

# QuickRelease

November 2012- February 2013 • Volume 31, Issue 5



Toronto  
bicycling  
Network

*Bid Farewell to a fantastic year  
...let's celebrate the Wintry season!*

# Annual General Meeting Dinner & Dance

**Saturday, November 17**

Whistler's Grille and Café  
McNeil Room  
995 Broadview Avenue

Don't miss TBN's annual soiree and gala, where you'll see old friends and make new ones.

Help elect a new President and Board of Directors, and join the celebrations for two long time board members who are stepping down.

Enjoy a great selection of dinner choices ranging from meat to pasta to vegetarian options, plus desserts and coffee. As always, a cash bar will be available.

A DJ will be spinning all of your favourites, plus some of the latest and greatest....start practicing your Gangnam Style moves.

There will be some great prize giveaways.

This is an event not to be missed!

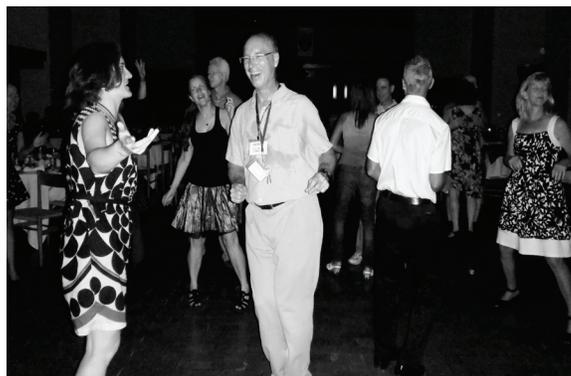
Get your tickets now because this event is likely to sell out.

Member's Price: **\$30** before Nov. 1, **\$35** after.  
Non-Member's Price: **\$35** before Nov. 1, **\$40** after.

Registration deadline: **Nov 12, 2012.**  
Go to [www.tbn.ca/other/social.htm](http://www.tbn.ca/other/social.htm) to order your tickets.  
Contact [social@tbn.ca](mailto:social@tbn.ca) for more information



JOIN THE FUN  
ELECT *the* BOARD  
DANCE UP A  
**STORM**  
Laugh & CHEER  
**FEAST**  
AND SHARE A  
GREAT YEAR !



## THE CHAIN OF EVENTS UPDATE

Stay up to date: Get all the details of the next seven days' events published directly to your inbox every Tuesday by subscribing to TBN's weekly electronic bulletin, Chain of Events Update.

Subscribe by following these three simple steps:  
Step One:  
Login/register on the TBN website.  
Step Two:  
Go to "My TBN" midway down on

the left side panel and click on Mailing Lists register.  
Step Three:  
Click "Yes" to Subscribe to TBN Weekly Chain of Events?  
You're done!



We had a great turnout of about 50 cyclists for this year's Alan Gordon Metric Century ride led by Sandra McCrossan for the Leisure Wheelers, while Dave Middleton led the Easy Rollers. The sun shone brightly providing warm weather for the 100 km journey between the Boardwalk Pub in the Eastern Beaches area and Gairloch Gardens in Oakville.

The vast majority of cyclists completed the ride in about 7 hours (including lunch and breaks) on average, and a wonderful day was had by all.



**Right:** Sandra McCrossan & Dave Middleton  
**Below:** At the Boardwalk Pub  
**Bottom:** At Gairloch Gardens



# Ride Leader's Spotlight- Jimmy & Carol Yeung



## **Q:When did you start cycling?**

We started cycling about 10 years ago with our mountain bikes as Jimmy found his tummy was getting bigger and needed exercise to prevent it from becoming a pickle barrel. We cycled mostly in High Park. Occasionally we cycled to the supermarket or Chinatown to do shopping. We started cycling seriously after we joined TBN.

## **Q: When did you join the TBN? And how did you find out about it?**

We knew if we were to keep cycling, we would have to find people with the same interest. We found the TBN from an internet search. We joined TBN in the spring of 2006. Our first ride was the Leisure Wheeler ride starting from Queen's Park.

## **Q: What's your favorite cycling route in Toronto? In any other place you've travelled?**

We are bike ride junkies! We do all kinds of rides. Easy Roller rides. Country Cruise rides. Loaded touring rides. Wednesday Wheelie rides sometimes. Short rides. Long rides. Rides around the corner store that last 10 minutes. Century rides that last over 10 hours. Single bike rides. Tandem bike rides. We ride them all!

