

# QuickRelease

Meet People. Ride. Have Fun.



Keeping TBNers Safer  
100's of Rides  
Overnight and Day Trips





# President's Message

As I write this I have just returned from a ride and feel totally energized. And when I reflect on what made this ride so great and why I am so passionate about cycling, I realize that it has to do with the feeling of peace and freedom I get as I ride, the challenges and the beauty that surround me and the physicality of turning those pedals. And most importantly, it is about the people. It is about our cycling community—TBN.

I know that you have heard me talk about the tremendous contribution volunteers make to ensure that TBN function so well. But I don't think I can say it enough. The ride and hiking leaders, the members who organize overnight trips and Cyclon, the coordinators, the Board members, and the volunteers who help out wherever they are needed are inspirational. It is so heartening to see people who are constantly giving and willing to give more.

And as a result of all their contributions we have had another great year. We have accomplished so much:

- We were able to have rides in every ride category thanks to the our Touring Director, Dave Mader, our coordinators—Jaime Hauyon, Dave Middleton, Joey Schwartz, David Pebbles, Terry Walsh, Rowena McClure and Barry Pinsky, Patsy Cook and Mick O'Meara, Mike Gurski, Ron Wilson, Dave Mader and the ride leaders. And Ken Miller, who was able to create new rides for Advanced Easy Rollers on Thursday evenings
- Thanks to Jean O'Grady, the Overnight Trips coordinator and her committee, we continued to have many of the overnight trips that people had enjoyed in previous years and added some great, new trips
- Thanks to Susan Bishop's great organizational skills, the Spring Kick-off and TooGood Pond picnic were great successes. I would like to give special recognition to Joe Hickey who ordered and picked up the food and barbequed it at the TooGood Pond picnic. He has done this for years even though he rarely rides with TBN.

- Hiking under the leadership of Vicki Bondy was a great success with routes that met the needs of so many more of our members. And thanks to John Burdett, there were city walks all year and all were well attended even those on cold winter days.
  - Our Education Directors, Wilma Samson and Donna Van had a wide variety of education events including talks by members about their fascinating cycling experience, their bikes and even talks about what to wear when cycling in the winter. Since are focus has been on safety, some of our ride leaders had an opportunity to improve their skills by taking CANBike2 and the St. John's Ambulance course and many attended talks by the police on bike safety.
  - We were able to give back to our society by contributing both financially and by volunteering for Charlie's Freewheelers, an organization that works with youth to improve cycling skills
  - Joey Schwartz, our advocacy director, has been very active in advocacy issues in Toronto. He works tirelessly to lobby for legislation that meets our needs
  - In our second year in Ottawa, Cyclon was a huge success thanks to the hard work of the committee under the leadership of Neil Connolly. Neil has done a tremendous job in coordinating 4 Cyclons—that may be a record!
  - Spinning, coordinated by Kathleen Harford, continued this year at the Adelaide Club with a new instructor
  - And we were kept up-to-date through our website maintained and updated by Ken Miller, Chain of Events written by Janet Guttsman and Quick Release compiled and edited by Alexandra.
- TBN is a great organization and we have accomplished a great deal this year and I am sure that next year will be even better. My intention is to give someone else the opportunity to steer this great club and I will continue on as Past President. Enjoy the rest of the season and see you at the AGM.

## Board of Directors 2014-2015

**Arlene Smith**, *President*  
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**Ian Rankin**, *Director at Large*



Join the TBN Facebook group:  
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Tweet at:  
[twitter.com/#!/TOBikeNetwork](https://twitter.com/#!/TOBikeNetwork)

# Overnight Trips



## Oct 9–12: Thanksgiving in the County



Enjoy the fall colours on the Thanksgiving long weekend in lovely Prince Edward County (PEC). Our base is Jackson's Falls Country Inn, a true country inn in the small village of Milford surrounded by the natural beauty

of "the County" and all it has to offer: wineries, boutiques, art studios, great restaurants and the famous Sandbanks Provincial Park. There are a variety of quiet country routes to cycle. There will be some new routes and favourites from previous trips to choose from.

A few spots remain for this last trip of the fall. For details contact trip leader Brenda Porter at [brendastrips@gmail.com](mailto:brendastrips@gmail.com).

## Jan 15–17: Wanakita

Spend two nights at the YMCA Camp Wanakita in Haliburton. 25 km of trails groomed and tracked for classic skiing. Free use of snowshoes, skis, and toboggans. For those who like challenges, there are also various rope-and-tire balancing, climbing, dangling exercises, and group games. The adjacent Drift Inn will be our group's exclusive hub

for socializing and casual activities throughout the weekend. Otherwise, just read and relax by the fire, do a night ski across the lake to a bonfire, and ice-skate. Principal accommodation is one large cabin.

Friday snacks and five delicious meals are included in the price, to be announced.





