

QuickRelease

September - October 2012 • Volume 31, Issue 4



... is around the corner!

TBN President's Message



Arrivederci, Sayonara, So Long and Thanks for all The Fish.

It's been a slice being President for so many years now but I think it's time to retire my army fatigues and throw out the half chewed cigar. No more El Presidente. From now on, I'm going to be just one of the boys.

I first started on the Board when Ron convinced me to handle the treasurer responsibilities and things quickly escalated. I've had lots of fun, (and so has Nancy), gone to numerous Cyclons and events, given rousing speeches to enervate the flock, battled small armies, had a brand of single malt whiskey named after me, became the top selling male cycling model of North America and Europe, written several best sellers on the biology of migrating butterflies, fought a war in central Africa, brought peace to a small section of the Sinai peninsula, ran for Mayor and won but had a judge destroy the political process and appoint Rob Ford instead..... well you get the idea.... I've been kind of busy. I've known for a while now it was time to bring new blood onto the Board. So it was to be out with the old (metaphorically only) and in with the new.

I leave the Board in very capable hands. New this past year on the Board were our Cyclon co-directors George Witte and Neil Connolly, fresh off a highly successful

campaign to Peterborough, Jean O'Grady who has performed an amazing job as Treasurer especially since she was the first in a long while without an accounting background, Eileen Harbinson who brought in her years of experience volunteering in the background for TBN (the hardest working unpaid employee we have), Cynthia and Albert Ng parachuted in to run our newsletter and have imprinted their own combination of creativity and discipline. Ed Weiss has been doing a terrific job as promotions director and gotten us out in front of a number of new venues. And Terry Walsh has energized our skiing program even in the era of global warming. We even had Owen Rogers, our erstwhile and long serving webmaster join us and democratize some of the web event pages. I hope I haven't forgotten any of the newbies, and I hope they continue bringing their energy and ideas to the fore. As for the senior longer serving Board members, I hope they can continue to provide guidance and direction.

I think this year has been a very successful one with our membership numbers continuing to climb, record breaking fast sellouts for our events and our presence and stature in the Toronto cycling community. I hope we can continue to build upon it. I'll still be around to organize and help out on some events, maybe cooking hamburgers or organizing a volunteers night or On that note, I retire.

Cheers
Brian Mclean



*TBN Annual General Meeting
Dinner & Dance*



Mark your calendar!

*Saturday, November 17th, 2012
The McNeil Room
@ Whistler's Grille
995 Broadview Avenue
Same great DJ as last year!!*



Expires end of **AUG 31 2012**
The Toronto Bicycling Network has accepted:
SHEAMUS
as a member in good standing
416-760-4191 131 Bloor Street West
www.tbn.ca Suite 200, Box 279
info@tbn.ca Toronto, ON M5S1R8
Membership Number: 9999

← **REMEMBER
TO RENEW YOUR
MEMBERSHIP YEARLY!**

DNFYMC

(Do Not Forget Your Membership Card)

Please remember to bring your membership card to all TBN events and show it to the event leader. Otherwise you will be asked to sign the waiver and pay the non-members participation fee. Non-members are welcome at most events for \$5. One \$5 fee will be credited toward your membership should you decide to join within six months of the last event you participated in. Helmets are mandatory on all rides, lights on evening rides.



Join the 295+ members on our Facebook page!
www.facebook.com/groups/tbn.ca



Our twitter account:
www.twitter.com/#!/TOBikeNetwork

TBN Annual BBQ - 2012

The Annual TBN BBQ rain curse has been broken! After 4 straight years of disappointing turnouts at our annual BBQ at Too Good Pond due to bad weather, this year's was a great success! A large number of enthusiastic cyclists gathered at Finch subway station for either an 80K ride, or a new but shorter 51 km ride led by Dave Middleton. Other cyclists opted for the Country Cruise starting from Stouffville which also stops by Too Good Pond midway. Under some overcast skies, the optimism of TBNers prevailed, and all cyclists arrived at the BBQ, nice and dry!



