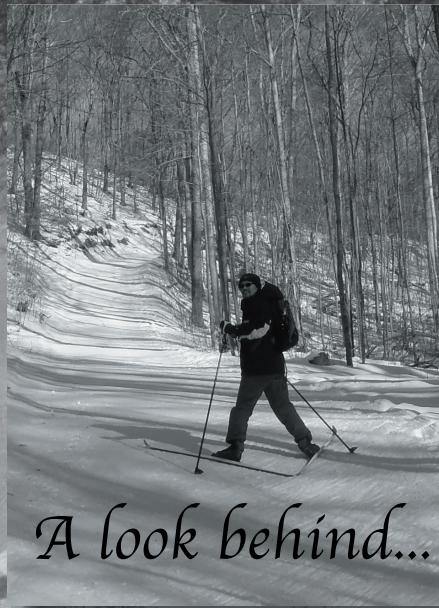


Quick Release

March - April 2012 • Volume 31, Issue 1



A look behind...



...A look ahead



In this issue:

- Fall & Winter Recaps
- Spring Ride Schedules
- And more...

TBN President's Message



Hola fellow TBNr's!

A mild start to the winter makes me think of cycling. With temperatures recently approaching 6°, it's almost comfortable to get out on two wheels.

Never-the-less IT IS WINTER!!! And in winter some of our thoughts turn to.. SKI-ING!!! While our lawns may be green, up north there is plenty of snow and we've got bus trips scheduled almost every Sunday through March. It's time to get out there and start X-Country Skiing. Check our website for particulars each week, but essentially you need to sign up by Thursday so that we have enough to fill a bus.

VOLUNTEERS - I know I sound like a broken record, but we always need new volunteers; This time, I'm looking for help with the following activities: Newsletter Publishing, Marketing, Website, and Volunteer Coordinator. (Please see ***Open TBN Positions*** for further details). So please, if you've got some free time, contact me at president@tbn.ca and we'll get you involved.

Further News on our Website - most of you that have been with us for a while know how great our website is. It is getting even better, even over the past few months. There are lots of changes afoot. So look for new enhancements to be added regularly as we expand our communication capabilities. If you haven't been there in a while check it out at www.tbn.ca. Look at the new pages for skiing and skating to see some of what we're doing.

Picture Photo gallery - With all the thousands of pictures stored on the website, we ran into some performance technical issues and the picture galleries are temporarily offline. No fret. They

will be back but we're currently just figuring out the best way to host them.

Facebook - If you'd like to do a little more messaging with other TBNr's and learn about various unofficial activities like pub nights and rides, join up on our Facebook page. (<http://www.facebook.com/groups/tbn.ca>) It's rudimentary but fun. ..and you can share pictures yourselves!

So I close out this message by inviting you to have fun. Enjoy the winter since global warming is not going to turn us into Florida in our lifetime; come skiing, book a weekend trip, volunteer with us and network with all the other members. Just because we can't bicycle as much as in summer doesn't mean we can't have FUN. And stay tuned since Richard Anstett and I will be organizing another TBN winter bar night for sometime in February.

Cheers everyone.
Brian Mclean

TBN 2012 BOARD OF DIRECTORS AT THE AGM



Photo by Juliet Suddaby

THE TORONTO BICYCLING NETWORK INC. (Incl Cyclon from YE 10) Balance Sheet As of 30 September 2011

	30 Sep 11	30 Sep 10
ASSETS		
Current Assets		
Chequing/Savings		
BANK	16,676.66	7,438.89
Cyclon Bank & Term Deposits	0.00	11,360.43
Term Deposits	90,000.00	102,599.85
Total Chequing/Savings	106,676.66	121,399.17
Other Current Assets		
Accounts Receivable	249.88	0.00
Inventory-Jerseys	968.00	968.00
Prepaid Expenses	3,169.50	1,895.50
Total Other Current Assets	4,387.38	2,863.50
Total Current Assets	111,064.04	124,262.67
Other Assets		
BBQ	1.00	1.00
Computer #1	1.00	1.00
Computer #2	1.00	1.00
Television	1.00	1.00
Tent	1.00	1.00
Trademark	1.00	1.00
Total Other Assets	6.00	6.00
TOTAL ASSETS	111,070.04	124,268.67
LIABILITIES & EQUITY		
Liabilities		
Current Liabilities		
Accounts Payable		
Accounts Payable	257.74	0.00
Total Accounts Payable	257.74	0.00
Credit Cards		
TD Visa	157.85	0.00
Total Credit Cards	157.85	0.00
Other Current Liabilities		
Accounts Payable	0.00	335.29
Total Other Current Liabilities	0.00	335.29
Total Current Liabilities	415.59	335.29
Total Liabilities	415.59	335.29
Equity		
TBN Surplus (Incl Cyclon)	123,933.38	128,194.47
Net Income	-13,278.93	-4,261.09
Total Equity	110,654.45	123,933.38
TOTAL LIABILITIES & EQUITY	111,070.04	124,268.67

Open TBN Positions

Newsletter publishing: Albert and Cynthia have kindly offered to put together half the bi-monthly issues each year, but need additional people to assemble the ones they can't. If you think of yourself as a little creative and have any experience with newsletter editing or photography and are comfortable working with general computer software, we'd love to have your help. It could be a single person or a couple to share the workload.