### **Feb 19–21: Arrowhead**

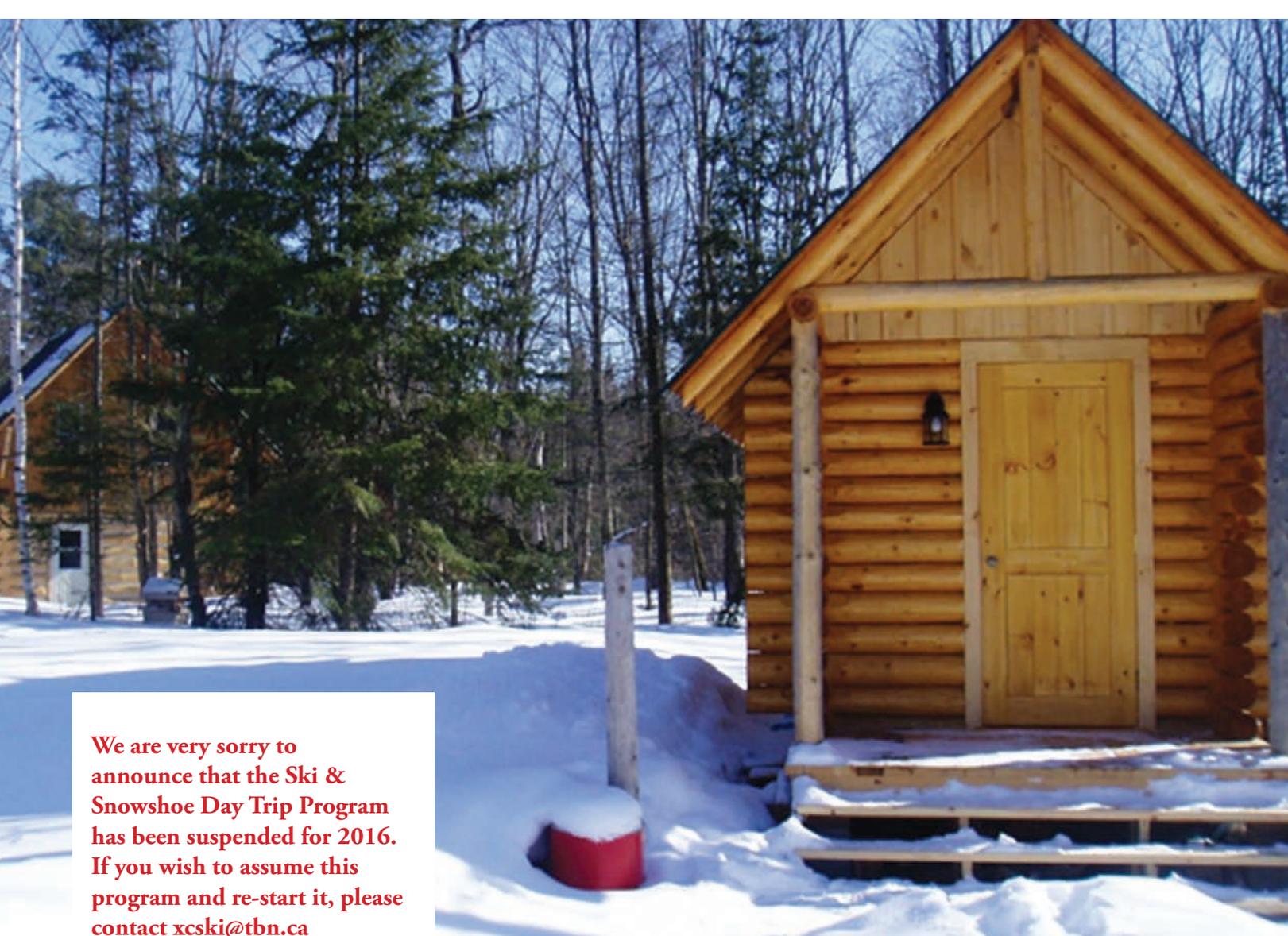
A ski weekend “extravaganza” at Arrowhead Provincial Park near Huntsville. Enjoy various levels and lengths of ski, snowshoe, and hiking trails and then warm up by the fireplace in the Tulip Inn Chalet with complimentary mulled apple cider. There is a welcome social on the Friday night in the Chalet and a potluck dinner on Saturday night in the main dining room, and snacks and refreshments in the Chalet. The package includes two nights shared accommodation, daily ski ticket and full breakfast, plus “make and take” lunches; price to be announced

### **Feb 26–28: Wolf Den**

Stay two nights at the Wolf Den Hostel and Nature Retreat near Algonquin Park, with cross country skiing, snowshoeing, or hiking each day. Enjoy the company of fellow enthusiasts while enjoying and celebrating the end of winter. Because of the facility and the options available, this is an “any weather” weekend trip. Included will be snacks Friday evening, two pancake breakfasts, and supplies for two sandwich style lunches. Saturday evening dinner will be potluck.

*See the TBN website under Overnight Trips for these trips to be posted with more information and a registration form.*





We are very sorry to announce that the Ski & Snowshoe Day Trip Program has been suspended for 2016. If you wish to assume this program and re-start it, please contact [xcski@tbn.ca](mailto:xcski@tbn.ca)

## **AGM & Dinner Dance**

Saturday, November 7, 2015

**Members Price: TBD\***

Visit <http://tbn.ca/social> to register online.

\* Check the TBN website for details..

Contact [social@tbn.ca](mailto:social@tbn.ca) for more information.

The McNeil Room of  
**Whistlers** 

995 Broadview Ave., Toronto ON M4K 2S1

**6:00 pm**—doors & cash bar opens

**7:00 pm**—sit down dinner

**8:30 pm**—AGM

**9:00 pm onwards**—dance the night away

**\* \* \* Door prizes to be won \* \* \***



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

### Sept 19:

#### **Campbellville Country Cruiser**

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

**Start:** Commuter parking lot at Guelph Line & Reid Sideroad (lot is small).

Take Hwy 401 west to exit 312 and go south on Guelph Line towards Campbellville. Parking lot is on the right immediately after crossing over Hwy 401. If lot is full, turn right on the Reid

Sideroad. Go approx. ½ km until past the last “No Stopping” sign on top of the “80 km begins” sign. Park on shoulder. Ride back to commuter parking lot to begin ride.

**Distance:** 65 km

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

### Sept 19: High Park to the Evergreen Brickworks

We'll meet at High Park in the parking lot at the Grenadier Café (about 1 km south from the Bloor entrance to the park). The ride is to the popular Saturday Brickworks Market, for a coffee break and maybe some organic shopping. We will ride through central Toronto using mostly quiet streets, paths and the Kay Gardiner Beltline Trail.

We'll return via the Lakeshore and Martin Goodman Trail. Finish about 1pm.

**Start:** Meet at the parking lot of the Grenadier Café, High Park at 9:15 am for a prompt 9:30 am departure.

**Distance:** 39 km

### Sept 26: Victoria Park to Guildwood, via Hydro corridor

**Start:** Victoria Park TTC Station parking lot

**Distance:** 34 km

### Oct 03: Etobicoke Meander

A round trip of beautiful Etobicoke on streets and paths with a coffee-wash-room break at Tim Hortons by Sherway Gardens. It's a shorter Saturday morning ride in a pleasant loop along cycle paths and residential streets, returning about 12 to 12:30pm.

**Start:** Etienne Brulé Park, near Old Mill TTC station

**Distance:** 31 km

### Oct 10: Edwards Gardens, south to Lakeshore

Starting from Edwards Gardens, the ride will go through quiet residential streets and cycle paths along the Don River to the Lakeshore for a coffee break and then loop back to return by a different route.

