



CYCLON 2017

FAQ and GENERAL INFORMATION

WHAT IS CYCLON?

Cyclon® is a 3-day cycle touring mini-vacation, which takes place over the August Civic Holiday long weekend – arrive Friday August 4th and leave Monday August 7th 2017. It is the major annual event of the Toronto Bicycling Network (TBN), a club for recreational cyclists with over 800 members. TBN is a volunteer run, not-for-profit club and Cyclon is a volunteer run, not-for-profit event. In its 31st year, Cyclon has previously visited Ottawa, Peterborough, Waterloo, Barrie, St. Catharines, Guelph, Belleville, and London.

In 2017, Cyclon will take place in **Kingston** - a beautiful, historic waterfront city just 2 ½ hours from Toronto. Kingston will be the perfect location as Canada celebrates 150 years. Equi-distant from Toronto, Montreal and Ottawa, where the St. Lawrence River meets Lake Ontario and the Rideau Canal. Kingston is a perfect location for cycling.

Friendly and welcoming

“We had a great time, with a ride every day. What stood out for me was how friendly and welcoming everyone was”
Anne-Marie Corrigan, first time attendee

What’s happening for Cyclon 2017?

- Queen’s University is walking distance from Kingston’s downtown. Downtown Kingston boasts a number of great restaurants, some of them on the waterfront, as well as bars (it’s a university town, there will be bars!). On Saturday night, Cyclon members will organize local dinners – if you would like to volunteer and host a dinner please email cyclon@tbn.ca
- We will have a gala dinner on Sunday night. This is a great opportunity to spend time with new friends you have met on the weekend rides.
- Home base is Leggett Hall, a university residence, with a courtyard as our shared backyard. Please bring your camping chairs to turn the backyard into our living room for the weekend.
- We have several rides that include ferry trips and two rides that cross into the United States. If you want to have the option of doing a ride into the US, please remember to bring your passport.

Terrific rides

“I’ve attended Cyclon 15 times ... it has terrific rides and a great chance to connect with other cyclists.”
Sam Bootsma, 15 time attendee

CYCLING

What are the tour routes like? Cyclon will feature 15-20 rides over four days. Kingston offers some unique routes, with waterfront trails, country roads, small towns, and even ferry rides.

You will have your choice of 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, Urban Roller, Short Tourist, Tourist, and Sportif. For more information on these categories, visit our website (www.tbn.ca). An experienced ride leader leads each tour.

As in previous years, we will offer shorter rides on Friday afternoon and Monday morning for members who want to get the most cycling into their long weekend.

At registration, your Cyclon kit will provide a complete set of maps along with the phone number for the emergency support vehicle (SAG Wagon) that will be on call and patrolling the routes.

In addition, the information package will contain maps to local attractions and services, and a complete schedule of weekend events.

Incredible Value

“A friend and I come from Booklyn every year ... great atmostphere, lots of fun, and so well organized plus incredible value – Cyclon is unique, I haven’t seen anything like it in the U.S.”

Renata Luisi, 6 time attendee (Brooklyn, New York)

VOLUNTEERING

Volunteering is a great way to meet people and help make the event as great as possible. This year we’re starting early with our recruiting! Here are some, but not all, areas where help will be required:

- We need people to help manage traffic/unloading at check-in. Due to its location and the lack of reserved area for unloading, things could get a little hectic when most people start arriving on Friday afternoon.
- We will need volunteers on Saturday and Sunday to help put out refreshments and snacks for returning riders. Snacks are typically available between 2:30 and 4:30 pm, so you would have to plan your ride accordingly (i.e. arrive by 2 to start preparing). Volunteers will also be required for the post-snack clean up.
- We need volunteers to help decorate some common areas on Friday morning, and possibly for the Sunday night Gala dinner as well.
- We need volunteers to lead the stretch classes and someone to manage a possible massage area.
- We need volunteers to orient those new to Cyclon during the Friday registration period
- And, as always, we need ride leaders and sweeps!

Volunteering is what makes this event possible. If interested, please email cyclon@tbn.ca and we will be in touch.

ACCOMMODATION

We will be staying at Queen's University, in Leggett Hall. The residence is within walking distance of Lake Ontario as well as beautiful downtown Kingston with restaurants, bars and stores.

If you would like a fridge in your room, there is an option to stay in another residence close to Leggett Hall. The additional cost to upgrade for the 3 nights of Cyclon is \$18. Also, you can upgrade to this residence for an extra \$6 a night if you plan on staying Thursday and/or Monday nights. Sixty of these rooms are available to us.

