all-you-can-eat buffet but the restaurant won; plus we discovered Kentucky has several 'dry' towns! Circling Lexington, the group explored the surrounding towns and by-ways, passing horses, cattle and churches in equal numbers and luckily it never rained on us!



Marie offered to drive a sag wagon this year, so the panniers we'd brought weren't strictly necessary but some kept them anyway, for practice sake. Route plans, hotel bookings, daily ride maps, meal stops and a whole lot more were all efficiently organized and provided by the Roach-Ferguson team; their five star hospitality was impressive and much appreciated.



Day #7 saw our group back in Lexington to tackle the 2014 "Horsey Hundred" that is a two-day event organized by the Bluegrass Cycling Club. There are eight optional routes, from 25 to 104 miles with route maps, rest stops, lunch and evening entertainment included. The atmosphere was relaxed; rather more like Cyclon than (say) the mad-dash Rideau Lakes tours. Sunday night, we celebrated new friendships with a last dinner before driving home the next day.

Sheila & Chris Jacobs

May 26: Bike Month Kick-off

Cycle Toronto kicked-off the 25th anniversary of the Toronto Bike to Work Day Group Commute & Pancake Breakfast at Nathan Phillips Square. What began as a City of Toronto Bike to Work Day celebration has evolved to become one of the largest events of its kind in Canada and is now organized by Cycle Toronto.



Dan Engels setup the table and TBN banner at City Hall. TBN was well represented with many volunteers meeting and greeting the public, plus answering many questions; approximately 40 people came by that were interested in the club. Luckily perfect weather made for a perfect event!



Once again, TBN provided ambassadors of the road in the 27th Ride for Heart. Approximately 40 TBN volunteers ventured out on the DVP and Gardiner Expressway to aid 14,000 cyclists. Our TBN ambassadors did us proud by assisting cyclists in need during the event, including flat tire changes, re-installing chains and some minor first aid. Joe Hickey once again organized this TBN program by marshalling and instructing the volunteers. A big thank you to the volunteers for getting up so early in the morning and providing an invaluable service to this signature event.



June 14 - 15: Toronto-Niagara-Toronto Overnight

For the first-time rider, TNTO is something of a daunting prospect. Even for the shorter option, the one that starts at Stoney Creek, the riding on the TNTO averages out at about 90km a day and there are options to start from High Park too, right in the heart of Toronto.

If the distance wasn't enough, you climb steep, twisting, potholed New Mountain Road up the Niagara Escarpment just a few minutes into the Stoney Creek ride, a challenge to both legs and lungs. The second day is a notch longer than the first because it detours through picturesque Niagara on the Lake, with its coffee shops, bakeries and even ice cream shops (not all of which are open first thing on a Sunday morning). If you stop off to take a look at the Falls before the hordes of tourists arrive, you'll end up with a relatively flat 'metric' century on day #2, although you do clamber back up the escarpment by a far gentler route mid-way through the second day before screaming back down to Stoney Creek on that steep and bumpy road. The longer routes offer more hills and more kilometres and of course more challenges.



But despite all that, it's an awesome ride, especially as was the case this year in that the wind was from the west as you headed east towards Niagara Falls on Saturday, but it swings round to blow you back to Stoney Creek on the Sunday. In previous years, the rides have been punctuated by rain, hail or blazing temperatures that left riders struggling to carry enough water but the weather this year held to the low 20s right through the day, so almost perfect conditions. It was even a little chilly to start the ride and chilly again on Saturday evening for those of us who didn't bring warm clothes.

A brief word of explanation and of encouragement to those who might think about joining the ride next year. Yes, it's an unsupported ride but those kind volunteers magically move your luggage from your start point to your

Niagara Falls hotel and back to the finish point; plus they feed you cake and water melon to celebrate your arrival. You carry what you need to ride, remembering that there are some places to stop and shop; plus places to stop and enjoy a stunning view of Toronto from the hills above Hamilton.



The family selling cookies and lemonade for charity didn't quite know what hit them as one rider after another stopped to eat and drink. We told them: "You've got 100 riders heading along this road so you had better go bake more cookies."

It doesn't matter how many times you've been to Niagara Falls, it remains a mesmerizing place and an exciting destination after a day on the bike.



Stop press: The organizers, who deserve all manner of praise for drawing up maps, booking hotels and getting everything to the right place at the right time, say there's a chance that New Mountain Road won't make it into the route next year. It will rob next year's riders of the chance to struggle up a hill that Strava tells me tops out at almost 16 percent; that is steep just in case you were wondering!

Janet Guttsman, Secretary

June 22: Hairshirt

The TNT Hairshirt is a personal cycling challenge; the name comes from a medieval form of penance, in which monks wore shirts woven of coarse horse hair. The 322 km Hairshirt ride pits the lonely rider and their bicycle against the road and the elements, and for this reason the organizers provide no support other than a map and encouragement. The Hairshirt was founded in 1978 and TBN assumed sponsorship in 1988; the records on the TBN website go back to 1992. Owen Rogers managed the event up through 2013 and the route in 2014 was still the one he created, starting and finishing at Square One in Mississauga.

On June 22, 54 cyclists set out on an ideal day for the 322 km ride. The weather was sunny with a temperature of 26°C. A 20 kph headwind was noted when riding east toward Niagara Falls. There were 49 finishers and five DNFs. The lead group finished with a time of 9 hours 47 minutes. The last ones in finished, before the cut-off time of midnight, with a time of 16 hours and 53 minutes.

Visit <http://www.tbn.ca/cycling/hairshirt.htm> for the full list of finishers.

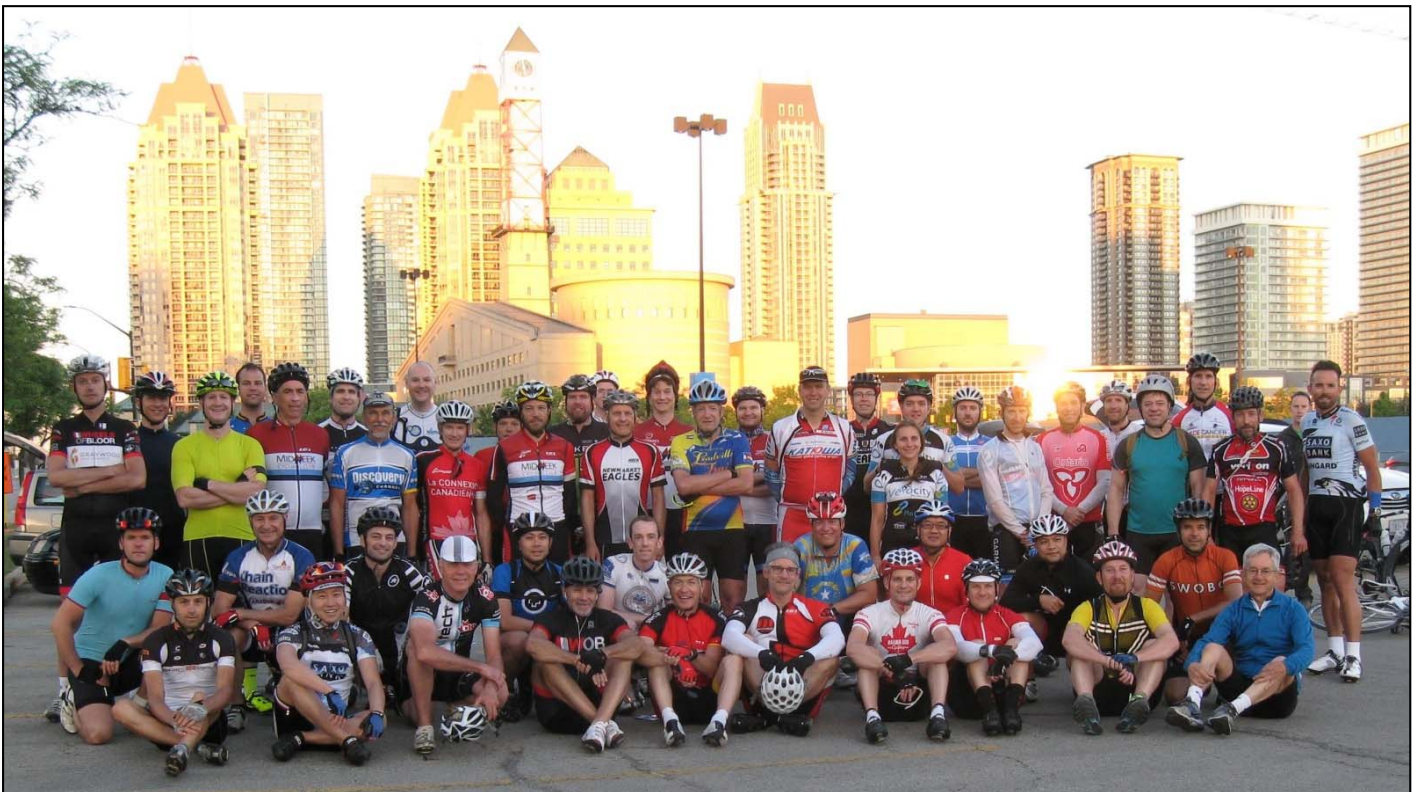
Some participants reported they had a great ride, while a few said never again! One rider quit after he hit a pothole and his electronic shifters quit. Another rider who stopped with 40 km to go reasoned that quitting was better than knee surgery. And someone's GPS unit gave up at the 280 km point (always carry navigational info on paper, as backup).

