



Fri. July 29 to Mon. Aug 1, 2022

2022 FAQ & GENERAL INFORMATION

Message from the 2022 Cyclon Committee:

The 2022 Cyclon Committee and Western University, with the support of the TBN Board, has spent considerable time planning and preparing for this year's Cyclon. The health and well-being of our participants, and those with whom we interact, have been a key focal point in the design of this year's event.

As the past 2 years have shown us, we cannot predict the course of the pandemic but can only plan and act in response to the latest information and trends. Many staples of past Cyclon's have had to change to help ensure we meet new safety requirements and are still able to run the event under the dynamic changes COVID can present.

We understand that COVID poses different risks to different types of individuals and that not everyone may regard the hazards equally, but it is our sincere hope that everyone in our TBN family can work together to enjoy Cyclon in its evolution.

This year, participants will be required to abide by COVID requirements as established by the government, Western University and TBN. We encourage you to monitor Western University, provincial and federal websites for updates related to COVID policy, including the requirement to provide vaccination information and masking requirements.

Please pay close attention to postings and emails from TBN and the Cyclon committee so you are prepared and fully able to participate in this year's events.

May we all have a safe and healthy Cyclon.

WHAT IS CYCLON?

Cyclon® is a 3-day cycle touring mini-vacation, which takes place over the August civic holiday long weekend which starts this year on Friday July 29 and concludes Monday August 1, 2022. 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 Committee rely on volunteers to run events. Cyclon has been running for over 30 years, visiting locations including: Kingston, Ottawa, Peterborough, Barrie, Kitchener, St. Catharines, Guelph, Belleville and Waterloo.

After a 2 year hiatus due to the COVID pandemic, we are pleased to announce that Cyclon will be hosted by Western University, located in London, Ontario, a 2 hour drive from Toronto. Visiting cyclists will be able to enjoy rides along the Thames River, scenic gardens, museums, both urban and rural routes, historic landmarks, micro-breweries and more.



WHAT'S NEW FOR CYCLON 2022?

This year you will see Western University staff during on-site registration, checking participants for Proof of Vaccination, and any other COVID protocols as required by the University during our stay. As of 22nd April 2022, visitors to the University are required to provide Proof of Vaccination (2 doses) and wear masks at all indoor venues. This policy may change and participants are encouraged to review Westerns University COVID policy, as updated, and in place during our stay (See: <https://www.uwo.ca/coronavirus/>). Should participants fail to meet or comply with their COVID policy, Western may require participants to depart from the University premises during registration, or at any other time during our stay, to help ensure the safety of other visitors.

Our residence for Cyclon 2022 is Ontario Hall. As Ontario Hall residence will be shared with other guests, participants are encouraged to not leave their bicycles or other belongings unattended. Access to the building and residence rooms is controlled by passcard.

Participants will be provided with free parking, available in lots immediately adjacent to the residence for the duration of our stay. Campus is a 10-minute drive from the London downtown core as well as access to public transit.



Ontario Hall – Western University

Unlike prior years, all residency stays will include breakfast provided by Western food catering services. Food menus are included in this FAQ. Participants with dietary issues are encouraged to indicate any special restrictions or concerns as part of their online booking.

As part of COVID considerations, apres-ride snacks will be greatly reduced due to capacity and food sharing concerns. Local dinners will still be co-ordinated for Saturday night and follow local COVID safety protocols in place at that time.



Our Sunday dinner event will be held **outside** at the London Springbank Pavilion, located at 625 Springbank Drive, a 15-minute drive from the residence.

Alcohol will be available, so we encourage members to take a taxi or ride-share with designated drivers.

The dinner will proceed regardless of weather conditions so please check weather in advance and pack appropriate attire.

CYCLING

What are the tour routes like? Cyclon will feature 15-20 rides over four days. The last time Cyclon in London was in 1993. Consequently, the Cyclon Committee and master route planner has been very busy creating routes to highlight the very best of the region. As per previous years, cyclists will continue to enjoy beautiful countryside interwoven with small towns and interesting historical or geographical features.

You will have your choice of a number of different cycling routes for each day of Cyclon. The routes range from about 30 to 120 km in length and are based on the TBN ride categories: Leisure Wheeler, Urban Roller, Short Tourist, Tourist, and Long Tourist. 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.

NEW for 2022:

Should COVID restrictions limit ride capacity, the Cyclon Committee may require riders to pre-register for rides either using electronic or paper-based formats. Please pay attention to Chain of Event notices related to Cyclon and emails for updates as the event date approaches.

VOLUNTEERING

Volunteering is a great way to meet people and help make the event as enjoyable as possible. If interested, please email cyclon@tbn.ca and we will be in touch.



