



QuickRelease

Meet People. Ride. Have Fun.



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and much more

Cyclon 2016

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Hello, my name is Ian Rankin and as the incoming President of the Toronto Bicycling Network I'd like you to know a bit about me.

Perhaps the best way to convey this is by describing what attracted me to TBN. I have been an endurance runner for many years with cycling and a few triathlons mixed in. A friend of mine said I should come out to a TBN event to see what a friendly group we are. So I did. That was it. A friendly Saturday morning ride out to Scarborough with lunch at a local deli and the ride back. I felt that ride was a bit short and slow for my liking but I soon found Sunday Tourist and Country Cruises as well as The Presqu'ile Park camping weekend and Cyclon to my liking. The overall theme of all these events; very friendly fellow riders.

Times are changing rapidly, from cable to electronic gear shifters on our bikes, and from snail mail to online transactions. From paper maps and cue sheets to GPS maps and ride computers. One thing that is always consistent within TBN is our commitment to being social and inclusive. New riders are always welcome—at all levels.

TBN is a recreational cycling club with more than 850 members some of whom also belong to the many performance clubs in the Toronto area. Ride distances range from 15 km to over 100 km.

A few statistics from 2015

Total rides:	238
Total riders:	4,230
Total distance:	185,683 km
Total city walks:	106 individuals; 774 km
Total country hikes:	128 individuals; 845 km
Total skating events:	12; laps skated— hundreds

Winter is the time of year when most of the TBN cycling activities take a rest but behind the scene planning work for the coming year continues.

A year in review

After two successful years in Ottawa, Cyclon will be hosted in Kingston Ontario and located at Queen's University. Lise Dulong and her committee are well on the way to organizing the TBN Cyclon return to Kingston.



PRESIDENT'S MESSAGE

Although the core activities of the Toronto Bicycling Network are cycling programmes in the spring, summer and fall there are many related activities such as hiking, ice skating and spinning in the off season to keep TBN members active and engaged. The Wednesday evening spinning program at the Adelaide Club is led by Kathleen Harford. Please see the calendar on www.TBN.ca for dates.

City Walks occur all year under the very capable and inspirational leadership of John Burdett. John was also deservedly awarded Volunteer of the Year at the AGM although he has been leading the City Walks for far longer than a year.

What else happens behind the scenes in the off season?

Ride categories and routes are tweaked and adjusted by more than 15 ride coordinators under the leadership of Dave Mader to match the anticipated demand for the coming season. New routes are added and checked on maps. New technology through the TBN website including loading ride maps and converting some to Ride With GPS.

Safety is also important for all these activities and the education committee plans for safety courses to be offered to members early in the spring.

Vicki Bondy had a great turnout for the fall hikes and we look forward to more

of these outings in 2016. John Burdett of course continues to lead the TBN city walks year round and these walks provide a great insight into the history of Toronto neighbourhoods.

Safety is a primary concern for TBN and organizing safety training courses for TBN members based on a condensed CAN-BIKE 2 curriculum is in the works.

Providing new activities for TBN members such as a session in March at the Milton Velodrome is planned for March. Check www.tbn.ca for details.

Adding new ride routes to existing ride categories is also in the works. The recent provincial Greenbelt ride program covers many areas where TBN has had rides for many years. The added and improved infrastructure of the Greenbelt routes will allow TBN to offer a taste of the Greenbelt.

Earlier start times for some rides, particularly in mid season when the days are longer has been discussed. Ride with GPS (RWGPS) has been introduced for some club rides and an updated free club RWGPS account is now available to TBN members, negating the need for members to purchase an individual premium level RWGPS. Traditional maps and cue sheets will continue to be supported.

TBN is partnering with several cycling fundraisers to provide training rides by including their participants with the experienced riders in existing TBN ride groups. If you have committed to a fundraising ride and are a bit nervous, ask your sponsor for training support through TBN, or come out to join us individually.

TBN will again have a presence at the Toronto International Bike Show at the Better Living Centre in Exhibition Place on March 4th to 6th.

TBN can only be as successful as the volunteer members who run it. Many hands make for light work. If you wish to be involved or have ideas for programs please contact myself at president@tbn.ca or any member of the board of directors.

Ian Rankin
President

CITY WALKS:

Having Fun When It Is Cool

By John Burdett
City Walks Coordinator

We had a great season of City Walks this fall, with 11 walks from mid-October to mid-December. Some walks we had done previously and some were new, including a “Laneways & Lookouts” walk that took us to places in the city I had never seen before. We also had our annual Bonfire Pot Luck Lunch at Sunnybrook Park, and our Christmas Lights Walk, which are always favourites.

We will be continuing with our “unofficial” winter walks until the weather is good enough for pleasant cycling. If you are interested in joining us, have a look at the TBN website Forum, in the Unofficial Events/Meetups section. The information, such as start location, dis-

tance, etc., is posted there by Thursday morning, before the walk on Sunday. Like our regular City Walks, the unofficial walks start at or very near a subway station, at 10:00 am, every Sunday. They go for about 10 km (often with slightly longer extensions for those who are interested), and include one or two coffee/bathroom breaks, and usually a stop for a snack, meal, and/or beverage near the end.

These walks are at a pace that would be similar to a Leisure Wheeler/Urban Roller ride. No maps are provided for the unofficial walks, but we keep together as a group and wait for people to catch up. In addition, after cycling commences, we will probably organize something for:

- **Jane’s Walks:** weekend of May 6, 7 & 8
- **Doors Open Toronto:** weekend of May 28 & 29
- and perhaps some inclement spring day if it is too cool or wet for bike rides.

We will also have a planning meeting early in the summer to produce a schedule for the Fall City Walk program. Details will be announced closer to the date. Email me if you have any ideas for interesting walks, or would be interested in leading a walk.

Please feel free to join us, and if you have any questions or suggestions, contact me at citywalks@tbn.ca.

TBN will once again have a booth at the



TORONTO INTERNATIONAL
BICYCLE SHOW

March 4–6, 2016

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



where the sounds are coming from and tighten the parts.

Detailed Bicycle Inspection

After every 5,000 km or at the beginning of the cycling season, a detailed inspection is needed to make sure your bike is safe. Often this is just done by going to your local bike shop and getting a tune up. Check these eight groupings when conducting a bike inspection:

- Loose parts
- Wheels
- Tires
- Cranks and pedals
- Steering
- Brakes
- Gears and chain
- Lubrication and cleaning

The fundamentals are not too much dissimilar from the quick ABCD check, but the issues of tightness, play, wear and inflation come into play. It is recommended that if you are not mechanically inclined, to get your bike serviced and tuned up by a professional bike mechanic at least once a year. Doing these checks means that issues can be found before they become safety hazards. Get in the habit of doing the ABCD checks every time before you ride, and you will have a safe and reliable ride.



Cycling, Photography and Community



In December, Dave Trattles, a social documentary photographer (Canadian Geographic and Macleans), shared his stories and life experiences via bicycle touring and photography. Dave spoke of his travels through 70 countries over 20 years. David knows cycling, journalism and the joy of engaging with the community along the way.

He inspires you to go out into the world on your bicycle and express your own individuality, to engage deeply in the lives and experiences of others.

Carole and Roy, TBN members took one of Dave's tour of southern India.

Please go to www.davidtrattles.com for information on David Trattles' organized tours, a gallery of his photographs, a list of exhibitions, his services and contact information.

2015 Fall Hikes Summary

By Vicki Bondy, *Hiking Coordinator*

It was a fall season of hiking variation, from mud, fallen leaves to snow. We hiked them all, and all had hills! The 5 hikes had an average of 21 hikers per day, and 11 km per hike with lunch stops beside a kettle lake and even a beautiful train station. We saw a lot of nature: horses, waterfalls, rocks, lookouts, coloured leaves, and the many contours of the forest hills. We continued to learn about identifying a few leaves and trees, though the names were often forgotten as we socialized once again on the trail. The best was the fun conversations along the trail and the new people you meet. Next year, hope the snow holds off so we can maximize the fall hiking season. Can't wait until November 2016 comes.



