



PRESIDENT'S M E S S A G E

We are off to a great start for the 2016 cycling season.

Thank you to Susan Bishop and crew for a great **Spring Kickoff** at Etienne Brulé Park on May 7th—a turnout of more than 150 well-fed riders.

Our new member recruitment initiative through our giving back partnerships—with The Ride to Conquer Cancer on June 11–12 and our 20 year relationship with the Ride for Heart on June 3rd—produced 16 new riders in addition to the 19 TBNrs for the Leisure Wheelers ride from the breakfast. A big thank you to ride leader Sandra McCrossan and crew.

There are several changes to the TBN programs this year:

- The classic 'Easy Roller' ride has been rebranded as 'