

QuickRelease

Meet People. Ride. Have Fun.



Weekend at Camp for Adults

100's of Rides

Overnight and Day Trips

Sign up for Cyclon





President's Message

As I write this I am returning from a phenomenal trip to Hawaii. It was highlighted by beautiful sightseeing, physical activity and the opportunity for self reflection. The trip was divided into two parts in my mind. The first two weeks I had the pleasure of going cycling, hiking and snorkeling with my husband Rick, on the Big Island of Hawaii. The next 10 days I went on a cruise with my 88 year old mother, my sister and my niece. You may ask why I am telling you all this and what it has to do with TBN? The connection may seem a bit tenuous but I hope it will become clearer as you read further.

I do love to cycle, hike and get involved in active adventures while on vacation. And I was definitely able to nourish my need to interact with the environment in an active way during the first part of the trip. And, although the second part of my trip was less active it was still illuminating. Partially because I was able to experience Hawaii through the eyes of my mom. Although she did not have the physical capacity to keep the pace, she did see and experience so many beautiful and interesting sites and felt enriched by the experience. One of the key factors that made her experience so meaningful was her ability to share the experience with her two daughters and granddaughter. It pleased me that I was able to serve as a guide and drive her to lookouts and sites that were within her capacity to reach on foot.

So what did I learn from the experience that I feel is meaningful?

Firstly, it reinforced my belief that we need to “seize the day” and experience what we feel passionate about while we can. Secondly, each of us have our own abilities and barriers and we need to work within our own capacity and embrace every opportunity we have. Thirdly, this trip reinforced to me, how important it is to be with people who care and want to share activities that are meaningful.

So what does this have to do with TBN and you?

We are a social bicycling club. It is clear

from the survey many of you completed that it is important TBN provide two important aspects to our members—bicycling and the chance to cycle with others with similar interests and abilities. One of the only negatives we heard was from individuals who were left “riding by themselves”. We are like a family and as such we need to ensure that everyone feels part of the family by ensuring that everyone has someone to ride with. Each of us needs to be an ambassador to ensure that we are “social and welcoming to all”.

On that note, we have created many different rides to ensure that everyone has a ride at their ability level. Often, as we get older, we want to keep the pace we had when we were younger and as they say “the mind may be willing but not the body”. So we all need to be realistic about the level of ride that works for us and enjoy the fact that we are able to ride with others that ride at our level.

Often we wait to travel when the “time is right.” But in most cases, the best time is now! Thanks to Jean O’Grady and her committee there are more and more overnight trips at affordable prices. If there is a trip that interests you, register and enjoy. You never know what tomorrow will bring. And if there is a trip that you could organize for others, let Jean know so it can be added to the list of trips available for others to enjoy.

And back to my trip with my mother, there is a real joy in helping and guiding others. I know our volunteers enjoy helping out and make the club what it is today. I encourage you all to consider what you can bring to the table to make TBN even better.

Let’s work together to make our TBN family, a supportive, caring place so we can all enjoy the activities we love together.

Mahalo,
Arlene

As a club, we offer activities to meet the needs of our membership. As for rides, we have rides at all levels.

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Join the TBN Facebook group:
[facebook.com/groups/tbn.ca](https://www.facebook.com/groups/tbn.ca)



Tweet at:
twitter.com/#!/TOBikeNetwork

Overnight Trips

Kentucky, May 16–18

This exciting trip of nine days of spring-time cycling in the rolling hills of Kentucky is now sold out. But take heart, as cancellations are not uncommon. Be the first in line for a spot by emailing leaders Dinsmore and Marie Ferguson, dinsmore99@gmail.com.

Toronto–Niagara–Toronto Overnight Annual Spring Challenge, June 13–14

For 21 years now, we have cycled a lovely route that gets you to the heart of Niagara Falls on scenic and traffic-free inland back roads. There are two departure points: From High Park, Toronto, for a distance of 168 km each way or from Stoney Creek, for a distance of 90 km each way.

Get your spring training in gear to prepare for the TNTO two-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 will 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. Training guidelines to make your TNTO weekend more enjoyable: If your departure point is High Park, the total mileage you should have ridden prior to TNTO is at least 1,000 km and 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 and you should be able to ride a distance of at least 75 km/day.

Training for the 'Hairshirt' and looking for an additional challenge? We have optional scenic distances of 187 km and 200 km available from High Park on the first day.

In addition to the beauty and exhilaration of riding through to Niagara Falls at the end of day one, you can celebrate with cake and all the FREE watermelon you can eat, on your arrival at the motel. Cost includes maps, luggage transfer



and motel accommodation. Details and registration are available on the TBN website at www.tbn.ca. Pre-registration is required to participate in this event.

Registration opens Friday April 17.

Niagara Bike and Hike, May 29–31

On this new weekend trip, you'll have a chance to ride the quiet roads and paved off-road trails of Niagara, including the little-known Welland Canal Trail. There will be optional wine tours, a hike along the Bruce Trail, and an added Friday afternoon ride if enough people can arrive early. We'll stay in the comfortable residence of Niagara College, Niagara-on-the-Lake campus, in two-person suites with private bedrooms, kitchen, and bathroom. The Residence serves a light breakfast in the dining room but for other meals, you provide your own or go to nearby restaurants; Saturday evening will feature a pot-luck dinner at a nearby park. Price of approx. \$145 per person includes two nights' accommodation, two breakfasts, route research, and maps.

Solstice Cycling in The County

June 18–21

Enjoy cycling the quiet roads of Prince Edward County before the crowds arrive at this popular summer vacation destination. This extended weekend trip, Thursday to Sunday, is based in the quaint village of Wellington at a charming lakeside motel with many amenities. In addition to cycling, there are beaches, wineries, art galleries, and more. Only 16 spots are available, so register early. Fee for members: \$240 per person.

Cape Breton Island, July 3–10

Save the date for this exciting new summer trip which is now in the planning stage. Cycle around Cape Breton Island, taking in the famous, scenic Cabot Trail, the Margaree Valley, and the Bras D'or Lakes. Six days of cycling average about 70k a day. Lodging will be in motels (double occupancy). This is a trip that will challenge your cycling ability with its hills, but richly reward it with magnificent views and a sense of achievement—and there is a sag wagon to carry both your luggage and, if necessary, you.

Enrol now for Simcoe Circle, September 12–14

This fall trip, organized by Cycle Canada exclusively for TBN, circles around Lake Simcoe in three days, with average daily distances of about 100 km. It follows the pattern of last year's successful trip, but accommodation is in two hotels, at least one with pool and hot tub. Price includes two nights' accommodation, breakfasts, two guides, sag wagon, and maps. This trip needs at least 8 TBN registrants by June 15 to go ahead, so please see our website for more details and to register with the early-bird price of \$395.50 (later price \$446.35).

See the Overnight Trips section of the TBN website for more details about these trips and for registration forms.



My weekend at camp for adults

By Dan Richards

Having joined TBN last summer for the biking, I wasn't sure what exactly to expect when I signed up for a weekend at Camp Wanakita, in Haliburton. I had never gone to summer camp as a kid and so I didn't have anything to compare it to.

Our adventure began on Friday evening, with a relaxing dinner for the keeners who arrived early. That's where we were introduced to a Wanakita tradition—standing up and singing a short song as a group, the last line of which were the magic words “Let's Eat.”

Dinner was followed by a rousing round of Inuit Games. For many, the highlight was the laughing contest. Look your partner in the eyes and start laughing; the first one to break eye contact loses, with some truly inspiring belly laughs as a result. Then we gathered around an “indoor campfire”, a fireplace in the cabin serving as the social gathering place for the weekend. We did an ice-breaker, in which we each wrote down three things about ourselves that others might not guess. Those three things went on a piece of paper and into a hat and then the pieces of paper were read out and the group had to guess which member the facts related to. Little could we have foreseen some of the dark secrets that were unveiled.

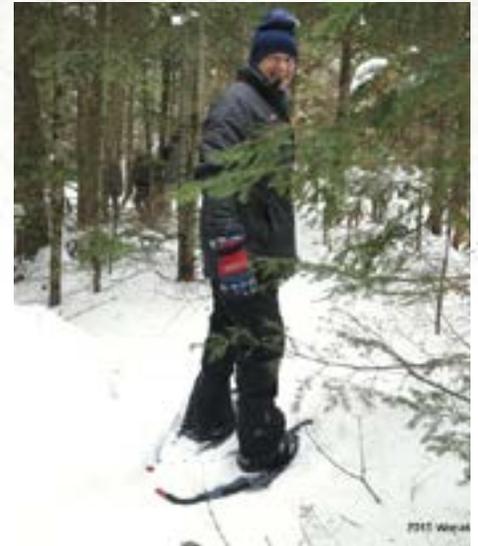
Saturday dawned crisp; it was minus 15. After breakfast came the telephone pole teeter-totter. We had the chance to fulfill a lifelong dream to clamber up a 25 telephone pole, swing onto a narrow wooden teeter-totter, scoot out to the end, stand up and ring a bell. Even when secured into a harness held

by three fellow members, it still posed a daunting challenge to many. But the bell was indeed rung, and the TBN members at Wanakita could hold their heads high.

