

Quick Release

July - August 2012 Volume 30 Issue 4



TBN President's Message



Greetings and Salutations

I've been tasked with production of this newsletter so you'll have to excuse if it doesn't live up to the quality of our regular erstwhile editors. They've taken a much deserved holiday trip. Anyways, summer cycling is now in

full swing and I'm preparing for two of my favorite rides; TNTO, for which I'll try to include some pictures later and the Friday Night Ride for Taste of Little Italy; love this because of the California Sandwich après... If you haven't had their veal sandwich you are truly missing out on nirvana.... But make sure you come hungry as they are pretty big.

On the cover, I've included a picture of the volunteers for our Spring Kickoff. Do you notice they are all wearing TBN T-shirts... We stopped production of these years ago, but Ed Weiss, our director of Publicity and Promotions, arranged with our friends at Pedal magazine to get about twenty of these T-shirts printed up free of charge. Now when we have a promotional

event, all the volunteers can look like they belong together. Ain't that cool.

Ed and his team have really kicked up our P&P efforts this year and is making presentations at all sorts of events, including the Ride for the Rouge, at MEC itself and during it's BikeFest at the Distillery District, during the Ride for Heart and at the Spring Bike Show. Truly he is becoming Mr TBN behind the booth.

On another front, we've resumed our weekly Chain of Events digest to get the ride messages out. I hope you're enjoying the extra "flavour".

By the time you read this, Cyclon will be upon us. This year promises to be one of the BEST EVER. We sold it out really early (200 registrants by June 1) and so the Cyclon Committee has been able to spend all their time figuring out how to make it an incredible experience for all. Never mind that the location is brand new at Peterborough, but they've been extra busy creating all these great new ride routes that will make every rider happy. So get out there and have fun. Cheers everyone.



Volunteers at Ride For Heart

Notice the Really Great Shirts!

Open TBN Positions

Although, I'm not harping as much as I usually do on our need for volunteers, i.e. "new blood", there are a few places we can use some help!



Education Presenters: Sam Bootsma has done a terrific job of setting up seminars with chiropractors and bike fitters, two so far. And Mick O-Meara and Patsy Cook did a splendid job of putting together a presentation on cycling. (Check it out here at <http://goo.gl/CiR0o>.) But we need MORE! I'd like if we had one education night each month! Topics can be anything from how to change a flat tire or perform basic bike repair, to proper cold weather cycling wear or how prepare a nutritious pre-ride breakfast for

a long ride. So if you've got some ideas you want to share, let us know... contact me at president@tbn.ca and I'll try to schedule an evening for you.

Publicity and Promotions: Ed Weiss is doing a fantastic job as Publicity and Promotions but he could use some extra help. If you've got expertise in advertising, PR, design, writing or social media and want to help reaching out for new members and to the existing membership, then contact Ed at publicity@tbn.ca



Volunteer Coordinator: We need an open, friendly and vivacious member to coordinate all our volunteer activities. Between requirements for Ride Leaders, Coordinators, Directors, Cyclon and all the other activities we need over 100 volunteers every year. A Volunteer Coordinator to keep track of and to recruit new volunteers is really necessary. So please, if you've got some free time, contact me at president@tbn.ca and we'll get you involved.

Website Help: This club has more programmers and engineers than Waterloo during a Microsoft job fair. So why is it so hard to get people interested in programming on our website. We've got easy tasks, like updating ride schedules for ride leaders and we've got more challenging tasks like building and maintaining our website using Drupal. We've done a great job so far this year in democratizing our website so that individual rides have their own webpages and ride leaders and designates can update them, but we've got so much more we want to do. Contact Owen Rogers at webadmin@tbn.ca with some of your skills and offers.



Pictures on this page are from the Cyclon volunteers reconnoitering Trent University in Peterborough, testing out the rides and making sure everything will be perfect for the 200 attendees we have this year.



Idyllic Views of the Cityscape from Humber Bay Park

SUMMER 2012 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. The rides start at 10:30 AM on Tuesdays from May to October. The routes avoid busy streets as much as possible. Some of the routes include unpaved paths, but none require a mountain bike. Optional coffee and sandwich stop after each ride.