Our favourite cycling route is from where we live (west end) through bike paths and back roads to the Mississauga Chinese

Centre to shop and eat. This route later became one of our favourite Easy Roller rides. So if you have some good routes, please share them with the club.

We rode the Canadian Tandem Rally for a couple of years. It was an interesting ride but we have a small car so we had to disassemble the tandem and re-assemble it to join the ride. Too much work! We did not do this ride in the last couple of years.

In 2010, we took the tandem to Vancouver for an island tour. We started from Vancouver, rode to Richmond, Delta then onto the ferry to Victoria. From Victoria, we rode to Nanaimo and then took the ferry to Horseshoe Bay. From there, we rode back to Vancouver. It was a memorable ride especially those cliffs in North Vancouver. It was scary!

When we don't have to work anymore (which should be soon), the first thing we want to do is to tour Taiwan Island. They say it is a very good bicycle touring destination and the motels have hot springs baths.

## **Q: What other hobbies do you enjoy?**

Every time I took my fancy Mavic SL wheels to the bike shop for service, the guy in the bike shop was always happy to see me. I asked him "Why do my Mavic wheels need so much service and my beater Shimano wheels never need any?" The answer was "high performance wheels need high frequency service." It sounded fishy. Later on I did some research and found out that those Mavic wheels do not use bearings for its freehub body but plastic bushings for light weight and tight fit cassette. Those plastic bushings need frequent cleaning and lubeing especially if you ride in the rain. All you need is a 5mm and a 10mm allen key to take it apart. Clean it and put a few drops of mineral oil in the plastic bushing and it will be as good as new! Unlike the forever lasting Shimano freehub body which is designed not to be taken apart, to service the Mavic freehub takes 5 minutes at the most. 30 dollars plus tax! No wonder the guy in the bike shop was always happy to see me! I keep a (almost full) work shop in my basement to service my rides now. It has become my hobby. I do every thing from brakes, cables, gear adjustment, hub service, wheel truing and even wheel building and bottom brackets. I do them all. You feel so good when you have a silky smooth ride that almost propels itself. Maintaining a smooth ride has become my passion. Look after your ride and your ride will look after you!



Join the 300+ members on our Facebook page!  
[www.facebook.com/groups/tbn.ca](http://www.facebook.com/groups/tbn.ca)



Our twitter account:  
[www.twitter.com/#!/TOBikeNetwork](http://www.twitter.com/#!/TOBikeNetwork)

# The Great PuffBall Robbery SandBanks GetAway Weekend



## WANTED

Paul and Brenda came flying down the little sandy grade into camp at break-neck speed and he was shouting “did we lose them....did we lose them....”

Brenda was skillfully holding on to what appeared to be two white volley balls instead of holding onto the handle bars.....Cirquenam Style....

I was thinking to myself, “..did they just rob a sporting goods store?...er...why not a bank?...”

As they dismounted Paul excitedly explained to Marilyn, Dee Dee and myself how Brenda and he had happened upon these white objects; the biggest puff-balls I have ever seen.

They had spied them in a field along their route, and had to use heavy-duty bolt cutters to cut through a chain-link fence to get to them. Brenda always keeps a pair and a spare in their bicycle emergency kit for just such an unplanned contingency. They do come in handy.

Marilyn wanted to take pictures, so Dee Dee obliged by holding them up and modelling them for us....ahem.

Just as Dee Dee did so, a helicopter landed, and disgorged a contingent from the Guinness Book of World Records. The puff balls were so big, they had shown up on British Military Radar.

As Dee Dee proudly displayed her newly acquired mounds, Brenda slyly mentioned that they had built Dee Dee’s character in a significant way! Marilyn happily snapped the joyous occasion, and later Paul fried them up. He is such a kill-joy.

As close to marshmallow as a fungus can get.....

- Dominic Hay  
Past Pres

Hi Everyone,

## Ice skating

will begin **Friday November 16, 6:00 p.m. at York Mills arena** at York Mills Rd. and Bayview Ave. conveniently located across the street from a plaza with good restaurants, ie. Marche’, Hero Burger etc. Friday night ice skating is on outdoor rinks but the weather outside at the start and at the end (March 15, 2013) may be too warm for good ice conditions so we skate indoors first. We normally skate from 6:00 to 8:00 and then go for a late dinner at a restaurant agreed to upon consensus and the evening usually ends around 10:00 p.m. This is the only Toronto Bicycling Network event that does not require a membership as we skate on public rinks, the idea is to bring your friends and if they like the people, friendships, they may want to join in other tbn events and to grow the club.