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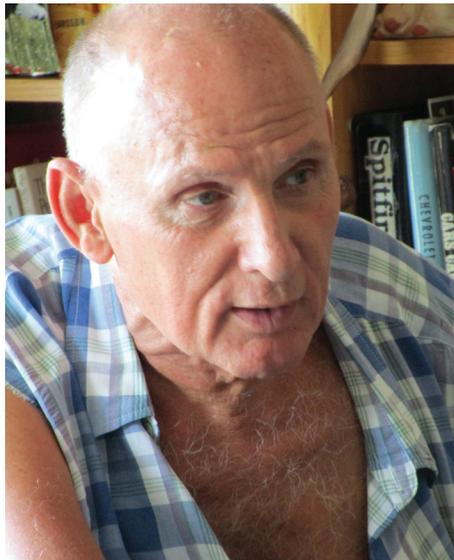
Join the TBN Facebook group:
facebook.com/groups/tbn.ca



Tweet at:
twitter.com/#!/TOBikeNetwork

TBN members meet Canadian cycling legend Joceyln Lovell

On September 26, over 25 members cycled to Port Credit to spend the afternoon with Jocelynn Lovell, winner of over 40 championships. Lovell spoke to the group about his cycling career during the sixties and seventies. Over \$850 was raised for the Spinal Cord Society. We hope Joceyln will speak to TBN members again this summer.



Jocelynn Lovell receiving cheque on behalf of the Spinal Cord Society from Arlene Smith, past president and Donna Van and Wilma Sanson, Co-Education Directors, and Mick O'Meara, Ride Leader.



Group photo with Jocelynn Lovell and Neil, Jocelynn's wife.

GENERAL INFORMATION

What is Cyclon?

Cyclon is a 3-day cycle touring mini-vacation which takes place over the August Civic Holiday long weekend. It is the major annual event of the Toronto Bicycling Network (TBN), a club for recreational cyclists with over 800 members. In its 30th year, Cyclon has previously visited Ottawa, Peterborough, Kingston, Barrie, St. Catharines, Waterloo, Guelph, Belleville, and London. In 2016, we are excited to announce that Cyclon will take place in Kingston—a beautiful, historic waterfront city just 2 ½ hours from Toronto. Equi-distant from Toronto, Montreal and Ottawa, where the St. Lawrence River meets Lake Ontario and the Rideau Canal, Kingston is a perfect location for cycling.

What is new for Cyclon 2016?

- Queen's University is walking distance from Kingston's downtown. Downtown Kingston boasts a number of great restaurants, some of them on the waterfront, as well as bars (it's a university town, there will be bars!) On Saturday night, members will organize local dinners—if you would like to volunteer and

host a dinner please email cyclon@tbn.ca

- The entire weekend will have a Hawaiian/tropical theme so come prepared! That's right, we want to see you in your Hawaiian shirts and dresses, grass skirts, leis, flowers, etc. Bring your colourful and fun clothes. We have some fun planned for Saturday and Sunday afternoon in the lovely courtyard. (hint: one event involves hula hoops!)
- We also have a special surprise for the gala dinner—bring your glamorous self to the banquet and be prepared to be the star of the show!
- Exclusive use of the residence, with a courtyard as our shared backyard. Please bring your camping chairs to turn the backyard into our living room for the weekend.
- We have several rides that include ferry trips and two rides that cross into the United States. If you want to have the option of doing a ride into the US, please remember to bring your passport.

CYCLING

What are the tour routes like?

Cyclon will feature 15–20 rides over four days. Kingston offers some unique routes, with waterfront trails, country

roads, small towns, and even ferry rides. You will have your choice of a number of different cycling routes for each day of Cyclon. The tours range from about 40 to 170 km in length and are based on the TBN ride categories: Leisure Wheeler, Urban Roller, Short Tourist, Tourist, and Sportif. For more information on these categories, visit our website at www.tbn.ca. An experienced ride leader leads each tour. As in previous years, we will offer shorter rides on Friday afternoon and Monday morning for members who want to get the most cycling out of their long weekend.

At registration, your Cyclon kit will provide a complete set of maps along with the phone number for the emergency support vehicle (SAG Wagon) that will be on call and patrolling the routes. In addition, the information package will contain maps to local attractions and services, and a complete schedule of weekend events.

One of the things to watch for this year is recommendations regarding lunch. Some Sunday rides have challenges because there is no restaurant at the designated rest stop. For those rides, we strongly recommend that cyclists come prepared with their own lunch.

Cyclon 2016

July 29–August 1



Bicycle Inspection:

For the New Year and Before Each Ride

By Joey Schwartz
Certified CAN-BIKE Instructor

With the new riding season almost upon us it's time to look over and inspect your sweet ride. Inspecting your bicycle includes basic and detailed examinations that should be performed either every time you ride your bike, or an annual one that gives your bike a detailed look over.

The basic inspection is a quick once-over of your bike, that takes less than a minute to do. Perform it every time you go for a ride. CAN-BIKE calls it the ABCD Quick Check. The idea is to identify if your bike is safe and ready to ride. In many cases, you will discover minor problems that can be fixed on the spot. Other times it might make more sense to visit your local bike mechanic to fix the issue.

“A” is for Air

The first letter in our checklist is “A” for everything related on your bike that needs air, such as your tires and wheels. Check and see if the tire feels firm or squishy. If it is squishy, inflate it to the recommended pressure by the tire's manufacturer—details are printed on the sidewall of the tire in both metric and standard air pressure measurements. The next thing to look for is if the tube's valve is fitted properly in the wheel (rim). If the valve isn't at a 90 degree angle (straight), it needs to be reseated. To do that, simply deflate the tube, reposition the valve, and re-inflate the tube. Check the tire's sidewall, is it worn (did the brakes wear against it)? Also, look at the tire's tread, if it is worn, replace the tire at your earliest convenience.

The next thing to look for may require a mechanic to fix, but it is something that should be checked, and that's whether or not the wheel is true. That simply means that the wheel doesn't wobble

from side to side when it is spinned. If it does wobble, true it yourself, if you know how, or take it to your local bike shop and they'll be able to true it, or tell you if it is time to get a new rim. Finally, another simple check, but again, may need a bike mechanic to repair, is the wheel's ball bearing's health. If, when you grab the wheel and attempt to move it from side to side, it wobbles and feels loose, it means that either ball bearings need to be repacked, or the axial needs to be adjusted. Depending on how loose it is, it may mean the bike isn't rideable that day.

“B” is for Brakes and Bars

The second letter in the checklist is “B” for brakes and bars. Checking the brake levers adjustment is very important. If they aren't far enough from the handlebar, they won't have the leverage needed to efficiently stop the bike. The levers need to be two fingers' width from the handlebars when not engaged.

As mentioned earlier, check the brake pads, are they aligned correctly so that they only touch the wheel's metal rim, and not partially touch the tire? If they aren't aligned properly, you can either fix it yourself or bring it to your local bike mechanic to fix it.

So the big test that allows you to know that your brakes will work when you go for your ride is by putting the bike in motion and squeezing the brake levers. Stand next to your bike, push the front brake lever (left side on most bikes), and try to push the bike forward. If you can't, the brakes are doing their job. If not, time to make some adjustments or bring it to your local bike mechanic. Next, engage the rear wheel brake lever (usually on the right), and try to move the bike forward. The wheel should be locked and the bike skids along the ground. If it doesn't, fix it yourself, or bring it to a bike mechanic.

Check the cables, see if they are worn or frayed. If the cable housing is damaged, the cables may not be able to move freely. If the cable is frayed, it should be

replaced.

Handlebars need to be checked too. If there is looseness in the headset where the handlebars are joined to the rest of the bike, the headset will need to be adjusted, and the ball bearings repacked. To test this, place the bike's front tire between your legs, and then grab the handlebars and move them back and forth. If there is play in the bar's motion, i.e., if the bars go one way, and the tire doesn't move with it, the headset locknut needs to be tightened, and the bearings may need to be repacked. Check and see if the handlebars are sufficiently attached to the bike by seeing if there is any play in the up and down or the side to side motion. This just likely requires tightening the stem's bolt that attaches the handlebar to the rest of the bike.

“C” is for the Chain and Crank

The bike's drive train section needs attention as well. The most obvious thing to check is whether the chain is on the bike properly and that it is lubricated. Spin the pedals to see if they spin freely. Check the derailleurs to see if they are in the correct position compared to the gear lever position.

Check the bottom bracket for looseness by grasping the pedal cranks and attempt to move them from side to side. If there is looseness, then it means that a bike mechanic should attend to it. Once all these steps are taken, make sure that the quick releases for the bike's wheels are in the correct position and locked. If the wheels use nuts and bolts, make sure the nuts are on tight.

“D” The Drop Test

Now that everything is supposedly tightened and secure, pickup the bike about 20 to 40 cm from the ground and drop it. There shouldn't be any weird noises from loose objects on the bike. If you hear non-standard vibrations, locate

see next page

RIDE SCHEDULES

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

Refer to back page for common start locations.