Education presenters: For several years, we had Dinsmore Roach setting up monthly education seminars on diverse topics like how-to-change-a-flat or what-to-wear-for-cold-weather-cycling. Last year he retired and is spending more time out of Toronto than home. Sam Bootsma put together an excellent seminar in the fall dealing with proper-bicycle-fit-and-body-chiropractics. We'd like to ensure we keep up our fine tradition but need people to come up with the education ideas and put together the seminars.

Becel Ride for Heart: In June, we need TBN members to come out as Ambassadors. We ride the route up the Gardiner and Don Valley and help out any of the tens of thousands of riders that might need assistance, i.e. flat tires, chains falling off, wheels falling off, bodies falling apart and needing comfort while waiting for ambulances etc. Ambassadors can also "man" ("person") the TBN booth we have set up and provide promotional materials to those riders that drop by. It's a great charity we've been involved with for many years and you get to ride the route for free.

Marketing: We are looking at expanding our marketing efforts to attract more members and so would love help from anyone with expertise in advertising, PR, design, writing and social media. Please contact publicity@tbn.ca

Website: We want 1 or 2 volunteers to assist in the ongoing development of our website, notably to help create (when necessary), manage and edit website content, and assist other website contributors. You should be computer literate, have some experience developing or managing website content, and have excellent English writing skills. Please reply to webadmin@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 people to help out. 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 Brian at president@tbn.ca and we'll get you involved.

Publicity & Promotions: We are expanding this role, and are seeking volunteers to assist in implementing some of the marketing tactics. One of the key tasks will be to manage the TBN Facebook page. If interested, please apply to publicity@tbn.ca

Toronto International BICYCLE SHOW

Call For Volunteers - Toronto International Bicycle Show

We NEED volunteers to represent TBN at our booth during the Bike Show March 2nd to 4th.

This is Toronto's biggest bicycle convention and EVERYONE is there, from manufacturers to retailers to other bicycle clubs etc. We set up a booth every year and have hundreds of people dropping by to say hi and find out a little more about the TBN. It's fun, you meet new people and you get free admission to the bike show.

3 hour time slots each day and we'd like to have three people for each slot.

Friday March 2, 2012 Noon to 9 pm

Saturday March 3, 2012 10 am to 7 pm

Sunday March 4, 2012 10 am to 6 pm

Please contact Sherri at sstelmack04@yahoo.ca and specify which timeslot you prefer. Please visit the website <http://www.bicycleshowntoronto.com/> for more show information.



Well, we had another successful Fall Walk Program. We've been running this for over 10 years and the Program continues to be successful. This year we ran some entirely new routes. Specifically as long promised we took the Go Train to Port Credit and walked back towards the City. We are planning a similar event for next year!

We held our Annual BBQ Bonfire walk that is always popular and well attended. We are already looking to next year and we anticipate running a full schedule of routes. People are always approaching me with suggestions for walk routes etc. I would really urge them to try and attend our Planning Meeting, which will be held in late August or early September. Hope to see you out on the trails next year!



Fall City Walks



Mark Brousseau & John Burdett



**Mark Brousseau
Coordinator TBN City Walks**



**Photos by Mark Brousseau
John Burdett
Marc Smith
Jimmy Yeung**

Fall Hiking Season Recap



Another successful and enjoyable TBN hiking season has drawn to a close. There were eight official weekly hikes, plus a couple of unofficial hikes after the end of the season, all ranging from about 18 to 24 kilometres. We began the season after Thanksgiving at the appropriately named Pretty

Valley, near Collingwood. This is definitely a favourite, as it features scenic vistas of Georgian Bay and Pretty Valley from atop the Escarpment. This season all of our hikes were on the Bruce Trail, and always involved at least a few hill climbs. As the hiking season progressed, and the days grew shorter, we edged closer and closer to Toronto each weekend. The last hike was at Hilton Falls near Milton followed by Neil Connolly's famous apple pie. Because of the rainy weather there were only 4 hikers. We tried to do justice to the two pies but we weren't up to the challenge - Neil had to take one pie home!

After the end of the official hiking a few of us tried a modified route of an old favourite - the Dundas Valley hike. This was always a popular hike because of the many waterfalls, the scenic views of the Dundas valley from the Escarpment, and an indoor lunch stop with toilets. But a

few years ago the trail was rerouted leaving out the best part - so it was dropped from the TBN schedule. I am happy to say it's now back to its former self and will be added to the 2012 schedule. Another former hike, Crawford Lake/Rattlesnake Point, is under review and may be added to 2012 as well.

Check out the hiking pictures on the TBN website, once pictures are available again. Until next year...

Ed Herage
TBN Hiking Coordinator



Our annual RIDE LEADER CLINIC is open to ALL TBN members.

What you get is two hours of the best intensive training in rules of the road, leadership skills, route construction and mapping, safety tips and techniques as well as a chance to join up with a network of other enthusiasts for on-going development.

After taking the course you will be fully qualified to become a Ride Leader for any of our rides; Leisure Wheeler, Easy Roller, Tourist or Sportif levels. We heartily

TBN Ride Leader Clinic 2012

Wednesday April 11, 2012

Time: 7:00 pm - 9:00 pm

**Location: Ralph Thornton Centre
765 Queen Street East,
2 blocks east of Broadview on the south side.**

encourage all members to take the ride leader clinic... from newbies to experienced ride leaders. Regardless of your level, you will have a valuable learning experience. Plus you get to meet other members who are just as interested as you at the same time.

