



2018 FAQ & 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 3rd and leave Monday August 6th 2018. It is the premier annual event of the Toronto Bicycling Network (TBN), a not-for-profit recreational cycling club with over 800 members. Both the club and Cyclon rely on volunteers to run events. Now in its 32nd year, Cyclon has previously visited Kingston, Ottawa, Peterborough, Barrie, Kitchener, St. Catharines, Guelph, Belleville and London.

This year Cyclon will be visiting Waterloo, a short 90-minute drive from Toronto, and staying on the Wilfrid Laurier University campus. Visiting cyclists will be able to enjoy rides along the



Grand River, pass traditional Mennonite farms, and follow country routes to famous local landmarks including the St. Jacob's Market and Elora Gorge. Waterloo Town Square has undergone significant renovation since 2006, and more adventurous cyclists may want to take the newly installed Light Rail Transit system linking Waterloo, Kitchener and Cambridge to explore other regions.

WHAT'S HAPPENING FOR CYCLON 2018?



Home base is Waterloo College Hall, a university residence within walking distance of the newly renovated Waterloo Town Square with restaurants, bars, and stores. The Uptown Loop is also nearby offering self-guided walking trails, as is a newly built LRT line for cyclists wishing to save their legs for more riding.

To enjoy some of the great restaurants in Waterloo, Cyclon members will organize local dinners for Saturday night. If you would like to volunteer to host a dinner, please email cyclon@tbn.ca

As a break from our traditional gala, Sunday night we will hold a buffet dinner at Wilf's, an on-campus restaurant/pub, where you and your friends will have the opportunity to show off your karaoke skills with a local DJ. This will be a great opportunity to spend time with new friends you have met on the weekend rides.

CYCLING

What are the tour routes like? Cyclon will feature 15-20 rides over four days. Waterloo offers some unique routes, featuring covered bridges, waterfront and off-road trails, country roads, and the opportunity to share the road with the occasional horse and buggy.



You will have your choice of a number of different cycling routes for each day of Cyclon. The routes 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 fit the most cycling into their long weekend.

When you arrive, you will receive a Cyclon information packaging which will contain 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.

VOLUNTEERING

Volunteering is a great way to meet people and help make the event as enjoyable as possible.



Here are some, but not all, areas where help is needed:

- Friday during the day and evening to help with registration, set-up and running of the Friday night Meet'n Greet events.
- Friday to help orient those new to Cyclon during registration
- Saturday and Sunday to lead stretch classes after the rides
- Saturday night dinner hosts
- Collect and collate photos from participants over the weekend for the buffet dinner display Sunday night
- *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 Wilfrid Laurier University, Waterloo College Hall. The university residence is a smoke-free facility equipped with two sets of elevators on each floor, one on the east side and one on the west, to assist in moving your belongings in and out of the building. The building

is air conditioned through an externally controlled system with temperature settings fixed by the university.

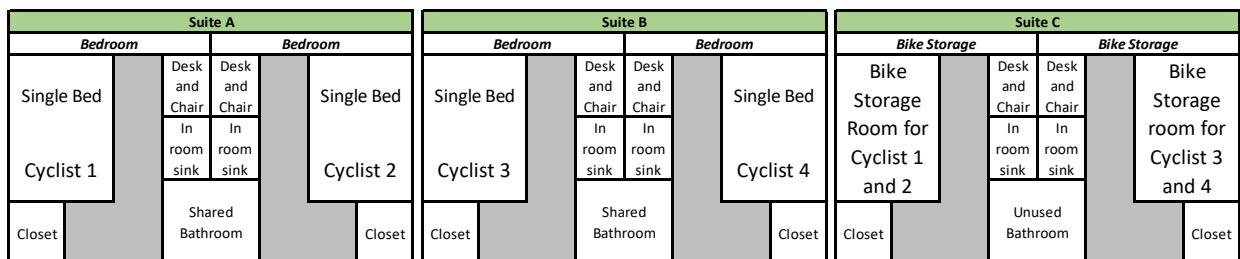


Address:

Waterloo College Hall/Wilfrid Laurier University
 88 Seagram Drive (Albert and Seagram)
 Waterloo, ON N2L 6N7

Friday night events and breakfast will be hosted at the Granite Club, 99 Seagram Drive, conveniently located across the street from our residence. As the Granite Club carries an alcohol permit, we will be able to purchase drinks from the Club during our Friday night festivities.