FRIDAY [Night] RIDES All rides start at 6:30 pm unless otherwise noted.

Relaxed social rides to celebrate the start of the weekend. Helmet and lights are required. Arrive at the start location well prior to the 6:30 PM departure time

APRIL 15 High Park to Sunnyside Pavilion

A 20 km ride from High Park to Etienne Brulé Park, up the Humber Trail to Eglinton and then back down to the Martin Goodman Trail to the café at Sunnyside Pavilion.

Start: Parking lot of the Grenadier Café, High Park.

Distance: 20 km

APRIL 22 Don River Up and Back

A 20 km start of the season warm-up, going up the Don River Recreational Trail and back down.

Start: Riverdale Park East, at Langley and Broadview

Distance: 20 km

APRIL 29 High Park to Wychwood Park

A 27 km route to the West Toronto Railpath, then north through signed bike routes to Prospect Cemetery, along the York Belt Line, then south to Wychwood Park and back to the Grenadier.

Start: Parking lot of the Grenadier Café, High Park.

Distance: 27 km

MAY 06 Riverdale to Warden Woods & Pottery Rd

A 24 km ride on bike trails, bike lanes, and signed bike routes to the Warden Woods in Scarborough. There is a hill climb up Pottery Road Trail.

Start: Riverdale Park East, at Langley and Broadview

Distance: 24 km

MAY 13 Etobicoke Centre Meander

A 30 km ride on trails and streets to the north and west of the start point.

Start: Parking lot at Etienne Brulé Park

Distance: 30 km

MAY 20 Riverdale to Little India

A 32 km route to “Little India” going along the Lower Don Trail, the Taylor Creek Trail, Gattineau Hydro Corridor Trail, Warden Woods Trail arriving at Toronto’s “Little India” on Gerrard Street East.

Start: Riverdale Park East, at Langley and Broadview

Distance: 32 km

MAY 27 High Park to Etobicoke Creek

A 29 km route to Marie Curtis Park and up the Etobicoke Creek path and then on streets for a loop back to the start.

Start: Parking lot of the Grenadier Café, High Park

Distance: 29 km

JUNE 03 Belt Line Adelaide Loop

A relaxed 26 km route following park paths and bike routes with a gentle down hill for the second half.

Start: Riverdale Park East, at Langley and Broadview

Distance: 26 km

JUNE 10 Etobicoke Meander-Long

A 40 km ride on trails and streets to the north, west, and south of the start point.

Start: Parking lot at Etienne Brulé Park

Distance: 40 km

JUNE 17 Beaches to Bellamy

A 31 km ride starting out on the Waterfront Trail to Bellamy Road; and back through bike trails, bike lanes, and signed bike routes with some hills to Boardwalk Place.

Start: Boardwalk Place, The Beaches

Distance: 31 km

TBN CYCLING JERSEY, VEST, JACKET

TBN continues to offer this popular standard short sleeve jersey.

TBN also now offers a wider variety of garments.

Wind Jacket

Thermo Shield Jacket

Wind Guard Vest (no pockets)

Intermediate Wind Vest

Sleeveless Summer Jersey

Long Sleeve Cycling Jersey

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



VOLUNTEERING

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

- We need people to help manage traffic/unloading at check-in. Due to its location and the lack of reserved area for unloading, things could get a little hectic when most people start arriving on Friday afternoon. To move the process along, we are looking for a few volunteers that can help members unpack at the front of the building and put their stuff inside while they park the cars. Since the entire residence is only occupied by Cyclon attendees, everyone's stuff should be safe just inside the doors until they return from parking the car.
- We will need volunteers on Saturday and Sunday to help put out refreshments and snacks for returning riders. Snacks are typically available between 2:30 and 4:30, so you would have to plan your rides accordingly (i.e. arrive by 2:00 to start preparing). Volunteers will also be required for the post-snack clean up.
- We need volunteers to help decorate some common areas on Friday morning,

and possibly for the Sunday night Gala dinner as well.

- Someone to help coordinate the massage and stretch classes.
- And as always, we need ride leaders and sweeps!

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

ACCOMMODATION

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

The committee is aware that breakfast has been a challenge in the past. This year, we will have a decent breakfast with a range of options for \$10. All breakfasts will be hosted in a building near our residence.

For 2016, TBN will be the only group in our residence. The University residence features two bedroom suites with one double bed in each room, semi-private washrooms (one washroom shared between two adjoining rooms), air-conditioning, televisions, elevator access and lounges with televisions on each floor.

A standard registration is three nights (Friday arrival to Monday departure). However, we encourage you to extend your weekend by an extra day and you will have an option to book for Thursday and/or Monday evening to enjoy the sights and cycling around Kingston. The University Residence is a smoke-free facility.

What is provided in the bedrooms?

All bed linen, towels, and face cloths are provided, but you may wish to bring extra towels or your favourite blanket, or pillow. You may also want to bring a hair dryer.

Can I choose my roommate?

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

What if I come on my own?

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





ENTERTAINMENT

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

Friday: There will be a reception beginning at 6:00 p.m. What better way to break the ice, meet up with old friends, or make some new ones? The reception on Friday evening will include pizza and snacks as well as few games to facilitate networking, especially for those joining us for the first time.

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

Saturday and Sunday afternoon:

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

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

Sunday night: Reserved for our Gala Dinner and Dance which will be held at Queen's University (no need to drive or catch a shuttle bus!)

It features a scrumptious dinner and prizes, followed by a DJ-hosted dance. Bring your dancing shoes! Let's get out there and hula dance!

COSTS AND PACKAGE OPTIONS

Package includes: Cycling tours, Sunday Gala Dinner and accommodation.

Cost: To be announced when registration opens.

Additional Costs

- Parking is free on the weekend from

4:30 pm Friday to 7:30 am on Monday. Outside those hours, parking is \$14/day. Parking is paid on-site at the event.

- Your registration application will include the cost of additional nights of accommodation on Thursday or Monday, as well as your breakfast option, if selected.
- You will be on your own for Saturday and Sunday lunches, so you will have an opportunity to enjoy the local dining hot spots or a picnic on your chosen ride.

Can I prepare some of my meals?

Yes, every floor has a common room with a shared refrigerator and a microwave oven available to all Cyclon attendees. If you wish to prepare your own meals you will need to bring your own dishes, eating and cooking utensils and pots. In addition, you will be responsible for cleaning up after yourself.

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

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

What about special dietary needs or allergies?

Please indicate in allergies or intolerances on your Cyclon registration form. The organizing committee and Queen's University will do everything they can to accommodate any special needs.

REGISTRATION

Registration will be limited to 200 people.

How do I register for Cyclon?

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

To ensure that a spot will be reserved for you at Cyclon right away, as soon as registration is announced, go to the TBN website at www.tbn.ca/cyclon, click on the Cyclon Registration link and complete your payment. Registration will be available online at www.tbn.ca starting in early April and the deadline is July 12th 2016. Special needs, such as roommate selection and carpooling assistance will be more easily accommodated by registering early.

I have registered for Cyclon. Is my spot reserved?

Your spot at Cyclon is reserved when we receive your registration and payment in full (approved credit card/cleared cheque). Your bank withdrawal or charge to your credit statement is your receipt/confirmation. A confirmation email will be sent immediately after registering on the TBN website.

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

You could ask a fellow club member with a computer to help you register for Cyclon or take advantage of computer access through the Toronto Public Library branches.

What happens if I want to cancel my reservation?

Cancellations made in writing prior to July 10th are subject to a \$50 cancellation fee. You may sell your package only with the approval of the Cyclon Director. No refund of any kind will be made after July 10th—NO EXCEPTIONS!

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

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



THURSDAY [Night] RIDES All rides start at 6:30 pm unless otherwise noted.

APRIL 14 Etobicoke Centre Meander

Starting at Etienne Brulé Park, we follow the Humber Trail north then proceed west along side streets south of Lawrence Ave. West along the Eglinton trail and south through West Deane Park and back to Etienne Brulé through side streets.

Start: Etienne Brulé Park
Distance: 30 km

APRIL 21 High Park–Port Credit

Starting at the Grenadier Café in High Park, we travel through south Etobicoke along side streets and down the Etobicoke Creek to Marie Curtis Park, into Mississauga to Port Credit. We return to High Park along the Waterfront trail.

Start: Grenadier Café, High Park
Distance: 40 km

APRIL 28 Ride Around the Don

Starting at Bridgeport Health, through Riverdale, East York, North York and the Don Valley.