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

- Volunteer to co-ordinate car-pool and ride-share activities
- 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 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!

ACCOMMODATION

We will be staying at Western University, Ontario Hall. The university residence is a smoke-free facility with good-size rooms, equipped with elevators to enable access to the 6 floors, and central air and heating system with temperature settings fixed by the university. While access to Ontario Hall will be restricted by passcard, Cyclon will be sharing the residence space with other visitors, so we encourage you not to leave your bicycle or other belongings unattended. As in past years, you will be able to bring your bike into your room overnight.

Address:

Western University
Ontario Hall
230 Sarnia Road
London, Ontario, Canada
N6G 0N2

Front Desk:

519-661-2088



Campus Map: [Parking December 2021 \(uwo.ca\)](#)

Follow the link to have a virtual tour of the residence: [Ontario Hall - Western University \(uwo.ca\)](#)

What is provided in the residence suite?

The residence suites are intended for 4-person occupancy, but due to COVID and to ensure privacy, each suite will be limited to 2 people.

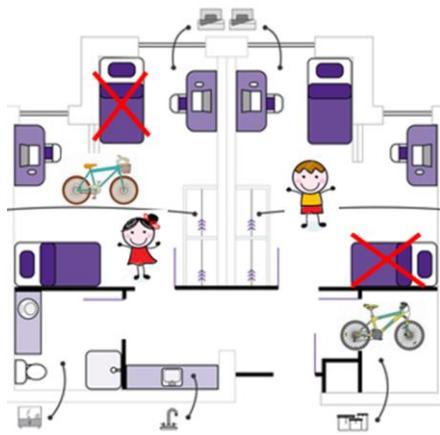
Each suite contains 2 sleeping rooms and a shared space with a bathroom, large storage closet, sink and countertop. Each sleeping room has 2 beds, however only 1 bed will be provided with linens for your use.

In addition to the bed, the sleeping space includes a wardrobe with shelving, a desk, drawer unit, mirror, curtains, desk chair, desk lamp, corkboard, wastebasket, recycling bin, light above mirror, and overhead lighting. There is ample space in your sleeping room or the shared large storage closet for bicycle storage.

Four bath towels will be present in your room to start (2 for each person) with 1 towel per person exchanged per day after the first day. Extra towels can be exchanged at the front desk. There are no facecloths, clothing hangers, or hair dryers in any of the suites, so you may wish to bring your own. Dormitory pillows may not be very comfortable, it is recommended you bring your own. Trash will be removed from suites daily.

Bedrooms, suite and building access is controlled by passcard.

There is **no** fridge or microwave in your suite. Most floors will have refrigerators in the lounge area, pending the need for refrigerator repairs or service on your particular floor.



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 Western University directly. **Check the Cyclon website for updates and hyperlinks to facilitate booking extended stays.**

Can I choose my suitemate? As part of the registration process, you will be asked for the name of the person with whom you wish to share a suite. Where provided, the Cyclon committee will do our very best to pair individuals with their chosen suitemate(s) and billet couples or parents with children to their own suite. Please include specific requests in your registration details.

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 with a participant of the same gender, and when possible, of similar age and riding category.

Is there Internet?: Yes. Internet access is available everywhere on campus. As part of on-line payment and registration, you will be asked to provide your preferred email address. On arrival, Western will provide you will a wifi activation code that is linked to the email provided during the on-line registration. Once activated, this code unlock wifi access for common indoor areas and residence rooms on campus.

MEALS

MEAL	TIME	LOCATION
FRIDAY NIGHT PIZZA	5PM TO 10PM	GREETING ROOM ACROSS FROM REGISTRATION
BREAKFAST	6:00 TO 9:30 AM	ONTARIO HALL DINING AREA
SATURDAY NIGHT DINNER	VARIOUS TIMES	VARIOUS VENUES
SUNDAY NIGHT DINNER	5PM TO 11PM	SPRINGBANK PAVILION

Friday Night Pizza – Greeting Room across from Registration Desk



Doors will open at 5:00pm with Food service from 6:00pm to 10:00pm. To limit cross-handling, Friday night pizza, salad and non-alcoholic beverages will be served by Western University staff in the greeting room across from the registration desk. A variety of pizzas and salads will be available for participants to choose from. Alcohol will be available for purchase with Bar Service from 6:00pm to 9:30pm. Event concludes at 10:00pm.

To address COVID concerns, we may be required to limit occupancy in the room. If this becomes a requirement, we will post dinner seating times (eg. 6:00, 7:00, 8:00). Please pay attention at registration and plan your evening accordingly.