There are no minimum skating abilities required. We have absolute beginners to seasoned veterans. I will update the tbn website every Saturday for the next skating venue. The tentative schedule at this time is York Mills arena for Nov. 16 and Harbor Front Natrel rink on the Nov. 23rd. Everything depends on Mother Nature. Some of the rinks we will try to go to are; Withrow Park, Kew Gardens, City Hall, Colonel Sam Smith skating trail, Parkdale, Greenwood, Richmond Green

Skating trail, Cedarena, Lastman Square, Christie Pits, Gage Park, Dufferin Grove, Giovanni Caboto, Cosburn, Don Mills Shopping Centre, Harry Gairey and there will be a few repeats. If there are other rinks that you would like to suggest, send me an email.

In previous years some of the skaters have graciously hosted a potluck house party after the skate and hopefully this tradition will continue.

There are only 18 Friday Night ice skating dates in the season. Some of the rinks such as Cedarena, Richmond Green and Gage Park

will require car pooling. I will ask who needs a ride and who can give a ride for the



following skate and coordinate drivers and passengers. I

have a van that can take 6 riders. I would like to plan a road trip for the Rideau Canal in Ottawa and the rink adjacent Niagara Falls as the season progresses. For those not being able to go on the road trip, there will still be a Friday night ice skate hosted by another TBN member. So get those skates sharpened and see you on the ice!

**Fred Lee, ice skating coordinator,**  
iceskate@tbn.ca  
will be routed to my home email.



# Explore the Bruce Trail - Fall Hiking Schedule 2012



Join Ed Herage and the TBN on vigorous but scenic Sunday hikes of 15-22km along the Bruce Trail. The hike locations start in the north and move south each week. All hikes start at **10AM**. Non-members are welcome. You will be required to sign a waiver and pay a \$5 non member fee.

Some hikes are one-way (end-to-end) and will require some coordination with other hikers to park a vehicle at the finish point of the trail. If you don't have a ride to the meeting point, post a Ride Sharing request on our TBN Bulletin Board or on Facebook.

Keep the following in mind:

- When choosing clothing remember that the weather is often cooler than in Toronto.
- Bring food and water. A whistle may come in handy.
- For your comfort & safety, we suggest you wear hiking shoes/boots with regular and liner socks.
- If hikers choose to leave the main group and proceed independently, they are responsible for finding their way to the end point. It is not possible to search the countryside on foot to find "lost" hikers.



## Nov-04 Hockley Valley Orangeville (Hwy 9 & Hwy 10)

This 19km or 23km hike takes us along the Bruce Trail thru the beautiful Hockley Valley. The constant hills make it a physically demanding 4 to 5 hour, end-to-end (car shuttle) hike.

Meet at Tim Horton's in Orangeville. Tim's is west off HWY 10 at Fifth Ave, north of Hwy 9.

## Nov-11 Glen Haffey Caledon East (Airport Rd)

This 20 km hike is through the Glen Haffey area of the Bruce Trail. This is a moderately hilly, 4 to 5 hour, end-to-end (car shuttle) hike.

Meet at the Einhorn Deli/Cafe (formerly Pulla's Bakery). It is located on the east side of Airport Road in the north end of the village of Caledon East.

## Nov-18 Silver Creek North of Glen Williams (CR 10)



This week's hike is 7 to 22km through the Silver Creek area of the Bruce Trail. It is moderately hilly and it is rocky in some sections. The route is a loop (no car shuttle) and there are several distance options.

Meet next to the pond at the bottom of the hill on 10th Line.

From Toronto go north on Hwy 410 to Mayfield Rd. Go west on Mayfield Rd & drive past Winston Churchill Blvd to the 4 way stop at River Dr. Continue straight line. Tenth line becomes SR. The meeting point is approximately 1 km past 27th SR.

From 410 on past Winston the 4 way stop Continue straight line. Tenth line becomes SR. The meeting point is approximately 1 km past 27th SR.

