



# QuickRelease

Meet People. Ride. Have Fun.

## HIKING

Hundreds of Rides  
Overnight Trips

**Fall City Walks**

and much more



**Annual Dinner & Dance and AGM**



rides

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## PRESIDENT'S MESSAGE

**T**he 2016 TBN cycling season started slowly with cool inclement weather but has finished with great weather and even greater events. Cyclon in Kingston had hot weather and an even hotter final dinner dance with a Hawaiian 'Aloha' theme. Cyclon was bracketed by several wonderful camping events at Presqu'ile Park and Rock Point Park.

There were also new events this season from safety courses based on the Can Bike certification to trying out the Pan Am Velodrome in Milton. These will be repeated and perhaps expanded for the 2017 season.

There will also be new events in the coming year; one based on the Travel Map at Cyclon which will be converted to an online forum on the TBN website. 'Who has cycle travelled where?' and 'Where would you like to go on a bicycle trip?'

But this all requires significant volunteer work which is what TBN is based on. Have you ever wanted to get more enjoyment out of TBN? Then try clipping your toe onto the TBN pedal and sign up as a ride leader (course in the spring of 2017) or volunteer to plan and organize an event.

There is always a healthy turnover of volunteers including at the board level where there will be positions open for elections at the Annual General Meeting in November. The Education Director and Board Secretary positions will be open and perhaps a few more.

If you are interested in any of these positions please contact me at [President@tbn.ca](mailto:President@tbn.ca) and update your volunteer preferences in your membership profile on the website.

Safe cycling,  
Ian



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Join the TBN Facebook group:  
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Tweet at: [twitter.com/#!/TOBikeNetwork](https://twitter.com/#!/TOBikeNetwork)

**Attention:** This is the final issue of Quick Release to include ride schedules. In the future there will **only be one special issue** published in late winter. All rides schedules are posted on our website: [tbn.ca](http://tbn.ca). We apologize for any inconvenience this may cause.

We are also in need of a **new editor** for the Quick Release newsletter. If interested, please contact: [publicity@tbn.ca](mailto:publicity@tbn.ca)

# FALL CITY WALKS

*By John Burdett*

**T**his year we will begin our Fall City Walk program on Thanksgiving weekend, Sunday, October 9. If you are looking for something to do when the weather is too cool for cycling, please join us. We will be doing some walks that we have done in previous years, as well as some new ones.

or a different subway station. The walks are typically about 10 km in length. Some have drop out points at shorter distances, and some have optional distances that extend the distance by a few km, for those who are interested in a longer walk. Some walks are entirely on city streets, while others use

walks, be sure to check the TTC scheduled subway closures at [http://www.ttc.ca/Service\\_Advisories/Subway\\_closures/index.jsp](http://www.ttc.ca/Service_Advisories/Subway_closures/index.jsp), as there are closures scheduled almost every weekend this fall. As we have done in previous years, we will also continue with a less formal walking program, starting in January



With one exception, **the walks start on Sunday morning, at 10:00 a.m.** The one exception is the Christmas Lights walk, which takes place on a Saturday evening. To make the walks easy to get to, all walks start at or very near a subway station, and end at or near the same

paved or unpaved trails. We try to have a bathroom stop near the start or before the mid-point.

Below is our schedule for October to December. **Please check the TBN website for additional details.** To ensure that you can get to the start of the

and ending when the weather is nice enough to bicycle.

## **SUNDAY, OCTOBER 9**

### **Interesting Buildings City Walk**

Starting at Union Station (in the Great Hall), we will walk past the tallest buildings in Toronto from 1905 to

## *Fall City Walks continued*

the present, as well as other interesting buildings. Walk will be entirely on city streets, and returning to Union Station.

### **SUNDAY, OCTOBER 16**

#### **New City Walk**

Starting from Rosedale station we will walk to Betty's at King and Sherbourne, about 10 km. Check the TBN website for details.

### **SUNDAY, OCTOBER 23 East Toronto Parks & Ravine City Walk**

Starting at Broadview Station, we will walk south of The Danforth, ending up at Glen Stewart Ravine and Queen. We can take a street car back for a 10 km walk, or walk an additional 2 km back to Main subway station. Walk will include some unpaved paths.

### **SUNDAY, OCTOBER 30**

#### **Laugh Like Crazy City Walk**

An old favourite. We will walk from Christie station past an eccentric house, the leaning houses of Shaw Street, and other interesting places. Walk is entirely on city streets and returns to the start.



### **SUNDAY, NOVEMBER 6**

#### **St Clair to Dupont City Walk**

From St. Clair station (entrance on south side of St. Clair, just east of Yonge, at street level) we will walk through the Vale of Avoca to the Brickworks, up Moore Park Ravine, through Mount Pleasant Cemetery, along the Beltline, through Cedarvale and Nor-

dheimer Ravines, and down the Casa Loma stairs to Dupont subway station. Total distance is 16 km, but there are drop-out points at subway stations at 7, 11, and 14 km. Route includes gravel multi-use paths.

### **SUNDAY, NOVEMBER 13**

#### **Garrison Creek Lost River City Walk**

Starting from the Tim Hortons at 550 St. Clair West (just west of Vaughan Rd, about 500 meters west of St. Clair West station) we will follow the course of Garrison Creek south to Fort York. Distance will be about 12 km, but we



will be close to transit lines, so there will be opportunities to drop out. The walk will be on city streets.