The Cyclon committee is aware that breakfast has been a challenge in the past. This year, we will have a decent breakfast with a range of options at \$34 for 3 breakfasts. All breakfasts will be hosted in a building near our residence. (see menu in Meals section)

A+

*"Cyclon had beautiful rides, a convenient location, and excellent food ... overall I gave it an A+"
Hallan Pajuoman, first time attendee*

The University residence features two bedroom suites with one double bed in each room, semiprivate washrooms (one washroom is shared between two adjoining bedrooms), air-conditioning, elevator access, and lounges with televisions and kitchenettes on each floor.

A standard registration is three nights (Friday arrival to Monday departure). However, we encourage you to extend your weekend by an extra day or two. You will have an option to book for Thursday and/or Monday evening to enjoy the sights and cycling around Kingston (\$52/pp/pn).

The University Residence is a smoke-free facility.

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. You may also want to bring a hair dryer. You may wish to bring some hangers, as last year there were none provided.

Can I choose my roommate? Definitely – we prefer that you do. Simply indicate in 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 (2 adjoining but separate bedrooms with one shared washroom) with a participant of the same gender, and when possible, of similar age and riding ability.

Address: (virtual tour: <http://residences.housing.queensu.ca/virtualtours/leggett/>)

Leggett Hall / Queen's University
194 Stuart Street
Kingston, ON K7L 5V2
(Stuart St & St. Lawrence Ave.)

MEALS

Three Breakfasts are an option for \$34. This is the menu:

Saturday, August 5 th	Sunday, August 6 th	Monday, August 7 th
Buttermilk Pancakes O'Brien Potatoes Sausage links Scrambled Eggs Hard Cooked Eggs Assorted Cereals Toaster Station Assorted Mini Pastries Yogurt Fruit Salad Coffee, Tea, and Juice	Maple Cinnamon Raisin Oatmeal Traditional Oatmeal French Toast with Berry Compote Canadian-Style Bacon Scrambled Eggs Hard Cooked Eggs Assorted Cereals Toaster Station Assorted Mini Pastries Yogurt Fruit Whole Coffee, Tea, and Juice	Mushroom Cheese Strata Greek Breakfast Potato Bratwurst Scrambled Eggs Hard Cooked Eggs Assorted Cereals Toaster Station Assorted Mini Pastries Yogurt Fruit Salad Coffee, Tea, and Juice

Lots of wonderful things

"There are lots of wonderful things about Cyclon – different rides every year with activities like boat tours, fireworks, and museums and the chance to stay on for an extra day ... for me the highlight each year is the gala dinner."
Galina Mushtaler, 5 time attendee

Sunday Gala Dinner Buffet:

Sunday Banquet Dinner, August 6 th
Spicy Grilled Chicken with Lemon and Parsley Vegan-Quinoa stuffed peppers (Gluten Free and Vegan) Jalapeno Mac and Cheese Vegetarian Cassoulet with baked beans (Vegan) Roasted Potatoes Corn on the cob with Lime Butter Asian Slaw with Napa Cabbage Broccoli Cauliflower (non-dairy) Bread rolls Seasonal Berry Shortcake (individual) Fresh Fruit Salad with Grand Marnier Coffee, Tea, and Water

Meet new people, ride new routes

"I like the rides at Cyclon but love the social aspect and the chance to meet new people and ride new routes" *Dan Hamden, 10 time attendee*

ENTERTAINMENT

Cyclon is almost as much a social event as a recreational cycling event! Meeting other people and our common interest in cycling helps to provide the camaraderie that makes Cyclon so special and so successful.

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 and snacks as well as a few games to facilitate networking, especially for those joining us for the first time. We will also be running educational workshops.

We have the exclusive use of a large courtyard where we will spend much of our socializing time. Please bring your camping chair.

Saturday and Sunday afternoon: Come and join a social after-ride reception, enjoy the light snacks and the camaraderie of other cyclists.

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.

Saturday night: Similar to last year, we will have some great group dining/entertainment choices for you, or you can explore Kingston on your own. More details will be provided as we get closer to the event.

Sunday night: Sunday night is reserved for our Gala Dinner and Dance which will be held at Queen's University. It features a sumptuous dinner followed by a DJ-hosted dance. Bring your dancing shoes!

Great experience

"My first Cyclon was a great experience ... good venue, nice people, great rides"
Frantisek Maintlik, first time attendee

COSTS AND PACKAGE OPTIONS

Package includes: Cycling tours, Friday Pizza and snacks, Sunday Gala Dinner and three nights accommodation.