If you are planning to attend, please contact Richard Anstett by e-mail at touring@tbn.ca by April 4. You must be a TBN member in good standing to attend these events.

Extra Bonus: Attending one of the Ride Leader Clinics counts as a ride towards a complimentary TBN membership renewal.

WANAKITA SKI WEEKEND REPORT

January 27-29, 2012 by Wayne Yeechong

We arrived at Camp Wanakita Friday evening, after stopping for dinner at Minden. The Health Center where TBNers stayed was a cozy place that easily accommodated all twelve of us. With a spacious living room, six bunk-bed bedrooms, three bathrooms, a kitchen, a washer and a dryer, the cabin was better than what we would normally expect at a camp. There was no need to use the kitchen, however, since the camp provided delicious meals that would satisfy even the hungriest TBNer.



The friendly staff at Wanakita organized various activities that anybody could join. Those who did not bring skis or snowshoes could borrow them from the camp. The ski trails, which covered moderate terrains, were well groomed and clearly marked. It snowed all day Saturday. We came here to enjoy the winter scenery and we were not disappointed. By the afternoon, the snow started to get a bit slow and sticky, but the serenity of the woods made the extra effort worthwhile. Later that afternoon, the camp provided a yoga session just for TBNers. What a perfect way to stretch our aching muscles after a day on the trails!



After dinner, the energetic folks went to ski or snowshoe across the frozen lake to a campfire. Later in the evening, there was dancing and drumming. Most of the TBNers, however, opted to relax by the fireplace or curl up with a book.

Skiing on Sunday was more challenging, as the snow became quite deep. Breaking trail would be an arduous task without backcountry skis. It was much easier for the followers. We skied to work up an appetite for the early lunch.



It was Fred's first serious attempt at skiing, taking advantage of the free ski lesson that the camp offered. Let's congratulate him for the progress he made. He promised to ski again in the future, after nursing his bruises.

My only complaint was that the weekend was too short. Isn't that always the case when the trip you enjoy comes to an end? We all appreciated Ron's effort for organizing the trip. Too bad he couldn't make it there himself.



Photos by Fred Lee
Albert Ng

Meet Terry Walsh

V.P. of Skiing & Snowshoeing

Are you from Toronto? I was born and raised in Owen Sound, Ontario.

When did you start cycling? Age 16, cycled everywhere during the summer months, didn't own a car, when I moved to Toronto, bought a Bianchi in 1985.

How long have you been with the TBN? What prompted you to join? I may have been a member of TBN 10 years ago, but 4 years ago was laid off temporarily for 4 months, and started doing Wednesday Wheelies.

What kind of cycling do you do? Weeknight Neighbourhood rides, Day rides of 100 km on a Titanium road bike with touring gears, 3 to 4 week bicycle tours of Europe for example Germany - Holland, or Germany - Luxembourg.

How did you begin with the East York Outing Club? In 1998 on their Tuesday night rides.

How did you start organizing the ski bus and trips? After being cycling co ordinator for 2 years at EYOC the President knew I had active interest in day ski trips. He asked if I could help out with sharing buses with the North Toronto ski club. This arrangement ran for 4 years, and that was 6 years ago. At East York Outing club, they have more than just skiing at the resort. There is bush whack snowshoeing, and



backcountry skiing. It took me 3 seasons to learn the backcountry trails on the Oro Moraine.

How long have you been skiing? Where's your favourite location in Ontario and elsewhere? It's my 34th season. My favourite location in Ontario is Stokely Creek (resort north of Sault Ste Marie), Vermont's Trapp Lodge 65 km of mountain cross country trails and Craftsbury, north of Stowe.

What other activities do you enjoy? Ice skating with speed skates, canoeing, and hiking.

Thanks Terry for joining the Board of Directors as VP skiing!



Winter doldrums?

Perhaps it's time to start thinking "Cyclon"!



This year, for the **first** time ever, we will be venturing up to Trent University in Peterborough – a beautiful 2 hour drive, or GO bus ride away.

- ✓ What does Cyclon 2012 have to offer?
- ✓ A multitude of rides to choose from through the scenic Kawarthas countryside
- ✓ Sunday night gala dinner and dance in Trent University's Great Hall
- ✓ On-campus, air-conditioned rooms right on the beautiful Trent Canal
- ✓ Excellent dining options right in the Gzowski Residence, our home for the weekend
- ✓ Post ride refreshments and snacks
- ✓ And lots of entertainment options to choose from:
 - A dinner cruise on the Trent River
 - Little Lake Music Festival
 - Liftlock Cruise
 - Night hike led by our own Paul and Brenda
 - Canadian Canoe Museum
 - Peterborough Zoo
 - Onsite Athletic Complex
 - On Campus movies and games
- ✓ or... make your own fun and explore some of the many other local highlights

All this, and starting at around **\$200!** So, block off August 3rd to 6th 2012 and stay tuned for details and updates on Early Bird Registration in April at www.tbn.ca.