The university residence features two-bedroom suites with one single bed in each room, separated by a shared washroom. In addition, each room has its own sink and a work desk, which makes the space in each room quite limited. To enable a more comfortable stay, your bike and your suite-mate's bike will be stored in a separate bedroom in a nearby suite in a configuration similar to that illustrated in the diagram below:



Virtual Tour of Residence Rooms: <https://youtu.be/pPX2s2NoFu0>

The base cost includes a three night stay (Friday arrival to Monday departure).

What if I want to stay extra nights? Participants wishing to extend accommodation to include the Thursday night before or Monday night following Cyclon will need to contact the university event co-ordinator directly. You will be placed in the same residence as scheduled by Cyclon during your stay but need to arrange key pick-up/drop-off and payment for these extra nights stay directly with Laurier.

To Book Extra Nights Contact:

Laurier Event Co-ordinator: Susan MacKenzie

Phone: 1-519-884-0710 ext: 3958

Email: smackenzie@wlu.ca



What is provided in the bedroom? Each suite is comprised of two adjoining but separate bedrooms with a shared bathroom (see diagram above). Each bedroom is equipped with bedlinens, pillow, pillow case, 2 blankets, and 2 towels. There are no facecloths, clothing hangers, or hair dryers in any of the bedrooms, so you may wish to bring your own. Dormitory pillows may not be very comfortable so it is recommended you bring your own. Refrigerators are available on each floor in the lounge area. No refrigerators are present in the rooms. There will be no cleaning service provided during our stay.

Can I choose my suitemate? Definitely – we prefer that you do. Simply indicate in the 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 bathroom) with a participant of the same gender, and when possible, of similar age and riding category.

Is there Internet?: Yes. To obtain wireless internet access each participant must sign a "Use of Technology" form prior to receipt of an access code for use in their room. Do not expect high-speed wireless internet access in common areas.

MEALS

Breakfast will be catered at the Granite Club, located at 99 Seagram Drive, across the street from the residence. Three breakfasts are offered for \$39 for all 3. A sample menu is as follows:

Sat. Aug.4, 2018:	Sun. Aug. 5, 2018	Mon. Aug.6, 2018:
Traditional Oatmeal	Traditional Oatmeal	Traditional Oatmeal
Scrambled Eggs	French Toast with Syrup	Scrambled Eggs
Hard Boiled Eggs	Scrambled Eggs	Hard Boiled Eggs
Home Fries	Bacon	Mushroom Frittata
Sausages	Assorted Cereals	Home Fries
Waffles & Syrup on the Side	Milk	Bratwurst
Assorted Cereals	Toaster Station	Assorted Cereals
Milk	Assorted Mini Pastries	Milk
Toaster Station	Yogurt	Toaster Station
Assorted Mini Pastries	Whole Assorted Fruits	Assorted Mini Pastries
Yogurt	Coffee, Tea, Assorted Juices	Yogurt
Fruit Salad		Fruit Salad
Coffee, Tea, Assorted Juices		Coffee, Tea, Assorted Juices

Sunday Karaoke Dinner Buffet - planned menu - subject to change:

Sunday Banquet Dinner, August 5th
<i>Roast Beef</i> <i>Chicken Supreme</i> <i>Eggplant Parmesan</i> <i>Whole Wheat Rolls & Butter</i> <i>Spinach Salad with Cranberries/Mushroom/Red Onion,</i> <i>Wilf's Signature Salad with Avocado/Yellow Pepper/ Tomato,</i> <i>Vegan bean minestrone</i> <i>Baked potato with toppings</i> <i>Rice pilaf</i> <i>Chef's choice vegetable</i> <i>Dessert</i> <i>Coffee/Tea</i>

Can I prepare some of my meals? Yes, every floor has a common room kitchenette with a shared refrigerator and stove available to all Cyclon attendees. Microwaves may be present in some common rooms. If you wish to prepare your own meals, you will need to bring your own dishes, pots, eating and cooking utensils. In addition, you will be responsible for cleaning materials and 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 well in advance of Cyclon.