### **SUNDAY, NOVEMBER 20**

#### **Lookouts and Laneways City Walk-**

Starting from the Tim Hortons at 550 St. Clair West (just west of Vaughan Rd, about 500 meters west of St. Clair West station) we will walk to Chester subway station, a distance of about 13 km. We will see some interesting back alleys and scenic outlooks. This walk includes gravel and dirt pathways.

### **SUNDAY, NOVEMBER 27**

#### **Boyd Gang City Walk**

Starting from Broadview station, we will walk past the Don Jail and other locations relating to these notorious bank robbers in Toronto in the early 1950's. Walk will end at Lansdowne subway station and will be entirely on city streets.

### **SUNDAY, DECEMBER 4**

#### **Bonfire and Pot Luck Lunch**

Meet in front of the Public Library (on the southeast corner of Yonge & Lawrence, or at the Starbuck's on the southwest corner, just across the street from the Lawrence subway station (Yonge Line). Walk includes unpaved paths and trails. If we can get a permit, we will enjoy some hot cider around a roaring bonfire. Bring some food to share with you fellow walkers.

### **SUNDAY, DECEMBER 11**

#### **Mark Brousseau Memorial City Walk**

Meet at Victoria Park station for a walk around Mark's favourite part of the city, returning to the start. Walk will be on city streets.

### **SATURDAY, DECEMBER 17**

Meet at Yonge & Lawrence (near Lawrence Subway station) outside of Locke Library on the southeast corner at 5 p.m. for a walk of about 12 km through local neighbourhood streets selected for their beautiful Christmas light displays. There will be lots of opportunities to take pictures. There will be a mid-walk break at Sunnybrook Hospital, and an optional dinner stop at Sorn Thai (Yonge & Briar Hill).

# Overnight Trips

We'll publicize all the events in our regular Chain of Events newsletters, and post details on the TBN website, which is also where you will go to pay and to sign up.

**A**t press date, the 2017 weekend trips program was still in the planning stage, but there will be plenty to look forward to, for both for the ski season and for the cycling weather later in the year.

For the winter, we're again planning a trip to **Arrowhead in January**, with skiing, snowshoeing and hiking trails to suit all skill levels. Enjoy your day on the trails, then warm up by the fireplace

in the Tulip Inn Chalet in Hunstville. We'll offer a welcome social, a potluck dinner, breakfasts and snacks for lunch. For February, you can expect our annual excursion to **Wolf Den**, where skiing, snowshoeing and hiking are also all available. Again, most of your meals are included, and you'll help with a potluck dinner on the Saturday night. And if that's not your style, there's also a **February weekend to Wanakita**, which













offers 25 km of classic ski trails, as well as snowshoeing, skating, tobogganning, and a night ski to a bonfire. Summer plans are still being worked out, but you can expect two weekend camping trips, as well as a repeat of our popular bike and hike adventure to the Niagara region. **Prince Edward County** is on the agenda too.

*Watch the website for details.*

Another great **Picnic at the Too Good Pond** in Markham on Sunday August 7th!  
**Great turn out! Great weather! Great food!**  
Thank you for everyone who volunteered.



# RIDE SCHEDULES

 <b>Sunday Leisure Wheeler</b> 20 to 40 km at 14 to 18 km/h on streets and trails at a leisurely pace for novices, seniors or anyone getting back into cycling. Riders stay together in a group.	 <b>Tuesday Ravine Ride</b> 20 to 40 km at 14 to 18 km/h on streets and trails at a leisurely pace. Generally, riders stay together in a group.
 <b>Friday Night Ride</b> 20 to 40 km at 16 to 22 km/h on streets and trails for riders with some experience. Various routes - some shorter and latter, some hillier or longer. "The Friday night dinner ride".	 <b>Wednesday Night Ride</b> 30 to 50 km at 18 to 24 km/h on streets and trails for riders with some experience. A few of the routes are hillier or longer than usual. Generally riders are kept together in a group.
 <b>Thursday Night Ride</b> Urban streets and trails, 30 - 55 km, sometimes to 75 km or so. A bit more challenging than Wednesday or Friday, but social and group-oriented. No drop and regroup is a part of the fun.	 <b>Saturday Morning Ride</b> 30 to 50 km at 18 to 24 km/h on streets and trails for riders with some experience. A few of the routes are hillier or longer than usual. Generally riders are kept together in a group.
 <b>Sunday Urban Roller</b> 30 to 70 km at 18 to 24 km/h on streets and trails for riders with more experience. A few of the routes are hillier or longer than usual. Generally riders are kept together in a group.	 <b>Wednesday Wheelies</b> 50 to 110 km at 20 to 26 km/h for self-sufficient cyclists, with a remote start to explore the lovely rural countryside. The riders break up into self-forming bunches according to speed.
 <b>Sunday Country Cruises</b> 50 to 110 km at 20 to 26 km/h for more experienced cyclists, start outside Toronto to explore the countryside. Riders break into smaller groups according to speed and should be self-sufficient. Two or three distance options available.	 <b>Saturday Cruising Shorts</b> 60 to 80 km at 20 to 26 km/h for more experienced cyclists, start outside Toronto to explore the countryside. All riders do the same distance and should be self-sufficient.
 <b>Sunday Tourist Rides</b> 50 to 110 km at 20 to 26 km/h for more advanced cyclists, starting at TTC stations and proceeding into the countryside. Riders keep together on the way out of the city, and then break up into self-forming bunches according to speed.	 <b>Sportif Riders</b> Sportif riders average 27 to 35 km/h. Programs which attract sportif riders are Wednesday Wheelies, Country Cruises, Saturday Cruising Shorts, and Sunday Tourist Rides. Riders need to be self-sufficient.