**Start:** Meet at the Edwards Gardens parking lot on the SW corner of Lawrence and Leslie at 9:15 am for a prompt 9:30 am departure.

**PLEASE NOTE:** The bike trail from Sunnybrook Park to Edwards Gardens is closed at present, so riding to the start from the south will necessitate using the roads, not the popular trail.

**Distance:** 38 km

### Oct 17: Athens Cafe (Boardwalk) to Guildwood

Starting from the Athens Cafe at Boardwalk Place, the ride is east, following the Lakeshore Trail to Guildwood for a coffee break and returning by a similar route. The route includes a few hills, to challenge your fitness!

**Start:** Meet at the parking lot of Boardwalk Place, The Beaches at 9:15 am for a prompt 9:30 am departure.

**Distance:** 37 km

### Oct 24: High Park to Port Credit

The ride will be from High Park to Port Credit for a brief coffee break. We'll use the Lakeshore Trail west out of Toronto into Mississauga—it's mostly paths and quiet residential streets.

**Start:** Meet at the parking lot of the Grenadier Café, High Park at 9:15 am for a prompt 9:30 am departure.

**Distance:** 40 km

### (Last of the Season) Oct 31: Athens Cafe (Boardwalk) to Sunnybrook Park

Starting from the Athens Cafe at Boardwalk Place, the ride is up the Don River path to Sunnybrook Park and return by the same route. Because this will be the last (scheduled) ride of the season, we will have “au revoir” coffee break at the end of the ride at Logan and Lakeshore.

**Start:** Meet at the parking lot of Boardwalk Place, (Lakeshore/Coxwell) at 9:15 am for a prompt 9:30 am departure.

**Distance:** 35 km

*Ride schedules may change after press date, so always check [www.tbn.ca/events](http://www.tbn.ca/events) to confirm location and time.*



## Sunday Easy Roller Rides All rides start at 10:00 am unless otherwise noted.

### Sept 20: High Park–Centennial Park–Port Credit

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

**Start:** Grenadier Café

**Distance:** 54 km

### Sept 27: Fields and Streams

Ride out to Streetsville. Lunch at Tim Hortons. What more do you need?

**Start:** Etienne Brulé Park

**Distance:** 65 km

### Oct 04: Waterfront to Whitby

Come try the rarely seen eastern sections of the Waterfront Trail. See the nicer parts of Pickering, Ajax and Whitby. Return by GO train is an option. For great maps go to the Waterfront Trail

website: [www.waterfronttrail.org](http://www.waterfronttrail.org) and pick the first 3 maps of Section 3 (Pickering to Port Hope). One short gravel section. Lunch at Tims in Whitby.

**Start:** Rouge Hill GO station—Lawrence and Port Union (East Avenue)

**Distance:** 60 km

### Oct 11: Highland Creek

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

**Start:** Boardwalk Place

**Distance:** 52 km

### Oct 12: (Thanksgiving) Maple

This is the shorter holiday version of the ride to Maple TBN's favourite holiday destination. You'll be back in time for your mid-afternoon turkey dinner.

Snack stop at Tims.

**Start:** Finch Subway

**Distance:** 35 km

### Oct 18: Trails of Mississauga

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

**Start:** Etienne Brulé Park

**Distance:** 48 km

### Oct 25: Mimico Creek

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

**Start:** Etienne Brulé Park

**Distance:** 35 km

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



## Sunday Leisure Wheelers All rides start at 10:00 am unless otherwise noted.

### Sept 20: Asphalt Trail

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

**Start:** Shoppers World Danforth, Victoria Park and Danforth

**Distance:** 25 km

### Sept 27: Taylor Creek Ride

Come and enjoy the bike paths in and around Taylor Creek Park.

**Start:** Shoppers World, Victoria Park and Danforth, in front of the Subway Sandwiches store.

**Distance:** 30 km

### Oct 04: Autumn Colours

This final ride of 2015 will follow the Belt-line Trail and some quiet residential streets.

**Start:** June Rowlands Park (formerly known as Davisville Park), Millwood Road at Mount Pleasant Road

**Distance:** 30 km



## Sunday Tourist Rides Tourist rides start at 10:00 am unless otherwise noted.

*Sunday Advanced Tourist Rides are over for another year, and will be re-examined for next year. Sunday Tourist Rides will be going right to the end of November, weather permitting. Some rides will be adjusted for the fall conditions, so please look at the website to get the latest route information. I think it will be a great fall season. And remember, I'm always looking for ride leaders to handle sign-ins of non-members and provide maps for people that didn't print them. If you lead four rides, you get a free membership for next year. – Joey tourist@tbn.ca*

**Sept 20: 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

**Sept 27: 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 Musselman 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

**Oct 04: 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

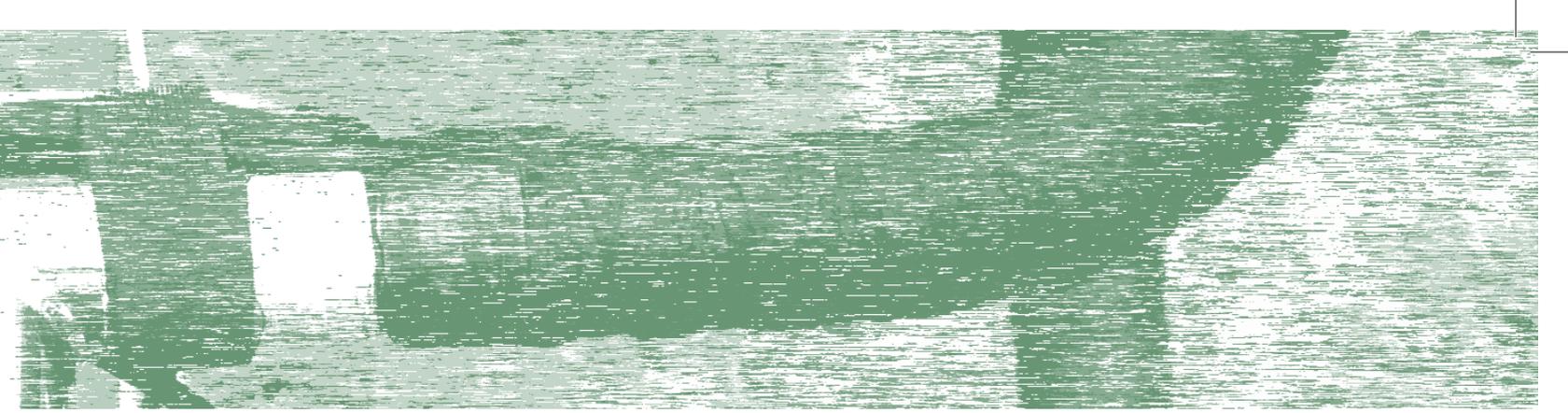
**Oct 11: Lakeshore to Glen Williams South Parking Lot**  
Starting from the friendly industrial confines of the Kipling TTC parking lot, the ride will follow Lakeshore Road through Mississauga's bike path system and country roads. The longest ride will lunch in Glen Williams (Georgetown) at The Glen Oven Cafe. The shorter rides will lunch at Tim Hortons in Mississauga, near Creditview Road.  
**Start:** Kipling TTC station south parking lot.  
**Distance:** 115 km; 90 km; 69 km