**Nov-25 Limehouse to Speyside Milton (Hwy 25)**

This 18km hike is from Speyside to Limehouse on the Bruce Trail. It is moderately hilly and is rocky in some sections. It is an end to end (car shuttle) hike. Meet at the Tim Horton's in Milton on the east side of Regional Rd 25 just north of Hwy 401.

**Dec-02 Hilton Falls to Hilton Falls (Campbellville Rd)**

This week's hike starts in the Hilton Falls Conservation area. It is a 22 km, moderately hilly & rocky hike on the Bruce trail in the area north of Kelso. The route is a loop (no car shuttle).

Meet in the Hilton Falls Conservation Area parking lot.

Note: THERE IS A PER PERSON CHARGE TO ENTER THE CONSERVATION AREA. Hikers are responsible to pay this fee.

From Toronto drive west on Hwy 401 to Regional Rd 25. Go north on Regional Campbellville Road/5th Side Road (traffic lights). Go west on Campbellville conservation area. The entrance will be on your right after you past 6th Line.

Road 25 to Road 5 km to the line but before Guelph

**Dec-09 Dundas Valley Greenville Public School(Harvest Rd)**

The last hike of the season is a 18km, moderately hilly Bruce trail in the Dundas area. It features an indoor passes several waterfalls. Snow on the ground with a view of the Dundas valley.

Meet at the Greenville Public School. Take exit onto Hwy 6 north. Take Hwy 6 Hwy 5 & drive west to Sydenham bears left go straight onto Public School (difficult to Falls "pay & display"

end to end hike (car shuttle) on the lunch stop with flush toilets! The route makes it even more scenic. There is a lookout

the QE west to Hwy 403. Drive west on Hwy 403 and north to Hwy 5/Dundas (major intersection). Turn left onto Rd. Turn left on Sydenham Rd and drive south. As Sydenham Harvest Rd. Drive west on Harvest Rd and park in the Greenville see sign) on the North side of Harvest Rd. The lot is just after the Tew parking lot.If you reach Brock Rd you have gone too far.

## Explore Toronto - Fall City Walk Schedule 2012

Unfortunately, the return of cooler weather requires some of us to put our bicycles away. In order to keep active over the Fall and Winter months, we are planning to continue with our Sunday City Walk Program. Posted below is a tentative list of this season's routes. All walks start at 10 AM.

Mark Brousseau (City Walk coordinator)

- November 11th The Town and Country, departing from Rosedale TTC
- November 18th Etobicoke Creek, from Kipling TTC
- November 25th The NorthEast Don Valley, from Leslie TTC
- December 2nd The Annual Don Valley Potluck, from Lawrence TTC
- December 9th The West End Meander, from Dundas West TTC



# Wednesday Wheelies

## November 7: SCHOMBERG TO ALLISTON / HOCKLEY

A 72 or 88km ride from Schomberg to lunch in the village of Hockley. Meet for a 10AM departure 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.

## November 14: KING CITY TO CALEDON EAST / KLEINBURG

A 76 or 100km ride from King City to lunch in Kleinburg. Meet for a 10AM departure 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.

## November 21: STOUFFVILLE TO UXBRIDGE

A 61 or 85km ride (or an 82km variation on dirt roads) from Stouffville to Uxbridge for lunch. Meet for a 10AM departure at the Free Parking Lot on Park Drive just south of Main Street in Stouffville. Drive north on Hwy 404 to the Stouffville Sideroad and east into Stouffville.

## November 28: UNIONVILLE TO MOUNT ALBERT / MUSSELMAN LAKE

A 72 or 83km ride from Unionville to Mount Albert and/or Musselman Lake. Meet for a 10AM departure 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. The entrance to Toogood Pond is on your left just north of Carlton Road.