Start: Riverdale Park East, south end
Distance: 28 km

MAY 05 Boardwalk Place to Jack Goodlad Park

We will start at the Lakeshore Boardwalk Place (just East of Coxwell). The route uses a variety of roads, trails and residential streets via the Don River initially, then north easterly to Jack Goodlad Park, returning along Kennedy Road and Warden Woods, then to the Lakeshore.

Start: Boardwalk Place parking lot, Lakeshore & Northern Dancer
Distance: 41 km

MAY 12 Forest Hill & Post Rd.

A ride starting at Riverdale Park East and goes along city streets through the Annex, Forest Hill, the Bridlepath, Don

Mills and finally back through East York to Riverdale.

Start: Riverdale Park East, south end
Distance: 29 km

MAY 19 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: Grenadier Café, High Park
Distance: 35 km

MAY 26 Boardwalk Place–Guildwood

Starting at Boardwalk Place in the Beach, we'll ride out to the Guildwood Parkway along the Lakeshore trail and return via a slightly different route.

Start: Boardwalk Place parking lot, Lakeshore & Northern Dancer
Distance: 37 km

JUNE 02 High Park–Evergreen Brickworks

The ride is to the Brickworks Market. We will ride through central Toronto,

using mostly quiet street and the Beltline Trail and return via the Lakeshore.

Start: Grenadier Café, High Park
Distance: 36 km

JUNE 09 Trails of Mississauga

This ride explores the trails of Mississauga as well as Toronto. We'll ride mostly on quieter streets and bike trails, starting at Etienne Brulé Park.

Start: Etienne Brulé Park
Distance: 47 km

JUNE 16 Solstice Ride 1

Longest ride of the year; starting at the Scarborough GO Station, we ride to Oshawa mostly along the eastern Lakeshore trail. Arrival in Oshawa should be at around twilight and we'll return to Toronto via the GO train.

Start: Scarborough GO Station, St. Clair Ave & Midland Ave
Distance: 60 km

Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time. Refer to back page for common start locations.



Chain of Events

Are you receiving our bi-weekly Chain of Events email? This is where you will learn about all upcoming TBN activities and is more current than this issue of Quick Release.

To confirm whether or not you are currently subscribed to the Chain of Events emails, log in to tbn.ca and click "View profile" at the top right of your screen.

On the profile page, click the link near the top labeled "Email subscriptions". Look

under the "Event announcement" heading and the "Manual email blasts" heading—if you see a green check mark with the text "Subscribed" under both then you are currently set up to receive the Chain of Events email.

If you see a red X, you will need to change your subscription. Click on the [Edit profile] button near the top of the page. Check the boxes under both the "Event announcement" and "Manual email blasts" headings. Click [Save] when done.

If you are subscribed but still not receiving the Chain of Events email, then check your junk or spam folder and ensure the sender is labelled as a safe sender.



RIDE SCHEDULES

Wednesday Wheelies cont'd

drive 4.2 km north to Courtice. The parking lot is on the left just past Hwy 2 (King St). Please park around the outside perimeter of the parking lot, so as to leave the parking spaces close to the building for the users of the building. Facilities are available in the Courtice Community Complex building.

Start: Courtice Community Complex
Distance: Short 55 km; Medium 66 km; Long 75 km

JUNE 01 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. 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.

Start: Hornby Park, 2 km W. of Trafalgar on Steeles.

Start: Hornby Park, 2 km W. of Trafalgar on Steeles

Distance: Short 67 km; Medium 84 km; Long 103 km

JUNE 08 Keswick Along the Lake

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

To get to Keswick go north on the 404 to Green Lane. Turn left (West) onto Green Lane, then turn right onto Leslie Street (CR 12) and drive north to Keswick. Turn left on Ravenshoe Road. West Park is just west of The Queen-

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

Refer to back page for common start locations.

sway at the bottom of the hill.

Start: West Park, Ravenshoe Rd., Keswick

Distance: Short 67 km; Long 82 km

JUNE 15 King City to Schomberg/Kleinberg/Caledon East

A 59, 74 or 98 km ride from King City to lunch in Schomberg, Kleinburg or Caledon East. 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.

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

Distance: Short 59 km; Medium 74 km; Long 98 km

WEDNESDAY [Night] RIDES All rides start at 6:30 pm unless otherwise noted.

Rides average 20 to 30 km, Après optional for riders that choose to go out afterwards.

Wednesday Night rides will begin around April 20 weather permitting. At this current time, April rides will meet at Riverdale Park East, Broadview and Langley at 6:30 pm sharp. Please bring membership card or \$5 for non-member fees. Lights and helmet required. Bright and warm clothing as required.

Please check website during the day of the ride for ride updates.

We will be using Ride with GPS maps for uploading to GPS bike computers. May, June, July Aug and Sept schedule 6:30 pm sharp.

At the present time:

1st Wednesdays: Terry Walsh—
Bayview & Moore (behind Pharma Plus)

2nd Wednesdays: Joey Schwartz—
Grenadier Restaurant, High Park

3rd Wednesdays: Mary Newman—
Riverdale Park East at the old Lawn Bowling house, Langley and Broadview

4th Wednesdays: Fred Lee—
Edwards Gardens parking lot

5th Wednesdays: Terry Walsh—
Bayview & Moore (behind Pharma Plus)

The rides go through the city following routes along signed bike route streets,

across city parks, streets with bike lanes and quiet neighbourhood streets in a group that regroups if the group gets separated. The rides would be good for members unfamiliar with group rides and non-members wanting to try out the club. Our speed is 18 to 22 km/h, and speed of the group will depend on the numbers of riders and their abilities to keep the group moving. Our rides from Bayview and Moore can get out to Lansdowne and St Clair or down to the beaches and back.

We look forward to meeting you and please tell your friends about us.

Email: wednights@tbn.ca

Overnight Trips

COME RIDE AWAY WITH TBN

As many of you know, TBN's not just about day rides, and this cycling season will be the perfect time to check out some of the club's multi-day cycling weekends and vacations. At Quick Release press time we were still ironing out some details, and sorting out the costs, so keep a close eye on the website and on Chain of Events for the first announcements about when a trip will open up for members to register. We recommend you sign up fast. Some trips sold out within days last year, and you don't want to miss out just because you're not quite ready to sign on the electronic dotted line.

Here are some of the adventures to look forward to in the first half of the season:

MAY 20–24

Niagara Bike and Hike

Join us for a long weekend of cycling, hiking, good food and maybe some wine, in the beautiful Niagara Peninsula this coming Victoria Day weekend. Arrive at the student residence at the Niagara-on-the-Lake campus of Niagara College on the evening of Friday, 20 May. Accommodation will be in your own bedroom, in a suite with a shared bathroom and kitchen. We'll plan rides around the Niagara area, including the paved off-road Welland Canal trail, as well as a day off the bikes for a hike, tour some wineries and play tourist in Niagara Falls. The trip cost includes three nights' accommodation and three breakfasts; other meals are extra. Price per person (NO single supplement!!) will be about \$200. Details to follow.

MAY 21–30

Kentucky rides, and Horsey Hundred weekend

This inn-to-inn trip offers you a chance to ride the tree lined roads of rural Kentucky, with a horse farm around almost every corner. You'll see why they call this Bluegrass Country—the grass

actually has a blueish tinge. After five days of supported riding from one small town to the next, you'll base yourself in picturesque Lexington and participate in the exciting rides of the Bluegrass Cycling Club's Horsey Hundred weekend. Lexington is about 10 hours drive from Toronto, depending on the traffic, so we'll carpool to our starting hotel and ride from there. This trip sold out last year within days of coming up on the TBN web site.



TBN riders get ready to venture out into rural Kentucky at last year's Horsey Hundred



Potluck mealtime on a TBN camping trip

JUNE 18–19

Toronto-Niagara-Toronto (TNTO)

This two-day adventure needs no introduction for many TBN members. Ride from Toronto to Niagara Falls on Saturday June 18, and then back to Toronto on Sunday June 19 for back-to-back imperial century rides (about 160 km each day). Or take the shorter option to and from Stoney Creek, near Hamilton, for a distance of around 100 km a day. Or (if you want an extra special challenge) take a look at the even longer routes—180 and 200 km). Accommodation is in a comfortable Niagara Falls

motel, within walking distance of all the entertainments that the city has to offer. A couple of years ago, TNTO riders even had a tailwind in both directions. Maybe that will be the case this year as well. Last year's riders should note that we're reverting to the traditional, scenic routes this year after last year's diversion along the Lakeshore to avoid the Ride to Conquer Cancer riders.