**Oct 12: Holiday Tourist Unionville Brunch**  
Thanksgiving ride to celebrate either our ancestors' good judgement to come to Canada, or our own. 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

**Oct 18: High Park to Streetsville**  
Enjoy the riding conditions while they last. This Tourist ride along the lake, will then go through some of the towns that make up Mississauga. Lunch is at Cuchulainn's Irish Pub. Two routes back, including a great bikeway past the University of Toronto's Mississauga Campus in Erindale.  
**Start:** Grenadier Café parking lot in High Park  
**Distance:** 101 km; 83 km; 68 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](http://www.tbn.ca/mobile), and bookmark the site on your tablet or smartphone. You never need to worry about missing a ride again.



*Sunday Tourist Rides cont'd*

**Oct 25:**

**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

**Distance:** 112 km; 87 km; 74 km

**Nov 01: 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

**Nov 08: 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 Orbiter

Drive, we have to detour around Centennial Park. There is also construction 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

**Nov 15: Newtonbrook-Maple is in Schomberg's Kettle**

A bit of change up, as we go counter-clockwise up to Schomberg via some different roads west of Highway 27. The long ride goes to Schomberg, with lunch at the Grackle Coffee Company. The middle-distance ride goes up to Kettleby, with a stop at Dorio's Kettleby Italian Bakery. The shortest distance navigates around Maple. Lunch for the short ride is at Coffee Culture Cafe &

Eatery in Maple (this is also an optional stop for the other two rides on their way back to Newtonbrook).

**Start:** Finch TTC station west parking lot

**Distance:** 102 km; 83 km; 64 km

**Nov 22: Agincourt to Brooklin**

With the Whitevale Road Bridge reopened, it's time to discover Toronto's eastern suburbs. From the Rouge Park to Pickering, Ajax, Whitby, Oshawa and Markham, we'll be riding a mixture of suburban streets, highways and country roads with rolling terrain through the fertile farmland of the Oak Ridges Moraine. Longer routes will have high-speed traffic passing cyclists at some points.

**Start:** South of McCowan TTC station south parking lot

**Distance:** 117 km; 91 km; 64 km

**Nov 29: 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



**TBN Cycling Jersey Sales Temporarily Suspended**

Sorry to report that you are unable to order jerseys at this time. We require a minimum order of 10 garments of any style and size for a production run. We will re-open sales at the AGM in November, at which time we will provide a "fit-kit" for those that wish to order jerseys in time for the 2016 season.





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

### Sept 20: Georgetown Esquensing Hysterical Tour

If you missed this in August, here's your chance to enjoy this popular route, especially appealing in pre-autumn weather. Multiple distance options avail all levels of rider to choose from 4 fabulous routes, each incorporating a selection of the best tree-lined, scenic roads in the area. The routes avoid traffic trouble spots in both Georgetown and Acton

while catching all the best vistas and a few of those Halton Hills.

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

**Distance:** 53 km; 64 km; 74 km; 94 km

### Sept 27: Rice Lake Revisited

Enjoy the Fall colours in the Northum-

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

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

**Distance:** 50 km; 77 km; 90 km

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

### Sept 15: Mainline

A one-way ride along the lakeshore from High Park to Main station.

**Start:** Park entrance at Bloor and High Park Avenue (near High Park subway station)

**Distance:** 24 km

### Sept 22: Highland Creek, v2.0

A new version with more parks, less street riding, and some unpaved paths.

**Start:** Kennedy subway station beside the elevator on Transway Crescent

**Distance:** 30 km

### Sept 29: <new route under development> <description to come>

**Start:** 10:30 a.m. Finch subway Passenger Pick-up Park 'n Ride

**Distance:** 20 km

### Oct 06: Diagonal Lines: Downsview to Old Mill

A one-way downhill route, devised by Dinsmore. One short unpaved section.

**Start:** Entrance to Banting Park, opposite intersection of Banting Avenue and Embro Drive (Banting Park is south of Sheppard Avenue, one block east of

Downsview subway station).

**Distance:** 37 km

### Oct 13: Mimico Creek and the Humber, v3.0

Paved paths and only a few blocks of street riding. This version includes Alex Marchetti Park.

**Start:** Etienne Brulé parking lot (down the hill behind Old Mill subway station)  
**Distance:** 26 km

### Oct 20: Diagonal Lines: Kennedy to Union Station

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

**Start:** Kennedy subway station beside the elevator on Transway Crescent

**Distance:** 24 km



### Oct 27: Halloween Spirit

This downtown route uses the Beltline to visit two cemeteries. Includes a few hills and some unpaved paths.

**Start:** 10:30 a.m. in Taddle Creek Park, one block north of the Bedford exit off St. George subway station

**Distance:** 22 km

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



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

### **Sept 16: Markham to Mount Albert/ Musselman Lake**

A 67, 70 or 90 km ride starting in Markham. The 70 km ride goes to Musselman Lake. The 90 km ride goes to Mount Albert and returns past Musselman Lake. The 67 km ride goes to Goodwood to lunch at Annina's Bakery.