All start points are near subway stations. Please note that the TTC now prohibits bicycles on the subway before 10:00 AM on weekdays. Distances are approximate, and routes subject to change for weather and trail conditions.

Tuesday, July 3

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

Dist: 26 km

Tuesday, July 10

North by Northeast

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

Start: 10:30 a.m. Finch subway Park and Ride **Dist:** 32 km

Tuesday, July 17

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: 10:30 a.m. in Taddle Creek Park one block north of the Bedford exit of the St. George subway station. **Dist:** 22 km

Tuesday, July 24

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: 10:30 a.m. in Oriole Park, one block west of Davisville subway station. **Dist:** 27 km

Tuesday, July 31

Diagonal Lines: Finch to Kennedy

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

Start: 10:30 a.m. Finch subway Park and Ride **Dist:** 23 km

Tuesday, August 7

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

Dist: 24 km

RAVINE RIDES (Continued)

Tuesday, August 14

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: 10:30 a.m. Finch subway Park and Ride **Dist:** 30 km

Tuesday, August 21

Parallel Lines: Kennedy to Kipling

A one-way ride the whole length of the Bloor-Danforth line. Get full value for your subway token.

Start: 10:30 a.m. Kennedy subway station beside the elevator on Transway Crescent **Dist:** 35 km

Tuesday, August 28

3M: Long Form

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

Dist: 28 km

Tuesday, September 4

P2P: Victoria Park to High Park

A one-way ride along the lakeshore with about a kilometre on unpaved paths.

Start: 10:30 a.m. Coffee Time at Shoppers World, one block south of Victoria Park subway station. **Dist:** 21 km

Tuesday, September 11

Heart of Toronto

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

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

Dist: 28 km



EASY ROLLER SCHEDULE

July - August 2012

Sunday July 1 - Maple Bakery – Come visit TBN's favourite bakery. This is the longer version of this popular ride that goes an additional 20 km out into the countryside.

Start: Finch
Class: Easy Roller
Distance: 55 km

Monday July 2 (Canada Day) - Mimico Creek -

A round trip of beautiful Etobicoke for the holiday.

Start: Etienne Brule
Class: Easy Roller
Distance: 35 km

Sunday July 8 - 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 the Cornerstone Cafe.

Start: Boardwalk Pub, Lakeshore Blvd.
near Coxwell Ave.
Class: Easy Roller
Distance: 52 km

Sunday July 15 - 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. There will be stops to regroup and see the sights.

Start: Grenadier Restaurant, High Park
Class: Easy Roller
Distance: 47 km

Sunday July 22 -Stouffville – Head up to Stouffville for lunch. This will get you into the country for a change and has some long straight stretches.

Start: Scarborough Town Centre, municipal parking lot SE corner of McCowan and Bushby, one block north of Ellesmere.
Class: Easy Roller
Distance: 60 km

Sunday July 29 -The Big Loop – A new ride for this year. We'll go up the Humber Trail, across the top of the city and down the Don River path to return along the Lakeshore. A longer ride than

usual to help get you in shape for Cyclon.

Start: Etienne Brule
Class: Easy Roller
Distance: 85 km

Sunday August 5 -Lake Wilcox - A chance to get out of the city for those of us not at Cyclon. Visit Lake Wilcox in Richmond Hill. Bring lunch or pick something up along the way.

Start: Finch
Class: Easy Roller
Distance: 63 km

Monday August 6 (Civic Holiday) - Port Credit

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

Start: Grenadier Restaurant, High Park
Class: Easy Roller
Distance: 35 km

Sunday August 12 - Annual Club BBQ Ride - A don't miss event! What are the odds that it will rain five years in a row? 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
Class: Easy Roller
Distance: 60 km

Sunday August 19 - 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: **North** TTC parking lot of Kipling Subway. The lot is closest to Dundas St. West and Subway Crescent.
Class: Easy Roller
Distance: 65 km

Sunday August 26 - Oakville Odyssey - Go from the west side of Toronto to the gardens of Oakville. This new route largely avoids busy Lakeshore Ave. Lunch at Tim Horton's.