JUNE 23–26

Solstice Cycling in the County

Cycle the quiet roads of rural Prince Edward County (PEC) before the crowds arrive at this popular summer vacation destination. This extended weekend trip, Thursday to Sunday, is based in the



Perfect weather for Prince Edward County riders

quaint village of Wellington at a delightful lakeside motel with many amenities, including a mini fridge in each room, free wifi, screened gazebo with microwave and tables, BBQ, picnic tables, large waterfront lawn, fire-pit.

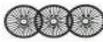
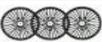
In addition to cycling, there are beaches, wineries, art studios, birdwatching, restaurants, quaint villages and more to explore. We will offer an optional winery visit.

Camping vacations

We're also expecting at least two camping weekends at provincial parks around Ontario during the cycling season, but it's too early to tell you too much about those.

As always, all the details will be available on the TBN web site closer to the time, along with details of the exciting trips we're lining up for the second half of the season. You'll find more details of these in the next edition of Quick Release.

RIDE SCHEDULES

 <p>Sunday Leisure Wheeler 20 to 40 km at 14 to 18 km/h on streets and trails at a leisurely pace for novices, seniors or anyone getting back into cycling. Riders stay together in a group.</p>	 <p>Tuesday Ravine Ride 20 to 40 km at 14 to 18 km/h on streets and trails at a leisurely pace. Generally, riders stay together in a group.</p>
 <p>Friday Night Ride 20 to 40 km at 16 to 22 km/h on streets and trails for riders with some experience. Various routes - some shorter and flatter, some hillier or longer. "The Friday night dinner ride".</p>	 <p>Wednesday Night Ride 30 to 50 km at 18 to 24 km/h on streets and trails for riders with some experience. A few of the routes are hillier or longer than usual. Generally riders are kept together in a group.</p>
 <p>Thursday Night Ride Urban streets and trails, 30 - 55 km, sometimes to 75 km or so. A bit more challenging than Wednesday or Friday, but social and group-oriented. No-drop and regroup is a part of the fun.</p>	 <p>Saturday Morning Ride 30 to 50 km at 18 to 24 km/h on streets and trails for riders with some experience. A few of the routes are hillier or longer than usual. Generally riders are kept together in a group.</p>
 <p>Sunday Urban Roller 30 to 70 km at 18 to 24 km/h on streets and trails for riders with more experience. A few of the routes are hillier or longer than usual. Generally riders are kept together in a group.</p>	 <p>Wednesday Wheelies 50 to 110 km at 20 to 26 km/h for self-sufficient cyclists, with a remote start to explore the lovely rural countryside. The riders break up into self-forming bunches according to speed.</p>
 <p>Sunday Country Cruises 60 to 110 km at 20 to 26 km/h for more experienced cyclists, start outside Toronto to explore the countryside. Riders break into smaller groups according to speed and should be self-sufficient. Two or three distance options available.</p>	 <p>Saturday Cruising Shorts 60 to 80 km at 20 to 26 km/h for more experienced cyclists, start outside Toronto to explore the countryside. All riders do the same distance and should be self-sufficient.</p>
 <p>Sunday Tourist Rides 50 to 110 km at 20 to 26 km/h for more advanced cyclists, starting at TTC stations and proceeding into the countryside. Riders keep together on the way out of the city, and then break up into self-forming bunches according to speed.</p>	 <p>Sportif Riders Sportif riders average 27 to 35 km/h. Programs which attract sportif riders are Wednesday Wheelies, Country Cruises, Saturday Cruising Shorts, and Sunday Tourist Rides. Riders need to be self-sufficient.</p>

Feb 17, 2016

SATURDAY [Cruising Shorts] All rides start at 9:00 am.

APRIL 30 Holland Marsh

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

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

Distance: 60 km

MAY 14 Courtice to Bowmanville

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

Start: Courtice Community Complex. To get to Courtice, exit Hwy 401 at Courtice Road/CR 34 (Exit 425) and drive 4.2km north to Courtice. The parking lot is on the left just past Hwy 2 (King St). Please park around the outside perimeter of the parking lot, so as to leave the parking spaces close to the building for the users of the building.
Distance: 66 km

JUNE 04 Hornby/Lowville

A Saturday jaunt along some quiet roads in the Halton Hills without Rattlesnake!
Start: Hornby Park in Hornby; take Hwy 401 west to Trafalgar Road, then

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

Refer to back page for common start locations.

head north to Steeles and west to Sixth Line.

Distance: 67 km

JUNE 18 Beeline to Bowmanville

A popular, quiet undulating route from Oshawa to Bowmanville.

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

Distance: 68 km



Wednesday Wheelies cont'd

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.

Start: Free Parking Lot on Park Drive just south of Main Street, Stouffville

Distance: Short 57 km; Medium 73 km; Long 92 km

APRIL 20 Schomberg to Hockley Valley

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

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.

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

Distance: Short 65 km; Long 89 km

APRIL 27 Ashburn to Enniskillen

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

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.

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

brothers Sam McLaughlin who operated the McLaughlin Motor Car Co. (which later became General Motors of Canada) and John James McLaughlin who founded the Canada Dry soft drinks business. Sadly, the Canada Dry brand no longer has any connection to Canada. It is owned by the Dr Pepper Snapple Group, Inc. out of Plano, Texas, a multinational corporation that also distributes 7 Up, A&W Root Beer, Clamato, Yoo-hoo, and countless other brands.

Start: Ashburn Community Park, Ashburn Rd, Ashburn

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

MAY 04 Boston Church to Rockwood

This is a 63 or 80 km ride from Boston, Ont. north through picturesque Glen Eden (and also Limehouse and its old lime kilns on the long route) to Rockwood for lunch at either the Whistle Stop or Saunders Bakery. Meet for a 10 am departure at the Boston Presbyterian Church.

To get to Boston, Ont., take Hwy 401 to Milton and exit at Hwy 25 (Exit 320). Drive 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.

Start: Boston Presbyterian Church (3 Line & 5 Side Rd), north of Milton

Distance: Short 63 km; Long 80 km

MAY 11 Stouffville to Uxbridge

A 65 or 96 km ride (or an 81 km variation on dirt roads) from Stouffville to Uxbridge for lunch. Meet for a 10

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

Refer to back page for common start locations.

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 Rd, and then drive east into Stouffville.

Facilities are available at many of the chain restaurants and gas stations as you come into Stouffville.

Start: Free Parking Lot on Park Drive just south of Main Street in Stouffville

Distance: Short 65 km; Long 96 km; Strade Bianche 81 km

MAY 18 Brampton Fall Fair to Forks of the Credit

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

To get to the fairgrounds, take Hwy 410 to the Mayfield Rd exit. Then follow Mayfield Rd/Peel Regional Rd 14 and Heart Lake Rd.

Start: Brampton Fall Fair at the corner of Heart Lake Rd and Old School Rd, north of Brampton

Distance: Short 59 km; Long 82 km

MAY 25 Courtice to Bowmanville

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

To get to Courtice, exit Hwy 401 at Courtice Road/CR 34 (Exit 425) and



RIDE SCHEDULES

Ravine Ride Finale: October 27, 2015

By Mike Gurski

“This is such a beautiful ride,” Barbara enthused as she drew in the autumn leaves on the Belt Line. Sandra, our ride leader, was quick to credit David for the route.

“I only added this one small section, in case the trail was muddy.”

And so it went, along the line of twenty riders, almost as many conversations ebbed and flowed through the course of the ride. The last ride, the last ride before the exhausted remnants of tropical storm Patricia would whip Toronto with 70 km winds and 40 mm of rain on Wednesday. But today, with leaves still vibrating reds and yellows, the Tuesday Morning Ravine Ride, only the cold reminded us that it was the end of October.

The ride, held us all in a spell, through our two favourite cemeteries: Prospect and Mount Pleasant, as we glided to our final stop on Palmerston and David and Ruth’s warm nest.

Dave, our defacto Tuesday sweep, sped ahead to tap the crossing lights. Without his acuity, we would likely sit forever, hoping that the lights would change. And we have all done this route before. We have come to these intersections a dozen times. Statues should be mounted of a lone TBN rider, waiting for the light to change.

David and Ruth, opened their home to the motley crew of retired ner do wells. Bikes got stacked in their backyard, chairs and stools crammed into the living and dining rooms. We all fit. We all downed Ruth’s magical vegetable soup; her recipe came out and was shared with the chefs of the crowd.