This year, both Joe Hickey and our president, Brian McLean, were on hand as our BBQ chefs who treated the long line of hungry participants to some tasty burgers, hot dogs, and other great food. The weather cooperated nicely for the duration of the event as many TBNers enjoyed each other's company, and met up with old

friends. There was, however, a slight drizzle of rain on the return trip for some riders, but compared to the miserable downpours in past years, we'll take it! At least this year, the hard work of Joe, Bob, Eileen, and other TBN volunteers have not gone in vain. Many thanks for all of their dedication in giving us a terrific fun-filled day! We will look forward to next year's BBQ... fingers crossed!



Our Cyclon Experience...

On Friday afternoon, one of the optional activities included short rides around the Peterborough area. Sadly for us, we didn't arrive in time to participate. The traffic was typical on a Long Weekend – after manoeuvring around a car accident on the 401, we got to our destination in 3 hours. Friday evening's entertainment consisted of a Fashion Show featuring women's



cycling wear from CycleChic. The timing and pace was relatively quick, so I actually enjoyed it...not just because Ginger was in it. There were also education sessions on map reading and changing a flat.

Saturday's rides were probably the most hilly, but the one we did was about as hilly as a typical Country Cruise (we did the 87k ride). The scenery was beautiful – green lush trees and blue sparkling waters... We liked the section over the river so much, we did it 3 times to make it 92k ;). Saturday evening featured a BBQ dinner highlighted by some really tasty sausages & chicken. After dinner, some people participated in an evening hike to see the sunset on campus. We opted to go into town to see the Peterborough Music Festival, by the Marina. After Kim Mitchell performed two songs, dark clouds rolled in, and it began to rain. There was a mad exodus out of the park, but we would consider it one of the most memorable events of the weekend.

Sunday, the forecast had called for rain, so a few of us drove to Petroglyphs Provincial Park and Canoe Museum to do some sightseeing around Peterborough. Cyclon organizers had arranged a guided tour of the Canoe Museum, which became a big hit with those who visited.

The story of the canoe touches on Canadian history and culture. Since a bakery in Millbrook called the Pastry Peddler had arranged to open their shop just for Cyclon participants rolling in for lunch, we made a special effort to visit. The trip was well worth it. Their "Trike" sandwich was delicious. As it turned out, most people that rode on Sunday didn't get very wet if at all. Sunday evening, there was a dinner/dance. There was good food, lots of it, good music (something for everyone) and great company.

Of all the days, Monday had the best weather for cycling. It was sunny and cool, with very little wind. Monday's ride proved to be another memorable ride – both Ginger and I achieved our highest moving average speed on that ride.



Patrick & Ginger Lam
Cyclon
Participants



George Witte & Neil Connolly
Cyclon Directors
Peterborough





Thank you... to the team who made Cyclon 2012 a great success!

Susan Biggs
Sylvia & Roy Bourke
Neil Connolly
Patsy Cook
Judy Dudas
Eileen Harbinson
Carole & Roy Hill
Doug Innes

Mary & Bill Kennedy
Lucia Kuzminski
Pierre Lemire
Susan McAlister
Sandra & Paul McCrossan
Dave Middleton
Mick O'Meara
Arne Oslinger

Phil Piltch
Mark Pomerantz
Brenda Porter
Paul Price
Marilyn Prole
Marnie Reichl
Lori Roth
Robin Silverstein

Dee Simpson
Arlene Smith
Brenda Sweet
Tom Vaivada
Catherine Whitfield
George Witte
Carol & Jimmy Yeung



Fall 2012

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 1½–3 hours. The rides start at **10:30 AM** on Tuesdays. 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.

Distances are approximate, and routes are subject to change due to weather and trail conditions. Please note that the TTC now prohibits bicycles on the subway before 10am on weekdays.

Tuesday, September 4

P2P: Victoria Park to High Park A one-way ride along the lakeshore with about a kilometre on unpaved paths.

Start: 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: Taddle Creek Park one block north of the Bedford exit of St. George subway station
Dist: 28 km

Tuesday, September 18

Mimico Creek & Humber, v3.0

Paved paths and only a few blocks of street riding.

Start: Etienne Brule parking lot (down the hill behind Old Mill subway station)
Dist: 26 km

Tuesday, September 25

Taylor, Martin, and Don

A water theme: the lakeshore, the Don River, and Taylor Creek. Paved paths with a few blocks of street riding.