The rest of the day was divided into cross-country skiing, skating and bushwhack snowshoeing, in which our camp counsellor (and yes he did act as our counsellor and guide) led the group into uncharted terrain. All the meals were outstanding—both in quality and quantity—but Saturday night stood out, with butter chicken, wild rice and vegetables, followed by lemon meringue. Later that evening we participated in a drumming workshop, in which we all had the chance to release our inhibitions and unleash our inner child, followed by skiing or snow shoeing across the lake to work out some of the calories from dinner.

We woke up to warmer weather on Sunday. After breakfast, the group had its choice of more cross-country skiing, snowshoeing or tubing/tobogganning. At the urging of a past participant, I chose tubing— and although there were only half a dozen participants, the shrieks and shouts were as loud as from a group three times larger. A QW recaptured a bit of the joy of being kids.

Then we had the option of returning to the trails. After our final lunch, and round of good-byes, we packed up for our drive back to Toronto. Upon my return, a friend asked me what the weekend



was like. My answer was very simple—it was like summer camp for grown-ups, only in winter. I can now understand why there are so many Wanakita veterans—and look forward to joining this group again next year. After all, summer camp couldn't possibly be any more fun than this.





Sixteen of us spent an awesome weekend at a YMCA camp in Haliburton on Koshlong Lake from January 16th–18th, 2015. Some of us climbed a 20 foot high teeter-totter in the sky. The goal was to stand up at the top and balance each other so the two people could each ring a bell at the end of their side of the teeter-totter. The company was great. It was a wonderful weekend all around! -*Wendy Erickson*



RIDE SCHEDULES

Saturday [Cruising] Shorts All rides start at 9:00 am unless otherwise noted.

May 02: Holland Marsh

A 'Wednesday Wheelie' favourite: This route just north of the mega-city is ideal for 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 arena parking lot, located on Doctors Lane, first street south, east of the intersection of King Road and Keele Street.

Distance: 60 km

May 16: Courtice to Bowmanville

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

Start:

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

Distance: 55 km

June 06: Hornby/Campbellville

A Saturday jaunt along some quiet roads in the Halton Hills without Rattlesnake!

Start: Hornby Park in Hornby; take Hwy 401 west to Trafalgar Road, then head north to Steeles and west to Sixth Line.

Distance: 67 km

June 20: Beeline to Bowmanville

A popular, quiet undulating route from Oshawa to Bowmanville.

Start: Commercial (free) parking lot in Oshawa. Go east on Hwy 401, exit at Oshawa (Simcoe Street/CR#2) and continue north to Conlin Road; meet at the commercial parking lot (for Shopper's Drugmart etc.), located on the south east corner of Simcoe St. and Conlin Road in Oshawa.

Distance: 68 km



Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.

Saturday Morning Rides All rides start at 9:30 am unless otherwise noted.

April 04: High Park to Port Credit

A flat ride mostly on the Lakeshore Trail, consisting of paths and quiet roads, with a coffee break at half-way, returning by the same route.

Start: Grenadier Restaurant, High Park

Distance: 40 km

April 11: Boardwalk to Humber River

Along the lakeshore Martin Goodman Trail, across the city to the Humber River mouth lighthouse, returning by the same route, with a coffee break at the end of the ride.

Start: Athens Pastry Café (formerly Boardwalk)

Distance: 35 km

April 18: Victoria Park to Guildwood, via Hydro corridor

From Danforth and Victoria Park, a north-easterly route to loop around and return along the Lakeshore Trail, with a coffee break mid-way.

Start: Victoria Park TTC subway parking lot (north of Danforth)

Distance: 42 km

April 25: Old Mill to Humber College

Along the attractive Humber River recreational trail to the northwest corner of the city, for a coffee break at the Humber College north campus, returning by the same route.

Start: Etienne Brulé Park

Distance: 49 km

May 02: Boardwalk to Tom Goodlad Park

Following the Don River trail initially, the route goes north east to loop back home along part of the Lakeshore Trail.

Start: Athens Pastry Café (formerly Boardwalk)

Distance: 37 km

May 09: Edwards Gardens South to Lakeshore

A new Saturday morning route from Edwards Gardens parking lot, the ride will loop down to the Lakeshore for a coffee break and then return to the start using part of the Don River Trail.

Start: Edwards Gardens

Distance: 33 km



Saturday Morning Rides cont'd

May 16: High Park to Brickworks, return via Lakeshore

A popular ride across the city using trails and quieter, mostly residential roads to pause for a coffee and optional shopping in the Brickworks Market.
Start: Grenadier Restaurant, High Park
Distance: 48 km

May 23: Boardwalk to Sunnybrook Park

On bike paths and trails only, the route follows the Don River north, to the Sunnybrook Park for a short break and returns by a different route along Taylor Creek to loop back to the Lakeshore.
Start: Athens Pastry Café (formerly Boardwalk)
Distance: 37 km

May 30: Edwards Gardens to Steeles/ Leslie

This is a shorter route and goes north to Steeles Avenue, using mostly quiet

residential roads and paths in North York, for a coffee break half-way and returns by the same route.

Start: Edwards Gardens
Distance: 28 km

June 06: Boardwalk to Guildwood

The route uses the Lakeshore Trail—a mixture of paths and residential roads to Guildwood for a coffee break and returns by almost the same route.

Start: Athens Pastry Café (formerly Boardwalk)
Distance: 42 km

June 13: Old Mill to Humber College

Along the attractive Humber River recreational trail to the northwest corner of the city, for a coffee break at the Humber College north campus, returning by the same route.

Start: Etienne Brulé Park
Distance: 49 km

June 20: High Park to Port Credit

A flat ride mostly on the Lakeshore Trail, consisting of paths and quiet roads, with a coffee break at half-way, returning by the same route.

Start: Grenadier Restaurant, High Park
Distance: 40 km

June 27: Boardwalk to Humber River (the two lighthouses)

Along the lakeshore and out to the Leslie Street Spit and then the Martin Goodman Trail, across the city to the Humber River mouth lighthouse, returning by the same route, with a coffee break at the end of the ride.

Start: Athens Pastry Café (formerly Boardwalk)
Distance: 35 km

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

TBN CYCLING JERSEY, VEST, JACKET

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

TBN also now offers a wider variety of garments.



- Wind Jacket - \$74.80*
- Thermo Shield Jacket - \$151.80*
- Wind Guard Vest (no pockets) - \$59.40*
- Intermediate Wind Vest - \$101.20*
- Sleeveless Summer Jersey - \$59.40*
- Long Sleeve Cycling Jersey - \$74.80*
- (*Plus HST)



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

Visit www.tbn.ca/jersey for instructions on how to order



Sunday Easy Roller Rides

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

April 05 (Easter): Mimico Creek

Ride mostly on trails and quiet streets before stopping for lunch at Tim Hortons, near Sherway Gardens. From there, it is a short ride to connect with the Etobicoke Creek trail, then head down to the Lakeshore and back to the start.

Start: Etienne Brulé Park

Distance: 35 km

April 12: Guild Inn

Visit the famous Scarborough Bluffs and see the grounds of the Guild Inn with lunch at the Tim Hortons, that replaced the Cornerstone Café, or at other choices nearby.

Start: Boardwalk Place

Distance: 36 km

April 19: Kingsway Ride

Wander the lovely neighbourhood back streets of Etobicoke to a snack stop near Sherway Gardens and then return on quieter streets.

Start: Etienne Brulé Park

Distance: 31 km

April 26: Etobicoke Meander

A round trip of beautiful Etobicoke on streets and paths, with lunch at Tim Hortons.

Start: Grenadier Café, High Park

Distance: 39 km

May 03: Downsview

A new ride this year, courtesy of Tony Lau. We'll head north and east up to the rarely visited Downsview Park, then continue north and west along the Finch Hydro Trail. A straight run south will parallel the 400 in parts. Lunch at Tim Hortons near York University.

Start: Etienne Brulé Park

Distance: 49 km

May 10 (Mothers' Day):

Credit River Tour

A nice ride along the Lakeshore and up the Credit River to lunch in Mississauga.

Start: Etienne Brulé Park

Distance: 51 km

May 17: Highland Creek

Ride out to the Guildwood area, and then take a scenic loop through the Highland Creek Park trail system down to the lake. Lunch at the Tim Hortons that replaced the Cornerstone Café.

Other options nearby.

Start: Boardwalk Place

Distance: 53 km

Monday May 18 (Victoria Day):

Maple

The shorter holiday version of the ride to Maple, mostly on quieter streets with a snack stop at a Tims/Wendys. If the trails are dry, we may take the return route that mostly stays off of roads.

Start: Finch Subway

Distance: 35 km

May 24: Tour of Mississauga

A route that takes us a bit further north and west for a change, with some longer straight stretches for a good workout.

Start: Etienne Brulé Park

Distance: 58 km

May 31: Ride for Heart

No scheduled Easy Roller ride.

June 07: Dim Sum/Tim Sum

North on the Humber trail, then west on the Eglinton bike trail. There is a choice of lunch in a Dim Sum restaurant or Tim Hortons for those who prefer the usual fare and need to get back sooner.

Start: Etienne Brulé Park

Distance: 47 km

June 14: High Park-Centennial Park-Port Credit

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

Start: Grenadier Café, High Park

Distance: 57 km

June 21: Waterfront to Whitby

Try the rarely seen eastern sections of the Waterfront Trail and see the nicer parts of Pickering, Ajax and Whitby, with an optional return by GO train. For good maps, visit the Waterfront Trail website www.waterfronttrail.org and pick the first three maps of Section 3 (Pickering to Port Hope). Lunch at Tim Hortons in Whitby.