Dinsmore had us spellbound with his cycling adventures in Thailand and Hawaii, not to mention Spain. Gary laid out his plans for heading to his cottage on winter weekends snuggling by the fire, while Sandra mulled over her sojourn in the Florida climes and Ray kept us abreast of his Asia jaunt and Brazil outing. Carol would cruise for months on end, from the Mediterranean to the South China Sea. The winter migration had begun.

The wine flowed, the luncheon feast continued till all were sated and the lunch hour chatter pushed into the middle of the afternoon. Without prejudice we all agreed that the Ravine Rides are the very best TBN has to offer. But all good things must end. As the shadows lengthened and a thin cirrus stream of clouds warned of the impending torrential rains and winds, we remounted our technical marvels and headed to back to our homes.

We would all meet again. Early April was the resounding promise.

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

MARCH 30 2016 Opening Day

Time to dig out from winter and head into the countryside north of the city! Opening day for the 2016 Wednesday Wheelies season will be March 30.

The opening day rides will start from the Richmond Green Library, just north of the corner of Leslie and Elgin Mills Road.

Facilities are available in the Home Depot on the east side of Leslie Street just across from the Richmond Green Library.

The rides do not have a designated lunch or other refreshments stop. However, there are several options in the Musselman Lake area or in Mt. Albert, or you

can bring a lunch or snack with you.

Start: Richmond Green Library, just north of the corner of Leslie and Elgin Mills Road

Distance: Short 60 km; Medium 73 km; Long 94 km

Caution notes: Please ride single file on the paved shoulder on Aurora Rd between McCowan Rd and Highway 48. Please also take extra care as you go south on Highway 48, and then turn left/east across Highway 48 onto Lakeshore Rd.

APRIL 06 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).

To get to King City drive north on Hwy 400 to King Rd (Exit 43). Go east on King Rd to Keele Street and turn left.

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

Distance: Just Kettleby 24 km; Bradford 63 km

APRIL 13 Stouffville to Goodwood

A 57, 73, or 92 km ride north from Stouffville with lunch at Annina’s Bakeshop in Goodwood. Meet for a 10 am departure at the Free parking lot on Park Drive just south of Main Street in Stouffville.



SATURDAY [Morning] RIDES All rides start at 9:30 am unless otherwise noted.

APRIL 02 High Park to Port Credit

From High Park, the ride will be to Port Credit for a brief coffee/washroom break. We'll use the Lakeshore Trail west out of Toronto into Mississauga, returning at about 12:30 pm.

Start: Grenadier Café

Distance: 40 km

APRIL 09 Athens Café (Boardwalk) to Sunnybrook Park; return via Taylor Creek

The ride is to Sunnybrook Park riding stables for a coffee break, using some roads and some of the Don River Trail, returning by a slightly different route at about 12:30pm.

Start: Athens Café, Boardwalk Place

Distance: 35 km

APRIL 16 Edwards Gardens to Steeles/Leslie

This Saturday morning ride is a shorter one, from the parking lot at Edwards Gardens (Lawrence and Leslie) using paths and quieter residential streets of North York for a coffee/washroom break at Steeles and Leslie, returning by about 12 noon.

Start: Edwards Gardens (Leslie and Lawrence)

Distance: 27 km

APRIL 23 Old Mill to Humber College

The ride goes north along the Humber River trail to Humber College for a coffee/washroom break returning by a slightly different route, using another branch of the Humber River trail at 12:30 to 1pm.

Start: Old Mill Subway (Etienne Brulé Park)

Distance: 48 km



APRIL 30 Victoria Park to Guildwood, via Hydro corridor

The route goes north-east using paths and trails including the Gatineau Hydro corridor and then south to the Lakeshore Trail, after a coffee break at Guildwood, returning at about 12:30 pm.

Start: Victoria Park Subway parking lot

Distance: 34 km

MAY 07 Kick Off Breakfast at 9:30 am

Choice of rides from Etienne Brulé Park from 10:30 am.

MAY 14 High Park to Port Credit

From High Park, the ride will be to Port Credit for a brief coffee/washroom break. We'll use the Lakeshore Trail west out of Toronto into Mississauga, returning at about 12:30 pm by the same route.

Start: Grenadier Café

Distance: 40 km

MAY 21 Athens Café (Boardwalk) to Humber River (2 lighthouses)

Starting from Athens Café, Boardwalk Place, the ride goes via the Leslie Street Spit to the lighthouse and west to the Humber River lighthouse on the west side of the Eagle Bridge that spans the Humber River, returning by a similar route by 12:30 to 1pm for a coffee break

at the start/finish location.

Start: Boardwalk Place

Distance: 47 km

MAY 28 Edwards Gardens south to Lakeshore loop

From Edwards Gardens, this is a new SMR route that goes south using trails and roads to the Lakeshore, for a coffee/washroom break and returning by another route partly on roads and on the Don River trail.

Start: Edwards Gardens parking lot (Lawrence & Leslie)

Distance: 37 km

JUNE 04 Athens Café (Boardwalk) to Guildwood

The ride is to the Guildwood Parkway for a coffee break, using the Lakeshore Trail from Athens Café on Lakeshore just east of Coxwell. The route has more hills than our usual rides—a bit more challenging for riders—and uses a mixture of paths and residential roads, returning by a slightly different route at about 12:30 to 1pm.

Start: Boardwalk Place

Distance: 42 km

JUNE 11 Old Mill to Humber College

The ride goes north along the Humber River trail to Humber College for a coffee/washroom break returning by a slightly different route, using another branch of the Humber River trail at 12:30 to 1pm.

Start: Old Mill Subway (Etienne Brulé Park)

Distance: 48 km

Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.
Refer to back page for common start locations.

RIDE SCHEDULES

SUNDAY [Urban Roller] RIDES All rides start at 10:00 am unless otherwise noted.

APRIL 03 Mimico Creek

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

Start: Etienne Brulé Park

Distance: 35 km

APRIL 10 Kingsway Ride

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

Start: Etienne Brulé Park

Distance: 31 km

APRIL 17 Guild Inn

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

Start: Boardwalk Place

Distance: 36 km

APRIL 24 Etobicoke Meander

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

Start: Grenadier Café, High Park

Distance: 39 km

MAY 01 Credit River Tour

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

Start: Etienne Brulé Park

Distance: 51 km

MAY 08 (Mothers' Day) Downsview

We'll head north and east up to the rarely visited Downsview Park, then continue north and west along the

Finch Hydro trail. A straight run south will parallel the 400 in parts. Lunch at Tim Hortons near York University.

Start: Etienne Brulé Park

Distance: 49 km

MAY 15 Highland Creek

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

Other options nearby.

Start: Boardwalk Place

Distance: 53 km

MAY 22 Tour of Mississauga

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

Start: Etienne Brulé Park

Distance: 58 km

MONDAY, MAY 23

(Victoria Day) Maple

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

Start: Finch Subway

Distance: 35 km

MAY 29 Dim Sum/Tim Sum

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

Start: Etienne Brulé Park

Distance: 47 km

JUNE 05 Ride for Heart

No scheduled Easy Roller ride.

JUNE 12 High Park–Centennial Park–Port Credit

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

Start: Grenadier Café, High Park

Distance: 57 km



JUNE 19 Waterfront to Whitby

Try the rarely seen eastern sections of the Waterfront Trail and see the nicer parts of Pickering, Ajax and Whitby, with an optional return by GO train. The trail was improved last year, paving the gravel section and adding a road-separated bike trail at Lynde Shores. Lunch at Tim Hortons in Whitby.

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

Distance: 60 km

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

Refer to back page for common start locations.



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

Sunday Country Cruises cont'd

off Hwy 5 at Sydenham St, follow Sydenham St into Dundas and after crossing King St (traffic lights), turn left into the parking lot (entrance just past Royal bank).
Distance: 62 km; 79 km

JUNE 12 Stouffville to Uxbridge
 Follow the shady, rolling back roads of Durham region to Uxbridge and back again.
Start: Meet at the Stouffville Free parking lot. Go north on Hwy 404 to

Stouffville Road and then east along Main Street to Park Drive. Turn right at Park Drive. The free parking lot is on the left (i.e. on the south east corner of Main Street and Park Drive.)
Distance: 66 km; 87 km

TUESDAY [Ravine] RIDES All rides start at 10:30 am unless otherwise noted.

Enjoy park paths without the weekend crowds. The Ravine Rides are a series of relatively short rides at a moderate pace, generally taking 1–3 hours. These subway-accessible routes avoid busy streets as much as possible. Although some of the routes include unpaved paths, a mountain bike is not necessary. Optional coffee and sandwich stop after each ride. Distances are approximate, and routes are subject to change due to weather and trail conditions.