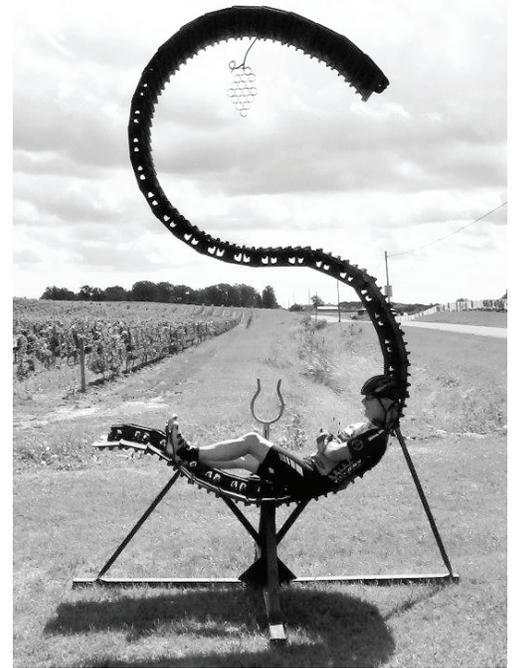
## December 5: KING CITY TO BRADFORD

A 60 or 65km ride north from King through the Holland Marsh to lunch at the Tim Horton's in Bradford. Meet for a 10AM departure at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street.

## December 12 : WEDNESDAY WHEELIE END-OF-SEASON/ CHRISTMAS LUNCHEON

At "Marché" in Brookfield Place (formerly BCE Place) on Yonge Street just north of Front at 12:00 Noon.

(Please confirm your attendance by email with John Cook at least one week before the luncheon.)



# 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.



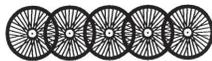
### ADVANCED TOURIST

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.



### 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.



# 2012-2013 SKIING & SNOWSHOEING

**C**ross country (or Nordic) skiing is an ideal aerobic activity to complement your cycling. Travel in a comfortable highway coach to ski country while you relax or chat with other TBNers. Then enjoy a rigorous and exhilarating day on the trails. If you are a novice skier, please do not ski alone. After working up an appetite on the trails, buy your lunch at the resort or enjoy the packed lunch you brought from home. At 4:30 p.m. sharp,

the bus heads back to Toronto. Most trips in addition to onsite skiing there will be off site skiing ( back country) and wilderness snowshoeing available, depending on snow conditions.

To register for the ski bus trip, send an email to [xcski@tbn.ca](mailto:xcski@tbn.ca) before Thursday at 10pm for Sunday trips and before Wednesday at 10pm for Saturday trips. Please give the trip date, your name, your pickup point, telephone number, and whether you require rentals.

You must cancel by those days as well to

avoid a \$15.00 no-show penalty which will be charged to people who register but don't turn up. The bus fare is \$26.00 and the trail fees vary by the resort, usually \$8 to \$23. For non-members, the bus fee is \$31.00. The bus fee should be paid by cheque, made payable to the 'Toronto Bicycling Network'. Trail fees must be paid in cash. A If you do not register, the walk-on fee (if space is available) is \$31.00. Check the website for updates.



## Sunday Bus pick-up locations + times

Victoria Park TTC lot (on Victoria Park at Denton Ave.)	8:00 a.m.
Yonge & Asquith Ave. (Metro Reference Library)	8:20 a.m.
Yonge & Eglinton (in front of Tim Horton's)	8:30 a.m.
Yonge & York Mills TTC	8:40 a.m.
Hwy 400/Major MacKenzie Carpool lot	9:00 a.m.

## Saturday Bus pick-up locations + times

Victoria Park TTC lot (on Victoria Park at Denton Ave.)	8:00 a.m.
Yonge & York Mills TTC	8:20 a.m.
Hwy 400/Major MacKenzie Carpool lot	8:40 a.m.

## Ski/Snowshoe Season Schedule for 2012-2013

Sun	Dec 30, 2012	Hardwood Hills
Sat	Jan 5, 2013	Horseshoe Valley
Sun	Jan 13	Wasaga Nordic, Wasaga Beach
Sun	Jan 20	Mansfield Outdoor Centre
Sat	Jan 26	Highland Nordic
Sat	Feb 2	Horseshoe Valley
Sun	Feb 10	Wasaga Nordic
Sun	Feb 24	Mansfield Outdoor Center
Sat	Mar 2	Horseshoe Valley
Sun	Mar 10	Hardwood Hills
Sat	Mar 18	Highlands Nordic

NOTE: Schedule is tentative only, and may change depending on weather and snow conditions.

TBN will be exhibiting at MEC Snofest on Saturday, Nov 3. Come down and find out about the great ski and snowshoe trips being planned by TBN volunteers for the coming winter. TBN is planning an equipment demo for members/non-members as an intro to our program and what clothing is needed to dress for winter activities as well as some info on winter biking. Stay updated through the weekly TBN Chain of Events email and website.