Start: Rouge Hill GO station at Lawrence Avenue East and East Avenue, a block east of Port Union Rd.

Distance: 60 km with one short gravel section

June 28: Maple and Beyond

The longer version of this popular ride goes an additional 20 km out into the fast disappearing countryside around Maple with lunch at Tims/Wendys.

Start: Finch Subway

Distance: 55 km

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

SPRING KICK-OFF!
May 9 (tentative)
Check the TBN website
for updates www.tbn.ca



Sunday Leisure Wheelers

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

April 05: Pre-season LW Ride

Shape-up for the regular start of the LW season on 4/12 by doing this ride to the Don Trail and waterfront. Distance may vary depending on weather. Members and prospective members are welcome.

Start: Queen's Park

Distance: 24 km

April 12: Todmorden Mills

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

Start: Queen's Park

Distance: 24 km

April 19: Mimico Creek Expedition

Cycle north along Mimico Creek to the Eglinton Trail, then west to the Humber and south to the park.

Start: Etienne Brulé Park (near Old Mill TTC Station)

Distance: 26 km

April 26: Asphalt Trail

Explore the Martin Goodman, Don and Taylor Creek Trails after a brief start on the streets.

Start: Shoppers' World–Victoria Park & Danforth

Distance: 38 km

May 03: Scarborough Bluffs

Enjoy the view from the edge of the Bluffs; return via the Martin Goodman Trail and some city streets. Pack a lunch.

Start: BBQ Pub–Coxwell & Lakeshore

Distance: 30 km

May 10: Leslie Street Spit

Cycle to the lighthouse at the end of the Spit to view the spectacular Toronto skyline; then return via the Don and Taylor Creek Trails.

Start: Shoppers' World–Victoria Park & Danforth

Distance: 30 km

May 17: Maple Bakery Trail Ride

Head north for brunch in Maple. New route includes more trails.

Start: Finch Subway Station

Distance: 35 km

May 18: Heavenly Holiday

A two-hour exercise ride south on the Don Trail to the Martin Goodman Trail, across Queen's Quay, and then north past the Sky Dome.

Start: Queen's Park

Distance: 24 km

May 24: Mark's Secrets of Scarborough

Explore some of the hidden treasures of this suburb.

Start: Shoppers' World–Victoria Park & Danforth

Distance: 32 km

May 31: Ride for Heart

June 07: Scarborough See the Geese

Explore the asphalt trails through two parks en route to the mouth of the Rouge River. Bring lunch.

Start: Kennedy Subway Station

Distance: 40 km

June 14: Dim Sum Ride

Join us for Dim Sum in Markham. Other foods available. Ride skips Cummer Hill.

Start: Finch Subway Station

Distance: 40 km

June 21: Toronto Island Tour

Follow streets and trails to the ferry and then steam over to the Island. Ferry fare extra.

Start: Shoppers' World–Victoria Park & Danforth

Distance: 32 km

June 28: Edwards Garden

Bring lunch or buy something there as you enjoy the flowers and sights; asphalt trails and streets.

Start: Finch Subway Station

Distance: 37 km

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

Adventure Biker:
Peter Brother

Adventures of a
twenty month cycle
trip from the Yukon
to Argentina

Join us for an evening with
Peter Brother, who will share
his 20 month 13,000 km trek
along the west coast of the
Americas.

Peter travelled from Kluane
Junction in the Yukon to the
southern-most city in the world,
Ushuaia, Tierra del Fuego,
Argentina. During his travels,
Peter celebrated his 70th
birthday!

Listen to his stories of
adventure, see some of the
most beautiful scenes along
the coast and be inspired by
his adventures.

Date and location: TBD



Sunday Tourist Rides *Advanced rides start at 8:30am, Tourist rides start at 10:00 am unless otherwise noted.*

March 29: Unionville Brunch

First ride of the season. A leisurely ride through suburban side streets and the country roads of York and Durham regions. The ride north eventually brings us to the historic Village of Unionville. Three routes to enjoy to get the cobwebs out of your muscles and gear. We meet for a bit of pub fare at Jake's on Main before heading back to Finch station.

Start: Finch TTC station west parking lot

Distance: 101 km; 74 km; 60 km

This ride will be at 10:00 o'clock

March 30: Sunday Tourist Ride Season Launch Party

A night to get together and meet the ride co-ordinator, ride leaders, and fellow Sunday Tourist Riders. We'll have food, one-on-one instruction on GPS units and maps, online information and of course bar service. This will be a great time to get to talk and to get to know your fellow Tourist riders. We'll also demonstrate how to use Garmin GPS units and the Ride With GPS App for iPhone and Android smartphones.

Please sign up in advance so we know how much food to have available.

Registration opens 26 February.

Location: Shoxs – The Local Option Saloon, 2827 Dundas Street West, Toronto, ON M6P 1Y6

The party will be in the private lower level party room at Shoxs "The Local Option" Saloon in The West Toronto Junction.

This event starts at 7:00 p.m.

Directions: The address is 2827 Dundas Street West, on the south side, about a half-block east of Keele St.

If you are driving, take the Gardiner to Lakeshore and exit off of Parkside

Drive. There is both street parking and a Green P parking lot behind Shoxs (with a back entrance to the lot). Enter the Green P just south of Dundas off of 351 Keele Street next to the Magic Oven pizza shop.

If you are taking TTC, get off at Keele Station and take either the Keele 41 bus or the Weston 89 bus to Keele and Dundas Street.

April 03: Holiday Tourist Unionville Brunch

Didn't we do this last week? Why, yes we did. Good Friday ride to celebrate the beginning of another great year. A leisurely ride through the suburban side streets and the country roads of York and Durham regions. The ride north eventually brings us to the historic Village of Unionville. Three routes to enjoy to get the cobwebs out your muscles and gear. We meet for a bit of pub fare at Jake's on Main before heading back to Finch.

Start: Finch TTC station west parking lot

Distance: 101 km; 74 km; 60 km

This ride will be at 10:00 o'clock

April 05: Sunday Tourist High Park, Lakeshore Flat

For many, this will be their first ride of the season. A rather flat ride along Lakeshore Road all the way to Burlington. Two distances to suit your fitness or time constraints. Lunch will be at independent coffee houses in Burlington and Oakville.

For those doing 100 km, you'll be stopping at Coffee Culture Cafe & Eatery in Burlington. If you are doing the 64 km route, you'll be stopping at Oakville's Towne Square, where The Green Bean

Coffee House will re-energize you. If you need a break in either direction, The Guilty Dog Coffee House—off of Lakeshore in Mississauga—is a great place to take a break at.

Start: Grenadier Cafe parking lot in High Park

Distance: 100 km; 78 km; 64 km

April 12: Sunday Tourist Agincourt to Where Port Perry Ain't

What would a TBN ride be without going to "deepest" Scarborough. With the McCowan TTC station as our launching point, we attack the rolling terrain north of the Metro Zoo, and the Oak Ridge Moraine's fertile farmland adding an authentic "country feel" to our ride (even when we're still in the City of Toronto).

Start: McCowan TTC station south parking lot

Distance: 112 km; 87 km; 74 km

April 19: Sunday Tourist Lakeshore to Glen Williams

In honour of our American cousins celebrating the 240th anniversary of Paul Revere's ride and the Battles of Lexington and Concord, we'll be going up the country on our own ride, though with hopefully less revolutionary consequences.

Starting from the friendly industrial confines of the Kipling TTC south parking lot, the ride will follow Lakeshore Road through Mississauga's bike path system and country roads. The longest ride will lunch in Glen Williams (Georgetown) at The Glen Oven Cafe. The shorter rides will lunch at Tim Hortons in Mississauga, near Creditview Road.



Sunday Tourist Rides cont'd

Start: Kipling TTC station south parking lot

Distance: 115 km; 90 km; 69 km

April 26: Sunday Tourist Newtonbrook to Schomberg

Starting from our Newtonbrook base, the Finch TTC Station, we ride up through some suburban industrial streets, but then most riding will occur on country roads. The longest ride stops at the Grackle Coffee Shop in Schomberg. While the Short Tourist ride stops at Tim Hortons on Kirby Road in Maple.

Start: Finch TTC station west parking lot

Distance: 115 km; 79 km; 60 km

May 3: Advanced Sunday Tourist Agincourt to Mr. Albert Century

The cycling season is finally making it into high-gear, and with it, the first “Century Ride” of the year. A century means its ride distance is 100 miles or greater (160 km or greater).

With Agincourt as our launching point, we attack the rolling terrain north of the Metro Zoo, and the Oak Ridges Moraine’s fertile farmland adding an authentic “country feel” to our ride. We go through many of the backwoods areas around Uxbridge, Zephyr and Mt. Albert.

Excellent sandwiches at J & P’s Centre Street Burgers in Mt. Albert. A great chance to see the area northeast of Toronto while you still can—Highway 407 construction and new housing subdivisions continue to plague this area.