**SATURDAY [Morning] RIDES** All rides start at 9:30 a.m. unless otherwise noted.  
 Ride schedules may change after press date, so always check [tbn.ca/events](http://tbn.ca/events) to confirm location and time.

## OCTOBER 8 Edwards Gardens south to Lakeshore loop

From Edwards Gardens, this is a new Saturday morning route that goes south using trails and roads to the Lakeshore, for a coffee/washroom break and returning a different way, partly on roads and on the Don River Trail.

**Start:** Edwards Gardens parking lot (Lawrence-Leslie)

**Distance:** 37 km

## OCTOBER 15 Athens Café (Boardwalk) to Guildwood

The ride is to the Guildwood Parkway for a coffee break, using the Lakeshore

Trail from Athens Café on Lakeshore just east of Coxwell. The route has more hills than our usual rides—a bit more challenging for riders—and uses a mixture of paths and residential roads, returning by a slightly different route at about 12:30 to 1 p.m.

**Start:** Boardwalk Place

**Distance:** 42 km

## OCTOBER 22

### High Park to Port Credit

From High Park, the ride will be to Port Credit for a brief coffee/washroom break. We'll use the Lakeshore Trail west out of Toronto into Mississauga, returning at about 12:30 p.m. by the

same route.

**Start:** Grenadier Café

**Distance:** 40 km

## OCTOBER 29 Athens Café (Boardwalk) to Sunnybrook Park—return for "end of season coffee break"

The ride is to Sunnybrook Park riding stables for a snack/washroom break, using some roads and some of the Don River Trail, returning by a slightly different route at about 12:30 p.m. As the last scheduled ride of the season we will end at a coffee shop close to the starting place.

**Start:** Athens Café, Boardwalk Place

**Distance:** 35 km



## SUNDAY **[Urban Roller]** RIDES All rides start at 10:00 a.m. unless otherwise noted. Ride schedules may change after press date, so always check [tbn.ca/events](http://tbn.ca/events) to confirm location and time.

### **OCTOBER 9 Highland Creek**

Come out to the Guildwood area and ride through lovely Highland Creek down to the shores of the Lake. With luck there should still be some fall colours to see. Lunch at Tim Hortons.

**Start:** Boardwalk Place

**Distance:** 52 km

### **Monday OCTOBER 10 (Thanksgiving) Maple**

This is the shorter holiday version of the ride to Maple TBN's favourite holiday destination. You'll be back in time for your mid-afternoon turkey dinner.

Snack stop at Tims.

**Start:** Finch Subway

**Distance:** 35 km

### **OCTOBER 16 Trails of Mississauga**

This ride explores the trails of Mississauga as well as Toronto. Ride is mostly on quieter streets and bike lanes.

**Start:** Etienne Brulé Park

**Distance:** 48 km

### **OCTOBER 23 Unionville**

A different route with an east end start that takes us up to just south of Unionville. Lunch at Tims of course.

**Start:** Victoria Park Subway

**Distance:** 52 km

### **OCTOBER 30 Mimico Creek**

The last scheduled Sunday Urban Roller ride of the year. Ride mostly on trails and quiet streets before stopping for lunch at Tim Hortons, near Sherway Gardens. From there, it's a short ride to connect with the trails again, then head down to the Lakeshore and back to the start.

**Start:** Etienne Brulé Park

**Distance:** 35 km



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

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# RIDE SCHEDULES

## SUNDAY [Tourist] RIDES All rides start at 10:00 a.m. unless otherwise noted.

Ride schedules may change after press date, so always check [tbn.ca/events](http://tbn.ca/events) to confirm location and time.

### OCTOBER 9 Newtonbrook— Maple is in Schomberg's Kettle

A bit of change up, as we go counter-clockwise up to Schomberg via some different roads west of Highway 27. The long ride goes to Schomberg, with lunch at the Grackle Coffee Company. The middle-distance ride goes up to Kettleby, with a stop at Dorio's Kettleby Italian Bakery. The shortest distance navigates around Maple. Lunch for the short ride is at Coffee Culture Café & Eatery in Maple (this is also an optional stop for the other two rides on their way back to Newtonbrook).

**Start:** Finch TTC station west parking lot  
**Distance:** 102 km; 83 km; 64 km  
**Ride classification:** Tourist/Short Tourist

### OCTOBER 16 Six Points to Peel

Starting from the friendly industrial confines of Etobicoke's Six Points community, immediately north of the Kipling TTC station, the ride will go through Toronto's Etobicoke suburban roads, then through Mississauga and eventually up to Brampton. For the longest ride, the lunch will be at the Coffee Bean Café & Grill in Caledon. For all other rides, lunch will be at Tim Hortons in Brampton.

**New starting point:** Tim Hortons on Dundas Street West at Auckland Road. It's been moved because of confusion where to meet in the TTC parking lot. You can still park for free in the TTC lot and then cycle the 300 metres to Tim Hortons.

**Distance:** 106 km; 79 km

**Ride classification:** Tourist/Short Tourist

### OCTOBER 23

#### Newtonbrook to Holland Marsh

A new route that goes through some familiar territory. The longest route actually goes through the Holland Marsh via Kettleby and Jane Street (new signal lights to cross Hwy 9). Longest ride has a lunch break at Starbuck's in Newmarket (plaza with other food options as well). Middle ride eats at a Tim Hortons in Aurora.