## Weekend Trips

**WANAKITA SKI WEEKEND** – February 8 - 10. Spend two nights at YMCA Camp Wanakita in Haliburton ... in a large, comfortable, heated cabin. Friday snacks and five delicious meals are included. 25 km of trails groomed & tracked for classic & skate-skiing. Free use of their snow-shoes, skis and toboggans. For those that like challenges, there are various rope-and-tire balancing, climbing and dangling exercises. You can also read 'n relax by the fire, do a night ski across the lake to a bonfire, and ice-skate. Cost is \$189 (incl. HST) for members (\$199 for non-members). Send an e-mail to Frank Remiz [wanakita@tbn.ca](mailto:wanakita@tbn.ca) to begin the sign-up process.

**ARROWHEAD WEEKEND** February 15 - 18 This year's Family Day weekend trip to Arrowhead Provincial Park will be from Friday the 15th to Sunday the 17th with an option to stay until Monday the 18th. Pricing details will be available in November.

# Why I ride a recumbent

By Carl Friesen

About six years ago, I enjoyed a week-long tour along the Richelieu Canal and around Lake Champlain. Well, mostly enjoyed -- a pained posterior, as well as stress on my wrists, arms and neck, cut into the fun. It convinced me that there must be a more comfortable way to ride.

So I started to take a closer look at the occasional recumbent bicycle I'd see on the road, did some Web research, and eventually found myself at Urbane Cycle in downtown Toronto, which I'd found to be the GTA's best source for offbeat two-wheeled transportation.

I've been riding my Challenge Twister ever since. I get a lot of questions about it, so here are some of my stock answers.

## What do you call that thing, anyway?

It's a "bent," which is short for "recumbent," a term that suits the slightly deviant sub-culture involved. We call upright bikes "wedgies," and if you're a male who's been in fourth grade, you'll understand the analogy.

I see two main kinds of bents. One is what I call the "American" style, which is really just a squashed upright, made with the same kind of tubing. Many of them look like they were made with electrical conduit piping and soldered together in someone's basement. Mine is a "Eurobent," based on a single tube that supports the crankset, saddle, handlebars and drivetrain.

There are also two schools of thought on the handlebars. Mine is "under-seat steering," which gives me a more open feel, but also a larger turning radius. "Over-seat steering" bikes have the steering rudder is at about chest level -- I call this the "praying hamster" option.

## What's good about it?

It's comfortable. As anyone who's done the Hairshirt will know, what wears out on a long ride is your, uh, seat, and your arms. On my bent, I'm relaxed and can go for hours, and without all that expensive gel padding.

It's a helluva lot safer. If you've ever seen anyone go over the bars on an upright bike, or done it yourself, you'll know that it's really like parachute-free skydiving. Skull fractures, damaged teeth and broken collarbones are often the result, along with copious road-rash. Even a sideways fall, like if you take a corner too fast, can get messy.

On my bent, a fall is a non-event. It's like falling off a La-Z-Boy, although it is a La-Z-Boy travelling at 25 km an hour. Not pain-free, but it's feet-first from a low elevation, rather than the skydiving headfirst thing.

It's more aerodynamic. I see upright riders hunched over on the downhills, while I'm naturally streamlined. It's also easier against the wind. The downside of that is that I really can't draft, and nobody can suck wind off me -- but hey, I'm okay -- the streamlined design is kind of like perpetual drafting.

## Isn't it hard to climb hills on that thing?

Sort of. I need to put more effort into the climbs, but I've passed a fair number of wedgies on up-grades, so like Lance said, it's not

about the bike. It's about the rider. Just so you know, a recumbent is faster on the downhills.

## Do you feel safe in traffic, being down so low?

Yes, about as safe as you do. Some bents are so low that they feel like lying on a skateboard, looking up at a Hummer's undercarriage, but mine is just at the right height to make eye contact with drivers about to give me a right hook. Having said that, my underseat-steering bike is too wide to slide between cars and the curb, so I keep my riding to the burbs and the countryside, not downtown.