Start: McCowan TTC station south parking lot

Distance: 168 km; 145 km; 129 km

May 03: Sunday Tourist Agincourt to Cedar Beach Park

A more or less country ride from our Agincourt starting point. We’ll ride through the Rouge Park Valley into Durham Region. The longer rides go through Cedar Beach Park on the northern side of Mussleman Lake, and we will eat at the restaurant or the convenience store across the street. The shortest ride will eat in Stouffville.

Start: McCowan TTC station south parking lot

Distance: 101 km; 85 km; 64 km

May 10: Advanced Sunday Tourist Six Points to Orangeville Century North Parking Lot

A ride through suburban west Toronto, Mississauga and Brampton before we climb the Escarpment. We dine at Mill Creek Pub, in downtown Orangeville. The three rides diverge at the Forks of the Credit Provincial Park. The shorter ride lunches at Coffee Bean Cafe & Grill on Old Baseline Road, in Caledon. All rides converge just south of the 401 highway, and then take urban streets back to Six Points (Kipling–DunBloor).

Start: Kipling TTC station north parking lot

Distance: 168 km; 145 km; 129 km

May 10: Sunday Tourist Six Points to Peel: The Detour Edition North Parking Lot

A ride starting from the TTC’s Kipling station’s north parking lot (Six Points). Since there is construction at the gates of Centennial Park and on Orbitor Drive, we have to detour around Centennial Park. There is also construc-

tion at the Six Points cloverleaf at Bloor, Dundas and Kipling, so add a few minutes extra to get there on time.

Starting from the friendly industrial confines of the Kipling TTC station’s north parking lot, the ride will go through Toronto’s Etobicoke suburban roads, then through Mississauga and eventually up to Brampton. For the longest ride, the lunch will be at the Coffee Bean Cafe & Grill in Caledon.

For all other rides, lunch will be at Tim Hortons in Brampton.

Start: Kipling TTC station north parking lot

Distance: 103 km, 82 km, 61 km

May 17: Advanced Sunday Tourist Newtonbrook to Alliston Century

Starting from our Newtonbrook base, the Finch TTC station, we ride up the rolling hills to Schomberg to grab a Fair Trade coffee at the rustic Grackle Coffee Company. Then off to Alliston for lunch, then south through the Caledon Hills. The last stage starts when we ride through Kleinburg back to Finch via Maple.

Start: Finch TTC Station west parking lot

Distance: 169 km; 141 km; 123 km

May 17: Sunday Tourist Newtonbrook to Nobleton

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

Start: Finch TTC station west parking lot

Distance: 108 km; 85 km; 61 km



Sunday Tourist Rides cont'd

May 18: Holiday Tourist Unionville Brunch

Victoria Day ride to celebrate Summer's unofficial beginning. A leisurely ride through suburban side streets and the country roads of York and Durham regions. The ride north eventually brings us to the historic village of Unionville. Three routes to enjoy the warm weather. We meet for a bit of pub fare at Jake's on Main before heading back to Finch. **Start:** Finch TTC station west parking lot **Distance:** 101 km; 74 km; 60 km **This ride will be at 10:00 o'clock**

May 24: Advanced Sunday Tourist Lakeshore—Forks of the Credit Century SOUTH PARKING LOT

A ride south along the Lakeshore, and then up the Escarpment to Acton. We dine at the Mill Street Crossing Pub & Restaurant, near the Olde Hide House, so you know it'll be worth the cycle to Acton. The three rides diverge from here, the short ride goes just a little further north, while the century ride goes all the way to the Forks of the Credit Provincial Park. All rides converge just north of the 401, then take urban streets back to Six Points (Kipling—DunBloor). **Start:** Kipling TTC station south parking lot **Distance:** 180 km; 150 km; 135 km

May 24: Sunday Tourist Lakeshore to Oakville SOUTH PARKING LOT

Starting from the friendly industrial confines of the Kipling TTC south parking lot, the ride will follow Lakeshore Road through to Oakville on the longest routes. Lunch will be at Tim Hortons in Mississauga.

Start: Kipling TTC station south parking lot

Distance: 100 km; 88km; 70 km

May 31: NO RIDES—Ride For Heart Weekend

June 07: Advanced Sunday Agincourt to Kawartha Lakes Century

What would bike month be without a super long-distance century! A great tune up event for those about to do the ultimate double century, the "TNT Hairshirt" next week. This century is not quite as ambitious, coming in about 110 km shorter than the Hairshirt. The full ride goes all the way to Lindsay, in the Kawartha Lakes region. Shorter rides go to Port Perry. Physical endurance, plus rides around some scenic lakes and countryside.

Start: McCowan TTC station south parking lot

Distance: 213 km; 158 km; 132 km

FREE for non-members due to Bike Month

June 07: Sunday Tourist Agincourt to Claremont

With the Whitevale Road bridge rebuilt, many options are available this year that weren't before. This is a more or less country ride. From the Rouge Park to areas in Durham and York regions. We will be riding a mixture of suburban streets and country roads with rolling terrain through the fertile farmland of the Oak Ridges Moraine. Lunch break for the longest ride will be in Stouffville, at For the Love of Jo Coffee House. The middle-distance ride stop is the Claremont General Store in Claremont—or bring your own. The

shortest ride doesn't even cross Highway 407. It follows the same path as the other routes until just south of Highway 7. From there they go into Whitevale, cross the reopened bridge on their way back to Markham. The shortest ride will do formal regrouping and eat in Ajax.

Start: McCowan TTC station south parking lot

Distance: 105 km; 92 km; 64 km

FREE for non-members due to Bike Month

June 14: Advanced Sunday Tourist No ride today due to TNTO

June 14: Sunday Tourist Newtonbrook to Bolton

Starting from our Newtonbrook base, the Finch TTC Station, we ride up the rolling hills west of Keele Street. Most of the time will be spent on quiet country roads. The two longest routes go off to Bolton for lunch. The last stage starts when we ride through Kleinburg back to Finch via Maple. The shortest ride stops in Maple for lunch.

Start: Finch TTC station west parking lot

Distance: 111 km; 84 km; 69 km





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

April 05: Holland Marsh

A 'Wednesday Wheelie' favourite: This route just north of the mega-city is ideal for early in the cycling season. See the Marsh come alive in the spring and enjoy a few training hills on the way.

Start: Meet at the King City arena parking lot, located on Doctors Lane, first street south, east of the intersection of King Road and Keele Street.

Distance: 61 km; 68 km; 75 km

April 12: Credit River Cruising

An undulating ride through the wilds north of Brampton.

Start: Meet at Alloa School, on the north side of Mayfield Road (second road north of Hwy 7), just east of Mississauga Road.

Distance: 47 km; 66 km; 89 km

April 19: Beeline to Bowmanville

A popular and 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 Road; meet at the commercial parking lot (for Shopper's Drugmart etc.), located on the south east corner of Simcoe St. and Conlin Road in Oshawa.

Distance: 62 km; 82 km

April 26: Sutton-Lake Simcoe Tour

A scenic jaunt along the cottage-lined shores of Lake Simcoe and the surrounding countryside; bring 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 Street into Sutton, right on Dalton Road, left on Black River Road

to the Peter Gzowski Library.

Distance: 64km & 84km

May 03: Triple 'H' a.k.a. Hornby Halton Hills (to Lowville)

True to form the hills of Halton loom; enjoy this route as it takes you to Lowville for a picnic lunch in the park.

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.

Distance: 67 km; 85 km; 100 km

May 10: Schomberg to Caledon East

A ride in the lovely countryside north of Schomberg, with rolling terrain and lunch in Caledon East.

Start: Take exit 55 off Hwy 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy 27); head south on 20th Side Road to the arena that is just west of Main Street.

Distance: 74 km; 93 km

May 17: The Port Hope Hill Hop

A return to the ever-popular area around Port Hope. Enjoy undulating roads with awesome scenery including gorgeous vistas of Lake Ontario, especially following an amazing and memorable climb up Starkville hill.

Start: Meet at the Port Hope Town Hall. Take exit 461 from Hwy 401, follow Hwy 2 to downtown; the town hall is at 56 Queen Street.

Distance: 51 km; 74 km; 94 km

May 24: Mount Albert Tour

A scenic jaunt through the rolling farmland around Mount Albert, with a lunch stop on the shores of Lake Simcoe at the Peninsula Restaurant or bring lunch.

Start: Meet in Mount Albert at the Mount Albert Community Centre. Take Hwy 404 north, Davis Drive east, Hwy 48 north. Go right on York Road 13 (Mount Albert Road) into Mount Albert, left on King Street, right on Main Street to the Mount Albert Community Centre.

Distance: 71 km; 82 km

May 31: ABC Tour a.k.a. Alliston, Borden, Creemore

A fairly easy ride with some gentle rolling hills near Alliston and Creemore. The long route has a scenic and hilly loop through Glen Huron. Bring a picnic lunch for the short ride; the medium and long rides have lunch in Creemore.

Start: The public parking lot in the Town of Alliston, at the end of Mill St, about 85 km from Toronto. Take Hwy 400 north to exit 75, Cookstown, go west on Hwy 89, about 18 km, to Church Street. Mill Street is the next street west of Church Street. Do not park at the Beer Store. No washrooms at the starting point.

Distance: 74 km; 84 km; 93 km; 106 km

June 07: Dundas Northwest

A brand new CC route to enjoy! Explore the scenic, rolling back roads north west of Dundas. Lunch is in St George and après at The Domestique in Dundas.