Start: Coffee Time at Shoppers World, one block south of Victoria Park subway station.
Dist: 26 km

Tuesday, October 2

Highland Creek

The long awaited route to the far east. The new bike route in the Gattineau Hydro corridor leads to a long arcing path beside Highland Creek as it winds through Morningside and Colonel Danforth Parks. Some street riding.

Start: Kennedy subway station beside the elevator on Transway Crescent
Dist: 34 km

Tuesday, October 9

3M: Extra Long

Up *that* hill again, then down Moore Park Ravine (whee!), and the lower Don, across on the Martin Goodman Trail, and back up via several small obscure parks paralleling the long-buried Garrison Creek. Most of the route is paved; some street riding.

Start: Taddle Creek Park, one block north of the Bedford exit of the St. George subway station
Dist: 30 km

Tuesday, October 16

Two Ponds Tour: High Park and the Humber

South along Grenadier Pond to the lakeshore, west to the Humber, north along the Humber, east to Eglinton Flats, then zigzag back to High Park. One short unpaved section.

Start: Park entrance at Bloor and High Park Avenue (near High Park subway station)
Dist: 24 km

Tuesday, October 23

Diagonal Lines: Kennedy to Union Station

All but a few blocks of this one-way route is in parks or on bike paths. Only 30 m of the route is unpaved.

Start: Kennedy subway station beside the elevator on Transway Crescent
Dist: 24 km

Tuesday, October 30

Balfour and the Beltline Plus

Get the Halloween spirit by visiting two cemeteries. A lovely downtown ride with a few hills and some unpaved paths.

Start: Taddle Creek Park one block north of the Bedford exit of the St. George subway station.
Dist: 24 km

Remember to say...

Thank you

to your ride leaders !
TBN is made possible
by volunteers !

We welcome submissions of photos and articles. Send us an email at newsletter@tbn.ca.



The deadline for the Nov. - Feb. issue of the QR will be October 9th.



Wednesday Wheelies

SEPTEMBER 5: ASHBURN TOUR TO ENNISKILLIN

A 57 or 81km ride from the village of Ashburn to Enniskillin. Meet for a 10AM departure at Ashburn Community Park on the west side of Ashburn Road, 200m north of the main intersection. To get to Ashburn drive east on Hwy 401 to Brock Road, north to CR5 at Claremont, then east to Ashburn and north to the parking lot. Bring a lunch on this tour.

SEPTEMBER 12: HORNBY TO LOWVILLE / CAMPBELLVILLE

A 67, 83, or 99km ride from Hornby to Lowville. Meet for a 10AM departure 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.

SEPTEMBER 19: STOUFFVILLE TO GOODWOOD

A 61 or 76km ride north from Stouffville with lunch at Annina's Bakeshop in Goodwood. Meet for a 10AM departure at the Stouffville Free Parking Lot on Park Drive just south of Main Street.

SEPTEMBER 26: CAMPBELLVILLE TO WATERDOWN

A 64, 74, or 114km ride from Campbellville past Waterdown to lunch in Lowville. Meet for a 10AM departure at the Campbellville New Ball Park. To get to Campbellville go west on Hwy 401 to the Guelph Line (Exit 312). Drive south over the 401 and immediately turn right onto Reid Sideroad. The entrance to the Ball Park lot is on the south side.

OCTOBER 3: WATERDOWN ESCARPMENT ADVENTURE

A 51, 71, or 83km ride from Waterdown through the hilly but beautiful Escarpment countryside. Meet for a 10AM start in the parking lot beside Tim Horton's in the plaza on the northwest corner of Hwy 5 and Hamilton Street in Waterdown. To get to Waterdown drive west on Hwy 5 (Dundas Street).

OCTOBER 10: BRADFORD TO INNISFIL BEACH

A 70 OR 78km ride from Bradford north to Innisfil beach on Lake Simcoe. Meet for a 10AM departure at the parking lot of the Bradford and District Community Centre on Simcoe Road south of Holland Street. To get to Bradford, drive north on Hwy 400 to Hwy 88 (Exit 64) and drive east into Bradford. Turn right (south) at Simcoe Street then turn left again at Edward St. The Community Centre is straight ahead.