Start: **South** TTC parking lot of Kipling Subway. The lot is accessed from Munster Ave, off Kipling Ave. south of Dundas St.
Class: Easy Roller
Distance: 73 km

Saturday Morning Rides

July, August 2012

Saturday 7th July: A 9:30am (prompt) start from High Park – meet in the parking lot at the Grenadier Café (about 1km south from the Bloor entrance) at 9:15am. Ride to Port Credit for a coffee break, using the Lakeshore Trail west out of Toronto into Mississauga – about 44kms, returning at about 1pm.

Saturday 14th July: Start Point - Boardwalk Pub on Lakeshore, just east of Coxwell, at 9:30am. Ride to the Guildwood Parkway for a coffee break, using the Lakeshore Trail – a mixture of paths and residential roads and will return by a slightly different route by about 12:30 to 1pm, for a total of about 40kms.

Saturday 21st July: Meeting at Etienne Brule Park by the Old Mill station (down the hill and across the river bridge) for 9:30am start. Ride to Humber College for a coffee break returning by a slightly different route, using another branch of the Humber River trail to finish at about 1pm, for a total of about 40kms.

Saturday 28th July: 'Lighthouse to Lighthouse': Meet at the Boardwalk Pub (on the Lakeshore just east of Coxwell) for a 9:30am start and ride via Leslie St. spit (1st lighthouse) to Humber River and the 2nd lighthouse, returning by a similar route by 12:30 to 1pm, for a coffee break at the end of the ride - 53kms

Saturday 4th August: Meet at Edwards Gardens parking lot on the SW corner of Lawrence and Leslie for 9:30am start. Ride through many quiet residential roads and cycle paths of North York to Steeles Ave for a coffee break, returning by a very similar route, at about 12 to 12:30 pm, for a total of about 28kms.

Saturday 11th August: Meeting at Etienne Brule Park, (down the hill and over the bridge from Old Mill subway station) at 9:30am along local streets and the Lakeshore Trail for a coffee break at Port

Credit and return the same way, for a total of about 44kms.

Saturday 18th August: Leave from Boardwalk Pub (on the Lakeshore just east of Coxwell) at 9:30am riding to Sunnybrook Park, using the Don River paths and trails, returning on a slightly different route via Victoria Park to the Beach. Total of about 33kms.

Saturday 25th August: 9:30am (prompt) start from High Park – meet in the parking lot at the Grenadier Café (about 1km south from the Bloor entrance). The ride will use residential streets and paths across Toronto to the Beltline, the Brickworks market (coffee break) and on to the Lakeshore via the Don River Trail

The Bottom Line

By: Jean O'Grady, TREASURER.

Did you ever wonder how your TBN membership money is used? Very little goes to the rides themselves, as the leaders are unpaid volunteers, though a certain amount has to be paid for researching routes, photocopying maps, and running training nights for the leaders. Your hard-working TBN Board also serves free. But liability insurance and the printing and mailing of this newsletter between them absorb more than \$18,000 a year. There are fees for web hosting and credit card processing, so that our online operation costs over \$2,000. A storage locker for club records is about \$1,500. Then there are bills for postage, office supplies, bank charges, phone, refreshments, education nights.....The weekend events with fees are designed to break even, but members get free food at the Spring Kick-off and the annual Toogood picnic. (Maybe we should add umbrella protection for the latter.) People who lead four or more rides during the year get free membership. We think this is a bargain, especially if you renew your membership in a timely fashion

to take advantage of the reduced renewal rate. Present rates are:

	NEW	RENEWAL
Individual	50	35
Family	70	55
Student	25	

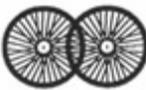
TBN Ride Classifications

LEISURE WHEELER



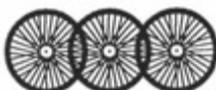
Distances of 20-60 km, at speeds of 15-17 km/h, at a “leisurely” pace. Designed as a series of entry-level rides for novices, those returning to cycling after a long absence, and senior riders. Rides start at 10:00 am.

EASY ROLLER



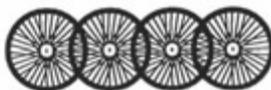
Distances of 20-60 km, at speeds of 15-20 km/h, at a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Rides start at 10:00 am.

TOURIST



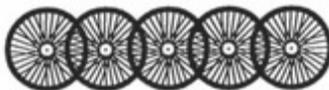
Distances of 50-110 km, at speeds averaging 20-25km/h, at a comfortable pace. “Short Tourist” designates rides in the 50-70 km range.