Bicycling clubs represented were:

TBN (8)
Midweek CC (4)
Lap Dogs (3)
Brampton CC (2)
Morning Glory CC (2)
Newmarket Eagles (2)
Velo-city (2)
Darkhorse Flyers (1)
Real Deal (1)

All in all, a great Hairshirt on a great day.

David Mader



Make 2015 your Hairshirt year by marking your calender now for June 21!

Overnight Trips

Summer Cycling & Camping

Enjoy the company of fellow cyclists while camping at a group site on Friday and Saturday night. The cost of \$40 for members, or \$45 for non-members, includes two pancake breakfasts and provisions for two sandwich lunches; dinner on Saturday night is potluck. On-road cycling routes are available from 40 to 100+ km; the terrain varies from relatively flat to quite hilly depending on the routes you choose.

For more information or to register for the trips below, go to the TBN website under Programs; or contact the organizers Paul Price and Brenda Sweet at presquile@tbn.ca or tecumseth@tbn.ca.

July 11 – 13: Presqu'ile Prescription

Cycle the scenic Prince Edward County area starting from Presqu'ile Provincial Park. In the evening enjoy a starlight walk to the lighthouse or just relax around the campfire.

Deadline for registering online is Sunday, July 6.

September 27 – 29: Simcoe Circle

Cycle Canada is offering this trip exclusively for TBN members. Starting and ending in Newmarket, the route circles Lake Simcoe in three days, with daily distances averaging 100 km. Included in the fee are two nights of accommodation in motels (double occupancy), two breakfasts, snacks during the three days of riding, route maps, van support and luggage transfer.



The Spirit Catcher on the waterfront in Barrie; photo by Joseph Hartman.

For more information and to be directed to the Cycle Canada website to register, visit www.tbn.ca/weekend and click on the link under Upcoming Trips.

The cost after June 15 is \$375 plus HST. Register soon as only 4/16 spaces remain at time of going to print.

August 22-24: Tecumseth Tranquilizer

Cycle the area surrounding Alliston starting from Earl Rowe Provincial Park. In the evening, enjoy a night hike along the Boyne River Valley or just relax around the campfire.

Deadline for registering online is Sunday, August 17.



Ottawa is SOLD OUT

October 10 – 13: Tour of Prince Edward County

More details coming soon on the TBN website.

Past trip

June 20 – 22: Waterloo Wramble

The trip was a great success with 14 cyclists. Feedback from Carl was that the format worked well, including having everyone bring their own dishes, cutlery and a potluck dinner. However, one of the routes was on rather busy roads.

New trips

Overnight trips are obviously popular; if you have an idea for a trip or would be willing to be a leader then please contact Jean O'Grady on weekendtrips@tbn.ca

Saturday Morning Rides

All rides start promptly at 9:30 am unless otherwise noted.

June 14: Edwards Gardens to Steeles & Leslie

The ride goes through quiet residential streets and cycle paths of North York to Steeles Ave for a coffee break, returning by a very similar route at 12 to 12:30 pm.

Start: Edwards Gardens

Distance: 25 km

June 21: Boardwalk Place to Jack Goodlad Park

The route uses a variety of roads, trails and residential streets via the Don River initially, then north easterly to Tom Goodlad Park, returning with a coffee stop at Tim Hortons on Kennedy Road.

Start: Boardwalk Place

Distance: 31 km

June 28: Old Mill to Humber College

The ride is to Humber College for a coffee break returning by a slightly different route, using another branch of the Humber River trail at approximately 12:30 to 1pm.

Start: Etienne Brulé Park

Distance: 48 km

July 5: Boardwalk Place to Sunnybrook Park

The route uses part of the Don River trail, north to Sunnybrook Park, and returns for a coffee at the Tim Hortons on Leslie/Lakeshore.

Start: Boardwalk Place

Distance: 27 km

July 12: Lighthouse to Lighthouse

The ride goes via the Leslie Street Spit and onto the Humber River, stopping at Sheldon's Lookout on the west side of the Eagle Bridge that spans the Humber River, returning by a similar route by 12:30 to 1pm for a coffee at the Tim Hortons on Leslie/Lakeshore.

Start: Boardwalk Place

Distance: 40 km

July 19: High Park to Evergreen Brickworks

The ride is to the popular Saturday Brickworks Market, for a break and maybe some shopping. Ride through central Toronto, using mostly quiet streets, the Beltline Trail and return via the Lakeshore and Martin Goodman Trail.

Start: Grenadier Café

Distance: 40 km

July 26: Boardwalk Place to Guildwood

The ride is to the Guildwood Parkway for a coffee break, using the Lakeshore Trail just east of Coxwell. The route uses a mixture of paths and residential roads, plus some

hills, returning by a slightly different route at approximately 12:30 to 1pm.

Start: Boardwalk Place

Distance: about 42 km

August 2: Victoria Park to Guildwood, via Hydro corridor

The route goes north-east using paths and trails including the Gatineau Hydro corridor and then south to the Lakeshore Trail, a coffee break in Guildwood and returning at approximately 12:30 pm.

Start: Victoria Park Subway parking lot

Distance: 34 km

August 9: Etobicoke Meander

A round trip of beautiful Etobicoke on streets and paths, with a break at Tim Hortons near Sherway Gardens.

Start: Grenadier Café

Distance: 31 km

August 16: Boardwalk Place to Guildwood

The ride is to the Guildwood Parkway for a coffee break, using the Lakeshore Trail just east of Coxwell. The route uses a mixture of paths and residential roads, plus some hills, returning by a slightly different route at approximately 12:30 to 1pm.

Start: Boardwalk Place

Distance: 42 km

August 23: Edwards Gardens to Steeles & Leslie

The ride goes through quiet residential streets and cycle paths of North York to Steeles Ave for a coffee break, returning by a very similar route at 12 to 12:30pm.

Start: Edwards Gardens

Distance: about 25 km

August 30: Old Mill to Humber College

The ride is to Humber College for a coffee break returning by a slightly different route, using another branch of the Humber River trail at 12:30 to 1pm.

Start: Etienne Brulé Park

Distance: 48 km

September 6: Boardwalk Place to Jack Goodlad Park

The route uses a variety of roads, trails and residential streets via the Don River initially, then north easterly to Tom Goodlad Park, returning with a coffee stop at Tim Hortons on Kennedy Road.

Start: Boardwalk Place

Distance: 31 km

Saturday Morning Rides

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September 13: High Park to Evergreen Brickworks

The ride is to the popular Saturday Brickworks Market, for a break and maybe some shopping. Ride through central Toronto, using mostly quiet streets, the Beltline Trail and return via the Lakeshore and Martin Goodman Trail.

Start: Grenadier Café

Distance: 40 km

September 20: Old Mill to Etobicoke Meander

A round trip of beautiful Etobicoke on streets and paths,

with a break at Tim Hortons near Sherway Gardens.

Start: High Park

Distance: 31 km

September 27: High Park to Port Credit

The ride is to Port Credit for a quick coffee break, using the Lakeshore Trail west out of Toronto into Mississauga, returning at approximately 12:30 pm.

Start: Grenadier Café

Distance: 40 km

Saturday Cruising Shorts

All rides start at 9 am unless otherwise noted.

June 07: Hornby/Campbellville

A Saturday jaunt along some quiet roads in the Halton Hills without Rattlesnake!

Start: Hornby Park in Hornby; take Hwy 401 west to Trafalgar Road, then head north to Steeles and west to Sixth Line.

Distance: 67 km

June 21: Beeline to Bowmanville

A popular, quiet undulating route from Oshawa to Bowmanville.

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

Distance: 68 km

July 05: Georgetown Equestrian Hysterical Tour

Get a head start on the September 25 version of this ride by trying a short route on a Saturday. Enjoy the Halton Hills from a different perspective.

Start: Go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road and meet at Stewarttown Public School on the south-east corner. **Do NOT go to Pineview School!**

Distance: 64 km

July 19: Tottenham Train Ride

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

Start: Meet at the Mayfield Recreation Centre on the north-east corner of Bramlea Road North and Mayfield Road. The parking lot is a little further north on Bramlea; approximately second entrance on east side.

Distance: 54 km

August 09: Hockley Hillraiser

A ride in the lovely countryside north of Schomberg; great for a "short" pedal.

Start: Take Exit 55 off Hwy 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy 27) and head south to the Arena.

Distance: 75 km

August 23: Halton Hills - Lowville

Enjoy the Halton Hills with the challenging option of mounting the escarpment (or not!) via Rattlesnake.