Pizza Options	Cheese Only Veggie (Onions, Mushroom, Green Pepper) Deluxe (Pepperoni, Mushroom, Green Pepper) Pepperoni Only Hawaiian (Ham and Pineapple) BBQ Chicken (Chicken, Onions, Green Peppers)
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Salads Options	Pesto Pasta Salad with Cheese Tortellini (Cheese Tortellini, Red Pepper, Pesto Sauce, Parmesan Cheese, Cherry Tomatoes) (contains milk, egg, gluten and soy, may contain nuts)
	Black Bean and Quinoa Salad (Spinach, Black Beans, Roasted sweet potato, tri-colour quinoa, cherry tomatoes and guacamole) (gluten free, vegan)
	Mediterranean Salad (Romaine Lettuce, Iceberg Lettuce, Spring Mix, Cherry tomatoes, Black Olives, Carrots, Red Onion, Feta Cheese (served on the side), Cucumber, Green Pepper, Greek Salad Dressing) (contains milk, made without gluten, vegetarian)

NOTE: No alcohol is permitted outside, in the lobby, dining hall or other hallways unless it is a licensed event. Alcohol can be consumed in residence suites and the residence floor lounges.

Breakfast – Ontario Hall Dining area 6:00 to 9:30 am

NEW for 2022: Breakfast is included with your accommodation as part of Western guest services. Breakfast (meal) tickets will be provided to you as part of your registration package. **Only one pass through the servery is permitted.**

Pending supply chain issues, our expected breakfast menus are:

Day 1 – Saturday	Day 2 - Sunday	Day 3 - Monday
Hard Boiled Eggs Allergens: Eggs (Made without Gluten, Meatless)	Oatmeal May contain Gluten (Vegan)	Baked Beans No allergens (Vegan, Made without Gluten)
Cheese Omelets Allergens: Eggs, Soy, Milk (Made without Gluten, Meatless)	Crispy Bacon Contains Pork (Made without gluten)	Crispy Bacon Contains Pork (Made without Gluten)
“Just” Brand Vegan Egg Patty Vegan, Made without Gluten	“Beyond” Breakfast Links No Allergens (Made without Gluten, Vegan)	Scrambled Eggs Eggs (Made without Gluten, Meatless)
Farmers Pork Breakfast Sausage Gluten and Allergen Free	Scrambled Eggs Allergens: Egg (Made without Gluten, Meatless)	Harvest Hash Brown Potatoes Soy, Fried: May contain all priority allergens
Breakfast Potatoes Fried: May contain all priority allergens	Rise & Shine Potatoes Soy, Fried: May contain all priority allergens	Pancakes & Syrup Pancakes -- Allergens: Milk, Wheat, Eggs (May contain Sesame, Soy, Sulphites) Syrup – Allergens: Sulphites
Apple Crisp Apple Wedges, Sugar, Flour, Cinnamon, Vanilla, Topping (Flour, Brown Sugar, Oats, Butter, Salt) Allergens: Gluten, Soy (Meatless)	French Toast Allergens Unknown	
Breakfast Pastries, Breads & Bagels Includes Jam Spreads, & Cream Cheese May contain all priority allergens	Breakfast Pastries, Breads & Bagels Includes Jam Spreads, & Cream Cheese May contain all priority allergens	Breakfast Pastries, Breads & Bagels Includes Jam Spreads, & Cream Cheese May contain all priority allergens

Yogurt Bar Includes Granola & Fruit Toppings Seasonal Cut Fruit Cereal Station	Yogurt Bar Includes Granola & Fruit Toppings Seasonal Cut Fruit. Cereal Station	Yogurt Bar Includes Granola & Fruit Toppings Seasonal Cut Fruit Cereal Station
Beverage station including coffee, tea, milk and juice	Beverage station including coffee, tea, milk and juice	Beverage station including coffee, tea, milk and juice

Sunday Outdoor Buffet Dinner:

Pending supply chain issues, our expected buffet dinner menu is:

Sunday Buffet Dinner, July 31, 2022
<p><i>Assorted rolls & butter</i> <i>Assorted pickles & Olive platter</i></p> <p><i>Mulligatawny Soup (dairy-free)</i></p> <p><i>Salads:</i> <i>Market Greens, seasonal vegetables with house dressing</i> <i>Baby Kale, roasted beets, apple, chevre, pumpkin seeds, cider vinaigrette</i></p> <p><i>Choice of entrée:</i> <i>Slow Roasted Salmon with Riesling and dill sauce (On Side)</i> <i>Roasted Chicken, Great Hall Honey and Mustard Glaze, Apples and Crispy Sage</i> <i>Vegetarian – Braised Tofu</i></p> <p><i>Olive oil & course salt roasted new potatoes with fine herbs</i></p> <p><i>Fresh fruit,</i> <i>Selection of pastry, tortes and cheesecakes</i> <i>Fair Trade Coffee, decaf & tea.</i></p>

Can I prepare some of my meals? Western discourages preparation of meals in residence areas. Some lounge areas will include a fridge and microwave, but other meal preparation equipment is not available.