**Start:** Finch TTC station west parking lot

**Distance:** 111 km; 80 km; 59 km

**Ride classification:** Tourist

**Start time:** 9:00 a.m.

### OCTOBER 30

#### Agincourt to Cedar Beach Park

A more or less country ride from our Agincourt starting point. We'll ride through the Rouge Park into Durham county. The longest rides go through Cedar Beach Park on the northern side of Musselman Lake, and we will eat at the restaurant or the general store there. The middle distance ride will dine at the popular Annina's Bake Shop in Goodwood. The shortest ride will eat in Stouffville's finest Tim Hortons.

**Start:** South of McCowan TTC station parking lot

**Distance:** 101 km; 86 km; 64 km

**Ride classification:** Tourist/Short Tourist

### NOVEMBER 6

#### Newtonbrook to Schomberg

IT'S STANDARD TIME!

Did you set your clocks back one hour this morning?

Starting from our Newtonbrook base, the Finch TTC Subway Station, we ride up through some suburban, and quiet Sunday industrial lands.

Most riding will occur on country roads for the longer rides while for the shorter ride has about a quarter of its route in the country.

The longest ride stops at the Grackle Coffee Shop in Schomberg. The middle-distance ride has the option of stopping at Dorio's bakery in Kettleby, or the Tim Hortons on Kirby Road in Maple. While the Short Tourist ride stops at Tim Hortons on Kirby Road in Maple.

Hopefully all construction near Kettleby and Schomberg is finished, and we can enjoy the new Roundabout at Lloyd-



## *Sunday Tourist Rides continued*

town—Aurora Road at Keele Street.

**Start:** Finch TTC station west parking lot

**Distance:** 115 km; 79 km; 60 km

**Ride classification:** Tourist/Short Tourist

### **NOVEMBER 13**

#### **Six Points to Glen Williams**

Starting from the friendly industrial confines of the Kipling TTC station's north parking lot—behind the Service Canada Building, at Six Points. We'll cycle through Mississauga and Brampton on some of their fine country roads—while they last. All rides will lunch in Glen Williams (Georgetown) at The Glen Oven Cafe.

**New starting point:** Tim Hortons on Dundas at Auckland Road. It's been moved because of confusion where to meet in the TTC parking lot. You

can still park for free in the TTC lot and then cycle the 300 metres to Tim Hortons.

**Distance:** 123 km; 107 km; 96 km

**Ride classification:** Tourist/Short Tourist

**Start time:** 9:00 a.m.

### **NOVEMBER 20**

#### **Newtonbrook to Nobleton**

If you love hilly rides, the 108 km route has both Strawberry Hill on Weston Road, and the climb up Jane Street from Davis Road West. Other routes are less hilly.

Starting from our Newtonbrook base, the Finch TTC Station, we ride up the rolling hills up to Nobleton to grab food and coffee at the Cappuccino Bakery on King Road in Nobleton. The 61 km route ends at Coffee Culture in Maple.

**Distance:** 108 km; 85 km; 61 km

**Ride classification:** Tourist/Short Tourist

**Start:** Finch TTC station west parking lot

### **NOVEMBER 27 Unionville Brunch—End of the Season Ride**

Our final ride of the season to celebrate the great year we had. 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. Three routes to enjoy. We meet for a bit of pub fare at Jake's on Main before heading back Finch station.

**Start:** Finch TTC Station West parking lot

**Distance:** 101 km; 74 km; 60 km

**Ride classification:** Tourist

## **SUNDAY [Country Cruises]** All rides start at 10 a.m. unless otherwise noted.

Please check the Country Cruise webpage at least 24hrs. before scheduled ride for any possible changes.

### **SOCTOBER 9 Halton Hilly**

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 on the southeast corner of Trafalgar Rd & 5th Side Rd (not Stewarttown that is further north).

**Distance:** 66 km; 91 km; 103 km

### **OCTOBER 16 Ashburn to Port Perry**

Another Ashburn special courtesy of the Wednesday Wheelies! This is a pleasant ride from the village of Ashburn to Port Perry.

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

**Distance:** 61 km; 77 km



# RIDE SCHEDULES

## TUESDAY [Ravine] RIDES All rides start at 10:30 a.m. unless otherwise noted.

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 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.

### OCTOBER 4 Diagonal Lines: Downsview to Old Mill

A one-way route, devised by Dinsmore. Downhill overall, but there is one climb on rough ground.

**Start:** Entrance to Banting Park, opposite intersection of Banting Avenue and Embro Drive (Banting Park is south of Sheppard Avenue, one block east of Downsview subway station)

**Distance:** 37 km

### OCTOBER 11

#### Mimico Creek and the Humber, v3.1

Paved paths and only a few blocks of street riding. This extended version includes Alex Marchetti Park.

**Start:** Etienne Brulé parking lot (down the hill behind Old Mill subway station)

**Distance:** 26 km

### OCTOBER 18 Diagonal Lines: Kennedy to Union Station

All but a few blocks of this one-way route is in parks or on bike paths. About a kilometre of the route is unpaved. Part of the route may be changed if the lower Don path is still closed.

**Start:** Kennedy subway station beside the elevator on Transway Crescent

**Distance:** 24 km

### OCTOBER 25 Halloween Spirit

This downtown route uses the Beldline to visit two cemeteries. Includes a few hills and some unpaved paths.

**Start:** Taddle Creek Park, one block north of the Bedford exit of St. George subway station

**Distance:** 22 km

## WEDNESDAY [Wheelies]

All rides start at 10 a.m. unless otherwise noted. Ride schedules may change after press date, so always check [tbn.ca/events](http://tbn.ca/events) to confirm location and time.