**Start:** Meet for a 10 am departure at Berczy Park in Markham. To get to the start go north on Hwy 404, then east on Major Mackenzie Dr to Kennedy Rd. Go south one intersection and turn east on Castlemore Ave, then south on The Bridle Walk to Weatherill Rd. Turn left into the parking lot. Pre-ride facilities can be found at two nearby Tim Hortons restaurants. For lunch in Mt Albert, there are restaurants in the vicinity of Centre St and Main St. (consider the Twisted Fork on Main St across from the Community Centre). For lunch at Musselman Lake, bring a lunch or buy something at the Variety Store.

**Distance:** 67 km; 70 km; 90 km

### **Sept 23: Hornby to Campbellville**

A 67 or 87 km ride from Hornby to Campbellville for lunch at the Trail Eatery.

**Start:** Meet for a 10 am departure at Hornby Park. To get to Hornby take the 401 to Trafalgar Road (Exit 328). Go north to the lights at Steeles, then turn left and drive 2 km to Hornby Park which will be on your left. Facilities are available after leaving the 401 at the Petro Canada/Tim Horton's on the corner of Steeles Ave and Trafalgar Rd.

**Distance:** 67 km; 80km

### **Sept 30: Bradford to Innisfil Beach**

A 75 or 83 km ride from Bradford north to Innisfil Beach Park on Lake Simcoe.

**Start:** 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. To get to Bradford, drive north on Hwy 400 to Hwy 88 (Exit 64) and drive east into Bradford. Turn right (south) at Simcoe Street then turn left again at Edward St. The Community Centre is straight ahead. 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:** 75 km; 83 km

### **Oct 07: Schomberg to Hockley**

A 65 or 89 km ride from Schomberg, with lunch at The Hockley General Store and Restaurant in Hockley.

**Start:** Meet for a 10 am departure at the Arena parking lot in Schomberg. Schomberg is just west of Hwy 27 and south of Hwy 9. The Arena is on the west side of Main Street in Schomberg, just south of Hwy 9. Need pre-ride facilities or a coffee? Tims is nearby.

**Distance:** 65 km; 89 km

### **Oct 14: Campbellville to Dundas**

A 72 or 92 km ride from Campbellville to lunch in Dundas.

**Start:** Meet for a 10 am departure at the Campbellville New Ball Park. To get to Campbellville, go west on Hwy 401 to the Guelph Line (Exit 312). Drive south over the 401 and immediately turn right onto Reid Sideroad. The entrance to the

Ball Park lot is on the south side.

**Distance:** 72 km; 92 km

### **Oct 21: 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.

**Start:** Meet for a 10 am departure at the Community Centre parking lot on Main Street in Mount Albert. Go north on Hwy 404 then east on Davis Drive to Hwy 48. Go north to the Mount Albert Sideroad, east to Centre Street, turn left, and then turn left again onto Main Street.

**Distance:** 57 km; 78 km; 91 km

### **Oct 28: Ashburn to Nestleton/ Janetville**

A 60 or 86 km ride from the village of Ashburn to lunch in either Nestleton or Janetville.

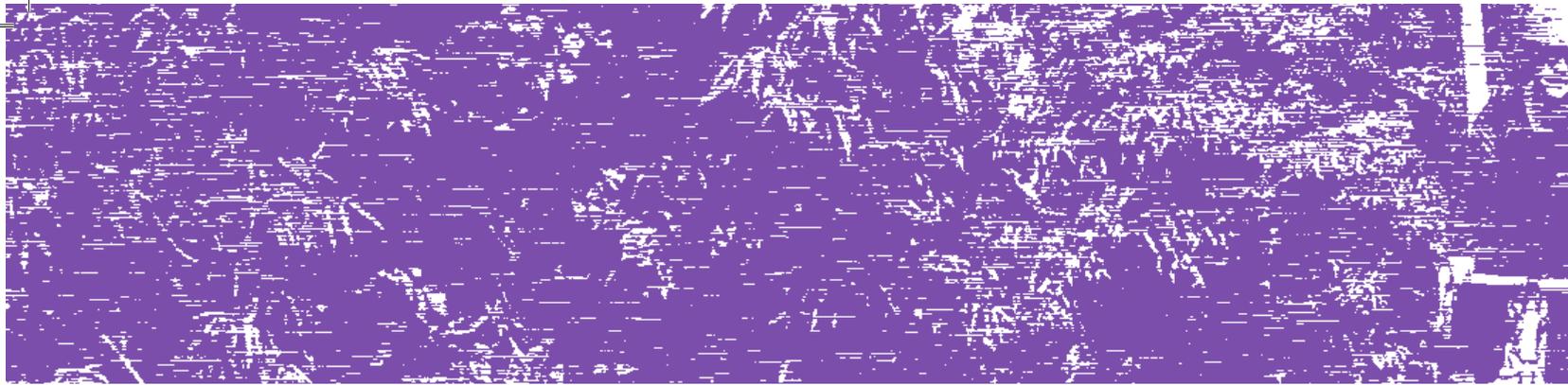
**Start:** Meet for a 10 am departure at Ashburn Community Park on the west side of Ashburn Road, 200 m north of the main intersection. To get to Ashburn drive east on Hwy 401 to Brock Road, north to CR5 at Claremont, then east to Ashburn and north to the parking lot.

**Distance:** 60 km; 86 km

### **Nov 04: 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.

**Start:** Meet for a 10 am departure at Boston Presbyterian Church. To get to Boston, Ont. take Hwy 401 to Milton and exit at Hwy 25 (Exit 320). Drive



### *Wednesday Wheelies cont'd*

north on Hwy 25 for 2 km, turn right on 5 Side Road and go 1.3 km, turn left on Third Line (other sign is Boston Church Rd) and go 0.8 km. The historic church is on the right. (For a pre-ride pit stop, there is a Tim Hortons on the right just past the first traffic light after you get onto Hwy 25).

**Distance:** 60 km; 86 km

#### **Nov 11: Stouffville to Uxbridge**

A 65 or 96 km ride (or an 81 km variation on dirt roads) from Stouffville to Uxbridge for lunch.

**Start:** Meet for a 10 am departure at the Free Parking Lot on Park Drive just south of Main Street in Stouffville.

Drive north on Hwy 404 to the Stouffville Sideroad and east into Stouffville. Facilities are available at many of the chain restaurants and gas stations as you come into Stouffville.

**Distance:** 65 km; 96 km

#### **Nov 18: Hornby to Lowville**

A 67, 85, or 103 km ride from Hornby to Lowville. Lunch will be at the Lowville Golf Club on Britannia Rd just outside Lowville.