Start: Go west on Hwy 401 to Trafalgar Rd. Travel north to 5th Side Rd. Meet at Pineview Public School at the south-east corner of Trafalgar Rd & 5th Side Rd. **Do NOT go to Stewarttown Public School that is further north.**

Distance: 67 km

September 06: Goodwood Wanderer

This ride north of Stouffville includes a 'power stop' at the always tasty Annina's Bakery.

Start: Go north on Hwy 404 to Stouffville Road. Go east to the Stouffville Free Parking on the north side of Main Street, past the train tracks and next to the Library.

Distance: 61 km

September 20: Campbellville Country Cruiser

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

Start: Commuter parking lot at Guelph Line & Reid S.R. Note: 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.

Distance: 65 km

Sunday Easy Roller Rides

All rides start at 10 am unless otherwise noted.

July 6: Highland Creek

Ride out to the Guildwood area, then take a scenic loop through the Highland Creek park system down to a spectacular view of Lake Ontario. Lunch at Tim Hortons.

Start: Boardwalk Place **Distance:** 52 km

July 13: Tour of Toronto

A leisurely tour through Casa Loma, Upper Canada College, Forest Hill and Sunnybrook Park, primarily through bike lanes and recreational trails. This is a leisurely tour rather than a training ride so stops to regroup and see the sights. Lunch at Tim Hortons.

Start: Grenadier Cafe **Distance:** 47 km

July 20: Stouffville

Head up to Stouffville for lunch, at Tim Hortons, inevitably. This will get you out into the country for a change and has some long straight stretches.

Start: Scarborough Town Centre municipal parking lot
Distance: 60 km

July 27: The Big Loop

We'll go up the Humber Trail, across the top of the city and down the Don River paths to return along the Lakeshore. Lunch at Tim Hortons. A longer ride than usual to help get you in shape for Cyclon. Note: The ride last year finished at 5 pm so plan accordingly.

Start: Etienne Brulé Park **Distance:** 85 km

August 3: Lake Wilcox

A chance to get out of the city for those of us not at Cyclon. Visit Lake Wilcox in Richmond Hill. Lunch is at Tim Hortons this time around.

Start: Finch Subway **Distance:** 65 km

Monday August 4 (Civic Holiday): Port Credit

A shorter ride for the Civic Holiday to pretty Port Credit along the Waterfront Trail.

Start: Grenadier Cafe **Distance:** 35 km

August 10: Annual Club BBQ Ride

A don't miss event! The Easy Roller route heads east before meeting the other groups on Toogood Pond in Unionville. Food and fun for all classes of rider.

Start: Finch Subway **Distance:** 51 km

August 17: Eldorado Park

Travel through Mississauga and get rewarded with a beautiful lunch spot in Eldorado Park. Bring lunch or pick up something just before entering the park. This ride is at the top end of the Easy Roller category.

Start: Kipling Subway **north** parking lot **Distance:** 65 km

August 24: Oakville Odyssey

Go from the west side of Toronto to the gardens of Oakville; this route avoids busy Lakeshore Ave. Lunch at Tim Hortons.

Start: Kipling Subway **south** parking lot **Distance:** 73 km

August 31: Kleinburg

Come for a good Advanced Easy Roller style workout on the last weekend of summer. This is a longer version of the popular Maple ride that goes an additional 30 km out into the countryside and visits charming Kleinburg. A few good hills to test the muscles you've been working on all summer. Lunch at Tim Hortons. Optional return from Maple via a new route, with some gravel portions.

Start: Finch Subway **Distance:** 65 km

September 1 (Labour Day): Mimico Creek

Ride mostly on trails and quiet streets before stopping for lunch at Tim Hortons, across from Sherway Gardens. From there, it's a short ride to connect with the trails again, then head down to the Lakeshore then back to the start.

Start: Etienne Brulé Park **Distance:** 35 km

September 7: Gatineau Gallop

A newer ride that explores the recently constructed Gatineau trail in the eastern reaches of the city. Lunch at Tim Hortons - some things never change!

Start: Shoppers World **Distance:** 52 km

September 14: Alan Gordon Metric Century

Travel along the Lakeshore from the Beaches into Oakville. Mostly level trails and quiet streets with many exit points available if you get tired; bring snack foods to help keep your energy up.

Note: Ride classified as **Advanced Easy Roller**.

Time: Meet by 9:15 am for a **9:30 am sharp** departure

Start: Boardwalk Place **Distance:** 100 km

September 21: High Park – Centennial – Port Credit

Parks and river banks is the theme of this scenic tour. Ride through two parks and along two rivers to lunch in Mississauga, with a return along the scenic Waterfront trail.

Start: Grenadier Cafe **Distance:** 54 km

September 28: Fields and Streams

Ride out to Streetsville. Lunch at Tim Hortons. What more do you need?

Start: Etienne Brulé Park **Distance:** 65 km

***** Refer to back page for common start locations *****

Leisure Wheelers

Sunday rides start at 10 am.

Date	Ride	Distance	Start
July 1	Heavenly Holiday	24 km	Queen's Park
July 6	Toronto Island Tour	32 km	Shoppers World
July 13	Henry the Fifth - Part Two	35 km	Leslie Subway
July 20	Guild Inn	42 km	Shoppers World
July 27	Picnic in the Park	42 km	Boardwalk Place
Aug 4	Heavenly Holiday	24 km	Queen's Park
Aug 10	Annual Club Picnic – Toogood Pond	35 km	Finch Subway
Aug 17	Humber Trail & Beyond	54 km	Etienne Brulé Park
Aug 24	Old Village Tour	47 km	Etienne Brulé Park
Aug 31	Country Cruise	46 km	Lake Simcoe/Keswick
Sep 1	Heavenly Holiday	24 km	Queen's Park
Sep 7	Pre-Century Ride	62 km	Boardwalk Place
Sep 14	Alan Gordon Memorial Metric Century	100 km	Boardwalk Place for 9:30 am start
Sep 21	Taylor Creek Ride	30 km	Shoppers World
Sep 28	Asphalt Trail	25 km	Shoppers World

Friday Night Rides

All rides start at 6:30 pm unless otherwise noted.

Date	Ride	Distance	Start	Social Event
Jun 13	Luminato – TO Arts Festival	27 km	Grenadier Cafe	Luminato Hub at David Pecaut Square
Jun 20	Chris' Little India Route II	31.5 km	Riverdale Park East	Lahore Tikka, 1665 Gerrard St, E,
Jun 27	Toronto Pride Festival	32 km	Riverdale Park East	Toronto Pride Streetfest at Church & Wellesley
Jul 04	High Park to Wynchwood Park	25 km	Grenadier Cafe	Shox Sports Bar
Jul 11	High Park to Humber Trail, to Sunnyside Pavilion	20.5 km	Grenadier Cafe	Sunnyside Cafe
Jul 18	Beaches Jazz Festival	31 km	Boardwalk Pub	Beaches Jazz Festival at Woodbine Park
Jul 25	High Park to Etobicoke Creek & back to the Junction	28 km	Grenadier Cafe	Indie Ale House
Aug 01	Belt Line Climb	27 km	Riverdale Park East	New York Cafe
Aug 08	Pilaros Taste of the Danforth	23 km	Riverdale Park East	Pilaros Taste of the Danforth
Aug 15	Beaches to Scarborough & back	31 km	Boardwalk Pub	Boardwalk Pub
Aug 22	High Park to Wynchwood Park	25 km	Grenadier Cafe	3030 Bar at 3030 Dundas St.W
Aug 29	High Park to Etobicoke Creek & back to the Junction Note: 6:15 start	28 km	Grenadier Cafe	Shox Sports Bar
Sep 05	Bridgepoint to Warden Woods & Pottery Road	24.5 km	Riverdale Park East	Whistler's Restaurant
Sep 12	Bloor West Ukrainian Street Festival	20.5 km	Grenadier Cafe	Bloor West Ukrainian Street Festival at Runnymede & Bloor



Always check the website the night before or the morning of a ride for changes and/or cancellations due to bad weather.

Sunday Country Cruises

All rides start at 10 am unless otherwise noted.

June 22: Ashburn Tour

Another 'Wednesday Wheelie' favourite added to the Country Cruise schedule. Like all tours in the Durham area, this is a lovely ride along quiet roads with undulating terrain. Lunch in Enniskillen Conservation Area or picnic area near the Enniskillen store; bring lunch for this tour.

Start: Go east on Hwy 401 to Brock Road, north to Claremont and east on County Road 5 to Ashburn. Depart from Ashburn Community Park on the west side of Ashburn Road, 200m north of the main intersection.

Distances: 57km & 84km

June 29: Beaverton Canals, Causeways & Cottages

A flat ride around Beaverton exploring farmland, the Trent-Severn Waterway and the shores of Lake Simcoe. On the short ride there is no restaurant at the lunch stop so bring lunch.