OCTOBER 17: KING CITY TO SCHOMBERG

A 67, 80, or 96km ride from King City through the Holland Marsh to lunch at the Grackle Coffee Co. cafe in Schomberg. 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.

OCTOBER 24: MOUNT ALBERT TO LAKE SIMCOE

A 55, 79, or 102km ride from Mount Albert along the shores of Lake Simcoe to Keswick. Meet for a 10AM departure at the Community Centre parking lot on Main Street in Mount Albert. Go north on Hwy 404 then east on Davis Drive to Hwy 48. Go north to the Mount Albert Sideroad, east to Centre Street, turn left, and then turn left again onto Main Street.

OCTOBER 31: HORNBY TO ROCKWOOD

A 70 or 81km ride from Hornby north to Rockwood for lunch in the Eramosa River Cafe. Meet for a 10AM departure 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.

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.



Ride Leaders' Spotlight - Patsy Cook & Mick O'Meara



touch It is focused on people who are curious about cycling as a recreation activity, gives details about various bike routes around the GTA and the benefits of joining a cycling group such as TBN.

Q: Along with the Saturday morning rides you lead, are you regularly cycling other days?

A: Lots of riding - at times with the Easy Rollers, Tourist rides, club weekends, Wednesday Wheelies and we frequently make up our own rides. We usually do a cycling holiday to explore riding routes in Quebec, PEI, northern California etc. We both ride between 4,000 and 6,000kms per year.

Q: Do you have particular fund-raising rides to which you have a strong connection?

A: We both enjoy the Ride for Heart (Mick rode it for his 19th time in 2012, and remembers when it started at the old Woodbine Horse Race Track near Ashbridge's Bay and the Boardwalk.) We have also ridden some of the Rona MS Bike Tours which have very good weekend rides.

Q: Are there other non-cycling interests?

A: We both love to travel. In July 2012 we visited Europe (England, Belgium, Holland and France). The trip included a Bike-Barge tour package, where a canal barge sailed each day from Bruges towards Amsterdam and provided our meals and accommodation, while we rode bikes on a guided tour through the countryside to meet the barge at the end of the day. It's a great way to tour: with bike riding included and plenty of time to explore the local sights, museums, culture and people. We also enjoy movies, including documentaries, theatre such as Stratford, cooking and eating good food and Mick likes to do watercolour painting, when there's time!

Q: How did you hear about/join the TBN?

Patsy: I joined in 2008 and heard about TBN from a rider I met in a coffee shop. Mick and I met on a Saturday morning ride three years ago.

Mick: I joined in 2009 having discovered the TBN website and rode a couple of SMRs to sample it.

Q: You gave a talk about the history of cycling in Toronto earlier this year. How did you develop this interest and will you be doing another talk soon?

A: Not about the history of cycling; it was about cycling in Toronto, places to ride and about the joys of cycling. We have a 60min Powerpoint presentation (illustrated with our own photos) that we'll be pleased to re-represent to any group. This was prepared for the Pape/Danforth public library. We were asked by the branch manager, whom we met at a Kick Off Breakfast event, to do it as a public talk. If any TBN members have a group who might enjoy seeing/hearing the presentation, please get in



Saturday Morning Rides

These rides are done at a brisk pace averaging 20 to 24 kph. Come at 9:15 for a prompt 9:30am start.

- | | |
|-----------------|---|
| 1st September: | Old Mill to Humber College |
| 8th September: | Boardwalk Pub to Guildwood |
| 15th September: | High Park to Port Credit |
| 22nd September: | Boardwalk Pub via Leslie St. spit to Humber and the lighthouse |
| 29th September: | Old Mill to Humber College |
| 6th October: | Edwards Gardens to Steeles / Leslie |
| 13th October: | Boardwalk Pub , new route, under development |
| 20th October: | Old Mill to Humber College |
| 27th October: | High Park to Port Credit |



Saturday Cruising Shorts

These short, scenic country rides with start points far enough removed from the city yet still within easy driving distance.

Please Note: Starting time is 9:00 a.m.

Saturday September 08, 2012

GOODWOOD WANDERER

This ride north of Stouffville will include a “power stop” at the always tasty Annina’s Bakery.