### OCTOBER 5

#### Schomberg to Caledon East

A 74 or 91 km ride from Schomberg to lunch in Caledon East.

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.

The lunch stop is Gabe's Country Bake

Shoppie in a small mall in Caledon East with an outside sitting area. The mall also has a convenience store. It's the second building on the left side after you make the left turn in Caledon East onto Airport Road.

**Start:** Schomberg Arena, W. of Main St, Schomberg

**Distance:** Short 74 km; Long 91 km



### Ride With GPS is Free

New Club Account allows members to get premium benefits.

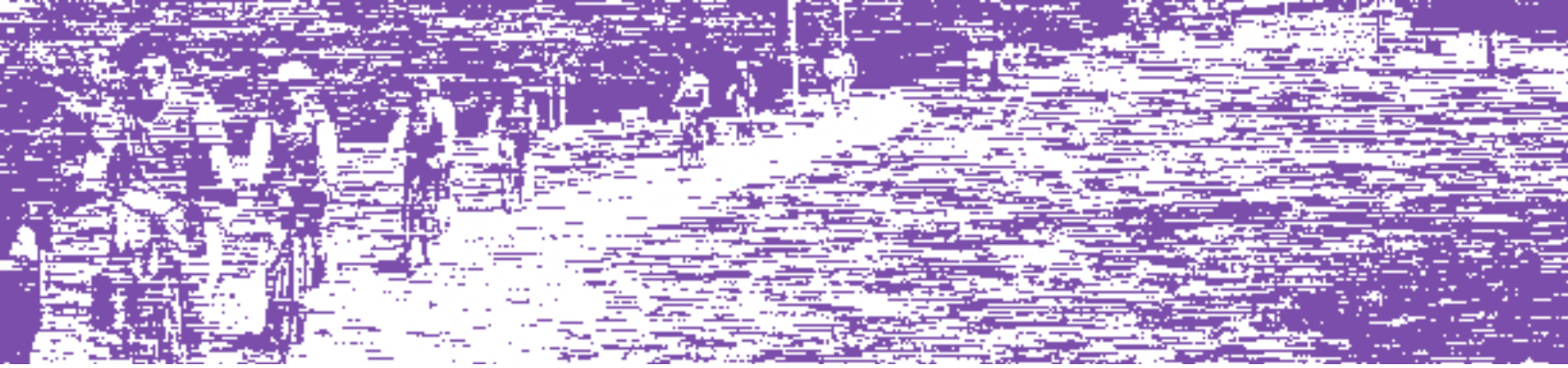
### We have some exciting news!

TBN now has a Club account with Ride With GPS! That means that all TBN members can enjoy the full features that Ride With GPS (RWGPS) offers, without paying for an account.

As long as the ride is listed in the TBN Club section, you will get the following benefits:

- 1) One-click loading of the route to your Garmin device.
- 2) Customize the layout and font-size of the cue sheet PDF to the way you like it.
- 3) Get turn-by-turn directions from the mobile app on your iPhone or select Android smartphones.
- 4) RSVP to rides

All you need to do is go to the RWGPS website or app and search for the TBN club account and follow the prompts. If you already have a RWGPS account, you're good to go. If not, it's easy to set-up a free account.



### Wednesday Wheelies continued

#### OCTOBER 12

##### **Courtice to Bomanville**

A 55, 66 or 75 km ride from Courtice through the Durham drumlins with lunch at the Bowmanville Golf and Country Club.

To get to Courtice, exit Hwy 401 at Courtice Road/CR 34 (Exit 425) and drive 4.2 km north to Courtice. The parking lot is on the left just past Hwy 2 (King St). Please park around the outside perimeter of the parking lot, so as to leave the parking spaces close to the building for the users of the building. Facilities are available in the Courtice Community Complex building.

**Caution note:** take extra care as you come out of Bowmanville on the short stretch going north on Regional Road 57, especially at the end of the stretch where it's necessary to cross Regional Road 57 in order to turn west onto Nash Rd.

**Start:** Courtice Community Complex  
**Distance:** Short 55 km; Medium 66 km; Long 75 km

#### OCTOBER 19

##### **Boston Church to Rockwood**

This is a 63, 80 or 98 km ride from Boston, Ont. north through picturesque Glen Eden (and also Limehouse and its old lime kilns on the medium and long routes) to Rockwood for lunch at either the Whistle Stop or Saunders Bakery. To get to Boston, Ont., take Hwy 401 to Milton and exit at Hwy 25 (Exit 320). Drive north on Hwy 25 for 2 km, turn right on 5 Side Road and go 1.3 km, turn left on Third Line (other sign is Boston Church Rd) and go 0.8 km. The historic church is on the right. For a pre-ride pit stop, there is a Tim Hortons on the right just past the first

traffic light after you get onto Hwy 25.

**Caution note:** Please ride single file on the 1.5 km stretch on Highway 7 coming into Rockwood.

**Start:** Boston Presbyterian Church (3 Line & 5 Side Rd), north of Milton  
**Distance:** Short 63 km; Medium 80 km; Long 98 km

#### OCTOBER 26

##### **Stouffville to Uxbridge**

A 68 or 89 km ride (or an 81 km variation on dirt roads) from Stouffville to Uxbridge for lunch.

Drive north on Hwy 404 to the Stouffville Rd, and then drive east into Stouffville.

Facilities are available at many of the chain restaurants and gas stations as you come into Stouffville.