Friday Night Ice Skating

2011 / 2012

It's been a fun ice skating season! Can't believe it is almost over but no regrets when blades of steel give way to bicycles. We started off with an indoor skate at York Mills arena on Nov. 18, 2011. This rink is a great standby when outdoor ice conditions are poor and it is conveniently located across the road from some nice restaurants. Since then we went outdoors to Harbourfront, City Hall, Withrow, Colonel Sam Smith, Harry Gairey, Christie Pits, Dufferin Grove and Mel Lastman Square.

The most popular part of Friday night ice skating is of course the apres where often more people show up than those who actually went skating! On December 16 after skating at the fabulous 250 meter skating trail at Col. Sam Smith Park, a party was graciously hosted by Pauline and Rick Upton at their house nearby. It was a potluck but the host did supply 2 pots of chili, mild and hot. (you wouldn't want to draft behind anyone who ate the hot chili :) Being close to Christmas, the party had a festive atmosphere and a good time was had by all.

After skating at Mel Lastman Square, another party was hosted by your ice skating coordinator Fred and his wife Sue at their house about 10 minutes walking distance from the rink. Pizza was served and most people brought desserts including a masterpiece pie by Melissa who came late from her baking class!

We only have 4 more dates before the city shuts down the outdoor rinks. I'll try to fit in Cedarena if it actually gets cold enough as Cedarena is the only natural ice rink and will celebrate its 85th season this year. Check the skating page on our website for the latest updates.

The photo album which has been down will be up soon after some maintenance issues get resolved. Meanwhile I've been posting pictures on the TBN's facebook page.

For non-members reading this; TBN membership is not required for participation in Friday Night Ice Skating as we skate on public rinks, so come on out. You might meet new friends and learn about

all the fun you can have in the
Toronto Bicycling Network.
Skating ability is a non-factor as we have absolute beginners to advanced.
It's all about having a good time.

Fred Lee
TBN Ice Skating Coordinator



York Mills Arena



Dufferin Grove



Mel Lastman Square



Apres at Fred & Sue Lee's

TBN 2012 CROSS COUNTRY SKI + SNOWSHOE SCHEDULE

Fri Feb 17-20 Arrowhead Snowshoe and Ski Weekend

Sun Feb 26 Wasaga Nordic

Sun Mar 4 Scenic Caves

Sun Mar 11 Highlands Nordic

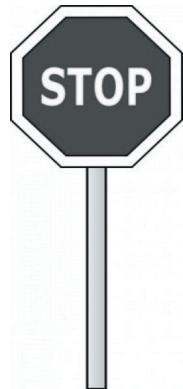
Sun Mar 18 Horseshoe Resort

Sun Mar 25 Hardwood Hills

TBN welcomes both novice and seasoned skiers so encourage your family, friends and acquaintances to ski with us. You can sign up by e-mailing xcski@tbn.ca before Thursday at 10:00 p.m. for Sunday trips, Wednesday at 10:00 p.m. for Saturday trips. This year, we have had successful shared buses with the East York Outing Club on Saturdays. Please check the cross-country ski page on our website (www.tbn.ca) for the latest updates. All these destinations are tentative and may change depending on snow conditions.



Photo by Juliet Suddaby



Are you ready for the roads? How to go "From a Newbie To a Knowbie"

**Look at your bike. Listen to your bike.
Check for wear & tear (tires, chain, front & rear
derailleur, brakes/cables).
If you don't know much about these parts, have
someone who knows help you, look it up on the
cycling links page on our website or check with
your local bicycle shop.**



**Urbane Cyclist may be
able to hold a Bicycle
Maintenance Education
Night for TBN if there is
enough interest.
Please contact tbn@tbn.ca if you are interested
in attending or helping
to co-ordinate.**

Upcoming Event

26th Annual International Bicycle Show

As in the past, TBN will have a booth at the Bike Show. So come join us and check out the latest Bikes and Gears!

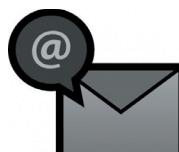


**March 2 - 4, 2012
Better Living Centre
Exhibition Place**

Free Membership!!

What is that you say? Yes, it is true! Lead four or more rides in a season, in any ride class, and you are entitled to a complimentary TBN membership renewal. Just complete the Ride Report after every ride, mail it to the TBN within 30 days of the ride, and the ride will count towards your membership renewal. If you would like to be a ride leader, attend the clinic on April 11 (see details on page 5).

**Have a favourite TBN
cycling photo?
Would you like to share a
TBN experience?**



Send us an email at newsletter@tbn.ca. For the May-June 2012 issue of Quick Release, the deadline for submissions will be April 3.

TEST KITCHEN: Cassoulet with Lots of Vegetables

I have this neat little cookbook: *The Athlete's Palate* by Yishane Lee, which is a collection of recipes that focus on celebrating food as fuel while also enjoying the flavours that the food offers. The book is sectioned into meal types, and whether it would be part of a Recovery or Training meal. So, I would choose if I want to make something for dinner or lunch, whether I'm recovering from a workout or fueling for a workout, and then I find a recipe that catches my eye. The recipes are usually easy to make and guaranteed wholesome.