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

Distance: 61 km

Saturday September 22, 2012

CAMPBELLVILLE COUNTRY CRUISER

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

Start: Commuter parking lot at Guelph Line & Reid Sideroad.

(Lot is small) Take Hwy 401 west to exit 312 and go south on Guelph Line towards Campbellville. Parking lot is on the right immediately after crossing over Hwy 401. If lot is full, turn right on the Reid sideroad. Go approx. ½ km until past the last “No Stopping” sign on top of the “80 KPH Begins” sign. Park on shoulder. Ride back to commuter parking lot to begin ride.

Distance: 65 km



Near the mouth of the Grand River, Rock Point Provincial Park, was the location of the second TBN camping weekend. About 40 campers set up their various tents (ranging from efficient single-person ones to four-person mansions with air mattresses) around the group campsite and gathered around the bonfire. The flush toilets and hot water facilities nearby make this park one of the best for newbie “campers”...city folk accustomed to these amenities.

Early morning chirping awakened us to a delicious pancake or french toast breakfast each morning with eggs, bacon, sausage and an assortment of fruits, cereal and drinks courtesy of Paul Price and Brenda Sweet. The well-fed group then packed their own lunches from the prepared items and set out on a choice

of rides ranging from 35 to 160+ km but all FLAT. It was easy riding along the quiet roads bordering the canals, locks and the shoreline of Lake Erie. Fantastic, sunny weather made for two gorgeous days of riding. Freezies, ice cream and a dip in the lake helped to keep us cool.

The Saturday potluck dinner had a huge variety of home-made and bought items with a variety of appetizers, entrees and a tableful of desserts. Those who didn’t call it an early night, headed out for the traditional night walk to the beach to look at the star-lit sky.

Sunday meant we had to dismantle our tents but we still had time for a half day of cycling before having our picnic lunch and heading home.

Sunday + Holiday Rides

For Tourist/Sportif listings, check the website.



All rides start at 10 am unless otherwise noted. Please check the TBN website before the ride to see if there are any changes or cancellations.

Sunday September 02

TOTTENHAM TRAIN RIDE

"Steam" along an undulating route north and then west through the Caledon Hills. Those who wish to take some extra time in Tottenham can enjoy an excursion on a steam locomotive or (if in season) a jaunt to a farmers' market.

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

Distances: 53 km & 80 km

Class: Country Cruise

KLEINBURG

Come visit TBN's favourite bakery on the last weekend of summer. This is a longer version of the popular Maple ride that goes an additional 30 km out into the countryside and visits charming Kleinburg. Optional return from Maple via a new route, with some gravel portions

Start: Finch

Distance: 65 km (35 + 30km)

Class: Easy Roller

COUNTRY CRUISE

Start: Lake Simcoe

Distance: 46km

Class: Leisure Wheeler

Monday September 03 (Labour Day)

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, and then head down to the Lakeshore then back to the start.

Start: Etienne Brule

Distance: 35 km

Class: Easy Roller

HEAVENLY HOLIDAY

Start: Queen's Park

Distance: 24km

Class: Leisure Wheeler

Sunday September 09

NIAGARA WINE LOVERS' TOUR

Wake up and smell the grapes. Tour the picturesque farmland, orchards, and vineyards of western Niagara Region, with many opportunities for tasting along the way. The ride is fairly gentle even when climbing the Escarpment.

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

Distances: 75 km, 95 km

Class: Country Cruise

UNIONVILLE

A different route with an East End start heads up to nearby this historic village. Lunch at Tim Horton's

Start: Shoppers World – Danforth and Victoria Park

Distance: 55 km

Class: Easy Roller

PRE-CENTURY RIDE

Start: Etienne Brule Park (Near Old Mill TTC Stn.)

Distance: 62km

Class: Leisure Wheeler

Sunday September 16

NEWCASTLE NAVIGATOR (Note:

This ride starts and finishes in Newcastle, not Port Hope!)

Three beautiful ride options, which leave from Newcastle and head north-east to Port Hope for lunch.

The long route is very hilly as it goes furthest north, the medium route is moderately hilly and the short route is relatively flat. After lunch, the rides return to Newcastle along the Lake Ontario shoreline.