APRIL 12 The Humber Yo-Yo
 A great way to warm up your cycling muscles after a long winter: a paved path with gentle grades along one of the nicest stretches of the Humber River. The route is almost totally car-free.
Start: Etienne Brulé Park
Distance: 20 km

APRIL 19 The Secret Circuit
 The very first—and shortest—Tuesday ride followed this route. Here is the original description from 2003 “A half-hidden ravine ride for freelancers, shift workers, people between jobs, retirees, and ne’er-do-wells. This downtown route has a minimum of street riding and only two hills (OK, so the first one is Poplar Plains). Some unpaved paths.”
Start: Taddle Creek Park
Distance: 14 km

APRIL 26 East End Excursion
 This ride has a bit of everything: ravines, quiet residential streets, an industrial park, a cemetery, two cannons, and a stairway. Some unpaved sections.
Start: Kennedy Subway
Distance: 22 km

MAY 03 3M Short Form (Mary’s Meander Modified)
 The lower Don, a bit of the Martin Goodman Trail and a couple of small parks paralleling the long-buried Garrison Creek. All but a few meters of the route is paved; some street riding.
Start: Taddle Creek Park
Distance: 26 km

MAY 10 Mimico Creek and the Humber v2.1
 Paved paths and only a few blocks of street riding.
Start: Etienne Brulé Park
Distance: 22 km

MAY 17 Balfour and the Beltline
 David Balfour Park, Moore Park, the Beltline, and Cedarvale Park. Some unpaved paths.
Start: Taddle Creek Park
Distance: 19 km

MAY 24 Diagonal Lines—Finch to Kennedy
 A one-way ride that takes a shortcut from Finch subway station to Kennedy station.

Start: Finch subway Park and Ride
Distance: 26 km

MAY 31 Cedarvale Prospecting
 Cedarvale Park and the Beltline extension. Some unpaved paths and street riding.
Start: Taddle Creek Park
Distance: 19 km

JUNE 07 Black Creek and Back
 Devised by Dinsmore, this route uses recently extended hydro line bike paths to access a series of parks in the northwest. All of the route is paved except for 100m or so of gravel.
Start: Finch subway Park and Ride
Distance: 30 km

JUNE 14 Bloordale and Mimico Creek
 Explore the western edge of the city. A bit of street riding takes us to paths in two nice long ravines. Includes a short stretch of unpaved road.
Start: Kipling subway Park and Ride (north lot)
Distance: 19 km

RIDE SCHEDULES

SUNDAY [Country Cruises] All rides start at 10:00 am.

APRIL 03 Holland Marsh

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

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

Distance: 61 km; 68 km; 75 km

APRIL 10 Credit River Cruising

An undulating ride through the wilds north of Brampton.

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

Distance: 47 km; 66 km; 87 km

APRIL 17 Courtice to Bowmanville

A revamp of an older Country Cruise, courtesy of Wednesday Wheelies, this route takes riders from Courtice through the scenic Durham drumlins, with a lunch stop at the Golf and Country Club on the outskirts of Bowmanville.

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

Distance: 55 km; 66 km; 75 km

APRIL 24 Sutton – Lake Simcoe Tour

A scenic jaunt along the cottage-lined shores of Lake Simcoe and the surrounding countryside; bring lunch for a picnic by the lake.

Start: Meet in Sutton at the Peter Gzowski Library. Take Hwy 404 north, Davis Drive east, Hwy 48 north. Go left on High Street into Sutton, right on Dalton Road, left on Black River Road to the Peter Gzowski Library.

Distance: 64 km; 84 km

MAY 01 Triple 'H' a.k.a. Hornby Halton Hills (to Lowville)

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

Start: Meet at the Hornby parking lot. Exit Hwy 401 westbound at Trafalgar Road, then head north to Steeles Avenue and west to Sixth Line.

Distance: 67 km; 84 km

MAY 08 Schomberg to Caledon East

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

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

Distance: 74 km; 91 km

MAY 15 The Port Hope Hill Hop

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

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

Distance: 54 km; 76 km; 93km

MAY 22 Mount Albert Tour

A scenic jaunt through the rolling farmland around Mount Albert, with a

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

Refer to back page for common start locations.

lunch stop on the shores of Lake Simcoe at the Peninsula Restaurant or bring lunch.

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

Distance: 73 km; 80 km

MAY 29 ABC Tour a.k.a. Alliston, Borden, Creemore

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

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

Distance: 74 km; 84 km; 96 km; 104 km

JUNE 05 Dundas Northwest

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

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



SUNDAY [Leisure Wheelers]

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

APRIL 03 Pre-Season Ride

Start: Queen's Park

Distance: 24 km

APRIL 10 Todmorden Mills

Start: Queen's Park

Distance: 24 km

APRIL 17 Asphalt Trail

Start: Shoppers' World

Distance: 25 km

APRIL 24 Mimico Creek Expedition

Start: Etienne Brulé Park

Distance: 26 km

Updated ride schedules will be posted on www.tbn.ca/events. Always check website to confirm location and time.

Refer to back page for common start locations.

SUNDAY [Tourist] RIDES

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

MARCH 20 Unionville Brunch Season Kick-off

The first ride of the season. A ride through suburban side streets and country roads of York and Durham regions. The ride north eventually brings us to the historic Village of Unionville.

New route for longest ride due to construction. Three routes to enjoy. We meet for a bit of pub fare at Jake's on Main before heading back Finch station.

Start: Finch TTC Station west parking lot

Distance: 101 km; 74 km; 60 km

Ride classification: Tourist

MARCH 25 Holiday Tourist: High Park to Streetsville

Enjoy the brisk weather and early spring riding conditions while they last. This Holiday 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: 102 km; 83 km; 68 km

Ride classification: Tourist–Short Tourist

MARCH 27 Agincourt to Where Port Perry Ain't

Port Perry is the final destination of the longest ride, while all the other rides go through Durham Region.

With the McCowan TTC station as our launching point, we attack the rolling terrain north of the Metro Zoo, in the Rouge Park, and its fertile farmland adding an authentic "country feel" to our ride.

Start: McCowan TTC station south parking lot

Distance: 131 km; 110 km; 74 km

Ride classification: Tourist–Short Tourist

APRIL 03 Newtonbrook to Nobleton

If you love hilly rides, the 108 km route has both Strawberry Fields Hill on Weston Road, and the climb up Jane Street from Davis Road West. Other routes are less hilly.

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. Meet at west parking lot of the Finch TTC Subway Station at 9:45 AM for a prompt 10:00 AM departure.

Start: Finch TTC station west parking lot

Distance: 108 km; 85 km; 61 km

Ride classification: Tourist–Short Tourist

APRIL 10 Six Points to Peel: The Detour Edition

Since there is construction at the gates of Centennial Park and on Orbitor 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.

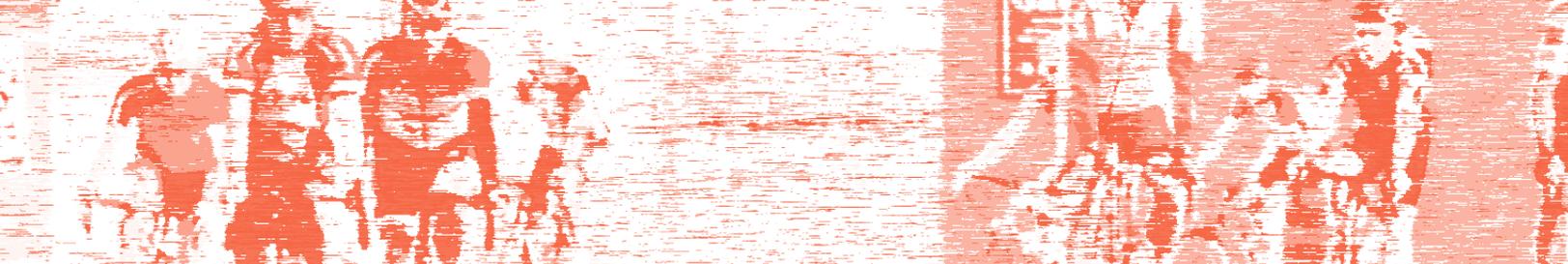
Start: Kipling TTC station north parking lot

Distance: 110 km; 79 km

Ride classification: Tourist–Short Tourist

APRIL 17 Newtonbrook to Bolton

A new take on an old club standard,



RIDE SCHEDULES

Sunday Tourist Rides cont'd

the Bolton Hammer. 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: 115 km; 88 km; 69 km

Ride classification: Tourist–Short Tourist

APRIL 24 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: 122 km; 91 km; 64 km

Ride classification: Tourist–Short Tourist

MAY 01 Newtonbrook to Schomberg

Starting from our Newtonbrook base, the Finch TTC Station, we ride up through some suburbia, but 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

Ride classification: Tourist–Short Tourist

MAY 08 Lakeshore to Glen Williams

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

Ride classification: Tourist–Short Tourist

MAY 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 Café & 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

Ride classification: Tourist–Short Tourist

MAY 22 Agincourt to Cedar Beach Park

A more or less country ride from our Agincourt starting point. We'll ride

through the Rouge Park into Durham county. The longest rides go through Cedar Beach Park on the northern side of Musselman Lake, and we will eat at the restaurant or the general store there. The middle distance ride will dine at the popular Annina's Bake Shop in Goodwood. The shortest ride will eat in Stouffville's finest Tim Hortons.