Since by now, TBNers would be well into their winter activities, I chose a hearty dish that would be great to have right after a day of exercising outside. Cassoulet is the French word for a casserole or stew. To me, the dish ended up being more of a thick soup. As the name suggests, there were lots of vegetables and beans (healthy) but in the end, I craved for something a little more 'bad', so I substituted 2 mild Italian sausages + 1/2 lb chicken thighs instead of the recommended 1 lbs. of chicken legs. To be honest, after a cold day out of skiing, the casserole was good but I could have had more meat for substance.

The dish is labelled as a Recovery dish, rather than a Training dish. What's the difference between the two? Typically, a Recovery meal would contain more Protein to rebuild muscles as well as carbohydrates to refuel compared to a Training meal which would be more Carbohydrate rich. Traditionally, they say the ideal is a 4:1 or 3:1 ration of carbohydrates to protein. The ratio of carbs to protein for this recipe alone actually came closer to 3:2, so I would suggest enjoying this hearty casserole with a couple slices of multi-grain bread. This made 4 extra-large bowls of veggies stew. One thing that did take me by surprise when I looked at the numbers, was how much Sodium was in a serving (the recommended intake for an average adult Canadian is 1500mg). Next time, if you would like less sodium, look for low-sodium broth, try dried beans instead of canned and reconsider the sausages.

Ingredients (as tested)

makes 4-6 servings:

2 tbsp extra virgin olive oil
1/2 lb skinless boneless chicken thighs
2 mild Italian sausages
1 tbsp chopped garlic
2 leeks, trimmed, washed & sliced
2 carrots, peeled and cut into 1" lengths
3 ribs celery, cut into 1/2" lengths
2 medium zucchini, cut into 1/2" pieces
salt & black pepper to taste

4 C chopped canned tomatoes w/ juice
1/4 C chopped fresh parsley
1 tbsp thyme
2 bay leaves
4 C cooked canned white beans w/ liquid
2 C chicken stock + red wine + liquid
from beans
1/8 tsp red chili pepper flakes

Heat olive oil in a large sauce pan over medium high heat, add meat and cook until the meat is deeply browned on all sides, about 10 min. Remove from the pan and drain off all but 2 tbsp of the fat.

Reduce heat to medium and add garlic, leeks, carrots, celery and zucchini. Sprinkle with salt and pepper and cook until softened, about 5 min. Add the tomatoes + liquid, the reserved meat and parsley, thyme and bay leaves and bring to a boil. Add the beans; bring to boil again, stirring occasionally, then reduce heat so the mixture bubbles gently and continuously. Cook for 20 min, adding the remaining liquid when the mixture gets thick and the vegetables are melting away. Remove the meat and cut into chunks. Return to the pot & add red pepper flakes. Cook for 1-2 min. longer to warm through, then taste & adjust seasoning if necessary.

Per Serving:

17.5g total fat (5.1g Mono, 1g Poly, 4.6g Sat)

70mg Cholesterol

49 g Carbohydrate

11.5 g Fiber

30g Protein

1843 mg Sodium



Courtesy of Ginger Lam



Toronto Bike Union / Toronto Cyclists Union

The Toronto Cyclists Union is Toronto's only member-based cycling advocacy organization. They're committed to creating safer streets and getting more people riding bicycles. They work closely with City Hall pressuring council to create better bicycle infrastructure that encourages more people to ride bicycles more often. If you are interested in advocacy related issues, contact them at www.bikeunion.to.

Annual Spring Challenge



TORONTO-NIAGARA-TORONTO OVERNIGHT

JUNE 16-17, 2012

For 19 years now, we've cycled a lovely route that gets you to the heart of Niagara Falls on scenic and traffic-free inland back roads. There are 2 departure points. From Toronto's High Park, the route is 168 km each way. From Stoney Creek, it's 90 km each way.

Get your spring training in gear to prepare for the TNTO 2-day challenge ride. Will you be aiming for your personal best? Or just out to enjoy the scenery? Other than luggage transfer, **this is an unsupported ride and there are no ride leaders**. You'll be challenging your stamina, self-sufficiency, and probably your butt. Come prepared and plan to ride with friends. This event is a great target for your cycling season training goals.

To make your TNTO weekend more enjoyable, training guidelines to aim for:

If your departure point is High Park:

The total mileage you should have ridden prior to TNTO is at least 1000 km. Prior to TNTO you should be able to ride a distance of at least 135 km/day.

If your departure point is Stoney Creek: The total mileage you should have ridden prior to TNTO is at least 600 km. Prior to TNTO you should be able to ride a distance of at least 75 km/day.

Training for the 322 km "Hairshirt" (June 23rd)? Looking for an additional challenge? We have optional "extra scenic" 187 and 200 km routes available from High Park on the first day.

In addition to the beauty and exhilaration of riding through Niagara Falls at the end of day one, on your arrival at the motel you can celebrate with all the FREE watermelon you can

eat.

Price includes maps, luggage transfer and motel accommodation.

1 person in single room: \$125.00

2 persons in double room (2 beds): \$70.00 each

Map and luggage transfer only: \$20.00 each.

Non-members are welcome for an additional \$10 each.

Registration opens late March. Pre-registration is required to participate in this event.

For details and online registration refer to the TBN website www.tbn.ca.



Photo by Brenda Porter

Word Search - Winter Fun

Rules: Find all the words in the grid, then use the remaining letters to solve the puzzle below.