Start: Meet at the Newcastle Public School parking lot on Glass Street in Newcastle. Take Highway 401 to the Mill Street, Newcastle exit (exit #440). Go north on Mill Street (towards the village of Newcastle) for 700 m. Turn right (east) on Edward Street for 300 m. Turn right (south) on Glass Street for 300 m. The school parking lot is at the end of Glass Street.

Distances: 59 km, 73 km & 98 km

Class: Country Cruise

ALAN GORDON METRIC CENTURY

Travel along the Lakeshore from the Beaches into Oakville. Mostly level trails and quiet streets, many exit points if you get tired. Bring snack foods. Meet for a 9:30 am sharp departure at the Boardwalk Pub. Note the early start time, and please be there by 9:15 am.

Start: Boardwalk Pub, Lakeshore Blvd. East of Coxwell Ave.

Distance: 100 km

Class: Advanced Easy Roller

ALAN GORDON METRIC CENTURY

Start: BBQ Pub-Coxwell & Lakeshore@9:30

Distance: 100km

Class: Leisure Wheeler

Sunday, September 23

GEORGETOWN EQUESING

HYSTERICAL TOUR

If you missed this in August, here's your chance to enjoy this popular route, especially appealing in pre-autumn weather. Multiple distance

options avail all levels of rider to choose from 4 fabulous routes, each incorporating a selection of the best tree-lined, scenic roads in the area. The routes avoid traffic trouble spots in both Georgetown and Acton while catching all the best vistas and a few of those Halton Hills.

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

Distances: 53, 64, 74 & 92 km

Class: Country Cruise

HIGH PARK – CENTENNIAL – PORT CREDIT

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

Start: Grenadier Cafe – High Park

Distance: 54 km

Class: Easy Roller

TAYLOR CREEK RIDE

Start: Shopper's World- Victoria Park & Danforth

Distance: 30km

Class: Leisure Wheeler

Sunday September 30

RICE LAKE REVISITED

Enjoy the Fall colours in the Northumberland countryside following three new routes to Rice Lake prepared by Brian Hedney. Lunch in Bewdley on the shores of Rice Lake where there is a restaurant, store and waterfront picnic area. Note these rides start in Port Hope (not Cobourg!)

Start: Meet at Port Hope Town Hall, 56 Queen Street - Exit #461 from Hwy 401, follow County Road #2 into town.

Distances: 59 km, 75 km & 93 km

Class: Country Cruise

FIELDS AND STREAMS

Ride out to Streetsville. Lunch at Tim Hortons.

Start: Etienne Brule

Distance: 65 km

Class: Easy Roller

AUTUMN COLORS-

Start: Davisville Park

Distance: 30km

Class: Leisure Wheeler

Sunday October 07

CREDIT RIVER CRUISING #2

Return to the wilds north of Brampton. A different route than earlier this season but with the same appeal of

country roads not far from Toronto.

Start: Go west on Hwy 401 to Mississauga Rd. Continue north to Mayfield Rd. (first road north of Hwy. 7). Meet at Alloa School on the north side of Mayfield Rd., just east of Mississauga Rd.

Distances: 47 km, 66 km & 89 km.

Class: Country Cruise

WATERFRONT TO WHITBY

A new ride for this year. Come try the rarely seen eastern sections of the Waterfront Trail. See the nicer parts of Pickering, Ajax, and Whitby. Return by GO train is an option. For great maps go to the Waterfront Trail website: www.waterfronttrail.org and pick the first 3 maps of Section 3 (Pickering to Port Hope). Start: Rouge Hill GO station – Lawrence and Port Union (East Avenue)

Distance: 60 km

Class: Easy Roller

Monday October 8 (Thanksgiving)

MAPLE BAKERY

This is the shorter holiday version of the ride to everyone's favourite bakery in Maple.

Start: Finch

Distance: 35 km

Class: Easy Roller

Sunday October 14

HALTON HILLY

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

Start: Go west on Hwy 401 to Trafalgar Rd. Travel north to 5th Side Rd. Meet at Pineview Public School (not Stewarttown P.S., which is further

north) at the south-east corner of Trafalgar Rd. & 5th Side Rd. Distances: 70km, 80 km & 85/ 95km (pending road construction) Class: Country Cruise

HIGHLAND CREEK

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

Start: Boardwalk Pub

Distance: 52 km (37 +15km)

Class: Easy Roller

Sunday October 21

TRAILS OF MISSISSAUGA

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

Start: Etienne Brule

Distance: 47 km

Class: Easy Roller

Sunday October 28

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.