Start: Beaverton Community Centre. Go north on Hwy 404 north, east on Davis Drive and north on Hwy 48, turn left on Durham Road 23 at Port Bolster, just past the drive-in theatre. In Beaverton, turn left on Bay Street (at the XTR gas station), then turn left on Main Street to the Beaverton Community Centre.

Distances: 59km, 86km & 117km

July 06: Hockley Hillraiser

A ride in the lovely countryside north of Schomberg to the Town of Hockley for lunch.

Start: Take exit 55 off Hwy 400, head west on Country Road 9 to 20th Side Road (first road west of Hwy 27) and then head south on 20th Side Road to the arena.

Distances: 75 km & 82 km

July 13: The Shelter Valley Shuffle

Explore the wonderful rolling hills and views north and east of Cobourg. This ride travels along some favourite, tree-lined roads of the area, including going south (downhill!) on Shelter Valley for all routes. The lunch spot is expected to be in a park in Grafton, so bring your own lunch or pick something up along the way.

Note: Route starts in Cobourg not Port Hope!

Start: Take Hwy 401 east to exit 474 – signed C.R. 45 Cobourg/Norwood. Go south on C.R. 45 (Division Street) for 2.8 km. Turn right (west) on Covert Street and in 100m park in the large lot on the left. Although the sign reads 'two hours free parking', there is free parking there all day Sunday. Washrooms located in Victoria Hall (a 2-min walk), or on Albert Street (a 5-min walk) and more at the Marina.

Distances: 54 km, 83 km, & 102 km

July 20: Campbellville Country Cruiser

A ride through the rolling countryside around Campbellville; unbelievable that there are such quiet scenic roads so close to Toronto! Lunch in park in Lowville.

Start: Commuter parking lot at Guelph Line & Reid Sideroad; lot is small. Go west on Hwy 401 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 side road and go approximately ½ km until past the last 'No Stopping' sign on top of the '80 kph begins' sign. Park on shoulder and ride back to commuter parking lot to begin ride.

Distances: 49 km, 62 km, 87 km & 115 km

July 27: Farm Boy Fred's Lake Simcoe Tour

Enjoy another opportunity to ride along Lake Simcoe past Sibbald Point and other optional attractions, including Bare Oaks Nudist camp. Undulating terrain with some hills on the longer route.

Start: 20726 McCowan Road, Rural Route # 1 Mount Albert (Fred Lee's parents' farm). Take Hwy 404 to the end, east on Green Lane to first set of lights, north on Woodbine to first set of lights, east on Mt. Albert S.R. 13, north on McCowan (garage on northwest corner) to farm on west side that has a lot of greenhouses. Be sure to enter farm at the top of a rise so you can see the southbound traffic before turning in; park where directed.

Distances: 68 km, 81 km, 97 km and 105 km

August 03: Georgetown Equestrian Hysterical Tour

Multiple distance options avail all levels of rider to choose from four fabulous routes, each incorporating a selection of the best tree-lined, scenic roads in the area. The routes avoid traffic trouble spots in both Georgetown and Acton while catching all the best vistas and a few of those Halton Hills.

Start: Go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road and meet at Stewarttown Public School on the south-east corner. **Do NOT go to Pineview School!**

Distances: 53 km, 64 km, 74km & 92 km

August 10: Toogood Pond Picnic Cruise

This Country Cruise has been specially designed so we can enjoy a ride in the country and still join other club members for annual picnic at Toogood Pond in Unionville. Starting from Stouffville there are several route options to ride: #1 travels east over rolling terrain with a gentle dip south and then back west to Unionville or #2 travels west and north around Musselman Lake and back south to Unionville.

Sunday Country Cruises

All rides start at 10 am unless otherwise noted.

Start: Meet at the North Stouffville Free Park. Go north on Hwy 404 to Stouffville Road and then east to the Stouffville Free Park on the north side of Main Street, past the train tracks and before Market Street.

Distances: 62 km & 85 km

August 17: Cobourg-Rice Lake Ramble

This is one of the prettiest rides of the summer, spinning over hill and dale throughout the Northumberland countryside. With three route options, no one misses out on this truly spectacular terrain. Bring lunch for a picnic on the shore of Rice Lake. A store, with picnic tables, is also available in Harwood.

Start: Take Hwy 401 east to exit 474 – signed C.R. 45 Cobourg/Norwood. Go south on C.R. 45 (Division Street) for 2.8 km. Turn right (west) on Covert Street and in 100m park in the large lot on the left. Although the sign reads ‘two hours free parking’, there is free parking there all day Sunday. Washrooms located in Victoria Hall (a 2-min walk), or on Albert Street (a 5-min walk) and more at the Marina.

Distances: 60 km, 74 km & 89 km

August 24: Elora Gorgeous Redux

Ride through picturesque Mennonite country north of Waterloo along the Conestogo and Grand Rivers to lunch in Elora. The terrain rolls moderately.

Start: Rim Park in Waterloo, about 115 km from Toronto. Take Hwy 401 west to Exit 278 and follow Hwy 8 to Kitchener /Waterloo. About 7 km later, follow signs for Hwy 85 North to Waterloo. After 7.7 km, exit onto University Ave E. In 4.1 km turn right onto Park Rd at the sign for Rim Park and Grey Silo golf course, then left into the parking lot for the Manulife Financial Sportsplex. Washrooms available.

Distances: 57 km, 72 km, 84 km and 98 km

August 31: Tottenham Train Ride

‘Steam’ along an undulating route north and then west through the Caledon Hills. Those who wish to take some extra time in Tottenham can enjoy an excursion on a steam locomotive or maybe a jaunt to a farmers’ market.

Start: Meet at the Mayfield Recreation Centre on the north-east corner of Bramlea Road North and Mayfield Road. The parking lot is a little further north on Bramlea (approximately second entrance on east side.)

Distances: 53 km & 80 km

September 07: Niagara Wine Lovers’ Tour

Wake up and smell the grapes! Tour the picturesque farmland, orchards and vineyards of western Niagara

Region, with many opportunities for tasting along the way. The ride is fairly gentle even when climbing the Escarpment.

Start: Lincoln Community Centre in Beamsville, about 105 km from Toronto. Take QEW Niagara to Exit 64, go south (right) on Ontario Street for 2.5 km to John St (at lights). Turn left on John St, go 200 m, then turn right on to Central Ave. The Community Centre is on the left.

Distances: 75 km, 100 km

September 14: Newcastle Navigator

Note: Ride starts/finishes in Newcastle, NOT Port Hope!

Three beautiful ride options that 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 at Newcastle Public School parking lot on Glass Street. Take Hwy 401 to the Mill Street, Newcastle, exit 440. Go north on Mill Street (towards the village of Newcastle) for 700m. Turn right (east) on Edward Street for 300m. Turn right (south) on Glass Street for 300 m. The school parking lot is at the end of Glass Street.

Distances: 59 km, 73 km & 98 km

September 21: Georgetown Equestrian Hysterical Tour

If you missed this ride in August, here’s your chance to enjoy this popular route that is especially appealing in pre-autumn weather. Multiple distance options avail all levels of rider to choose from four fabulous routes, each incorporating a selection of the best tree-lined, scenic roads in the area. The routes avoid traffic trouble spots in both Georgetown and Acton while catching all the best vistas and a few of those Halton Hills.

Start: Go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road and meet at Stewarttown Public School on the south-east corner. **Do NOT go to Pineview School!**

Distances: 53 km, 64 km, 74km & 94km

September 28: Rice Lake Revisited

Enjoy the fall colours in the Northumberland countryside following three new routes to Rice Lake prepared by Brian Hedney. Lunch in Bewdley on the shores of Rice Lake where there is a restaurant, store and waterfront picnic area.

Note: Ride starts in Port Hope, NOT Cobourg!

Start: Meet at Port Hope Town Hall, 56 Queen Street. From Hwy 401, take Exit 461 and follow C.R. 2 into town.

Distances: 59 km, 75 km & 93 km

Sunday Advanced Tourist Rides

All rides start at both 8:30 am and 10:00 am unless otherwise noted.

July 6: Agincourt to Jackson's Point Century

Leaving from the Scarborough launching point, head north up to Lake Simcoe and the community of Jackson's Point. All three routes stop at the Lake Simcoe Arms Restaurant for lunch. The longest route follows the lake through various towns; the other two routes take a more direct country route down to Agincourt.

Start: McCowan Subway

Distance: 170 km, 149 km & 137 km

July 13: Lakeshore to Campbellville – The Rattlesnake Edition Century

Starting from the friendly industrial confines of the Kipling Subway south parking lot, follow Lakeshore Road to the quiet back-roads to climb the escarpment. All three routes include the challenging and infamous Rattlesnake Point hill that is one of the most difficult climbs in southern Ontario. From there, all three routes diverge and then meet to lunch at the Trail Eatery. The good news is that it's all downhill from the Eatery.

Start: Kipling Subway **SOUTH**

Distance: 170 km, 139 km & 119 km

July 20: Newtonbrook to Mount Albert Century

Starting from the Newtonbrook base, ride up the rolling hills with a break at the Coffee Culture Cafe in Bradford. Then off to Mount Albert for lunch at the Prince Albert Pub; then head south through Markham.