**Start:** Meet for a 10 am departure at Hornby Park. To get to Hornby take the 401 to Trafalgar Road (Exit 328). Go north to the lights at Steeles, turn left, and drive 2 km to Hornby Park which will be on your left. Facilities are available at the Tim Horton's/Petro Canada at the lights as you turn onto Steeles.

**Distance:** 67 km; 84 km; 103 km  
These rides do not go on Steeles Ave. They go south from Hornby Park on 6th Line and return by retracing on 6th Line.

#### **Nov 25: Stouffville to Goodwood**

A 57, 73, or 92 km ride north from Stouffville with lunch at Annina's Bake-shop in Goodwood.

**Start:** Meet for a 10 am departure at the Free Parking Lot on Park Drive just south of Main Street in Stouffville.

To get to the start, drive north on Hwy 404 to Stouffville Rd, and then go east into Stouffville. Facilities are available at many of the chain restaurants and gas stations as you come into Stouffville.

**Distance:** 57 km; 73 km; 92 km

#### **Dec 02: 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).

**Start:** Meet for a 10 am departure at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street. To get to King City drive north on Hwy 400 to the King Sideroad (Exit 43). Go east to Keele Street and turn left.

**Distance:** 63 km

#### **Dec 09: End-of-Season Luncheon 12:00 pm–3:30 pm**

**Location:** Marche Restaurant, (formerly BCE Place) on Yonge Street just north of Front at 12:00 Noon.

Please register for this luncheon at least one week before the luncheon.

Problem with online registration? Send an e-mail to [wedwheelie@tbn.ca](mailto:wedwheelie@tbn.ca) and say you are coming.

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



**Ride With GPS is Free**

New Club Account allows members to get premium benefits.

**We have some exciting news!** TBN now has a Club account with Ride With GPS! That means that all TBN members can enjoy the full features that Ride With GPS (RWGPS) offers, without paying for an account.

As long as the ride is listed in the TBN Club section, you will get the following benefits:

- 1) One-click loading of the route to your Garmin device.
- 2) Customize the layout and font-size of the cue sheet PDF to the way you like it.
- 3) Get turn-by-turn directions from the mobile app on your iPhone or select Android smartphones.
- 4) RSVP to rides

All you need to do is follow the instructions below. If you already have an RWGPS account, you're good to go. If don't have account, it takes about a minute to set-up a free account.



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

### Sept 16: Beltline Adelaide Loop

A new ride following park paths and bike routes. Starting in Riverdale, the ride goes through Cabbagetown, Rosedale, Moore Park, The Kay Gardiner Beltline, York, Corso Italia, The Annex, and the Financial District.

**Start:** Meet at Riverdale Park East, at Langley and Broadview at 6:15 pm for a prompt 6:30 pm departure.

**Distance:** 26 km



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

### Sept 17: 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:** Meet at the parking lot of the Grenadier Café, High Park at 6:15 pm for a prompt 6:30 pm departure.

**Distance:** 39 km

### Sept 24: High Park–Midtown Loop

A ride that starts from High Park and

then loops around Midtown Toronto. Included on the route are the West Toronto Rail Path, Prospect Cemetery, York Beltline Trail, Mount Pleasant Cemetery, and David Balfour Park.

**Start:** Meet at the parking lot of the Grenadier Café, High Park at 6:15 pm for a prompt 6:30 pm departure.

Update: Small changes to the route to simplify it and correct some issues.

Update 2: We're planning on filming a scene for an upcoming TBN promotional video at the very beginning of this week's Thursday Night Ride going down the curve on Centre Rd. Please

wear your TBN jersey on this ride if you have one.

**Distance:** 35 km

### Oct 01:

#### Riverdale Park to Wexford Park

This ride takes us through the Don Valley and Taylor Creek paths before heading into Scarborough and the Gattineau Hydro Corridor Path. We then head back through Warden Woods and the Beaches path.

**Start:** Meet at Riverdale Park East, at Langley and Broadview at 6:15 pm for a prompt 6:30 pm departure.

**Distance:** 33 km

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

### Sept 18: High Park to Wychwood Park

The route will be High Park to the West Toronto Railpath, then north through signed bike routes to Prospect Cementary to the York Belt Line. Bike along the

York Belt Line, then we'll head south through parks and side streets, and take a quick tour of Wychwood Park and then back to High Park along bike lanes and drinks and food at Mugshots Pub (southeast corner of Parkside and Bloor St. W.).

**Start:** Meet at the parking lot of the Grenadier Café, High Park at 6:15 pm for a prompt 6:30 pm departure.

**Distance:** 25 km

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

# Hiking

*In the fall the cycling starts to wind down, and luckily the hiking picks up. All TBN Sunday hikes are loop hikes that start and end at the same location. Start times are all at 10:00 am and we try to end the hike around 2:00 pm. The actual start location and directions are on the TBN website: [www.tbn.ca](http://www.tbn.ca).*

*Dress for the weather, we hike snow or shine! Wear sturdy shoes, bring water, camera, and snacks. The hike pace is typically Moderate (~4.5 km/hr), which translates to cycling as an advanced "Easy Roller". Hope to see you on the trails starting in November.*

## Nov 08: Seaton Trail

Seaton Trail, east of Toronto in Pickering, follows the West Duffins Creek. The trail is rugged, with cliffs, eroded embankments, and steep inclines. Take in the sights the trail has to offer and enjoy the company of like-minded hikers. No fees to park.

**Distance:** 14 km

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*We will hike the hills and valleys, rocks and trails, and take a refreshment break shortly around the half-way point.*

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## Nov 15: Mono Cliffs

Northwest of Toronto, on the Niagara Escarpment, highlights of this hike include large old maple, cedar, spruce trees, great lookouts, an impressive rock phenomenon and deep fissure known as Jacob's ladder, stunted white cedars, and a kettle lake. Fees to park.

**Distance:** 12 km

## Nov 22: Grindstone Creek

Another repeat of a great hike from 2014. West of Toronto on the Bruce Trail, near Waterdown, we will hike along Grindstone Creek to the Great Falls (Grindstone Falls), a terraced ribbon falls. The terrain is rocky with some steep climbs and descents, and beautiful, gorgeous scenery.