Start: Meet at the municipal parking lot at Hatt St & Memorial Sq in Dundas. Take Hwy 403 west towards Hamilton, exit onto Hwy 6 north, turn left at Hwy 5 (first major intersection), turn left off Hwy 5 at Sydenham St, follow Sydenham St into Dundas and after crossing King St



Sunday Country Cruises cont'd

(traffic lights), turn left into the parking lot (entrance just past Royal bank).

Distance: 63 km; 83 km

June 14: Stouffville to Uxbridge

Follow the shady, rolling back roads of Durham region to Uxbridge and back again.

Start: Meet at the Stouffville Free Parking Lot. Go north on Hwy 404 to Stouffville Road and then east along Main Street to Park Drive. Turn right at Park Drive. The free parking lot is on the left (i.e. on the south east corner of Main Street and Park Drive.)

Distances: 61 km; 76 km; 86 km

June 21: Ashburn Tour

Another 'Wednesday Wheelie' favourite added to the Country Cruise schedule. Like all tours in the Durham area, this is a lovely ride along quiet roads with undulating terrain. Lunch in Enniskillen Conservation Area or picnic area near the Enniskillen store; bring lunch for this tour.

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

Distance: 57 km; 84 km

June 28: Beaverton Canals, Causeways & Cottages

A flat ride around Beaverton exploring farmland, the Trent-Severn Waterway and the shores of Lake Simcoe. On the short ride there is no restaurant at the lunch stop so bring lunch.

Start: Beaverton Community Centre. Go north on Hwy 404, east on Davis Drive and north on Hwy 48, turn left on Durham Road 23 at Port Bolster, just past the drive-in theatre. In Beaverton, turn left on Bay Street (at the XTR gas station), then turn left on Main Street to the Beaverton Community Centre.

Distances: 59 km; 86 km; 117 km

Tuesday Ravine Rides All rides start at 10:30 am unless otherwise noted.

April 14: The Humber Yo-Yo

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: Etienne Brulé Park

Distance: 20 km

April 21: The Secret Circuit

The very first—and shortest—Tuesday ride followed this route. Here is the original description from 2003 "A half-hidden ravine ride for freelancers, shift workers, people between jobs, retirees, and ne'er-do-wells. This downtown route has a minimum of street riding and only two hills (OK, so the first one is Poplar Plains). Some unpaved paths."

Start: Taddle Creek Park

Distance: 14 km

April 28: East End Excursion

This ride has a bit of everything: ravines, quiet residential streets, an industrial park, a cemetery, two cannons, and a stairway. All but 100 m on pavement.

Start: Kennedy Subway

Distance: 22 km

May 05: 3M Short Form (Mary's Meander Modified)

The lower Don, a bit of the Martin Goodman Trail and a couple of small parks paralleling the long-buried Garrison Creek. All but a few meters of the route is paved; some street riding.

Start: Taddle Creek Park

Distance: 23 km

May 12: Mimico Creek and the Humber v2.1

Paved paths and only a few blocks of street riding.

Start: Etienne Brulé Park

Distance: 22 km

May 19: Balfour and the Beltline

David Balfour Park, Moore Park, the Beltline, and Cedarvale Park. Some unpaved paths.

Start: Taddle Creek Park

Distance: 19 km

May 26: Diagonal Lines—Finch to Kennedy

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

Start: 10:30 a.m. Finch subway Park 'n' Ride

Distance: 26 km

June 2: Cedarvale Prospecting

Cedarvale Park and the Beltline extension. Some unpaved paths and street riding.

Start: Taddle Creek Park

Distance: 19 km

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



Wednesday Wheelies All rides start at 10:00 am, except during July and August.

March 25: King City to Bradford

A 63 km ride north from King City through the Holland Marsh to lunch in Bradford at either Tim Hortons or Coffee Culture Cafe & Eatery (or 24 km just to Kettleby). Meet for a 10 am departure at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street.

Start: Municipal Parking Lot, NW corner, King Rd & Keele St, King City
Distance: 24 km; 63 km

April 01: Stouffville to Goodwood

A 57, 73, or 92 km ride north from Stouffville with lunch at Annina's Bake-shop in Goodwood. Meet for a 10 am departure at the Free Parking Lot on Park Drive just south of Main Street in Stouffville.

Start: Free Parking Lot on Park Drive just south of Main Street, Stouffville
Facilities are available at many of the chain restaurants and gas stations as you come into Stouffville.
Distance: Short 57 km; Medium 73 km; Long 92 km

April 08: Keswick Along the Lake

A 67 or 82 km ride from Keswick along the edge of Lake Simcoe past Sibbald Point Provincial Park to lunch at Virginia Beach Marina and Restaurant. Meet for a 10 am departure at West Park on Ravenshoe Road.

Start: West Park, Ravenshoe Rd., Keswick
Distance: Short 67 km; Long 82 km

April 15: Boston Church to Rockwood

This is a 63 or 80 km ride from Boston, Ont. north through picturesque Glen Eden to Rockwood for lunch at the Eramosa Cafe. The Eramosa Cafe features great sandwiches and

wonderful butter tarts. Meet for a 10 am departure at Boston Presbyterian Church.

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

April 22: Ashburn to Nestleton/Janetville

A 60 or 86 km ride from the village of Ashburn to lunch in either Nestleton or Janetville. Meet for a 10 am departure at Ashburn Community Park on the west side of Ashburn Road, 200 m north of the main intersection.

Start: Ashburn Community Park, Ashburn Rd, Ashburn
Distance: Short 60 km; Long 86 km

April 29: Schomberg to Caledon East

A 74 or 91 km ride from Schomberg to lunch in Caledon East. Meet for a 10 am departure at the Arena parking lot in Schomberg.

The lunch stop is Gabe's Country Bake Shoppe in a small mall in Caledon East with an outside sitting area. The mall also has a convenience store. It's the second building on the left side after you make the left turn in Caledon East onto Airport Road (Google Streetview is out of date - there, the name on the building is Italian Bakery).

Start: Schomberg Arena, W. of Main St, Schomberg
Distance: Short 74 km; Long 91 km

May 06: Courtice to Bowmanville

A 55, 66 or 75 km ride from Courtice through the Durham drumlins with lunch at the Bowmanville Golf and Country Club. Meet for a 10 am departure at the Courtice Community Complex.

Start: Courtice Community Complex

Facilities are available in the Courtice Community Complex building

Distance: Short 55 km; Medium 66 km; Long 75 km

May 13: Brampton Fall Fair to Forks of the Credit

A 59 or 82 km ride from fairgrounds of the Brampton Fall Fair up into the Caledon Hills. The routes then turn west and go through the Forks of the Credit. Lunch will be at The Village Store in Belfountain. Meet for a 10 am departure from the fairgrounds at the corner of Heart Lake Rd and Old School Rd.

Start: Brampton Fall Fair at the corner of Heart Lake Rd and Old School Rd, north of Brampton
Distance: Short 59 km; Long 82 km

May 20: Campbellville to Lowville

A 62, 74, or 109 km ride from Campbellville past Waterdown, with lunch at the Lowville Golf Club. This lunch location avoids the descent down into, and ascent up from, Lowville.

Meet for a 10 am departure at the Campbellville New Ball Park.
Start: Campbellville New Ball Park, Reid Sideroad, Campbellville
Distance: Short 62 km; Medium 74 km; Long 109 km

The Lowville Golf Club is on Britannia Road on the right (i.e., the SE side), 400 m before the church where we used to turn left onto Guelph Line to descend down into Lowville. The Club has sandwiches or full meals, clean in indoor washrooms, and warmth if the day is cool! They may even have the Giro on the big screen television in the bar (they did last year!)



Wednesday Wheelies cont'd

May 27: Schomberg to Hockley

A 65 or 89 km ride from Schomberg, with lunch at The Hockley General Store and Restaurant in Hockley. Meet for a 10 am departure at the Arena parking lot in Schomberg.

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

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

Distance: Short 65 km; Long 89 km

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

June 03: Bradford to Innisfil Beach

A 75 or 83 km ride from Bradford north to Innisfil Beach Park on Lake Simcoe. Meet for a 10 am departure at the parking lot of the Bradford and District Community Centre on Simcoe Road south of Holland Street. Please park away from the

entrance to the building so as to leave the parking spots close the building for the building users.

Start: Bradford Community Centre, Simcoe Rd., Bradford

Lunch will be at the picnic tables in Innisfil Beach Park, looking out onto Lake Simcoe. Various food options are available at the plaza at the corner just before turning down into the park (e.g., Subway, pizza, bakery), or you can bring a sandwich.

Distance: Short 75 km; Long 83 km

June 10: Mount Albert to Lake Simcoe

A 57, 78, or 91 km ride from Mount Albert along the shores of Lake Simcoe to Keswick. Medium and Long rides go to Keswick. Meet for a 10 am departure at the Community Centre parking lot on Main Street in Mount Albert.

Start: Mount Albert Community Centre, Main St, Mount Albert

Distance: Short 57 km; Medium 78 km; Long 91 km

Don't forget!
Always check the website the night before or the morning of a ride for changes and/or cancellations due to bad weather.
www.tbn.ca

June 17: Ashburn to Enniskillen

A 62, 85, or 94 km ride from the village of Ashburn to Enniskillen. Meet for a 10 am departure at Ashburn Community Park on the west side of Ashburn Road, 200 m north of the main intersection.