Start: Finch Subway

Distance: 164 km, 138 km & 121 km

July 27: Newtonbrook to Alliston Century

Did you say hills? Well we got 'em galore on this one! Starting from the Newtonbrook base, ride up the rolling hills to Schomberg to grab a fair trade coffee at the rustic Grackle Coffee Company. Then off to Alliston for lunch, south through more hilly terrain in the Caledon Hills and the last stage starts when riding through Kleinburg back to Finch, via Maple.

Start: Finch Subway

Distance: 169 km, 141 km & 123 km

August 3: Agincourt to Port Perry—Where's King Henry?

What would a TBN ride be without going to "deepest" Scarborough? The McCowan Subway is the launching point to attack the rolling terrain north of the Metro Zoo and its fertile farmland, adding an authentic "country feel" to the ride. Excellent sandwiches and pub grub at Harp & Wylie's Canadian Grill House in Port Perry. Wonder if Henry the 5th would approve?

Start: McCowan Subway

Distance: 168 km, 140 km & 122 km

August 4: High Park to Streetsville **10:00 AM ONLY**

Enjoy summer riding conditions while they last. Ride along the lake, then through some of the towns that make up Mississauga. Lunch at Cuchulainn's Irish Pub. Two routes back include a great bikeway past the University of Toronto campus in Erindale.

Start: Grenadier Cafe

Distance: 101 km, 83 km & 68 km

August 10: Annual Toogood Pond Picnic

A leisurely ride through suburban side streets and country roads of York and Durham regions. The ride north eventually brings us to the historic village of Unionville for a bit of barbecue-fare before heading back to Finch.

Start: Finch Subway

Distance: 84 km

August 17: Lakeshore—Forks of the Credit Century

Ride south along the Lakeshore and then up the escarpment to Acton. Lunch at Tanners Pub, across from the Olde Hide House, so you know it'll be worth the cycle to Acton. The three rides diverge from here: the short ride goes just a little further north, while the century ride goes all the way to the Forks of the Credit Provincial Park. All rides converge just north of the 401, then take urban streets back to Six Points (Kipling–DunBloor).

Start: Kipling Subway **SOUTH**

Distance: 180 km, 150 km & 135 km

August 24: Agincourt to Kawartha Lakes Century

The full ride goes all the way to Lindsay, in the Kawartha Lakes region, and shorter rides go to Port Perry. Physical endurance with rides around some scenic lakes and countryside.

Start: McCowan Subway

Distance: 213 km, 158 km & 132 km

August 31: Newtonbrook to Innisfil Century

Starting from our Newtonbrook base, the ride goes to Lake Simcoe, through Schomberg, with a resting point at the Grackle Coffee Company, in order to go forward north to the lake named after the founder of Upper Canada and Toronto: Lord Simcoe. Not one but TWO century rides are offered. At this distance, could it be anything less? One group goes to Innisfil, while the other goes the shorter route to Killarney Beach. The non-century part of the ride goes close to the lake, but not

quite, as goes to Bradford and the Holland River.

Start: Finch Subway

Distance: 194 km (8:30 am only), 168 km & 128 km

September 1: Agincourt to Stouffville 10:00 AM ONLY

Victoria Day ride through the Rouge Valley and the farmlands to the north. Lunch at the Lion Pub.

Start: McCowan Subway

Distance: 109 km, 84 km & 64 km

September 7: Six Points to Orangeville Century

A ride through suburban west Toronto, Mississauga and Brampton before climbing the Escarpment. Dine at Mill Creek Pub, in downtown Orangeville. The three rides diverge at the Forks of the Credit Provincial Park. The shorter ride lunches at Coffee Bean Cafe & Grill on Old Baseline Road, in Caledon. All rides converge just south of the 401, and then take urban streets back to Six Points.

Start: Kipling Subway **NORTH**

Distance: 174 km, 155 km & 127 km

September 14: Agincourt to Jackson's Point Century

Leaving from our Scarborough launching point, head north up to Lake Simcoe and the community of Jackson's Point. All three routes dine at the Lake Simcoe Arms Restaurant in Jackson's Point. The longest route follows

***** Refer to back page for common start locations & directions *****

the lake through various towns; the other two rides take a more direct country route down to Agincourt.

Start: McCowan Subway

Distance: 170 km, 149 km & 137 km

September 21: High Park Dystopic Century

Riding from "utopian" High Park, at least that's how it's founder John Howard felt about it; tour the "dystopian" urban remains of the former industrial giant Steelco in Hamilton, before heading for the hills and riding through the suburban landscape of Mississauga. Two food stops: Coffee Culture Cafe & Eatery in Burlington and the Brown Dog Coffee Shoppe in Waterdown.

Start: Grenadier Cafe

Distance: 167 km, 150 km & 135 km

September 28: New Tecumseth–Caledon Hills Adventure Century

Starting from the Newtonbrook base, ride up the rolling hills to Schomberg to grab a fair trade coffee at the rustic Grackle Coffee Company. Then off to Tottenham for lunch, south through Caledon Hills and the last stage starts when riding through Kleinburg back to Finch, via Maple.

Start: Finch Subway

Distance: 167 km; 141 km; 123 km

Sunday Tourist Rides

All rides start at both 8:30 am and 10:00 am unless otherwise noted.

July 1: Holiday High Park to Streetsville

Enjoy the summer riding conditions while they last. Ride along the lake and through some of the towns that make up Mississauga, with lunch at Cuchulainn's Irish Pub. Two routes back, including a great bikeway past the University of Toronto campus in Erindale. The Guilty Dog Coffee House is a great place to take a break in either direction.

Start: Grenadier Cafe

Distance: 101 km, 83 km & 68 km

July 6: Agincourt to Cedar Beach Park

A more or less country ride, from our Agincourt starting point, through the Rouge Park into Durham county. The longer rides goes through Cedar Beach Park on the northern side of Musselman Lake for lunch at the restaurant there; the shortest ride lunches in Stouffville.

Start: McCowan Subway

Distance: 98 km, 86 km & 66 km

July 13: Lakeshore–Sort of Campbellville

Starting from the friendly industrial confines of the

Kipling Subway, the ride follows Lakeshore Road through the Mississauga bike path system. Lunch at Tim Hortons.

Start: Kipling Subway **SOUTH**

Distance: 90km, 78km & 68km

July 20: Newtonbrook to Musselman Lake

Starting from our Newtonbrook base, ride up through some suburbia but mostly on country roads. Longer rides stop at Country Stop Burgers and the shorter ride stops at Applewood Farm Winery so bring lunch.

Start: Finch Subway

Distance: 92 km, 80 km & 64 km

July 27: Newtonbrook to Nobleton

Starting from our Newtonbrook base, ride up the rolling hills to Nobleton, to grab food and coffee at the Cappuccino Bakery on King Rd. The 80 km route has the option of visiting an old club favourite stop "Dorio's Kettleby Italian Bakery".

Start: Finch Subway

Distance: 92km, 80km & 61km

Sunday Tourist Rides

All rides start at both 8:30 am and 10:00 am unless otherwise noted.

August 4: High Park to Streetsville 10:00 am ONLY

Enjoy the summer riding conditions while they last. Ride along the lake and through some of the towns that make up Mississauga, with lunch at Cuchulainn's Irish Pub. Two routes back, including a great bikeway past the University of Toronto campus in Erindale.

Start: Grenadier Cafe

Distance: 101 km, 83 km & 68 km

August 10: Toogood Pond Picnic

A leisurely ride through suburban side streets and country roads of York and Durham regions. The ride north eventually brings us to the historic village of Unionville for a bit of barbecue-fare before heading back to Finch.

Start: Finch Subway

Distance: 84 km

August 17: Lakeshore to Oakville

Starting from the friendly industrial confines of the Kipling Subway parking lot, the ride follows Lakeshore Road through to Oakville, on the longest routes. Lunch at Tim Hortons in Mississauga.

Start: Kipling Subway **SOUTH**

Distance: 101 km, 78 km & 64 km

August 24: Agincourt to Claremont

A more or less country ride from the Rouge Park areas in Durham and York regions. Ride a mixture of suburban streets and country roads with rolling terrain through fertile farmland. Lunch at the Old Brock Cafe and Pizzeria.

Start: McCowan Subway

Distance: 105 km, 85 km & 67 km

August 29: Newtonbrook to Schomberg

Starting from the Newtonbrook base, ride up through some suburbia but most riding occurs on country roads. The longest ride stops at the Grackle Coffee Shop and the Short Tourist ride stops at Tim Hortons.

Start: Finch Subway

Distance: 115 km, 79 km & 61 km

September 1: Agincourt to Stouffville 10:00 am ONLY

Victoria Day ride through the Rouge Valley and the farmlands to the north. Lunch at Lion Pub in Stouffville.