Base Cost: \$275 for TBN members who register on or before June 6, 2017 / \$305 June 7th and after
\$315 for non-members who register on or before June 6, 2017 / \$345 June 7th and after
In other words, prices rise by \$30 after the June 06, 2017 Early Bird period

Paid Options: (all prices include taxes)

- Three breakfasts - \$34 (must take all three)
 - Breakfast should be the same or better than last year (see menu above). Varied hot and cold items will be offered each morning. The cafeteria is a short walk from the residence.

- Thursday night accommodation - \$52
- Monday night accommodation - \$52
- Upgrade accommodations to a room with a fridge in another residence – an additional \$18 for Cyclon and/or an additional \$6 a night for the extra Thursday or Monday night stay (\$58 total)

Parking: Parking is free on the weekend from 4:30 pm Friday to 7:30 am on Tuesday. Outside of these hours, it is \$14 per day or \$1.25 per half hour. Parking is at a municipal lot, on campus, a short distance from our Residence.

New routes in the country

“As a first time attendee, I loved that I got to try new routes in the country and also that I met tons of other riders.”
Cathleen Sullivan, first time attendee

Can I prepare some of my meals? Yes, every floor has a common room with a shared refrigerator and a microwave oven - available to all Cyclon attendees. 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 clean up.

Can I change my mind and add on or cancel some of the meals after I have arrived at the University? Sorry, you can't. The meals have to be confirmed a few weeks before we arrive at Cyclon.

What about special dietary needs or allergies? Please indicate any dietary requirements or allergies on your Registration Form. The organizing committee and Queen's University will do everything they can to accommodate.

US crossing a highlight

“I like the chance to interact with other riders ... one memorable experience in Kingston was crossing into the U.S., a real highlight”
Dimitrious Kyrtastas, 3 time attendee

REGISTRATION

For Cyclon 2017, registration will be limited to 200 people.

How do I register for Cyclon? TBN requires that all event registration be done online through the TBN website, where you can pay with your credit card or with a PayPal account. You can submit your payment by cheque, but you will need to register online first, and then mail in your payment. To ensure that a spot will be reserved for you at Cyclon, go to the TBN website at www.tbn.ca/cyclon, click on the Cyclon Registration link. Registration will close Monday, July 17th. The early bird discount period ends Tuesday, June 06th.

When is the Early Bird deadline? The early bird discount period for Cyclon ends Tuesday, June 6th, 2017. All registrations must be received on or before June 6th to qualify for the Early Bird discount. By registering early, you will save \$30 per person.

When is the registration deadline? You can register until Monday, July 17th, 2017.

I have registered for Cyclon. Is my spot reserved? Your spot at Cyclon is reserved when you complete your online registration. Your registration is forfeit if payment is not received within a reasonable period. Your bank withdrawal or charge to your credit statement is your receipt/confirmation. Two emails are sent: a confirmation email immediately after registering on the TBN website, and a second email will be sent immediately after payment clears. If you register and pay online, these two emails will be combined.

Please ensure that you provide your **correct email address** when you register for yourself and your guest(s). We also use this email address to send you additional information and directions. **Please check your Bulk or Spam email folders in addition to your inbox.** Last year a number of people received their Cyclon emails in this folder, particularly with Rogers and Yahoo accounts.

Different rides to choose from

“For three days, you get to ride new routes in the countryside ... There are all sorts of different rides to choose from.”
Mick O’Meara, 6 time attendee

How can I register online if I don’t have a computer? You could ask a fellow club member with a computer to help you register for Cyclon, or take advantage of computer access through one of the Library branches.

I am not a member. Can I get my TBN membership at the same time that I sign up for Cyclon? Yes, you can – but become a TBN member first before you register for Cyclon. You will then get your TBN membership and save money by registering for Cyclon at the member’s price. The TBN membership form is available at www.tbn.ca/join.

What happens if I want to cancel my reservation? All cancellations are subject to a \$50 per person cancellation processing fee. You may sell your package with the approval of the Cyclon Director.

IMPORTANT PLEASE NOTE: NO refund of any kind will be made after Monday, July 17th – NO EXCEPTIONS!

Enjoyed rides and socializing

“A nice adventure ... I enjoyed the rides and the socializing, I will attend Cyclon again.”
Jane Oshinowo, first time attendee

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 and selecting the Cyclon Registration link.
2. You can register online and mail a cheque made out to "The Toronto Bicycling Network, Inc." 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

What is the best way to register for Cyclon: It is best to register online and pay by credit card or PayPal. 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.

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.

For up-to-date information prior to Cyclon, continue to check this FAQ on our website:
www.tbn.ca/cyclon

Rides for every level

"Whether you're a hard core rider or just getting into cycling, you'll find rides for every level of rider, with the right distance and pace for you." *Dan Richards, 2 time attendee*