Start: Ashburn Community Park, Ashburn Rd, Ashburn

The lunch stop is at the picnic tables in Enniskillen. You can either bring your lunch, or purchase something at the adjacent convenience store. The long route may wish to stop for lunch at Kari-Jo's Coffee and Cafe in Burketon on Old Scugog Road 5 km north of Enniskillen.

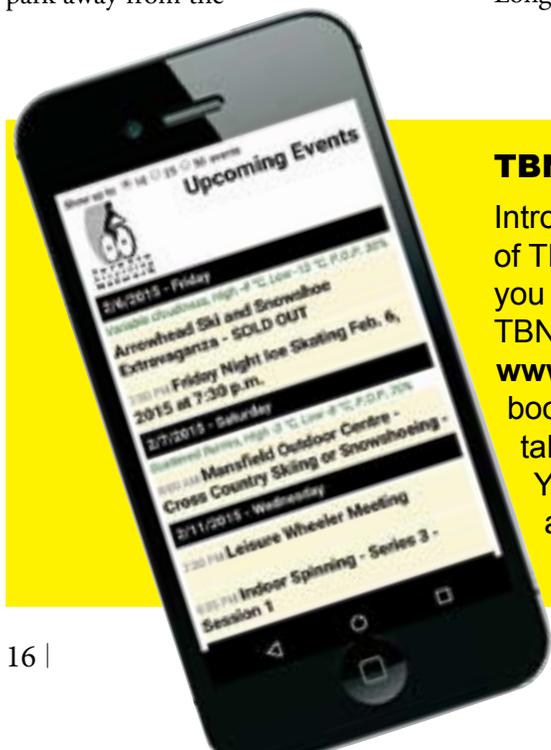
Distance: Short 62 km; Medium 85 km; Long 94 km

June 24: King City to Schomberg

A 68, 86, or 99 km ride from King City through the Holland Marsh to lunch at the Grackle Coffee Co. in Schomberg. Meet for a 10 am departure at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street.

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

Distance: Short 68 km; Medium 86 km; Long 99 km



TBN In Your Pocket

Introducing the mobile edition of TBN's web site, which gives you fast access to upcoming TBN events. Take a look at www.tbn.ca/mobile, and bookmark the site on your tablet or smartphone.

You never need to worry about missing a ride again.



Wednesday Night Rides All rides start at 6:30 pm unless otherwise noted.

April 22: Edwards Gardens & Bridgepoint @ Riverdale Park

April 29: Edwards Gardens & Bridgepoint @ Riverdale Park

May 6: Edwards Gardens & Bridgepoint @ Riverdale Park

May 13: Lawrence Park (Lawrence Park Collegiate) & Grenadier Restaurant, High Park

May 20: Don River Parking Lot (Leslie & Sheppard) & Bridgepoint @ Riverdale Park

May 27: Edwards Garden & Bridgepoint @ Riverdale Park

June 2: Moore Ave & Mallory Crescent (behind the Pharma Plus @ Bayview) & Bridgepoint

June 9: Edwards Gardens & Grenadier Restaurant, High Park

June 16: Lawrence Park (Lawrence Park Collegiate) & Bridgepoint @ Riverdale Park

June 22: Don River Parking Lot (Leslie & Sheppard) & Bridgepoint @ Riverdale Park

June 29: Edwards Gardens & Bridgepoint @ Riverdale Park

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

Thursday Night Rides All rides start at 6:30 pm unless otherwise noted.

April 16: High Park—Old Toronto Loop

Our charter Thursday Night Ride route has a great mix of off-road paths and some of the best bike lanes in the Toronto core. Included on the route are the West Toronto Rail Path, Prospect Cemetery Path, Adelaide and Sherbourne St. cycle tracks, the newly renovated Queens Quay Harbourfront area, and the Martin Goodman Trail.

Start: Grenadier Café, High Park

Distance: 35 km

April 23: Don River Circuit

A route along and between the forks of the Don River. The first third is mainly city riding and the rest mostly off-road paths. This includes the familiar Don Valley East trail as well as lesser known trails like the Charles Sauriol Conservation Reserve trail and the CN Leaside Spur trail.

Start: Riverdale Park East, BridgePoint

Distance: 33 km

April 30: High Park to Port Credit

A longer route for an evening ride, but flat and easy. We start in High Park and travel through south Etobicoke along the Queensway and some smaller streets. We then go down the Etobicoke Creek to Marie Curtis Park and into Mississauga to Port Credit and back. Finally, the Waterfront Trail takes us back to High Park

Start: Grenadier Café, High Park

Distance: 39 km

May 07: U of T—Etobicoke

We're trying a new route and new concept on this TNR. We'll start on the U of T campus rather than one of the usual TBN starting spots and then head deep into Etobicoke and back. If you live or work in or near downtown Toronto, this is designed for you. The route itself is a nice mix of roads and off-road paths.

As an alternative, we'll be passing near Etienne Brulé Park both on the way out and back in, so if you're looking for a

shorter ride (~20 km) that you can drive to, you can go there and meet us just north of Etienne Brulé at Home Smith Park at 7.

Start: 230 College St. (College & Huron)

Distance: 40 km

May 14: Boardwalk Place to Guildwood

Ready for a bit more of a challenge? We finally hit the east end and that means some hills. Nothing too bad, mind you, but this will give you a chance to test your lungs at this early point in the season.

Our route starts at Boardwalk Place and then east along the beautiful Beaches. But then we hit the bluffs area and things get tougher. We'll head east as far as the Guildwood area and take a short coffee break and then head back via a similar route.

Start: Boardwalk Place Parking Lot

Distance: 37 km



Friday Night Rides All rides start at 6:30 pm unless otherwise noted.

This year the rides will be starting either in the east-end or west-end and will be at a pace between a Leisure Wheeler to Easy Roller ride (15–20 km per hour).

These rides are social rides, with participants going out for a post-ride get together for food and drink at a local establishment near the starting point.

Check the website for ride schedules - www.tbn.ca/programs/cycling/fnr

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City Walks

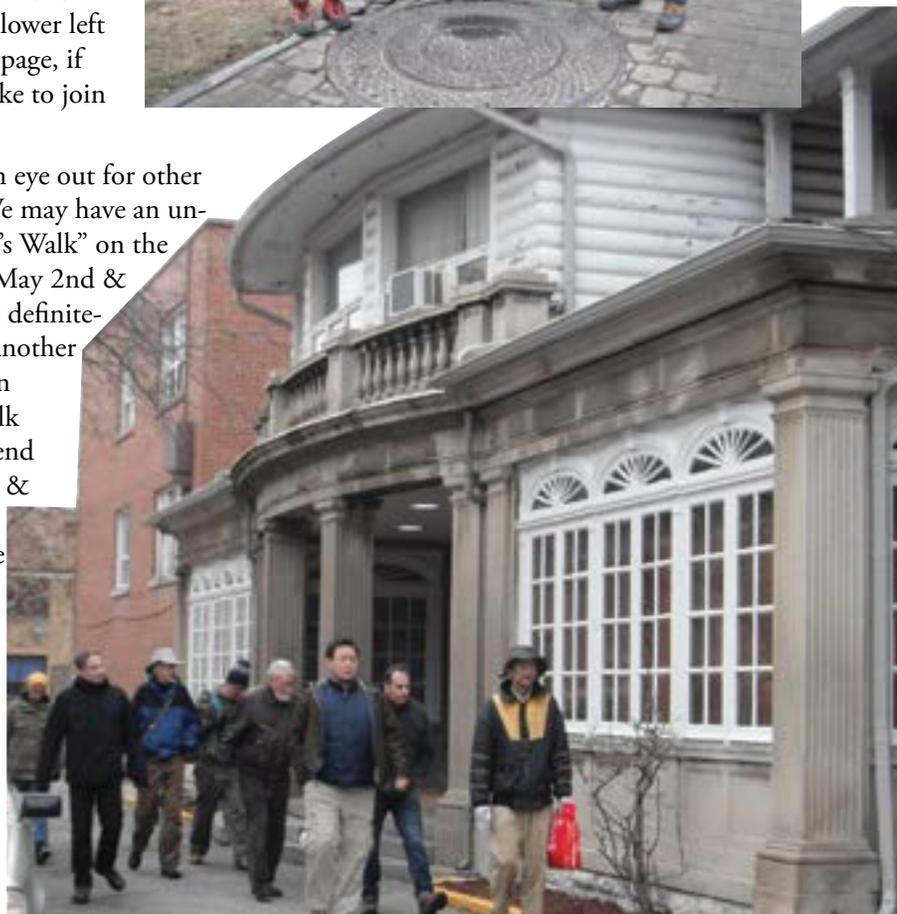
We had a great season of City Walks in 2014. There were 10 walks from mid-October to mid-December, covering distances of 10 to 15 km, and having 12 to 22 participants at each one.

We did a number of the traditional walks that we have run over the years, as well as several new ones, including Dan’s Taylor Creek Walk, David’s St. Clair to Dupont Walk, and Yeung’s Mimico Walk. Since we were able to get a fire permit this year, we ended the season with the Bonfire/Potluck Walk, followed by Marc’s Christmas Lights Walk.