Start: McCowan Subway

Distance: 109 km, 84 km & 64 km

September 7: Six Points to Peel

Starting from the friendly industrial confines of the Kipling Subway parking lot, the ride goes through the Etobicoke suburban roads, then through Mississauga and eventually up to Brampton. The longest ride lunches at the Coffee Bean Cafe & Grill in Caledon and all other rides lunch at Tim Hortons in Brampton.

Start: Kipling Subway **NORTH**

Distance: 98 km, 77 km & 61 km

September 14: Agincourt to Cedar Beach Park

A more or less country ride from the Agincourt starting point, through the Rouge Park into Durham county. The longer rides go through Cedar Beach Park on the northern side of Musselman Lake to the restaurant there and the shortest ride stops in Stouffville.

Start: McCowan Subway

Distance: 98 km, 86 km & 66 km

September 21: High Park to Streetsville

Enjoy the almost summer riding conditions. Ride along the lake shore and through some of the towns that make up the western border of Mississauga. Lunch at Tim Hortons in Streetsville. Two routes back, including a great bikeway past the UoT campus in Erindale.

Start: Grenadier Cafe

Distance: 101 km, 83 km & 68 km

September 28: New Tecumseth? What Got in ta ya?

Starting from our Newtonbrook base, the Finch TTC Station, we ride up the rolling hills up to Schomberg to grab a Fair Trade coffee at the rustic Grackle Coffee Company. Then off to Tottenham for lunch, then south through the Caledon Hills. The last stage starts when we ride through Kleinburg back to Finch via Maple.

Start: Finch Subway

Distance: 109 km, 81 km & 61 km

October 5: Agincourt to Brooklin

Time to discover Toronto's eastern suburbs. From the Rouge Park to Pickering, Ajax, Whitby, Oshawa and Markham, we'll be riding a mixture of suburban streets, highways and country roads with rolling terrain through fertile farmland. Longer routes will have high-speed traffic passing cyclists at some points.

Start: McCowan Subway

Distance: 97 km, 78 km & 60 km

***** Refer to back page for common start locations & directions *****

Tuesday Ravine Rides

Enjoy park paths without the weekend crowds. The Ravine Rides are a series of relatively short rides at a moderate pace, generally taking 1–3 hours. These subway accessible **rides start at 10:30 am**, on Tuesdays, from mid-April to the end of October. The routes avoid busy streets as much as possible. Although some of the routes include unpaved paths, a mountain bike is not necessary. Optional coffee and sandwich stop after each ride. Distances are approximate and routes are subject to change due to weather and trail conditions.

June 17: Sunnybrook/Don Valley

Almost all of the route is paved. Some street riding, but two-thirds of the route is on bike paths and half is in ravines. Come and see the amazing half-elephants or maybe they're giant molars!

Start: Taddle Creek Park

Distance: 26 km

June 24: Taylor, Martin, and Don

A water theme: The Lakeshore, the Don River and Taylor Creek. Paved paths with a few blocks of street riding and 100 m of dirt path.

Start: Shoppers World

Distance: 26 km

July 1: Hogg's Hollow Holiday (aka Double Don)

After some street riding, this route dips down into Hogg's Hollow to cross the west branch of the Don River, then climbs back up to follow Wilket Creek to the east branch. Includes some unpaved paths and a bit of gravel.

Start: Oriole Park, one block west of Davisville subway station

Distance: 28 km

July 8: North by Northeast

A challenging route to L'Amoreaux Park that finishes with 2 km of unpaved paths hidden in the wilds of Willowdale. More street riding than most Ravine Rides, but it still makes it onto our bucket list.

Start: Finch Subway Park 'n Ride

Distance: 32 km

July 15: Hill and Vale, v2.0

Cedarvale, the Beltline, and the long, long glide down Moore Park Ravine. Lots of unpaved paths (one section will be challenging for very narrow tires).

Start: Taddle Creek Park

Distance: 22 km

July 22: Diagonal Lines – Finch to Kennedy

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

Start: Finch Subway Park 'n Ride

Distance: 23 km

July 29: Heart of Toronto

A heart-shaped ride linking ravines in the centre of the city. Some unpaved paths.

Start: Taddle Creek Park

Distance: 28 km

August 5: Humber and High Park

North along the Humber, then east to circle a pond, south through city streets and High Park to the Lakeshore, then west back to the Humber. Two short unpaved sections.

Start: Etienne Brulé Park

Distance: 24 km

August 12: Parallel Lines: Finch to Union Station

A one-way ride the whole length of the Yonge line. Get full value for your subway token. Overall the route goes downhill.

Start: Finch Subway Park 'n Ride

Distance: 30 km

August 19: 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: Kennedy Subway

Distance: 35 km

August 26: 3M: Long Form

Balfour Park, the lower Don, a bit of the Martin Goodman Trail, and several small obscure parks paralleling the long-buried Garrison Creek. All of the route is paved; some street riding.

Start: Taddle Creek Park

Distance: 29 km

Note: The Ravine Rides for September and October are still being developed; visit www.tbn.ca/programs/cycling/trr regularly for the latest schedule.

***** Refer to back page for common start locations & directions *****

Wednesday Wheelie Rides

All rides start at 10am; except during July and August.

Rides are tourist-level of approximately 60 - 90 km in length, on rural roads, about an hour drive out of Toronto. The rides tend to be on the social side with a lot of chat among the 'tranquillos' that average a relatively easy pace of 20 - 25 kph. On the other hand, the 'sportivos' can average 30 kph or more. The rides are informal in that a number of small groups self-organize according to speed and ride leaders ask that everyone comes prepared to be self-sufficient.

June 18: Ashburn to Enniskillen

A 62 or 85 km ride from the village of Ashburn to Enniskillen. Meet at Ashburn Community Park on the west side of Ashburn Road, 200m north of the main intersection. To get to Ashburn: Drive east on Hwy 401 to Brock Road, north to CR5 at Claremont, then east to Ashburn and north to the parking lot.

Note: Bring lunch on this tour.

June 25: King City to Schomberg

A 67, 86, or 99 km ride from King City, through the Holland Marsh, to lunch at the Grackle Coffee Company in Schomberg. Meet at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street. To get to King City: Drive north on Hwy 400 to King Side Road (exit 43), east to Keele Street and turn left.



July 2: Hornby to Belfountain or Glen Williams

A 68 or 86 km ride from Hornby to Glen Williams or to 'The Village Store' in Belfountain for lunch. Meet at Hornby Park. To get to Hornby: Take the 401 to Trafalgar Road (Exit 328), then go north to the lights at Steeles, turn left and drive 2 km to Hornby Park that is on your left.

July 9: Stouffville to Goodwood

A 57 or 73 km ride north from Stouffville to Goodwood for lunch at Annina's Bakeshop. Meet at the Free Parking Lot on Park Drive, just south of Main Street in Stouffville. To get to Stouffville: Drive north on Hwy 404 to the Stouffville Side Road and then east into Stouffville.

July 16: Ashburn to Port Perry

A 61, 77, or 108 km ride from the village of Ashburn to Port Perry. Meet at Ashburn Community Park on the west side of Ashburn Road, 200m north of the main intersection. To get to Ashburn: Drive east on Hwy 401 to Brock Road, north to CR5 at Claremont, then east to Ashburn and north to the parking lot.

July 23: King City to Caledon East or Kleinburg

A 73 or 100 km ride from King City to lunch in Caledon East or Kleinburg. Meet at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street. To get to King City: Drive north on Hwy 400 to the King Side Road (exit 43), go east to Keele Street and turn left.

July 30: Hornby to Campbellville

A 67 or 80 km ride from Hornby west to Campbellville for lunch at the Trail Eatery. Meet at Hornby Park. To get to Hornby: Take the 401 to Trafalgar Road (Exit 328), then go north to the lights at Steeles, turn left and drive 2 km to Hornby Park that is on your left.

August 6: Courtice to Bowmanville

A 55, 66 or 75 km ride from Courtice through the Durham drumlins to Bowmanville Golf and Country Club for lunch. Meet at the Community Centre in Courtice. To get to Courtice: Take Hwy 401 to Courtice Road/CR 34 (exit 425) and drive north to Courtice; the parking lot is on the left just past Hwy 2 (King St).

August 13: Stouffville to Uxbridge

A 61 or 87 km ride (or 81 km variation on dirt roads) from Stouffville to Uxbridge for lunch. Meet at the Free Parking Lot on Park Drive just south of Main Street in Stouffville. To get to Stouffville: Drive north on Hwy 404 to the Stouffville Side Road and east into Stouffville.

August 20: Hornby to Belfountain or Glen Williams

A 68 or 86 km ride from Hornby to Glen Williams or to 'The Village Store' in Belfountain for lunch. Meet at Hornby Park. To get to Hornby: Take the 401 to Trafalgar Road (Exit 328), then go north to the lights at Steeles, turn left and drive 2 km to Hornby Park that is on your left.