**Distance:** 12.5 km

## Nov 29: York Regional Forest

Northeast of Toronto, we will hike through plantations, diverse forests and wetlands. Studies show that just walking in a forest can reduce your stress. No fees.

**Distance:** 12 km

**For more information, contact Vicki Bondy on [hiking@tbn.ca](mailto:hiking@tbn.ca).**



## Being Tick Smart on Hikes

Ticks do live in the woods or tall grasslands, and some can carry Lyme disease. The risk of getting Lyme disease from a tick bite is very small. Ticks cannot fly, but wait for an animal or person to pass nearby where they make contact. They climb on and attach themselves to the skin to feed.

### What can you do to stay safe from ticks:

- Wear protective clothing to prevent ticks from attaching to your skin. Wear long sleeves, long-legged pants tucked into your socks, and wear closed toed shoes.

- Use insect repellents containing DEET, and apply to both clothes and skin.
- Stay in the centre of the trail to avoid contact with low bushes and long grasses.
- Check for ticks on and under clothing.
- Wash clothes promptly and put them in the dryer with heat to help kill any ticks that remain.

**For more info on ticks, Lyme disease, and what to do if you get bit, please visit Health Canada's website: <http://bit.ly/1Drr1D6>**



# Cool Weather Cycling



As autumn and winter approaches, so does the cold and windy weather. Are you thinking about putting the bicycle away? Have you ever wondered how winter cyclists keep riding and how do they really stay warm?

Come out and learn how you can continue to cycle through the winter and stay warm. Learn how to choose the best clothes that are now available from a new array of fabrics. When the temperature is 10 C, you will feel like it is 20 C. If you can ski in cold weather why not bike in cold weather?

TBN member, Dinsmore Roach bikes every day of the year. He will share his experience, offer recommendations and answer all your winter bicycling questions.

**Time & Location:** 24 Sep 2015 at 6:30 pm • Toronto Public Library (Northern District) (Yonge & Eglinton area)

**Date:** Sept 24

**Time:** 6:30 pm–9:30 pm

**Location:** Toronto Public Library (Northern District) Yonge & Eglinton area.

**Price:** Free

## Something More Than Another Group Ride!

### **Sept 26: Meet Canadian cyclist Jocelyn Lovell, Port Credit**

**Start:** Starting point in High Park to Port Credit.

**Time:** 12:30 - 5:30 (tbc)

Ride your bike from High Park to Jocelyn Lovell's home in Port Credit.

Jocelyn will speak from the heart: what inspired him to start cycling; what motivated him; how was he influenced by other cyclists; why did he choose cycling at the amateur level and not professionally; what was the Canadian cycling like during the sixties and seventies?

Jocelyn Lovell was winner of over 40 Canadian championships, winning his first gold medal in Canadian Junior Road Race Championships.

At the 1970 Commonwealth Games in Edinburgh Scotland Jocelyn won a gold, silver and bronze. It was the first gold medal a Canadian cyclist won at the Commonwealth Games in 32 year. He won gold for the one-kilometre event at the Pan American Games in 1971 and 1975 setting a Pan Am record in that would stand unbeaten for 28 years.

In the seventies, Jocelyn reigned as Canada's top cyclist and received international recognition. Sports journalist voted him Canadian athlete of the year in 1975. Jocelyn was a national hero winning 3 gold medals in the one-kilometre, tandem sprint and 10-mile races in Edmonton at the Commonwealth Games.

He raced in the 1968 (Mexico), 1972 (Munich), and 1976 (Montreal) Olympics. Jocelyn supported Canada's decision to boycott of the 1980s Olympics in Moscow due to Russia's invasion of Afghanistan. While training, Jocelyn's career was cut short due to an accident with a dump truck in 1983. Jocelyn was inducted into the Canadian Sports Hall of Fame in 1986.

**Please note; this is a paid event were all proceeds will be donated to the Spinal Cord Society.**

**Registration will be required at a further date. Details to follow.**

# Keeping TBNers Safer

by Joey Schwartz, TBN Advocacy Director

**W**ith the rash of cycling deaths in the news the past two months, it would seem that there is no progress in making the roads safer for cyclists. It even appears to be regressing. Nothing could be further from the truth! I'll be talking about some recent success in this article, and where the Toronto Bicycling Network (TBN) is focusing its activism in the coming year.

**First, some good news from TBN.**

**In giving back to the community, we helped two organizations that deal with teenage cyclists to become safer cyclists.** Both Charlie's Freewheels and CultureLink were recipients of cash donations towards their youth programs. Charlie's used their money to help build bikes for their kids and certify their cyclists at the CAN-BIKE 1 level. CultureLink used their funding to buy helmets for all their students and allowed them to go on supervised educational rides. Through our club's contributions, there are now groups of young cyclists riding safely on Toronto's streets and beginning to enjoy longer bike rides through the trail systems, hopefully becoming future TBNers.

**On more direct advocacy note, TBN has been in talks with the City of Toronto's bike unit that is drawing up a new bike plan.** The city is attempting to connect the infrastructure that exists and making the trail system more contiguous. One victory in all of this, and it comes from the efforts of many groups and advocates, is that the city is finally seriously looking at putting a continuous bike lane along Bloor Street and Danforth Ave. It is looking like it will be prioritized in the ten-year plan. Overall there is some reason to believe there will progress on new cycling infrastructure in the city.

Outside of Toronto, in York and Peel regions, they seem to be getting it. When the twinning of 9th Line is completed

later this summer, between Stouffville and Markham, it will have wide shoulders with cycling symbols on it. These cycling-friendly lanes make a formerly fast two-lane country road, much safer. Both York and Peel are adding bike infrastructure at a faster pace than Toronto is, and in areas where TBNers cycle.



**The most notable change is the recently passed Ontario Bill 31, also known as the "Making Ontario's Roads Safer Act".** Adopted in June, police forces across the province will start enforcing it on 1 September 2015. What does Bill 31 mean to you? For starters, it codifies that cars must give at least one-metre of clearance when passing a cyclist. This distance is measured from the widest point on your bicycle usually your handlebars, or in my case, my bike bucket panniers.

"Dooring" has become even more dangerous now. For about the last five years, the City of Toronto Police Services did not track dooring. Now, if a driver or passenger opens a car door into traffic and strikes a cyclist (dooring), they will gain three demerit points, and have fines starting from \$300 to \$1,000. So now the TPS and the crown will be taking this offence far more seriously than in the past.