Since the beginning of the year we have been doing unofficial walks, almost every Sunday. They will continue until the weather gets nice enough for cycling. These walks are shown on the TBN website under Recent Forum Posts on the lower left of the home page, if you would like to join us.

Also, keep an eye out for other activities. We may have an unofficial “Jane’s Walk” on the weekend of May 2nd & 3rd, and will definitely be doing another “Doors Open Toronto” walk on the weekend of May 23rd & 24th. We will continue with a new program of City Walks in the fall.



TBN will once again have a booth at the



TORONTO INTERNATIONAL BICYCLE SHOW

March 6–8

Toronto’s premier event to showcase new bikes and gear, and an opportunity to stock up on all those things you really don’t need, but have to have.



GENERAL INFORMATION

What is Cyclon?

Cyclon is a 3-day cycle touring mini-vacation which takes place over the August Civic Holiday long weekend. It is the major annual event of the Toronto Bicycling Network (TBN), a club for recreational cyclists with over 800 members. TBN is a not-for-profit club and Cyclon is a not-for-profit event. In its 29th year, Cyclon has previously visited Peterborough, Kingston, Barrie, St. Catharines, Waterloo, Guelph, Belleville, and London.

Where will Cyclon be held in 2015?

We are going to be back in **Ottawa**, taking advantage of the city and exploring green and natural areas of Canada's Capital Region.

chosen a number of different cycling routes for each day of Cyclon. The tours range from about 40 to 170 km in length and are based on the TBN ride categories: Leisure Wheeler, Easy Roller, Short Tourist, Tourist, and Sportif. For more information on these categories, visit our website at www.tbn.ca. An experienced ride leader leads each tour. Detailed tour maps and written directions are provided to every cyclist along with the phone number for the emergency support vehicle (SAG Wagon) that will be on call and patrolling the routes.

This year in Ottawa, we will offer some Monday rides from a remote start location to allow you to explore some of the beautiful roads and towns in the National Capital Region.

How/when do I get the tour maps?

When you arrive for registration, you will be provided with an information package and a complete set of maps with detailed route information. In addition, the information package will contain maps to local attractions and services, and a complete schedule of weekend events.



CYCLING

What are the tour routes like?

The National Capital Region offers fantastic cycling, some of which is on bike paths and car-free roads! We have

ACCOMMODATION

We will be staying at the University of Ottawa, located on the east side of the Rideau Canal in downtown Ottawa. The residence is within walking distance

to many great historic and cultural Ottawa landmarks. All breakfasts will be hosted in a building near our residence.

The University residence features two bedroom suites (exactly the same as Conestoga or Georgian Colleges) with one double bed in each room, semi-private washrooms (one washroom shared between two adjoining rooms), a kitchenette with fridge and microwave oven, air-conditioning, televisions, elevator access and lounges with televisions on each floor. You will enjoy fabulous views over downtown Ottawa and Gatineau. We will stay there all three nights (Friday arrival to Monday departure). The University Residence is a smoke-free facility. We encourage you to extend your weekend by an extra day or two to enjoy the sights and cycling around the National Capital Region, and have arranged for special rates at the residence for those who wish to lengthen their mini-vacation. **For 2015, we will be located on the lower floors of the residence to ease elevator/stair congestion at the start of the rides.**

What is provided in the bedrooms?

All bed linen, towels, and face cloths are provided, but you may wish to bring extra towels or your favourite blanket, or pillow.

Can I choose my roommate?

Definitely – we prefer that you do. Simply indicate on your Cyclon registration form the name of the person with whom you wish to share a suite. Any children attending Cyclon will be billeted with their parents.

What if I come on my own?

If you do not indicate a suitemate on your registration form, you will be placed in a suite (suite = 2 adjoining but separate bedrooms with one shared washroom) with a participant of the same gender and, when possible, of similar age.

ENTERTAINMENT

Cyclon is almost as much a social event as a recreational cycling event! The common interests of 200 cyclists and

Cyclon cont'd

the camaraderie that develops are what help to make Cyclon so special, and why it has been successful for many years.

Friday: There will be a reception beginning at 6:00 p.m. What is a better way to break the ice, meet up with old friends, or make some new ones? The reception on Friday evening will include pizza, snacks, and a cash bar.

Saturday and Sunday afternoon:

- Come and join a social after-ride reception, enjoy the light snacks and the camaraderie of other cyclists.
- There will be post-ride stretching classes and massages.

Saturday night:

• Similar to last year, we will have some great group dining/entertainment choices for you (currently under development), or you can explore Ottawa on your own. We'll let you know more before Cyclon arrives.

• **Sunday night:** is reserved for our Gala Dinner and Dance which will be held in the National Arts Centre, right on the stunning Rideau Canal (a beautiful ten-minute walk from the residence—no need to drive or catch a shuttle bus!) It features a sumptuous dinner followed by a DJ-hosted dance (with a new DJ). Bring your dancing shoes!

COSTS AND PACKAGE OPTIONS

Package includes: Cycling tours, 2 dinners (Friday and Sunday) and accommodation.

Cost: \$270 for TBN members who register on or before May 31, 2015.

\$300 for non-TBN members who register on or before May 31, 2015.

Other options: meals can be added as follows:

- **Breakfast details have not yet been finalized. We are still looking at additional breakfast options. Check for final details at www.tbn.ca/cyclon in April.**
- Parking—\$16/day
- Additional nights accommodation at \$99/suite/night + HST

You will be on your own for Saturday and Sunday lunches, so you will have an opportunity to enjoy the local dining hot spots or a picnic on your chosen ride.

Can I prepare some of my meals?

Like some of the Cyclon accommodations in the past, there is a refrigerator and a microwave oven available to all Cyclon attendees in each suite. If you wish to prepare your own meals you will need to bring your own dishes, eating and cooking utensils and pots.

In addition, you will be responsible for cleaning the kitchen.

Can I change my mind and add on or cancel some of the meals after I have arrived at the University of Ottawa?

Sorry, you can't. The meals have to be confirmed a few weeks before we arrive at Cyclon. Please be sure when you register that you select the meals that you want.

What about special dietary needs or allergies?

Cyclon has secured the services of a Registered Dietitian to ensure that our meals will meet the needs of most restrictive diets, and taste good too! Please be sure to include any special needs on your Registration Form.

REGISTRATION

For Cyclon 2015, registration will be limited to 200 people.

How do I register for Cyclon?

Beginning in 2014, TBN requires that all event registration be done online through the TBN website, where you can pay with your credit card. You can submit your payment by cheque, but you will need to register online, and

then mail in your payment. This will ensure that a spot will be reserved for you at Cyclon immediately. Just go to the TBN website at www.tbn.ca/cyclon and click on the Cyclon Registration link.

Information Night and Social: The Cyclon Information Night and



Social gives you the opportunity to talk directly to Cyclon organizers about the event and with other participants who have been there! We will have computers on site to help people register online. Cash bar and light refreshments will be provided.

Date: Thursday, April 30, 2015

Time: 6:00 p.m.–9:00 p.m.

Where: Scallywags

11 St. Clair Avenue West
(SW corner of Yonge & St. Clair)

When is the Early Bird deadline?

The Early Bird deadline for Cyclon is Sunday, May 31, 2015. All registrations must be received on or before May 31 to qualify for the Early Bird discount. By registering early, you will save \$50 per person.

When is the registration deadline?

The **registration deadline is July 12th 2015**. Special needs, such as roommate selection and carpooling assistance will be more easily accommodated by registering early.

I have registered for Cyclon. Is my spot reserved?

Your spot at Cyclon is reserved when we receive your registration and payment

in full (approved credit card/cleared cheque). Your bank withdrawal or charge to your credit statement is your receipt/confirmation. A confirmation email will be sent immediately after registering on the TBN website. If you register online, but send your payment by mail, your confirmation e-mail will arrive a week or two after the payment has been received. Please ensure you provide your **correct e-mail address when you register**. The e-mail will contain information and directions. **Please check your Bulk or Spam e-mail folders in addition to your inbox.** Last year a number of people received this confirmation in this folder, particularly with Rogers or Yahoo accounts.

How can I register online if I don't have a computer?

If you do not have access to a computer, you can attend our information night and social, where we can help you register online, and accept your payment. You could also ask a fellow club member with a computer to help you register for Cyclon.

What happens if I want to cancel my reservation?

Cancellations made in writing prior to July 12th are subject to a \$50 cancella-

tion fee. You may sell your package only with the approval of the Cyclon Director. **No refund of any kind will be made after July 12th—NO EXCEPTIONS!**

I am not a member. Can I get my TBN membership at the same time that I sign up for Cyclon?

Yes, you can. You can get your TBN membership and save money at the same time by registering for Cyclon at the member's price. A TBN membership form is available at www.tbn.ca/join.

PAYMENT

How do I pay for Cyclon?

1. You will be able to register and pay online using Visa, MasterCard or PayPal by going to www.tbn.ca/cyclon selecting the Cyclon Registration link.

2. You can register online and mail a cheque to the following address. Please clearly indicate the names of the persons for which payment is being made. Payment must be made in Canadian funds.

Cyclon
c/o Toronto Bicycling Network Inc.
131 Bloor Street West, Suite 200
P.O. Box 279
Toronto ON M5S 1R8

3. You may also pay by credit card or cheque at our Information Night and Social on April 30, 2015.

NOTE: for security reasons, **do not mail cash payments**. For U.S. participants not paying by credit card, please send a traveler's cheque or international money order.