## Is it heavy?

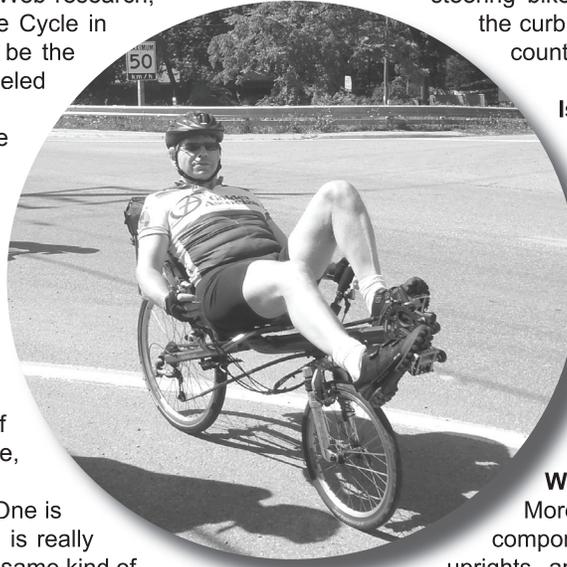
Yes. A diamond-frame upright bike sort of makes up for its lousy aerodynamics by having an amazing strength-to-weight ratio -- although those front forks are dreadfully vulnerable. A bent always weighs more, even with lightweight components. It's also clumsy to transport, partly because bike racks are set up for wedgies. But I'm able to put my recumbent on the back of my Smart car.

## What does it cost?

More than a regular bike with similar components. This is mostly because while most uprights are mass-produced like Twinkies, bents are typically made by small companies, and with more human involvement. Two of the major companies have European payscales to meet -- Challenge NV is based in the Netherlands; HP Velotechnik OHG is in Germany. Part of the cost is for the R&D involved -- recumbent bicycles are undergoing rapid technology improvements, to the point that riding my six-year-old Twister is kind of like using a six-year-old computer.

## Would I go back to an upright?

I still have one -- I just hardly ever ride it. I'm planning my next bike to be a folding recumbent from HP Velotechnik -- the blogs say it will fit inside a Smart. I want that.



Spinning at the Adelaide Club on Weds. 6:30pm

Resumes November 28  
@First Canadian Place. Cyclist and personal trainer Kimchan Ramrattan keeps club members fit and road-ready in classes he specially prepares for our "off" season. Classes for eight weeks are \$90 plus HST which includes access to shower facilities, whirlpool, sauna and steam room. Register with Patsy at [patsy@adelaideclub.com](mailto:patsy@adelaideclub.com) or call 416-367-9957 x286 for more info. Hope you can join us!

# Open TBN Positions

**Education Presenter:** We need MORE! We'd like it 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 to 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 us at [tbn\\_bod@tbn.ca](mailto:tbn_bod@tbn.ca) and we'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 reach out to new members and to the existing membership, then contact Ed at [publicity@tbn.ca](mailto: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 us at [tbn\\_bod@tbn.ca](mailto:tbn_bod@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](mailto:webadmin@tbn.ca) with some of your skills and offers.

**Newsletter publishing:** We need additional members to help assemble the bi-monthly issues. If you are a little creative, have some 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. Contact [newsletter@tbn.ca](mailto:newsletter@tbn.ca).



## WINTER WORD SEARCH

- |           |          |
|-----------|----------|
| Bonfire   | Outdoor  |
| Boots     | Rink     |
| Bus       | Skate    |
| Cedarena  | Ski      |
| Chill     | Sleigh   |
| Cocoa     | Snow     |
| Frost     | Snowshoe |
| Glide     | Spin     |
| Greenwood | Toboggan |
| Hardwood  | Toronto  |
| Hat       | Tracks   |
| Hike      | Trail    |
| Ice       | Winds    |
| Nordic    | Withrow  |



**Rules:**

Find the words in the puzzle above, then use the remaining words to solve the puzzle below.

**Puzzle:**

Let's hope not to get this "Snow Eater".

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

**Last issue's hiking quote:**

In every walk with nature one receives more than he seeks.

- John Muir

## TBN Who's Who

### TBN Board of Directors

President	Vacant	president@tbn.ca
Past President	Brian Mclean	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	Ed Weiss	publicity@tbn.ca
Membership Director	Eileen M Harbinson	memsec@tbn.ca
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

Webmaster	Owen Rogers	webadmin@tbn.ca
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### TBN Coordinators

City Walks	Mark Brousseau	416-466-4979
Country Cruise, Saturday Shorts	Rowena Maclure	rj.maclure@gmail.com
	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](mailto:memsec@tbn.ca)



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