August 27: Schomberg to Caledon East

A 74 or 92 km ride from Schomberg to lunch at Trailside Café in Caledon East. Meet at the Arena parking lot in Schomberg. Schomberg is just west of Hwy 27 and south of Hwy 9; the Arena is on the west side of Main Street in Schomberg, just south of Hwy 9.

Wednesday Wheelie Rides

All rides start at 10am; except during July and August.

September 3: Ashburn to Enniskillen

A 62 or 85 km ride from the village of Ashburn to Enniskillen. Meet at Ashburn Community Park on the west side of Ashburn Road, 200m north of the main intersection. To get to Ashburn: Drive east on Hwy 401 to Brock Road, north to CR5 at Claremont, then east to Ashburn and north to the parking lot. **Bring lunch on this tour.**

September 10: Hornby to Lowville

A 60, 80 or 97 km ride from Hornby to Lowville. Meet at Hornby Park. To get to Hornby: Take Hwy 401 to Trafalgar Road, Exit 328. Go north to the lights at Steeles, turn left, and drive 2 km to Hornby Park that will be on your left.

Goodwood for lunch at Annina's Bakeshop. Meet at the Free Parking Lot on Park Drive, just south of Main Street in Stouffville. To get to Stouffville: Drive north on Hwy 404 to the Stouffville Side Road and then east into Stouffville.

September 24: Campbellville to Lowville

A 62, 74, or 109 km ride from Campbellville past Waterdown to lunch in Lowville. Meet at the Campbellville New Ball Park. To get to Campbellville: Go west on Hwy 401 to Guelph Line, Exit 312. Drive south over the 401 and immediately turn right onto Reid S.R. The entrance to the ball park lot is on the south side.

Wednesday Night Rides

All rides start at 6:30 pm unless otherwise noted.

July 30: North York Neighbourhoods

Ride the quiet streets of North York to take in the finest homes slowly being converted from bungalows to mansions.

Start: Edwards Gardens

Distance: 20 - 30 km

August 6: Central Etobicoke South

Ride around quiet streets and parks through Central Etobicoke.

Start: Etienne Brulé Park

Distance: 20 - 30 km

August 13: High Park to Marie Curtis

Come out for an enjoyable ride on city paths and quiet roads to see something different.

Start: Grenadier Cafe

Distance: 27 km

August 20: East to Main Street & Upper Beaches

A nice neighbourhood ride to the upper Beaches.

Start: : Riverdale Park at Langley and Broadview Avenue

Distance: 20 - 30 km

Aug 27: East York and Taylor Creek

Ride from East York to the Beaches

Start: Riverdale Park at Langley and Broadview Avenue

Distance: 20 - 30 km

Sept 3: Riverdale & those best routes

Come out with "Night'ers" and see what we really enjoy!

Start: Riverdale Park East at Langley and Broadview

Distance: 20 - 30 km

Sept 10: Waterfront to Marie Curtis Park

Come out for an enjoyable ride on city paths and quiet roads to see something different; finish at 'Bar With No Name'.

Start: Grenadier Cafe

Distance: 20 - 30 km

Sept 17: North York Neighbourhoods

Ride the quiet streets of North York to take in the finest homes slowly being converted from bungalows to mansions.

Start: Edwards Gardens

Distance: 20 - 30 km

Sept 25: East to West & Back

Ride across the Waterfront and return via the Davenport bike lanes.

Start: Riverdale Park East at Langley and Broadview

Distance: 20 - 30 km

Note: Unofficial rides will continue through October as long as the day time temperature is around 15°C. Plus a post season pub night is planned during October, at Whistlers, to celebrate another season of WNR.

***** Reminder to bring lights and wear reflective clothing for night rides *****

Riding for Cancer and Heart & Stroke Research

I have no doubt that there are many TBN'ers that participate or have participated in various charity cycle rides and have their own story as to why they ride. However, I thought I would share my story with you.

The first, in 2014, was the kick-off ride for 7 Days in May that is dedicated to raising awareness and funds to cure pancreatic cancer; Gord Townley founded this ride in 2012, in memory of his mother. This is the second time I have participated in the kick-off ride, however, riding all seven days around Lake Ontario is on the bucket list for 2015!



Next was the Ride for Heart and the second time that Kinross has entered a corporate team and, obviously, the second time that I have captained Team Kinross. Once again, the team was open to employees, family and friends but this year it was mandatory for individuals on corporate teams to raise a minimum of \$100. I organized two fundraisers in the office: a raffle and book/bake sale that brought in \$768 and massage therapy sessions that brought in \$400. The 22 riders raised over \$12k from team or individual fundraising, fundraisers and a very generous corporate match.



Seven years ago, a long-time friend asked me if I would join the Abcon Angels team to participate in the Ride to Conquer Cancer i.e. the inaugural ride. He had just been to the Princess Margaret Hospital to meet with Steve Merker, VP Business Development (aka Chief

Cycling Officer), with regard to the signage down the side of the hospital. Steve suggested he put in a team and so he started recruiting a team of friends and contacts that cycled; the rest is history.

Les Abro was captain of the team for the first three years, we co-captained for one year, and then he passed over the captaincy to me three years ago. In terms of numbers over the years, the team has gone up to 25 and down to 11, as some do it every other year, or take a break for a year, or only do it once for the experience. Only two on the team have done the Ride all seven times, however, another two did the Ride for the fifth time this year, so also rewarded with gold/blue helmets.

We have formed the most amazing friendships over the seven years and the camaraderie and team spirit is second to none. Being captain is obviously a lot of work as help with fundraising and training, organize pre and post ride team dinners, design the team jersey for day #2, organize refreshments for finish on day #1, etc but at the same time extremely rewarding and fun, so earning Gold Ambassador status for the past three years is secondary!



The Ride in itself is extremely rewarding, humbling, well organized and at times extremely emotional. My first ride was in memory of a South African friend who had immigrated to Canada the year before me; the next year was in memory of her husband; then it was in support and later in memory of my sister's childhood friend; plus many, many others. For the past three years I have been riding in support of my dearest friend of over 40 years, however, she lost her battle to cancer in June this year.

In the past seven years, the Abcon Angels team has raised over \$443k and I have personally raised over \$35k. The ride has become a way of life for me and already have 23 registered for 2015.

Sharon Chadwick
QuickRelease Editor

Day Trip

Saturday, August 16: Toronto – Niagara –  Home

Sixth annual one-way ride to Niagara Falls and return by GO train leaving at 7:20pm; dinner is in Niagara Falls.

The ride is approximately 150kms with an optional escarpment climb for an additional 5kms; open to 'Advanced Easy Rollers' starting at 7:30 am and 'Tourists' starting at 8:30am.

Ride Leaders: Jimmy Yeung & Neale Hunt

The Road Ahead

Visit <http://tbn.ca/otherevents> for list of charity rides and mass start races in Ontario.

CASL


TBN is currently reviewing the Canadian Anti-Spam Legislation act as to how it applies to non-profit organizations for the deployment of e-Newsletters (i.e. the bi-weekly "Chain of Events"), as well as other e-Mails regarding membership and event registrations.

Despite statements in the press about a July 1, 2014 deadline, there is in fact a three year transitional period, so TBN will not be requesting your "express consent" in the immediate future until we see how the law plays out for other non-profit organizations like ours.

If there is a lawyer in our club who would be willing to volunteer a legal opinion, TBN would be most grateful.

In the meantime, if you no longer wish to receive emails from the club, then unsubscribe by clicking on the link at the bottom of any email, or login and update your personal profile.

Photo Albums & Videos

Visit <http://tbn.ca/photos> for the new  channel; view the videos that members have contributed to date and add your own.



Don't forget to visit <http://tbn.ca/photos> for process of sending your photos to 'PhotoAdmin' to add to Flickr for all members to enjoy.

Member Discounts

Visit <http://tbn.ca/services> for list of retailers and services offering discounts to TBN members.

Cyclon Directors Wanted

The current directors, Neil Connolly and George Witte, are stepping down after spear heading Cyclon, for many years, by taking the club to Kitchener-Waterloo, Peterborough and, for the first time ever, to Ottawa.

TBN is therefore looking for one or two volunteers to work alongside a very experienced committee in order to direct future Cyclon events. Contact cyclon@tbn.ca to volunteer or for more information.



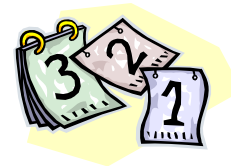
Membership

If you lead four or more rides in a season, in any ride class, then you are entitled to a complimentary TBN membership renewal. Complete the Ride Report after every ride; upload to the TBN website, within 30 days of the ride, and it will count towards your membership renewal.