Arrowhead	Maple
Boots	Nordic
Bus	Rink
Cedarena	Skate
ChristiePits	Ski
Cocoa	Sleigh
Cold	Snow
Glove	Toboggan
Greenwood	Toronto
Hardwood	Trail
Hat	Wanikita
Horseshoe	Withrow
Ice	

D	A	E	H	W	O	R	R	A	B	C
C	O	B	W	D	H	S	N	O	W	H
E	C	O	L	O	O	I	C	E	G	R
D	O	O	W	D	R	A	H	I	L	I
A	C	T	A	N	S	H	E	K	O	S
R	L	S	N	C	E	L	T	S	V	T
E	E	L	I	I	S	E	O	I	E	I
N	L	I	K	D	H	T	R	A	W	E
A	P	A	I	R	O	A	O	G	D	P
S	A	R	T	O	E	K	N	I	R	I
U	M	T	A	N	E	S	T	A	H	T
B	N	A	G	G	O	B	O	T	S	S

Puzzle: To go skating, you will need a pair of these.

Answers to last issue's Word Jumble

**Mel Lastman Square
Greenwood Park
Withrow Park
Kew Gardens
Christie Pits
Cedarena
College Park
Nathan Phillips Square
Riverdale
Trinity Bellwoods Park
Harbourfront
Too Good Pond**

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 1/2–3 hours. The rides start at 10:30 AM on Tuesdays from May to October. All start points are near subway stations. 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.



The Humber Yo-yo Tuesday, May 1

A great way to warm up your cycling muscles after a long winter: a paved path with gentle grades along one of the nicest stretches of the Humber River. The route is almost totally car-free.

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

Dist: 20 km



WEDNESDAY WHEELIES RIDES

All rides start at 10 AM.

March 28: STOUFFVILLE TO GOODWOOD

A 61 or 76km ride north from Stouffville with lunch at Annina's Bakeshop in Goodwood. Meet at the Free Parking Lot on Park Drive just south of Main Street in Stouffville. To get there drive north on Hwy 404 to the Stouffville Sideroad and east into Stouffville.

April 4: KING CITY TO BRADFORD

A 60 or 65km ride north from King through the Holland Marsh to lunch at the Tim Horton's in Bradford. 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 Sideroad (Exit 43). Go east to Keele Street and turn left.

April 11: HORNBY TO CAMPBELLVILLE

A 66km 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). Go north to the lights at Steeles, then turn left and drive 2km to Hornby Park which will be on your left.

April 18: KESWICK ALONG THE LAKE (*Note new start location*)

A 63 or 71km ride from Keswick along the edge of Lake Simcoe past Sibbald Point Provincial Park to lunch at Virginia Beach. Meet at West Park on Ravenshoe Road. To get to Keswick go north on the 404 to Green Lane. Turn left (West) onto Green Lane, then turn right onto Leslie Street (CR 12) and drive north to Keswick. Turn left on Ravenshoe Road. West Park is just west of The Queensway.

April 25: UNIONVILLE TO MOUNT ALBERT / MUSSELMAN LAKE

A 72 or 83km ride from Unionville to Mount Albert and/or Musselman Lake. Meet at Toogood Pond in Unionville. To get to Toogood Pond go north on Hwy 404, then East on Hwy 7 to Main Street in Unionville. Turn left and follow Main through the village. Entrance to Toogood Pond is on your left just north of Carlton Road.

May 2: SCHOMBERG TO CALEDON EAST

A 74 or 93km ride from Schomberg to lunch at the Trailside Cafe 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.

May 9: HORNBY TO ROCKWOOD

A 70 or 81km ride from Hornby north to Rockwood for lunch at the Eramosa River Cafe. Meet at Hornby Park. To get to Hornby take the 401 to Trafalgar Road (Exit 328). Go north to the lights at Steeles, turn left, and drive 2km to Hornby Park which will be on your left.



Photos by Dave Mader



Find us on Facebook!

www.facebook.com/groups/tbn.ca

SATURDAY MORNING RIDES

All rides start promptly at 9:30AM.



Saturday 31st March

The first Saturday morning ride of the year will start from Leslie-Lakeshore Tim Horton's and ride to the Humber River & the Lighthouse, on the Lakeshore trail. Aim to finish between 12 and 1pm – about 32kms.

Saturday 7th April

Starting from Edwards Gardens (SW corner of Lawrence Ave and Leslie St), we'll ride through the quiet residential streets and paths of North York to a coffee break near Steeles and Leslie for about 32kms and finish about 12 to 12:30pm.



Photos by David Middleton

TBN Ride Classifications

LEISURE WHEELER

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



EASY ROLLER

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



TOURIST

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



ADVANCED TOURIST

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



SPORTIF

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



Saturday 14th April

Starting from the Grenadier Restaurant in the centre of High Park, we'll ride to Port Credit for a coffee break and return, using the Lakeshore Trail and roads, for a total of about 35kms, back by about 12:30 to 1pm.

Saturday 21st April

We will start from the Leslie-Lakeshore Tim Horton's and ride to a coffee break at Guildwood, using the Lakeshore Trail and roads, returning by a slightly different route at about 12:30 to 1pm, for a total of about 37kms.