What is the best way to register for Cyclon?

It is best to register online and pay by credit card. This will ensure that a spot will be reserved for you at Cyclon immediately. Just go to the TBN website at www.tbn.ca/cyclon and click on the Cyclon link.

Please note: For up-to-date info prior to Cyclon, continue to check the FAQ on our website www.tbn.ca/cyclon.





Toronto-Niagara-Toronto Hairshirt Classic Double Century 322 kilometers in one day!

Sunday, June 21, 2015 6 AM

The TNT Hairshirt is a personal cycling challenge whose name comes from a medieval form of penance, in which monks wore shirts woven of coarse horse hair designed to cause suffering. Our Hairshirt ride pits the lonely rider and their bicycle against the road and the elements, and for this reason the organizers provide no support other than a map and encouragement. Thus, you are responsible for yourself. The Hairshirt was founded in 1978; and TBN assumed sponsorship in 1988. The records below go back to 1992.

The group leaves the corner of Duke of York Blvd and Burnhamthorpe Rd in Mississauga at 6:00 AM on the first Sunday on or after June 21. You have until midnight to complete the ride. Participants must wear CSA-, Snell-, or CPSC-approved helmets. Please bring lights if you expect to finish after dusk. As usual, TBN waives the customary \$5 participation fee for non-members.

54 cyclists started the ride in 2014, on a great sunny day.

Why not make 2015 your Hairshirt year? Sign up on the Hairshirt event page.

Preparation

Unless you enjoy suffering you should be prepared. Your biggest assets will be

training, self-sufficiency, and self-confidence. Self-sufficiency comes from the ability to effect simple repairs on your bike and having the right clothing and equipment along. Self-confidence will flow out of self-sufficiency and the knowledge that you've trained enough to complete the distance.

Training

Sub-11 hour double centuries require actual training regimes! Train at the pace you plan to do the ride at or faster. Eat and drink as you plan to do on the ride. Complete weekly cumulative distances of 300 km or more by the end of May. (Remember that the Hairshirt is relatively flat so if you do most of your mileage in hilly terrain you can reduce the mileage figures accordingly). Two weeks before the ride do back-to-back centuries on Saturday and Sunday. The following Saturday do about 220 km. The next day you should do an easy spin (active rest) of 50 km or less. You can ride through the week but avoid any hard efforts. Starting Thursday make sure you eat well for the next three days. Get plenty of sleep Friday night.

Ride Day

Not a good day to experiment with new equipment, clothes or food!

The Bicycle

Ideally you will be riding a mechanically-sound, drop-handlebar road bike. Bring a pump, patch kit, spare tube(s), tire levers, multi-tool appropriate for your bike. A spare fold-up tire is good insurance.

Clothing

Whatever. Don't use the ride to break in a new pair of shoes or shorts, however.

Food

Gourmands and omnivores can buy stuff along the way randonneur-style, but a handlebar bag/seatpack/fanny pack filled with high-carbo energy foods is a popular idea and great for picky eaters--there's no guarantee you'll be able to find your favourite foods when you need them.

An Evening with Officer Arshad Khawaja of the Toronto Police Services

If you are interested in bicycle safety and would like an opportunity to discuss challenges facing cyclists in Toronto, you will want to join us on **March 11, 2015**. This is a rare opportunity for you to speak directly with the officer who oversees all aspects of bicycle training and safety for the Toronto Police Services Bicycle Division.

Officer Khawaja will share highlights of the Toronto Police Services' bicycle training program with members of the Toronto Bicycle Network. Topics will include: rules of the road and how to ride safely; what to do if an accident occurs; group riding techniques; discussion and questions are welcome throughout the evening. This is your opportunity to hear from the voice of authority

Location: The Toronto Police Services 40 Toryork Drive (Finch and Weston Rd)

Note: the building is shared with Toronto Fire Services (so if you see fire trucks, you are at the correct address). Parking is along the side.

Water

On a hot day you'll need lots of liquid and water is the least complicated to absorb, but pay attention to replacing electrolytes, as well. You should have at least two 750 ml water bottles on your bike. Throw in a 2 liter camelback-style reservoir and proper hydration will be the last thing on your mind as long as you remember to drink before you're thirsty!

The Unforeseen

You'll need a plan to get back home if your bike gets trashed, your tire gets chewed up, your freewheel explodes, or you just get exhausted. There are bus stations along the route, or you could arrange to have someone to come pick you up. Just remember to bring your Visa, cellphone and/or calling cards!

Memories of Hairshirts Past

While the Hairshirt is a non-competitive event and the TBN is a non-competitive club some participants do compete against their own personal bests. We see nothing wrong with this as long as they don't blow any stop lights along the way!



Special mention. Youngest finisher: Jim Nicholson 16. Oldest finisher: Dave Mader 73. Finishers 17 and younger: Brian Yee (2009), Mitchell Kaiser (2009), Jake Williams (2009),

Jim Nicholson (2009). Finishers 70 and older: Ken Caven (1996), Dave Mader (2011, 2013, 2014). Most Hairshirts: Owen Rogers (13), Ron Clark (13).





Coordinators

Easy Roller
 Leisure Wheeler
 Tourist/Sportif
 Country Cruise/Sat Shorts
 Tuesday Ravine
 Wednesday Wheelie
 Wednesday Night
 Thursday Night
 Friday Night
 Saturday Morning
 City Walks
 Hiking
 Ice Skating
 Skiing/Snowshoeing
 Spinning

David Middleton
 Jamie Hauyon
 Joey Schwartz
 Barry Pinsky & Rowena Maclure
 David Peebles
 Ron Wilson & Dave Mader
 Terry Walsh
 Ken Miller
 Mike Gurski
 Patsy Cook & Mick O'Meara
 John Burdett
 Vicky Bondy
 Fred Lee
 Terry Walsh
 Kathleen Harford

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

Ride Classifications	Common Start Locations
<p>Leisure Wheeler: Distances of 20–60 km, at speeds of 15–17 km/h for a leisurely pace. Designed as a series of entry-level rides for novices and seniors, or riders returning after a long absence. Rides take place on a mixture of paved recreational trails and streets. <i>Suggested programs:</i> Sunday Leisure Wheeler and Tuesday Ravine Rides.</p> <p>Easy Roller: Distances of 20–60 km, at speeds of 18–22 km/h for a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Advanced Easy Roller rides are longer, faster, and/or hillier than typical Easy Roller rides but still generally within the Easy Roller range, although sometimes for much longer distances. <i>Suggested programs:</i> Wednesday Night Rides, Thursday Night Rides, Friday Night Rides, Saturday Morning Rides and Sunday Easy Roller Rides.</p> <p>Tourist: Rides are for experienced cyclists, utilizing both urban and rural routes at faster paces of 23–28 km/h and longer distances of 60–215 km. On shorter rides of 60–70 km, a system of ride leader and organized formal regrouping will be attempted to keep the group together. On longer rides, grouping and regrouping is informal and riders are expected to download and preview the ride maps/cue sheets before a ride. Riders are expected to stay in a group and regroup at traffic lights before they hit the open road. Once on the open road, everyone is essentially on their own, at their own pace, and self-sufficient. All rides have a designated lunch spot and optional rest spots, located on the ride map/cue sheet. Sportif riders do the same rides as Tourists, but at the faster 29–35 km/h pace. <i>Suggested programs:</i> Wednesday Wheelies, Saturday Cruising Shorts, Sunday Tourist Rides and Sunday Country Cruise.</p>	<p>Boardwalk Place (previously Boardwalk Pub): The parking lot is located at Northern Dancer Boulevard and Lakeshore Boulevard East. Paid parking is available near Boardwalk Place, however, parking on Coxwell is free.</p> <p>Bridgepoint Health: Meet at the park benches in Riverdale Park East just north of Bridgepoint Health at the intersection of Broadview Ave. and Langley Ave. Parking is on Broadview Ave.</p> <p>Edwards Gardens: The parking is located on the south west corner of Lawrence Avenue and Leslie Street.</p> <p>Etienne Brulé Park: The parking lot is located at the junction of Old Mill Road and Old Mill Drive ie. around the corner and down the hill from the Old Mill subway station.</p> <p>Finch Subway: The Park 'n' Ride is located on the north west corner of Yonge Street and Hendon Avenue, one block north of Finch Avenue.</p> <p>Grenadier Cafe, High Park: Follow the signs south from the intersection of High Park Avenue and Bloor Street West.</p> <p>Kennedy Subway: Beside the elevator on the west side of the station, on Transway Crescent.</p> <p>Kipling Station: The north lot of the Park 'n' Ride is located on Subway Crescent, south of Dundas Street West and west of Kipling; look for signs.</p> <p>McCowan Subway: The south parking lot next to FreshCo on McCowan Road, north of Ellesmere Road.</p> <p>Queen's Park: Near the King Edward statue at the north end of the park, just north of Wellesley Street.</p> <p>Shoppers' World: Located on Danforth Avenue, at Victoria Park Avenue, one block south of the Park 'n' Ride for the Victoria Park Subway, in front of Coffee Time Donuts.</p> <p>Taddle Creek Park: One block north of the Bedford exit of the St. George subway station.</p>

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