What about special dietary needs or allergies? Please indicate any dietary requirements or allergies on your registration form. The organizing committee and Laurier will do everything they can to accommodate.

ENTERTAINMENT

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

Friday: There will be a reception beginning at 6:00 p.m. at the Granite Club located across the street from the residence. What better way to break the ice, meet up with old friends, and make 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. Alcohol will be available for purchase from the Granite Club.

Saturday and Sunday afternoon: Come and join a social after-ride reception with light snacks. Snacks will be offered in the main-floor residence lounge, managed by Wilfrid Laurier University staff from 2:00 –4:00 on Saturday and Sunday only. 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 Laurier on your own. More detail will be provided as we get closer to the event.



Sunday night: Sunday night is reserved for our Buffet Dinner featuring karaoke and dancing at Wilf's Restaurant and Bar. It features a sumptuous dinner followed by karaoke. Start humming your favourite tune and bring your dancing shoes!

COSTS AND PACKAGE OPTIONS

Package includes: Cycling tours, Friday Pizza and snacks, Sunday buffet dinner, and three nights accommodation (Friday, Saturday and Sunday nights).

BASE COST	TBN Member	Non-Member
On or before June 11, 2018	\$215	\$245
After June 11, 2018	\$245	\$275

Paid Options: (all prices include taxes)

- Three breakfasts - \$39 (must take all three)
- Breakfast - Varied hot and cold items will be offered each morning at the Granite Club located across the street from the residence – sample menu in section entitled MEALS



Parking: Parking is free in designated lots – LOT#9 and LOT#31 – conveniently located behind the residence or across the street in the stadium parking lot for the duration of our stay (Thursday and Monday inclusive).

REGISTRATION - For Cyclon 2018, registration is limited to 180 people.

Early-Bird Discount Ends:	Mon. June 11, 2018 – midnight
Registration Closes:	Mon. July 9, 2018 – midnight
Cancellation Deadline:	Wed. July 11, 2018 - midnight

How do I register for Cyclon?: TBN requires that all event registration be done on-line 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 your payment (tbn.ca/about/contact). To ensure that a spot will be reserved for you at Cyclon, go to the TBN website at www.tbn.ca/cyclon, and click on the Cyclon registration link. Registration will close midnight Monday, July 9th. The early bird discount period ends Monday, June 11th.



When is the Early Bird deadline? The early bird discount period for Cyclon ends Monday June 11th, 2018. All registrations must be received on or before June 11th to qualify for the Early Bird discount. By registering early, you save \$30 a person.

When is the registration deadline? You can register until Monday July 9, 2018.

I have registered for Cyclon. Is my spot reserved? Your spot at Cyclon is reserved when you complete your on-line registration and payment. Please ensure that you provide your **correct email address** when you register for yourself and your guest(s). We 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, particularly those with Rogers and Yahoo accounts, received their Cyclon emails in these folders.

Am I guaranteed a ride to and from Cyclon if I indicate during registration that I would like one? **No.** We rely on the generosity of other cyclists with cars to help with transporting people and bikes. We cannot guarantee rides or bike transport.

Should I pay the person who offers transport? While we cannot enforce payment, we highly recommend that you offer to pay the driver a minimum of \$20 each way or \$40 return. Should you need to make arrangements with the driver for a pick-up or drop-off location that is unusual or distant, a higher fee payment may be warranted. These issues should be discussed with the driver in advance to ensure the driver is able to support your request.

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 available at any public library in Ontario.

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 registration? 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 Wednesday, July 11th - No exceptions!

NEVER BEEN TO CYCLON?

From Novice to Hard Core riders, here is what past attendees have to say:

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*

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*

Incredible Value – “A friend and I come from Brooklyn every year ... great atmosphere, 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)*

Great experience – “My first Cyclon was a great experience ... good venue, nice people, great rides” *Frantisek Maintlik, first time attendee*

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*

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*

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

Ride 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*

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*

I’ll come again! – “Great Cycling activity. It was my first time. I’ll continue attending. The planning of this event was superb!!!” – *Monica Aldana, first time attendee*

Something for Everyone! – “Cyclon is a terrific event where you have 3 days of riding in a group that matches your ability. The participants are very friendly and inclusive. Something for everyone!” – *Carole Sovran, multi-year attendee*

[Click here to register](#)