What about special dietary needs or allergies? This year's menu items have been included in the FAQs and standard CFIA listed allergens will be indicated. If you have any special dietary requirements, or allergies, please indicate these concerns on your registration form. The organizing committee will provide this information to our caterers who 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 5:00 p.m. at the greeting room across from the registration desk. Following dinner, we will have a bon-fire outside. You may wish to bring a lawn-chair or blanket as seating will be limited.

NOTE: To address COVID concerns, we may be required to limit occupancy in the room. If this becomes a requirement, we will post dinner seating times (eg. 6:00, 7:00, 8:00). Please pay attention at registration and plan your evening accordingly.

Saturday and Sunday Rides and Apres-Ride Meals:

Most rides in the London area have lunch stops. However, a few select rides may have fewer venues than others. We encourage you to pack extra bars or snacks this year in case venues suddenly need to close due to illness or implement COVID capacity caps which may impact a venues responsiveness. Please pay attention to the information provided by your ride leader for additional tips about your route.

NEW FOR 2022: The traditional apres-ride snacks is cancelled this year due to COVID and the corresponding food handling concerns. To ensure participants do not faint due to hunger or dehydration at the end of their ride, a limited number of pre-packaged goodies, bottled beverages and freezies will be available in the foyer. We encourage you to mingle with your friends outside while you enjoy your post-ride snacks. These snacks are not intended to supplement meals and should be enjoyed in moderation so everyone gets their fair share.

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

Sunday Night: Our Sunday Buffet Dinner will be held outside at the London Springbank Pavilion, located at 625 Springbank Drive, a 15-minute drive from the residence. The venue is equipped with a protective canopy that covers the seated dining area. The meal will be buffet style, served to you by our event caterer. Alcohol will be available so we encourage members to take a taxi or ride-share with designated drivers. The dinner will proceed regardless of weather conditions so please check weather in advance and pack appropriate attire. We encourage you to wear comfortable shoes for dancing or for taking a stroll amongst the nearby walking paths. Due to local noise restrictions, the event will conclude at 11:00 p.m.

COST and PARKING

Package includes:

Cycling tours, Friday Pizza and snacks, Sunday buffet dinner, and three nights stay which includes breakfast and accommodation (Friday, Saturday and Sunday nights).

Member/Non-Member	TBN Member	Non-member
On or before Tuesday May 31 st , 2022	\$380	\$435
On or after Wednesday June 1 st , 2022	\$410	\$465

Parking:

Parking is included in the cost of registration. Participants will be issued a laminated QR Code card that will need to be scanned to **EXIT** the paid parking lot. As the paid lot is immediately adjacent to the residence, we encourage you to park in the paid lot prior to registration. If you park at the front of the residence to off-load, you will have to pay parking fees or risk being ticketed.

REGISTRATION - For Cyclon 2022, registration is limited to 120 people.

Early-Bird Discount Ends:	Tues. May 31, 2022 – midnight
Registration Closes:	Sat July 9, 2022 – midnight
Cancellation Deadline:	Tues. July 12, 2022- midnight

How do I register for Cyclon?: TBN requires that all event registration be done on-line through the TBN website. As TBN no longer accepts cheques, payment must be processed during on-line registration with your credit card or with a PayPal account. 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 Saturday July 9, 2022. The Early-Bird discount period ends Tuesday May 31, 2022.



When is the Early-Bird deadline? The Early-Bird discount period for Cyclon ends Tuesday May 31, 2022. All registrations must be received on or before Tuesday May 31, 2022 to qualify for the Early Bird discount. By registering early, you save \$30 a person.

When is the registration deadline? You can register until Saturday July 9, 2022.

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. At last Cyclon, some registrants, 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 you offer to pay the driver a minimum of \$25 each way or \$50 return. Should you need to make arrangements with the driver for a pick-up or drop-off location that is unusual or distant, or if gas prices increase suddenly, 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 Friday, July 12, 2022

What happens if there is a COVID Outbreak? Should the government initiate a city or province-wide lock-down due to COVID, and Cyclon must cancel, we will refund your registration fee less \$50 to cover non-refundable expenses and other losses that may be incurred.

What happens if I come down with COVID after the cancellation date? All cancellations are subject to a \$50 per person cancellation processing fee. You may sell your package with the approval of the Cyclon director.

Should TBN or Cyclon become aware of COVID cases arising from or during the Cyclon weekend, we will follow existing TBN COVID notification protocols.

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*