Start: Etienne Brule

Distance: 35 km

Class: Easy Roller

PLEASE NOTE: The directions to the start points of country cruise 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.



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. See the website for more detailed start locations. Usually the hikes are one-way and may require some coordination with other hikers to park a vehicle at the end 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.



DATE	AREA	START
October 14	Pretty Valley	Singhampton (Hwy 124)
October 21	Devil's Glen	Regional Road 124 and SR 6/7
October 28	Mulmur Hills	Hwy 10 & Hwy 89
November 4	Hockley Valley	Orangeville (Hwy 9 & Hwy 10)
November 11	Glen Haffey	Caledon East (Airport Road)
November 18	Silver Creek	North of Glen Williams (CR 10)
November 25	Limehouse to Speyside	Milton (Hwy 25)
December 2	Hilton Falls	Hilton Falls (Campbellville Road)



Cryptoquote



Clue: Hiking quote from a Scottish-born American Naturalist.

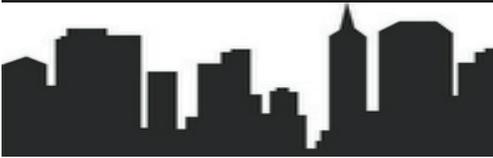
Hint

A E	N D
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C I	P M
D V	Q O
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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 very tentative list of this season's routes.

Explore your city

- October 21st The Lower Rouge/Highland Creek,
from Kennedy TTC
- October 28th The Mid-Humber, From Downsview
TTC (Spadina Line)
- November 4th Remote Start, exact location TBA
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

Mark Brousseau (City Walk coordinator)



TEST KITCHEN: *Banana Oat Bars*

A fellow TBN member gave me this recipe after a discussion about ideal foods to eat before a ride. Typically, our conversations begin like this: 'Wow, you were strong today. What the heck did you eat?'. Or in my case, it's usually: 'What are you feeding your husband? 'Cause I'm coming over for dinner.'

This is one of our friend's favourites, due to the fact that you can use up over-ripe bananas & get a serving of oatmeal in a portable format. He warns that it might not be sweet enough for most people's tastes.

The first thing I noticed after putting the batter into the oven is, 'Oh, I'm done. Well, that was quick.' After about 5min. of prep time, the batter was ready to go into the oven. Instead of mashing the bananas by hand or chopping the nuts with a knife, I put everything in my food processor – I chopped the nuts first, put them aside. I then mashed the bananas in the food processor and added the figs, and the remainder of ingredients all together.

The product that came out of the oven was surprising not as bland as I expected. It definitely won't put you on a sugar high, but with the figs, it was sufficiently sweet. It is reminiscent of the Oatmeal bars you can buy at the grocery store, but just not as sweet (I find those too sweet anyway). It was also very moist out of the oven. I took some to work as a morning/mid-afternoon snack, and it works well to fill me up. Took one for lunch on a ride – when I took it out of my saddlebag, it was in one piece - and it was filling enough that I didn't need to stop for more food. All in all – a thumbs up. I might use this regularly as a healthy snack/breakfast on the run.

4-Ingredient Banana Oat Bars

Makes one 9x9-inch pan

2 large, very ripe bananas

1 teaspoon vanilla (optional)

2 cups rolled oats

1/2 teaspoon salt (optional)

1/4 cup pitted, chopped dried dates

1/4 cup chopped nuts — such as walnuts, hazelnuts or pecans

Grated nutmeg or cinnamon (optional)



Heat the oven to 350°F and lightly grease a 9x9-inch square baking dish with olive oil or butter. Peel the bananas and mash their flesh in a medium mixing bowl. Mash very thoroughly until no large chunks remain; the bananas should be essentially liquid. (You will have between 1 cup and 1 1/4 cup.) Stir in the vanilla, if using. Add the oats and stir them in. Stir in the salt, dates, and nuts. Pat the thick mixture evenly into the baking pan. If desired, sprinkle the top lightly with nutmeg or cinnamon. Bake for 30 minutes or until the edges just begin to crisp up. Place the baking pan on a rack to cool. When the pan is mostly cool, cut into bars and enjoy with a glass of milk or tea.