Another Bill 31 measure, which may seem like it was always allowed, is cycling on highway shoulders. Previously

there was no distinction between motor vehicles and bicycles when it came to the prohibition on driving on shoulders. So it means, all those years you cycled on the Trans Canada or Highway 27's paved shoulders, you were doing so illegally. Now that it is legal, the province started a \$25 million program to pave provincial road shoulders to increase long distance cycling in the region.

Another reform, allowing blinking red safety lights on bikes, is now legal. Believe it or not, prior to Bill 31,

your blinking red rear light was illegal because only police and emergency vehicles were allowed to have flashing red lights. Another new change, more bureaucratic, is wording in the act that explicitly allows municipalities to create contra-flow bike lanes. It was the ambiguity of the previous law, which impeded contra-flow lane installation in Toronto since 2009.

**Along with new rights, new responsibilities are included in this bill.**

The biggest one deals with how cyclists and motorists deal with pedestrians. As bad as the cycling death rate is in the GTA, it has nothing on the pedestrian death rate. The bill attempts to curb it by forcing cyclists and motorists to wait behind crosswalks until the pedestrian fully clears it. That means, even though a pedestrian may have cleared your lane, you must remain stopped until they reach the sidewalk. Believe me, this will be the primary source of ticket revenue over the next year, and for good reason: too many pedestrians are dying on our streets. So be mindful of this change.

Fines for not having the proper lighting on your bicycle at night will go up substantially. The fine was only \$20; now it will be in a range from a \$110.

**So that brings us to what we are focusing on in the future. June and July 2015 was a brutal time for cycling deaths in the GTA.**

Five cyclists died during the five-week period starting on the first of June, with noted architect Roger Du Toit death. Mr. du Toit's case highlights why we need a vulnerable road users law. No charges were laid. The police seemed to have taken the easy route and blamed the victim: the usual outcome that happens in these cases when the dead can't speak for themselves.

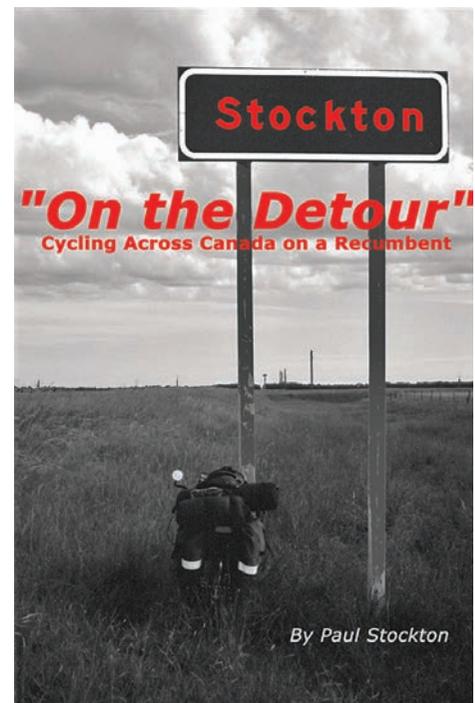
With a Vulnerable Road User Law (Act), the motorist must prove they were driving safely and responsibly. It should include, as outlined by cycling advocate lawyers Patrick Brown and Albert Koehl, the following:



- Requiring the motorist to attend court for the trial, guilty plea, or sentencing;
- A requirement to take road safety training courses;
- The imposition of community service hours related to road safety;
- The suspension of a driver's license for a meaningful period;
- The availability of a jail sentence, particularly where there is another aggravating factor, like driving with a suspended licence; and
- The requirement to return to court one year later when the penalty has been fulfilled.

TBN is lobbying for this type of law in cooperation with other cycling activists and groups: namely Brown and Koehl, Advocacy for Respect for Cyclists (ARC), Cycle Toronto, and other cycling clubs. We hope this kind of law gives a clear direction to police, prosecutors, and judicial officials to deal with such incidents as avertable events instead of unfortunate "accidents". A press conference is being planned for mid-September, to launch the campaign to get this law enacted in Ontario.

**Check back in the next Quick Release on progress on this front.**



*By Paul Stockton*

It took Paul Stockton three months to cycle across Canada, and five years to write the book. Read as he overcomes injuries, encounters wild animals, deals with traffic, and meets some of the friendliest people in the world.

**Available from  
detourpress.ca.**

## Cyclon will be in Kingston 2016

After two great years, Cyclon says “adieu” to Ottawa. Special thanks to the many, many volunteers who made Cyclon happen this year. Your efforts are truly appreciated! Thanks as well to those of you who took the time to complete the online survey. We look forward to using many of your suggestions in planning next year’s Cyclon.

We hope you will all join us in Kingston!

Known as the Limestone City, Kingston is just two and a half hours from Toronto and known for a beautiful waterfront, lots of history and great cycling.

There will be lots of ways to get involved next year—including being a ride leader. It’s a great way to meet people and contribute to the club.







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  
 Ken Miller  
 Patsy Cook & Mick O'Meara  
 John Burdett  
 Vicky Bondy  
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 Terry Walsh  
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 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><b>Leisure Wheeler:</b> 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><b>Easy Roller:</b> 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><b>Tourist:</b> 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><b>Boardwalk Place (previously Boardwalk Pub):</b> 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><b>Bridgepoint Health:</b> 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><b>Edwards Gardens:</b> The parking is located on the south west corner of Lawrence Avenue and Leslie Street.</p> <p><b>Etienne Brulé Park:</b> 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><b>Finch Subway:</b> 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><b>Grenadier Cafe, High Park:</b> Follow the signs south from the intersection of High Park Avenue and Bloor Street West.</p> <p><b>Kennedy Subway:</b> Beside the elevator on the west side of the station, on Transway Crescent.</p> <p><b>Kipling Station:</b> 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><b>McCowan Subway:</b> The south parking lot next to FreshCo on McCowan Road, north of Ellesmere Road.</p> <p><b>Queen's Park:</b> Near the King Edward statue at the north end of the park, just north of Wellesley Street.</p> <p><b>Shoppers World:</b> 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><b>Taddle Creek Park:</b> One block north of the Bedford exit of the St. George subway station.</p>

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