Saturday 28th April

We will start from the Leslie-Lakeshore Tim Horton's , ride to Sunnybrook Park and return via Victoria Park Rd and the Lakeshore, for a total of about 38kms; back at about 12:30 to 1pm.



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

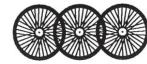
WEDNESDAY WHEELIES

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.



Sunday & Holiday Rides

There are no scheduled Leisure Wheeler, Easy Roller, Country Cruise Rides in March.

Country Cruises:

PLEASE NOTE: The directions to the start points of rides are a basic guide from Toronto and may not be as detailed as you would like. They primarily stem from Highway 401 but this does not mean that other routes are not possible. It is strongly advised that you use the instructions provided in conjunction with an up-to-date map of southern Ontario when deciding the best route for you to drive. A little navigation tip might be to take out a map the night before the scheduled ride, find the town in which it is going to start, and from there decide the most efficient route for you to take from your home.

AND ALWAYS, ALWAYS !!!!!....

CHECK THE WEBSITE THE NIGHT BEFORE A RIDE IS SCHEDULED TO NOTE IF THERE HAVE BEEN ANY CHANGES.

All rides start at 10:00 am unless otherwise noted.

Sunday, March 18, 2012

KETTLEBY-MAPLE - Head up to Kettleby and back again. The long route includes a loop through the marsh with an optional assault on the Weston Wall before we all stop for a tasty lunch in Maple.
Start: Finch
Dist: 76 & 91 km
Class: Tourist

Sunday, March 25, 2012

BOLTON HAMMER RELOADED - Three routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.
Start: Finch
Dist: 82, 104 & 112 km
Class: Advanced Tourist, Tourist

Sunday, April 1, 2012

MAPLE/SCHOMBERG/MAPLE - Short route lunches in Maple; long route goes to Tims in Schomberg.

Start: Finch
Dist: 82 & 102 km
Class: Short Tourist, Tourist

HORNBY/CAMPBELLVILLE

Explore some of the quietest roads in the Halton region with lunch in Campbellville and descent of Bell School Line, on the longer rides.

Start: Meet at the Hornby parking lot. Exit Hwy 401 westbound at Trafalgar Road, then head North to Steeles Avenue and west to Sixth Line.
Distances: 55 km, 67 km & 75 km
Class: Country Cruise

LAKESHORE - Start the season with a brisk ride to the edge of Mississauga along the Lakeshore Trail. Lunch at Tim Horton's.

Meet at the Grenadier Restaurant in the centre of High Park for a 10:00 am departure.
Distance: 30 km
Class: Easy Roller

PRE-SEASON LEISURE WHEELER RIDE- Shape up for the regular start of the LW season by doing this ride to the Don Trail and waterfront. Distance may vary depending on the weather. Members and prospective members are welcome.
Time: 10:30 am
Start: Queen's Park
Distance: 22 km
Class: Leisure Wheeler
Apres: Second Cup

Friday, April 6, 2012

UNIONVILLE BRUNCH - Our traditional Good Friday excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jakes on Main.
Start: Finch Park and Ride
Dist: 55 & 80 km
Class: Short Tourist, Tourist



Sunday, April 8, 2012

MT. ALBERT/UXBRIDGE - Two routes to lunch in Uxbridge. Short tour lunches in Mt. Albert.

Start: Edwards Gardens 8:30 am
Dist: 108 & 135 km
Class: Advanced Tourist, Tourist

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

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

HOLLAND MARSH-

A "Wednesday Wheelie" favourite, this route just north of the megacity is an ideal one early in the cycling season. See the Marsh come alive in the spring and enjoy a few training hills on the way.

Start: King City - Meet at the arena parking lot, located on Doctor's Dr., first south street, east of the intersection of King Road and Keele Street.
Distance: 56 km, 68 km & 79km
Class: Country Cruise

GUILD INN - Visit the famous Scarborough Bluffs and see the grounds of the Guild Inn. Lunch at Cornerstone Bakery. Meet for a 10:00 am departure at the Boardwalk BBQ Pub, just east of Coxwell Ave. on Lakeshore Blvd.
Distance: 37 km
Class: Easy Roller

TODMORDEN MILLS RIDE- Ease into the Leisure Wheeler season with a visit to historic Todmorden Mills via the Don Valley bike path.

Time: 10:30 am
Start: Queen's Park
Distance: 24 km
Class: Leisure Wheeler
Apres: Second Cup

Sunday, April 15, 2012

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

Start: Finch 8:30 am

Dist: 121 & 139 km

Class: Advanced Tourist, Tourist

BOLTON HAMMER RELOADED

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

Start: Finch

Dist: 82, 104 & 112 km

Class: Advanced Tourist, Tourist

CREDIT RIVER CRUISING -#1

An undulating ride through the wilds north of Brampton.

Start: Meet at Alloa School, on the North side of Mayfield Road, just East of Mississauga Road (Mayfield Road is the second Road North of Hwy 7).

Distances: 47 km, 66 km & 90 km

Class: Country Cruise

MIMICO CREEK - Ride mostly on trails and quiet streets before stopping for lunch at Tim Horton's, across from Sherway Gardens. From there, it's a short ride to connect with the trails again, head down to the Lakeshore then back to the start. Meet in the parking lot of Etienne Brule Park for a 10:00 am departure. Etienne Brule Park 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.