Start: South of McCowan TTC station parking lot

Distance: 101 km; 86 km; 64 km

Ride classification: Tourist–Short Tourist

MAY 23 Holiday Unionville Brunch

A leisurely ride through suburban side streets and country roads of York and Durham regions. The ride north eventually brings us to the historic Village of Unionville.

New return route via Main Street/Enterprise Blvd & Birchmount Road to cross the 407 highway. Three routes to enjoy. We meet for a bit of pub fare at Jake's on Main before heading back Finch station.

Start: Finch TTC Station parking lot west side

Distance: 101 km; 74 km; 60 km

Ride classification: Tourist

MAY 29 Sunday Tourist: Newtonbrook to Alliston Century

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

Start: Finch TTC station west parking lot



Sunday Tourist Rides cont'd

Distance: 169 km; 123 km; 88 km; 69 km
Ride classification: Advanced Tourist–Sportif, Tourist

**JUNE 05 Ride For Heart—
No TBN rides today**

TBN doesn't hold Tourist rides on the Sunday that the Becel Heart & Stroke Ride For Heart occurs. Club members can participate in the ride, or help TBN be ride ambassadors.

TBN has offered volunteers for the Becel Heart & Stroke Ride for Heart on the DVP for close to 20 years.

TBN Ambassadors are again required to assist with basic mechanics, flats, alerting medical staff to emergencies, guiding traffic, helping distressed cyclists, and overall being the “eyes and ears” of the event.

Details will be provided at the meeting point.

Please register here and arrive Sunday, June 5 at 7:00 a.m. The TBN booth is near the CNE bandshell.

See attached file for location of TBN booth, which is just west of the Better Living Centre.

Note: We also need volunteers to help out at the booth. For that, please contact publicity@tbn.ca

Start: CNE Grounds near the Dufferin Gate

**JUNE 26 Toronto-Niagara-Toronto
Hairshirt Classic Double Century**

Be sure to check the main Hairshirt page for last-minute details as the event day approaches.

The group departs Square One (Duke of York Blvd and Burnhamthorpe Rd) at 6:00 AM. Plan to arrive by 5:30 AM to get parked, have a pit stop, sign in, meet & greet, and get in the group picture at

the Mississauga Celebration Square at 5:50 AM. You'll have until midnight to complete the ride. A set of lights is mandatory for those participants who finish after dusk (past the 13.5 hour mark).

Check out the main Hairshirt page at TBN.ca for more information including links to get GPS files, and PDF files to print your own map.

Start: Mississauga Square One

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

Refer to back page for common start locations.



Celebrate the start of another great cycling season at TBN's

SPRING KICKOFF BREAKFAST

Catch up with old friends and meet new ones at this popular annual event. If you are interested in joining the club, this is your chance to come out and try one of our TBN rides. Rides will be available at different levels. You may be lucky and win a prize!

Date: Saturday May 7
Time: 9:00–10:30 am Breakfast
10:30–11:00 am Rides leave the park
Location: Etienne Brulé Park
Cost: FREE!

Non-member fee will be waived for the bike rides. If you are a member, please login in to register yourself or any TBN member for food planning.

Registration will be available soon on tbn.ca.





Coordinators

Urban Roller
Leisure Wheeler
Tourist/Sportif
Country Cruise/Sat Shorts

Tuesday Ravine
Wednesday Wheelie

Wednesday Night
Thursday Night
Friday Night
Saturday Morning
City Walks
Hiking
Spinning

David Middleton
Jamie Hauyon
Joey Schwartz
Barry Pinsky, Rowena Maclure
& Marie Ferguson
David Peebles
Ron Wilson, Cindy Rogers
& Rob Woodman
Terry Walsh
Adam Hotchin
Dave Mader
Patsy Cook & Mick O'Meara
John Burdett
Vicki Bondy
Kathleen Harford

easyroller@tbn.ca
leisurewheeler@tbn.ca
tourist@tbn.ca

countrycruise@tbn.ca
tuesravine@tbn.ca

wedwheelie@tbn.ca
wednights@tbn.ca
thursday@tbn.ca
fridays@tbn.ca
satmorning@tbn.ca
citywalks@tbn.ca
hiking@tbn.ca
spinning@tbn.ca

Ride Classifications	Common Start Locations
<p>Leisure Wheeler: Designed as entry-level rides for novices, seniors, or riders returning after a significant absence. Distances of 20-40 km, at a typical speed of 14-18 km/h for a leisurely pace. Rides generally start in the city and take place on a mixture of paved recreational trails and streets. Leisure Wheeler rides generally have sweeps and regrouping points to keep the group together. <i>Suggested programs: Tuesday Ravine Ride and Sunday Leisure Wheeler</i></p> <p>Urban Roller: For riders with some experience. Distances of 30-50 km (70 km for the Sunday Urban Roller), at a typical speed of 18-24 km/h. Rides generally start in the city and take place on a mixture of paved recreational trails and streets, with occasional ventures out into surrounding areas. Occasionally Urban Roller rides are longer, faster, or hillier, but still aim at falling close to the Urban Roller typical speed range. Urban Roller rides generally have sweeps and regrouping points to keep the group together. <i>Suggested programs: Wednesday Night, Thursday Night, Friday Night, Saturday Morning, Sunday Urban Roller</i></p> <p>Tourist: For more experienced cyclists. Distances of 50-110 km (and occasionally longer), at a typical speed of 20-26 km/h. These rides explore the lovely rural countryside outside of the city. The Sunday Tourist/Sportif rides start at TTC stations, while the other three programs require a vehicle to get to the start. Tourist rides vary with respect to sweep and regrouping practices. <i>Suggested programs: Wednesday Wheelie, Saturday Cruising Short, Sunday Tourist/Sportif, Sunday Country Cruise</i></p> <p>Sportif: Sportif riders do the same rides as Tourists, but at a faster 27-35 km/h pace. <i>Suggested programs: Wednesday Wheelie, Saturday Cruising Short, Sunday Tourist/Sportif, Sunday Country Cruise</i></p>	<p>Boardwalk Place (previously Boardwalk Pub): The parking lot is located at Northern Dancer Boulevard and Lakeshore Boulevard East. Paid parking is available near Boardwalk Place, however, parking on Coxwell is free.</p> <p>Bridgpoint Health: Meet at the park benches in Riverdale Park East just north of Bridgpoint Health at the intersection of Broadview Ave. and Langley Ave. Parking is on Broadview Ave.</p> <p>Edwards Gardens: The parking is located on the south west corner of Lawrence Avenue and Leslie Street.</p> <p>Etienne Brulé Park: The parking lot is located at the junction of Old Mill Road and Old Mill Drive ie. around the corner and down the hill from the Old Mill subway station.</p> <p>Finch Subway: The Park 'n' Ride is located on the north west corner of Yonge Street and Hendon Avenue, one block north of Finch Avenue.</p> <p>Grenadier Café, High Park: Follow the signs south from the intersection of High Park Avenue and Bloor Street West.</p> <p>Kennedy Subway: Beside the elevator on the west side of the station, on Transway Crescent.</p> <p>Kipling Station: The north lot of the Park 'n' Ride is located on Subway Crescent, south of Dundas Street West and west of Kipling; look for signs.</p> <p>McCowan Subway: The south parking lot next to FreshCo on McCowan Road, north of Ellesmere Road.</p> <p>Queen's Park: Near the King Edward statue at the north end of the park, just north of Wellesley Street.</p> <p>Shoppers' World: Located on Danforth Avenue, at Victoria Park Avenue, one block south of the Park 'n' Ride for the Victoria Park Subway, in front of Coffee Time Donuts.</p> <p>Taddle Creek Park: One block north of the Bedford exit of the St. George subway station.</p>

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