Mark your Calendars



August 10: Annual Picnic at Toogood Pond



November 8: AGM & Dinner Dance at Whistler's Grille & The McNeil Room

GRANTHAM LIONS CLUB

732 Niagara St., St. Catharines, ON L2M 1A1



FROM TORONTO

- Take QEW to St. Catharines
- Take Niagara St. (exit 48), stay right and turn left onto Lakeshore Rd.
- Drive north on Niagara St. until you reach Lakeshore Rd.
- Grantham Lions Club is on the right hand side

FROM NIAGARA FALLS

- Go over the Garden City Skyway to St. Catharines
 - Take Niagara St. (exit 48) and turn right onto Lakeshore Rd.
 - Drive north on Niagara St. until you reach Lakeshore Rd.
 - Grantham Lions Club is on the right hand side
- Parking is available in the lot, across the street at Assumption Catholic School and off Lakeshore at Malcomson Park.

OFFICIAL START TIMES:

100 km 8:00 a.m.

50 km 9:00 a.m.

Participants should arrive at least 30 minutes prior to your route start time to check in.



HOW YOU CAN MAKE A DIFFERENCE

Your registration fee helps to offset event costs, including meals, rest stations with snacks and beverages and other event day costs. Fundraising in addition to this fee funds research that is desperately needed to develop life-saving treatments that bring hope to heart disease and stroke patients.

Healthy lives free of heart disease and stroke. Together we will make it happen.

FUNDRAISING TIPS THAT WORK

- Make the first donation: Set the example
- Start early: The sooner you start the more you'll raise
- Connect with family and friends: Ask your loved ones to fundraise on your behalf
- Online fundraising: Set a goal on your fundraising page and link it to Facebook, Twitter, or even your e-mail signature. Then send out personalized fundraising e-mails. Did you know that participants can raise up to 77% more money when they fundraise online and donors give 180% more?
- Personal Story: Tell your personal story of how you or your loved ones have been affected by heart disease and stroke

SPONSORED BY:

PEDAL

IN ASSOCIATION WITH:



fitforheart.ca/pedal100

PEDAL 100

FOR HEART AND STROKE

A cause worth pedaling for.

SUNDAY AUGUST 17, 2014

Join the movement towards creating more survivors



fitforheart.ca/pedal100

JOIN PEDAL 100

CYCLE WINE COUNTRY AND FUNDRAISE TO HELP THE MILLIONS AT RISK

Since the Foundation was created in 1952, the death rate due to cardiovascular disease has fallen significantly. Our understanding of heart disease and stroke as well as our capability to diagnose and treat them has advanced immensely.

The challenges our society faces today are very different, but no less compelling and urgent than 60 years ago when the Heart and Stroke Foundation was formed. The statistics speak for themselves:

- Every seven minutes in Canada, someone dies from heart disease or stroke
- Nine out of 10 Canadians have at least one risk factor for heart disease and stroke. One third report having three or more risk factors, and
- Every 13 minutes, someone experiences a cardiac arrest. Only five percent of those who experience one outside of hospital survive.

One of the most important insights the Foundation has gained over the years is that 80 percent of premature heart disease and stroke is preventable. The good news is that Canadians can modify some of the behaviours that are risk factors for heart disease and stroke in our lives.



THE PRESTIGE CLUB

RAISE \$500 OR MORE AND RECEIVE EXCLUSIVE ENTRY INTO THE PRESTIGE CLUB

- Your choice of 50 & 100km routes through beautiful Niagara region
- A delicious breakfast & lunch
- Fleece Picnic Blanket and a Heart & Stroke t-shirt

REGISTER TODAY

NEW HOST SITES & ROUTES

The routes start and finish by Niagara's historic Welland Canal and climb the always challenging Niagara Escarpment while passing fields of award-winning wineries, orchards and beautiful flowers.

All cyclists MUST register online before the event day. Go to fitforheart.ca/pedal100. Register before June 15, 2014 and pay a reduced registration fee of \$50 (\$60 afterwards). Please fundraise \$100 in addition to your registration fee to fund vital life-giving research and life-extending advancements in heart disease and stroke.

Together we can give Canadians more time to laugh, to love and to live.

GRAND PRIZE

With every \$100 raised receive a ballot for a chance to win the grand prize.

Funds raised support 1,500 dynamic researchers across Canada who are on the cusp of making groundbreaking discoveries for treating and managing heart disease and stroke.

- You're helping Dr. Christopher Caldarone at Sick Kids Hospital explore better surgical techniques for babies born with a single ventricle.
- You're helping Dr. Eva Lonn, a cardiologist at Hamilton Health Sciences, who is studying a new 'heart health multi-vitamin' that could have a huge impact on treating and preventing heart disease.

Together we can create more survivors.

ABOUT THE ROUTES

All routes are fully supported with beverages and snacks at rest stations along the route.

- SAG Wagons can assist riders but be sure to bring a patch kit, a pump and a full water bottle
- Cue Sheets and maps for 50 & 100km routes
- Wholesome, heart-healthy meal after the ride (closes at 3 p.m.)
- All riders must obey the Rules of the Road
- Helmets are mandatory



fitforheart.ca/pedal100



Coordinators

Easy Roller	David Middleton	easyroller@tbn.ca
Leisure Wheeler	Jamie Hauyon	leisurewheeler@tbn.ca
Tourist/Sportif	Joey Schwartz	tourist@tbn.ca
Country Cruise/Sat Shorts	Barry Pinsky & Rowena Maclure	countrycruise@tbn.ca
Tuesday Ravine	David Peebles	tuesravine@tbn.ca
Wednesday Wheelie	Ron Wilson & Dave Mader	wedwheelie@tbn.ca
Wednesday Night	Terry Walsh	wednights@tbn.ca
Friday Night	Mike Gurski	fridays@tbn.ca
Saturday Morning	Patsy Cook & Mick O'Meara	satmorning@tbn.ca
City Walks	John Burdett	citywalks@tbn.ca
Hiking	Vicki Bondi	hiking@tbn.ca
Ice Skating	Fred Lee	iceskate@tbn.ca
Skiing/Snowshoeing	Terry Walsh	xcski@tbn.ca
Spinning	Kathleen Harford	spinning@tbn.ca

Ride Classifications	Common Start Locations
<p>Leisure Wheeler: Distances of 20 - 60 km, at speeds of 15 - 17 km/h for a leisurely pace. Designed as a series of entry level rides for novices, seniors and riders returning after a long absence. Rides start at 10 am on Sunday and 10:30 am on Tuesday.</p> <p>Suggested programs: Sunday Leisure Wheeler and Tuesday Ravine.</p> <p>Easy Roller: Distances of 30 - 60 km, at speeds of 18 - 22 km/h for a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Rides start at 10 am.</p> <p>Suggested programs: Wednesday Night, Friday Night, Saturday Morning and Sunday Easy Roller.</p> <p>Tourist: Rides are for experienced cyclists, utilizing both urban and rural routes at faster paces of 23 - 28 km/h and longer distances of 60 - 215 km. On shorter rides of 60 - 70 km, a system of ride leader and organized formal regrouping will be attempted to keep together. On longer rides, grouping and regrouping is informal and riders are expected to download and preview the ride maps/cue sheets before a ride. Riders are expected to stay in a group and regroup at traffic lights before they hit the open road. Once on the open road, everyone is essentially on their own, at their own pace, and self-sufficient. Sportif riders do the same rides as Tourists, but at the faster 29 - 35 km/h pace.</p> <p>Suggested programs: Wednesday Wheelie, Saturday Cruising Shorts, Sunday Tourist/Sportif and Sunday Country Cruise.</p>	<p>Boardwalk Place (previously Boardwalk Pub): The parking lot is located at Northern Dancer Boulevard and Lake Shore Boulevard East. Paid parking is available near Boardwalk Place, however, parking on Coxwell Avenue is free.</p> <p>Bridgepoint Health: Meet in the park behind Bridgepoint Health, at the corner of Broadview Avenue and Langley Avenue. Parking is on Broadview Avenue.</p> <p>Edwards Gardens: The parking lot is located on the south west corner of Lawrence Avenue and Leslie Street.</p> <p>Etienne Brulé Park: The parking lot is located at the junction of Old Mill Road and Old Mill Drive i.e. around the corner and down the hill from the Old Mill subway station.</p> <p>Finch Subway: The Park 'n' Ride is located on the north west corner of Yonge Street and Hendon Avenue, one block north of Finch Avenue.</p> <p>Grenadier Cafe, High Park: Follow the signs south from the intersection of High Park Avenue and Bloor Street West.</p> <p>Kennedy Subway: Beside the elevator on the west side of the station, on Transway Crescent.</p> <p>Kipling Subway: The north lot of the Park 'n' Ride is located on Subway Crescent, south of Dundas Street West and west of Kipling; look for the signs. The south lot is accessed from Munster Avenue, off Kipling Avenue, south of Dundas Street West.</p> <p>McCowan Subway: The south parking lot next to FreshCo on McCowan Road, north of Ellesmere Road.</p> <p>Queen's Park: Near the King Edward statue at the north end of the park, just north of Wellesley Street.</p> <p>Shoppers World: Located on Danforth Avenue, at Victoria Park Avenue, one block south of the Park 'n' Ride for the Victoria Park Subway, in front of Coffee Time Donuts.</p> <p>Taddle Creek Park: One block north of the Bedford exit of the St. George subway station.</p>

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