**Start:** Free parking lot on Park Drive just south of Main Street in Stouffville  
**Distance:** Short 68 km; Long 89 km; Strade Bianche 81 km

#### NOVEMBER 2 Brampton Fall Fair to Forks of the Credit

A 59 or 82 km ride starting from the fairgrounds of the Brampton Fall Fair and going first up into the Caledon Hills. The routes next turn west and go through the Forks of the Credit, and then continue on past the Cheltenham Badlands. Lunch will be at The Village Store in Belfountain. To get to the fairgrounds, take Hwy 410 to the Mayfield Rd exit. Then follow Mayfield Rd/Peel Regional Rd 14 and Heart Lake Rd.

**Gravel stretch:** There is a gravel stretch of approximately 2 km on McClaren Rd just before the start of the climb up The Forks of the Credit to Belfountain.

**Start:** Brampton Fall Fair at the corner of Heart Lake Rd and Old School Rd,

north of Brampton

**Distance:** Short 59 km; Long 82 km

#### NOVEMBER 9 Markham to Mount Albert/Musselman Lake

A 70 or 90 km ride starting in Markham. The 70 km ride goes to Musselman Lake. The 90 km ride goes to Mount Albert and returns past Musselman Lake.

To get to the start go north on Hwy 404, then east on Major Mackenzie Dr to Kennedy Rd. Go south one intersection and turn east on Castlemore Ave, then south on The Bridle Walk to Weatherill Rd. Turn left into the parking lot.

Pre-ride facilities can be found at two nearby Tim Hortons restaurants. For lunch at Musselman Lake, bring a lunch or buy something at the Variety Store. For lunch in Mt Albert, there are several restaurants in the vicinity of Centre St and Main St. Consider the Twisted Fork on Main St across from the Community Centre.

**Start:** Berczy Park, Markham

**Distance:** 70 km; 90 km

#### NOVEMBER 16

##### **Schomberg to Hockley Valley**

A 65, 78 or 95 km ride from Schomberg, with lunch at The Hockley General Store and Restaurant in Hockley. 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.

Need pre-ride facilities or a coffee? Tims is nearby.

**Gravel stretch:** The long route has a 1.5 km stretch of unsealed road lined with wonderful stately trees shortly after passing Upper Canada Camp and turning west

*Wednesday Wheelies continued*

*towards Orangeville.*

**Caution note:** The medium and long routes cross Highway 9 at kilometre 33.2. Highway 9 can be busy, including with trucks. Cross carefully.

**Start:** Schomberg Arena, W. off Main St, Schomberg

**Distance:** Short 65 km;  
Medium 78 km; Long 95 km

### NOVEMBER 23

#### Stouffville to Goodwood

A 63, 80, or 99 km ride north from Stouffville with lunch at Annina's Bake-shop in Goodwood.

To get to the start, drive north on Hwy 404 to Stouffville Rd, and then go east into Stouffville.

Facilities are available at many of the chain restaurants and gas stations as you come into Stouffville.

**Caution note:** Riders on the short route should ride single file going west on Sanford Rd. starting at kilometre 29.7.

**Start:** Free parking lot on Park Drive just south of Main Street, Stouffville

**Distance:** Short 63 km;  
Medium 80 km; Long 99 km

### NOVEMBER 30

#### King City to Bradford

A 63 km ride north from King City through the Holland Marsh to lunch in Bradford at either Tim Hortons or Coffee Culture Cafe & Eatery (or 24 km just to Kettleby).

To get to King City drive north on Hwy 400 to King Rd (Exit 43). Go east on

King Rd to Keele Street and turn left.

**Start:** Municipal Parking Lot, NW corner, King Rd & Keele St, King City

**Distance:** Just Kettleby 24 km;  
Bradford 63 km

### DECEMBER 7 2016 Closing Day

The closing day rides will start from the Richmond Green Library, just north of the corner of Leslie and Elgin Mills Road. The rides do not have a designated lunch or other refreshments stop.

However, there are several options in the Musselman Lake area or in Mt. Albert, or you can bring a lunch or snack with you.

**Start:** Richmond Green Library, just north of the corner of Leslie and Elgin Mills Road

**Distance:** Short 60 km;  
Medium 73 km; Long 94 km

## Winter Cycling

Come out and learn how you can continue to cycle through the winter and stay warm. Learn how to choose the best clothes that are now available from a new array of fabrics.

When the temperature is 10 C, you will feel like it is 20 C. If you can ski in cold weather why not bike in cold weather?

TBN member, Dinsmore Roach bikes every day of the year. He will share his experience, offer recommendations and answer all your winter bicycling questions.

Register on the TBN website.

**Date:** Thursday, October 13

Please visit the TBN website for location and directions: [tbn.ca](http://tbn.ca)

# HIKING

By  
Vicki  
Bondy

**Hike planning** is complete, with hiking starting in November. We have many exciting fall hikes this year as the cycling season starts to wind down. All TBN Sunday hikes are loop hikes that start and end at the same location.