Distance: 35 km

Class: Easy Roller

Sunday, April 22, 2012

QUEENSVILLE/MT ALBERT RIDE - A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert.

Start: Finch 8:30 am

Dist: 120 & 140 km

Class: Advanced Tourist, Tourist

HOLLAND MARSH/NEWMARKET - A hilly but scenic route to Aurora for lunch. Long tour takes in the Marsh.

Start: Finch

Dist: 79 & 104 km

Class: Short Tourist, Tourist

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.

Distances: 62 km & 76 km

Class: Country Cruise

MAPLE BAKERY - A shortened version of the ride to Centro Bakery in Maple. Mostly on quieter streets. Meet for a

10:00 am departure at the Finch Subway Kiss and Ride, NW corner of Yonge and Hendon Ave, one block north of Finch.

Distance: 35 km

Class: Easy Roller

Sunday, April 29, 2012

BLACK HORSE CENTURY - A hilly century exploring the northernmost reaches of Caledon and New Tecumseth with lunch in Alliston. 135 km option lunches in Tottenham. Short tour settles for lunch in Schomberg.

Start: Finch 8:30 am

Dist: 115, 135 & 165 km

Class: Advanced Tourist, Tourist

KETTLEBY/SCHOMBERG - Three routes ride through the historic village of Kettleby, before diverging to lunch stops in Maple or Schomberg.

Start: Finch

Dist: 72, 108 & 116 km

Class: Short Tourist, Sportif, Tourist

SUTTON - LAKE SIMCOE TOUR

A scenic jaunt along the cottage lined shores of Lake Simcoe and the surrounding countryside. Bring your lunch for a picnic by the lake.

Start: Meet in Sutton at the Peter Gzowski Library. Take Hwy 404 north, Davis Drive east, Hwy 48 north. Go left on High St. into Sutton. Right on Dalton Rd. Left on Black River Rd. to the Peter Gzowski Library.

Distances: 64 km & 84 km

Class: Country Cruise

KINGSWAY RIDE - Wander the lovely neighbourhood back streets of Etobicoke, and return

along the Lakeshore Trail. Meet in the parking lot of Etienne Brule Park for a 10:00 a.m. departure. Etienne Brule Park 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.

Distance: 35 km

Class: Easy Roller

Sunday, May 6, 2012

CAMPBELLVILLE CLASSIC - Follow the quiet backroads to the Trail Eatery in Campbellville.

Start: Kipling Subway 8:30 am

Dist: 110 & 130 km

Class: Advanced Tourist, Tourist

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

Start: Kipling

Dist: 95 & 115 km

Class: Advanced Tourist, Tourist



Photo by Dave Mader

**Remember to thank
your ride leaders !**



**TBN is made possible
by volunteers !**

TBN Who's Who

TBN Board of Directors

President	Brian Mclean	president@tbn.ca
Past President	Vacant	tbn@tbn.ca
Director, V.P. Skiing & Snowshoeing	Terry Walsh	xcski@tbn.ca
Director, V.P. Touring	Richard Anstett	touring@tbn.ca
Treasurer	Jean O'Grady	tbn@tbn.ca
Secretary	Brenda Sweet	tbn@tbn.ca
	Paul Price	
Newsletter	Albert Ng	newsletter@tbn.ca
	Cynthia Ng	
Publicity & Promotions	Sherri Stelmack	publicity@tbn.ca
	Ed Weiss	
Social Director	Ron Fletcher	social@tbn.ca
Weekend Trips Director	David Maclean	weekendtrips@tbn.ca
Advocacy Director	Ron Fletcher	tbn-civic@tbn.ca
Cyclon Directors	Neil Connolly	cyclon@tbn.ca
	George Witte	
Education Director	Vacant	education@tbn.ca
Others		
Membership Secretary	Eileen M Harbinson	memsec@tbn.ca
Webmaster	Owen Rogers	webadmin@tbn.ca

TBN Coordinators

City Walks	Mark Brousseau	416-466-4979
Country Cruise, Saturday Shorts	Rowena Maclure	rmaclure@allstream.net
	Barry Pinsky	barry@rooftops.ca
Easy Roller	David Middleton	easyroller@tbn.ca
Friday Night Ride	Peggy McFarland	fridays@tbn.ca
Hiking	Ed Herage	hiking@tbn.ca
Ice Skating	Fred Lee	iceskate@tbn.ca
Spinning Coordinator	Kathleen Harford	spinning@tbn.ca
Leisure Wheeler	Jamie Hauyon	jamiehauyon@yahoo.com
Saturday Morning Ride	Patsy Cook	patsy_cook@hotmail.ca
	Mick O'Meara	mick_omeara@sympatico.ca
Tourist, Sportif	Owen Rogers	info@tbn.ca
Tuesday Ravine Rides	David Peebles	dlpeebles@pincoe.ca
Wednesday Nights	Ron Fletcher	tbn@tbn.ca
Wednesday Wheelie	Bill Hannaford	416-482-2125
	John Cook	jcook@english.ryerson.ca
Volunteer Coordinator	Vacant	info@tbn.ca

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.

MOVING?

Send changes of address and corrections to: memsec@tbn.ca



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