ADVANCED TOURIST



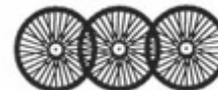
Distances of 120-200 km at speeds averaging 25-30 km/h at a brisk pace. These rides generally start at 8:30 am from late April to early October.

SPORTIF



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

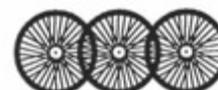
COUNTRY CRUISE



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

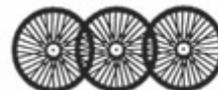
OTHER RIDE PROGRAMS

WEDNESDAY WHEELIES



The riders are a very diverse group, from Tourist to Sportif. At least two distances are offered each day, varying from 60 to 100 km. Start points are within a 90 minute drive from Toronto and stick to quiet country roads. Start times vary, with 8:30 am during the hot summer months and 10:00 am at other times.

SATURDAY CRUISING SHORTS



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



ANNUAL EVENT:**TORONTO-NIAGARA-GO-HOME!**

Saturday, August 18 , 2012

Fourth annual one-way ride to Niagara Falls with return by GO Train. Optional escarpment climb and descent. Return via GO Train at 7:20 pm (check schedule online before leaving Toronto.)

This ride is most suitable for Tourists and Sportif, but is open to anyone who wishes to join. Check TBN website August 17 in case of cancellation due to rain.

Start: Queen's Quay and York Street, NW corner 8:30 am

Dist: 150-155 km

Class: Tourist, Sportif

CYCLING EVENTS - SUMMER 2012

DATE	EVENT	WEBSITE
July 14-15	Centurion Horseshoe Valley	centurioncycling.com
July 20-22	Rock Point Relaxer	tbn.ca
July 21-22	Tour de Norfolk	letourdenorfolk.com
July 22	Gabrielle's Ride	gabriellesride.com
July 25	Odyssey for Opportunity	odysseyforopportunity.com
July 29	Friends for Life Bike Rally	bikerally.org
Aug 3-6	Cyclon	tbn.ca/cyclon
Aug 11	Minden 150 Bike Tour	minden150.ca
Aug 12	TBN Annual BBQ	tbn.ca
Aug 16-19	Tour for Kids Ontario	tourforkids.com
Aug 18	TBN Toronto-Niagara-GO Home	tbn.ca
Aug 18-19	MS Bike Tour Acton to Waterloo	mssoc.convio.net
Aug 19	Pedal 100 Niagara	pedalmag.com
Aug 26	MS Bike Tour Niagara	mssoc.convio.net
Sep 8	Hilly Hundred Bancroft	tripsandtrails.ca
Sep 9	Ride For Karen	rideforkaren.com
Sep 9	MS Bike Tour Toronto	mssoc.convio.net
Sep 16	Tour de Mississauga	mississaugacycling.ca/tour
Sep 14-16	Centurion Blue Mountain	centurioncycling.com
Sep 21-23	Sifting Sandbanks	tbn.ca

**Ski Season 2012**

I know it's too early (and warm) to think about cross country skiing, but Terry Walsh has got some exciting changes this year for the program. First, we are going to run buses on a joint venture basis with Outdoor Club of East York (OCEY), Buses will alternate each week on Saturdays and Sundays.

The bus schedule will be 3 pickups on starting at 8 am, so there should lots of time to get a good ski or snow shoe in.

We're planning a reprise trip to Arrowhead for the Family Day long weekend. NEW THIS YEAR is a bus trip to Ottawa for Winterlude including shuttle service to Gatineau Park with 180 km of groomed trails. Other activities include skating on Ontario's longest rink, and tons of museums and galleries to visit. The festival opening night fireworks are bigger than Canada day lasting 1/2 hour. The trip would be shared with OCEY and limited seat available. WE NEED VOLUNTEERS - AT LEAST 10 Contact Terry Welsh at XCSki@tbn.ca

TNTO 2012— Another SUCCESS

Brenda Porter again coordinated another amazing TNTO this year with about 120 riders leaving from High Park and Stoney Creek and converging on the Rodeway Inn in Niagara Falls. This year was particularly exciting as it came on the tail of Nick Wallenda's walk across the Falls. So the whole town was buzzing. With typical humility, she recognized the hard work of the other real workers that put this event together; Eileen Harbinson who does the vast majority of administration with each of the registrants and sees everybody off safely; Bob Everett, who picks up the rental van and supplies and transports all the luggage from High Park and Stoney Creek to Niagara Falls and back. She also recognized Owen Rogers who sets up the entire online registration process and prints all the maps. Owen was sadly missed this year as leader of the 200 km contingent.