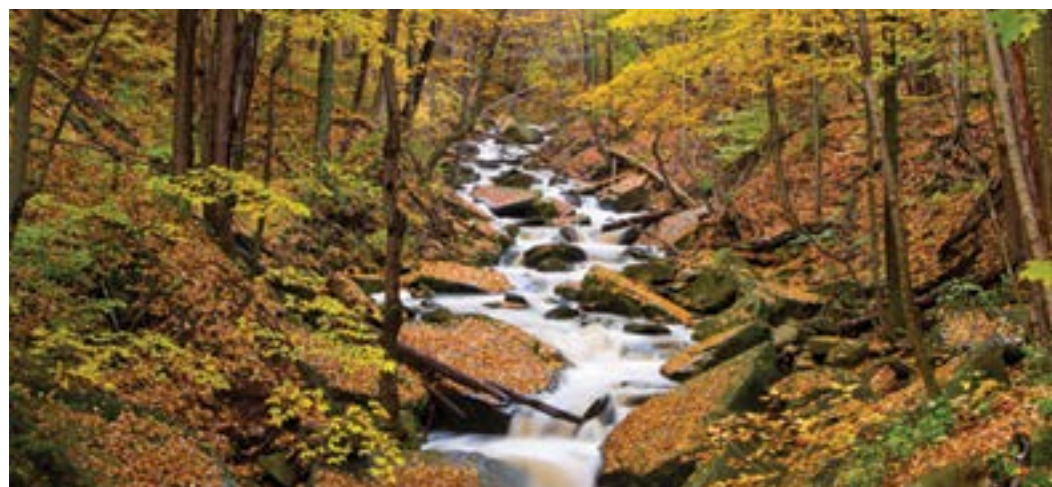
**Start times are all at 10:00 a.m.** and we aim to keep the pace moderate (~4.5 km/hr), with distances from 12 to 16 km. **The actual start location and directions are on the TBN website.** We

will hike the hills and valleys, rocks and trails. Dress for the weather, we hike snow or shine! Wear sturdy shoes, bring water, camera, and snacks.

## NOVEMBER 6

### Dundas Valley Waterfalls

November signals the middle of the fall season. Come out as we enjoy the late fall weather hikes. We start west of Toronto, and follow the Niagara Escarpment through Dundas Valley Conservation Area, and encounter many Ancaster waterfalls along the trail. We will see lookouts, a replica of a Victorian train station, ruins, and beautiful, rolling terrain. A favorite TBN hike of 2015. No parking fees.



## NOVEMBER 13

### Goodwood/Secord Trail

Northeast of Toronto, we will hike through plantations, diverse forests and, wetlands. Studies show that just walking in a forest can reduce your stress. No fees.

## NOVEMBER 20 Bennett Heritage Trail—Silver Creek

Northwest of Toronto on the Bruce Trail, this hike starts at Scotsdale farm and does a large loop through the Silver Creek area and Bennett Heritage Trail. We will see lots of mature maple, beech and white pines, including a walk around the Great Esker, and over numerous limestone rocks. No fees.

## NOVEMBER 27 Seneca King Campus/Mary Lake/Eaton Hall

Northwest of Toronto on the Oak Ridges Moraine, this hike will have rolling hills, forests and wetlands, and a great view of Eaton Hall. Optional lunchstop at a local café along the trail (purchasing of lunch only). No fees.

## DECEMBER 4 Rouge Park

Rouge Park, Canada's first urban National Park, is just on the eastern edge of Toronto. Take in the sights the park has to offer and enjoy the company of like-minded hikers. Hike along the "hog's back", see the old growth Carolinian forest, oversee the valley on the lookouts, check out the wildlife at the ponds, and sit by a 1893 Ontario farmhouse. No fees.

# BEING TICK SMART ON HIKES

**Ticks** do live in the woods or tall grasslands, and some can carry Lyme disease. The risk of getting Lyme disease from a tick bite is very small. Ticks cannot fly, but wait for an animal or person to pass nearby where they make contact. They climb on and attach themselves to the skin to feed.

### What can you do to stay safe from ticks:

- Wear protective clothing to prevent ticks from attaching to your skin.
- Wear long sleeves, long-legged pants tucked into your socks, and wear closed toed shoes.
- Use insect repellents containing DEET, and apply to both clothes and skin.
- Stay in the centre of the trail to avoid contact with low bushes and long grasses.
- Check for ticks on and under clothing.
- Wash clothes promptly and put them in the dryer with heat to help kill any ticks that remain.

**For more info on ticks, Lyme disease, and what to do if you get bit, please visit Health Canada's website:**  
<http://bit.ly/1Drr1D6>





Join old friends and  
meet new ones at the  
**Annual TBN  
Dinner & Dance  
and AGM**  
on  
**Saturday November 5th.**

Registration is now open through  
the TBN home page.

# FRIDAY NIGHT Ice Skating

**starts November 18  
at York Mills Arena, 6:45 p.m.**

**H**i everyone, welcome to Friday Night Ice Skating. My name is Fred Lee and I am your ice skating coordinator. F.N.I.S. is an outdoor ice skating party every Friday night from mid-November to mid-March usually St. Patrick's Day. We skate from approximately 6 to 8 p.m. and go for a late dinner. Some rinks have different start times and will be noted on the weekly updates. At the start and end of skating season the weather tends to be too warm for outdoor ice so we go to York Mills arena located at 2539 Bayview Ave at York Mills Road. This arena is across the street from a plaza with many good restaurants. F.N.I.S. is first a social event, not an athletic one so all levels of skaters from absolute beginners are welcomed. In fact, you don't even need to be a member of TBN to participate

as we skate on public rinks. So come out and bring your friends and you might make new friends. Most of the rinks are free admission and only a few (City Hall and Harbourfront) have skate rentals so you should have your own skates and a helmet is advisable for beginners. The rink choices are by consensus of the participants, goes like this: the skaters want Indian food, I'll schedule Greenwood rink and we go to Lahore Tikka House or some other curry place on Gerrard Street; Greek food? we will skate at Withrow Park rink just south of the Danforth in Greektown; When we go to Harbourfront we go to Swiss Chalet—you get the idea. Looking forward to seeing everyone on the ice, bring your skates and a healthy appetite!