Courtesy of Ginger Lam

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 Brian at president@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

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 Brian 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.

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.



Cyclon 2012 volunteers



Non TBN Cycling Events

DATE	EVENT	WEBSITE
September 8	Hilly Hundred Bancroft	tripsandtrails.ca
September 9	Ride For Karen	rideforkaren.com
September 9	MS Bike Tour Toronto	mssoc.convio.net
September 9	Big Move Cancer Ride Niagara	bigmovecancerride.com
September 16	Tour de Mississauga	mississaugacycling.ca/tour
September 14 -16	Centurion Blue Mountain	centurioncycling.com
September 29	Kiwanis Cribbage Colour Ride	pictonkiwanis.org
October 6 - 8	Madawaska weekend	owl-mkc.ca/mkc/

4th Annual Ride to Niagara Falls return by GO Train August 18 - by Ed Weiss



What started out as a few Tourist/Sportif riders a few years ago has expanded to include some advanced Easy Rollers this year. We could not have asked for better weather- a bit cool in the morning, but pleasant and sunny with a light breeze throughout the day.

Seven Easy Rollers led by Jimmy Yeung departed at 7:30 AM from the Queen's Quay & York start with a plan to slightly shorten the route in order to reach the destination in time. The 8:30AM crew of Tourist/Sportif numbered just over 20 and stayed together pretty well through to the end of the path.

We began to split up at the Southdown turn, with some pace-line riders approaching 40kph into a light breeze. We took a coffee break in Burlington, where we met the Easy Rollers just as they departed.

We lost one fellow earlier in the ride and we lost Derek to a flat tire with two large punctures, rendering it dangerous to roll on - Ken B called it a "snake bite". Derek turned back and managed to reach Oakville to purchase a new tire before riding home.

About 10 of us conquered the optional escarpment climb – Colin captured the "King of The Mountains" crown - before joining the others for lunch at Tim's in Grimsby. Once again, we caught the Easy Rollers just as they were popping their last timbits.



After 100km, we knew that fatigue would start to set in. The next leg from Port Dalhousie to Niagara on the Lake (NOTL) is often very difficult due the awful condition of Lakeshore Road just past the Welland Canal. In fact, I warned others

of the potholes, cracks and lack of paved shoulder. Well, wouldn't you know it, I was the one that crashed. I was second to last in a line of about 10 when I hit a deep rut while trying to rip open a Clif Bar. If I had both hands on the bars (handle that is, not Clif), I probably would have been able to steer out of the hole...yes, lesson learned! The left side of my body made impact, then my head bounced onto the road. I got up quickly, grabbed the bike and moved to the gravel shoulder. I noticed a line of cars behind me, and wondered how that first car avoided driving over me! Then I observed the crack in my helmet.

Public Service Announcement: **WEAR YOUR HELMET AT ALL TIMES, IT WILL SAVE YOUR LIFE!!!**

After wiping off some blood and admiring my newly minted road rash, the group made sure I was ok before continuing along. After a quick break in NOTL, the group headed up a very busy Niagara Parkway, encountering some belligerent motorists, including a very unpleasant couple on a motorcycle.



A few of us stopped at a fruit stand, the rest soldiered on. The first crew arrived in Niagara Falls at 4:25PM, with the last of us limping in around 5 before heading to Applebee's for dinner. It was there that we learned that Eliza from the Easy Rollers group also crashed, sporting 2 vanity bruises on her chin but still in good spirits. A few of the Easy Rollers took the Welland Canal instead of NOTL and managed to cut a few km's and those wise riders arrived early enough to purchase their train tickets in advance.



Service and food at Applebee's was great, but our bills were slow to arrive, so we just barely made it to the GO train in time for the 7:20pm departure. After a very relaxing 2-hour train ride, we were all back home in Toronto.

Thanks to all who came out for the ride. We look forward to next year.....and, by the way, I'll be detouring around that stretch of Lakeshore Road near NOTL next year!!

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	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



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Toronto, Ontario
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