Some of the Crowd Leaving from Stoney Creek



TBN Civic By Ron Fletcher

Congratulations to Peterborough, site of Toronto Bicycling Network's Cyclon 2012, for its Bronze Award as a bike friendly community. With 15 km of on-road cycling lanes and 38 km of off-road cycling paths, their master plan aims to add 29 km on-street and 19 off-road by 2021.



Other Ontario cities winning bronze were Oakville, Mississauga, Guelph, Richmond Hill and Welland. But..... the Silver Winner was, wait for it,drum roll**Toronto!**

Is this the same Toronto that is led by Mayor Ford who wants streets reserved for motorized traffic, that has a motorized vehicle/pedestrian/cyclist collision rate twice Montreal's and three times Vancouver's?

Is this the same Toronto that yesterday laughingly dismissed Medical Officer of Health Dr David McKeown's call for lower speed limits to ensure pedestrian and cycling safety? Chair of the Public Works and Infrastructure Committee Denzil Minnan-Wong stated sarcastically, "Why don't we all walk?" And suggested McKeown "should stick to his knitting."

Is this the Toronto that actually plans to take away previously developed bike lanes on Jarvis and Pharmacy, the city that postponed the Fort York cycling/pedestrian bridge scheduled for the War of 1812 commemorations, that cancelled its citizen cycling advisory committee?

True, there have been some good signs: progress on the rail corridor trails and BIXI coming to town being two of them, but one has to wonder if this award is a political move designed to message potential new advocates, rather than always "preaching to the converted".

If this is so, is this a strategy that will bear fruit? The Mayor's Monday weigh-ins have curiously not made the news lately, nor has anyone seen him posing on bikes for photo-ops.



Tech Tip

How to deal with a chain that comes off the chain wheels (large or small) or cassette at the back...

From time to time while riding, and seemingly for no apparent reason, chains will come off track, dropping off the smallest chainwheel either going inwards towards the frame, or outwards towards the crank / pedal arm. The usual solution is to stop and get fingers dirty or use a stick to manipulate the chain back on to the appropriate chainwheel / teeth.

However, if one is sensitive to the situation, the instant that the chain is perceived to be off, the rider VERY GENTLY and SLOWLY continues pedalling and IMMEDIATELY moves the shifter to the next lower, or higher position, depending if in low or high gear. Unless the chain jams instantly, which is a different problem and not usually the case, the chain will normally return immediately to where it should be, and one continues pedalling as if nothing has happened. If this is a frequent occurrence, a 10 second adjustment of the appropriate derailleur limiting screw should fix the problem.



Annual Toronto-Niagara-Toronto Hairshirt Classic Double Century—322 km in one day!

It's been twenty-five years since TBN assumed sponsorship of the Hairshirt, a personal cycling challenge whose name comes from a medieval form of monasterial punishment and penance, in which monks wore shirts woven of very coarse horse hair, causing them to experience extreme discomfort. Founded in 1978 the Hairshirt pits the lonely rider and his/her bicycle against the road and the elements, and for this reason the organizers provide no support other than a map and encouragement. This year on June 24, 51 cyclists set out on another beautiful day. Rain threatened in the latter stages of the ride and light winds swirled all day. Official start time was 6:17 a.m. There were only five DNFs ("Did Not Finish") and the top ten results (hours:minutes) are posted here:

Adam Bird	10:00	Tobias Kucht	10:55
Jeremy Hatt	10:00	Mark Nieweglowski	11:51
Kevin Lehman	10:00	Quentin Broad	11:53
Alex Bowling	10:49	Peter Cahill	11:53
Lawrence Levin	10:55	Ian Wilcox	11:53



Common TBN Start Locations

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

Bridge Point Health – Meet at the park behind Bridge Point Health at the corner of Broadview & Langley. Parking is on Broadview.

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

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

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

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

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

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

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



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