Fred Lee  
iceskate@tbn.ca



## TBN CYCLING JERSEY, VEST, JACKET

TBN continues to offer this popular standard short sleeve jersey for **only \$59.40\***

**TBN also now offers a wider variety of garments.**

Wind Jacket - **\$74.80\***

Thermo Shield Jacket - **\$151.80\***

Wind Guard Vest (no pockets) - **\$59.40\***

Intermediate Wind Vest - **\$101.20\***

Sleeveless Summer Jersey - **\$59.40\***

Long Sleeve Cycling Jersey - **\$74.80\***  
(\*Plus HST)

Check the TBN website to learn more about features and specs before you order.

**Sales are currently suspended. Check the TBN website early in 2017 for resumption of sales.**





## Coordinators

Urban Roller  
Leisure Wheeler  
Tourist/Sportif  
Country Cruise/Sat Shorts

Tuesday Ravine  
Wednesday Wheelie

Wednesday Night  
Thursday Night  
Friday Night  
Saturday Morning  
City Walks  
Hiking  
Spinning  
Overnight Trips

David Middleton  
Jamie Hauyon  
Joey Schwartz  
Barry Pinsky, Rowena Maclure  
& Marie Ferguson  
David Peebles  
Ron Wilson, Cindy Rogers  
& Rob Woodman  
Terry Walsh  
Adam Hotchin  
Dave Mader  
Patsy Cook & Mick O'Meara  
John Burdett  
Vicki Bondy  
Kathleen Harford  
Janet Guttsman

easyroller@tbn.ca  
leisurewheeler@tbn.ca  
tourist@tbn.ca  
  
countrycruise@tbn.ca  
tuesravine@tbn.ca  
  
wedwheelie@tbn.ca  
wednights@tbn.ca  
thursday@tbn.ca  
fridays@tbn.ca  
satmorning@tbn.ca  
citywalks@tbn.ca  
hiking@tbn.ca  
spinning@tbn.ca  
weekendtrips@tbn.ca

Ride Classifications	Common Start Locations
<p><b>Leisure Wheeler:</b> Designed as entry-level rides for novices, seniors, or riders returning after a significant absence. Distances of 20-40 km, at a typical speed of 14-18 km/h for a leisurely pace. Rides generally start in the city and take place on a mixture of paved recreational trails and streets. Leisure Wheeler rides generally have sweeps and regrouping points to keep the group together. <i><b>Suggested programs:</b> Tuesday Ravine Ride and Sunday Leisure Wheeler</i></p> <p><b>Urban Roller:</b> For riders with some experience. Distances of 30-50 km (70 km for the Sunday Urban Roller), at a typical speed of 18-24 km/h. Rides generally start in the city and take place on a mixture of paved recreational trails and streets, with occasional ventures out into surrounding areas. Occasionally Urban Roller rides are longer, faster, or hillier, but still aim at falling close to the Urban Roller typical speed range. Urban Roller rides generally have sweeps and regrouping points to keep the group together. <i><b>Suggested programs:</b> Wednesday Night, Thursday Night, Friday Night, Saturday Morning, Sunday Urban Roller</i></p> <p><b>Tourist:</b> For more experienced cyclists. Distances of 50-110 km (and occasionally longer), at a typical speed of 20-26 km/h. These rides explore the lovely rural countryside outside of the city. The Sunday Tourist/Sportif rides start at TTC stations, while the other three programs require a vehicle to get to the start. Tourist rides vary with respect to sweep and regrouping practices. <i><b>Suggested programs:</b> Wednesday Wheelie, Saturday Cruising Short, Sunday Tourist/Sportif, Sunday Country Cruise</i></p> <p><b>Sportif:</b> Sportif riders do the same rides as Tourists, but at a faster 27-35 km/h pace. <i><b>Suggested programs:</b> Wednesday Wheelie, Saturday Cruising Short, Sunday Tourist/Sportif, Sunday Country Cruise</i></p>	<p><b>Boardwalk Place (previously Boardwalk Pub):</b> The parking lot is located at Northern Dancer Boulevard and Lakeshore Boulevard East. Paid parking is available near Boardwalk Place, however, parking on Coxwell is free.</p> <p><b>Bridgepoint Health:</b> Meet at the park benches in Riverdale Park East just north of Bridgepoint Health at the intersection of Broadview Ave. and Langley Ave. Parking is on Broadview Ave.</p> <p><b>Edwards Gardens:</b> The parking is located on the south west corner of Lawrence Avenue and Leslie Street.</p> <p><b>Etienne Brulé Park:</b> The parking lot is located at the junction of Old Mill Road and Old Mill Drive ie. around the corner and down the hill from the Old Mill subway station.</p> <p><b>Finch Subway:</b> 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><b>Grenadier Café, High Park:</b> Follow the signs south from the intersection of High Park Avenue and Bloor Street West.</p> <p><b>Kennedy Subway:</b> Beside the elevator on the west side of the station, on Transway Crescent.</p> <p><b>Kipling Station:</b> The north lot of the Park 'n' Ride is located on Subway Crescent, south of Dundas Street West and west of Kipling; look for signs.</p> <p><b>McCowan Subway:</b> The south parking lot next to FreshCo on McCowan Road, north of Ellesmere Road.</p> <p><b>Queen's Park:</b> Near the King Edward statue at the north end of the park, just north of Wellesley Street.</p> <p><b>Shoppers World:</b> 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><b>Taddle Creek Park:</b> One block north of the Bedford exit of the St. George subway station.</p>

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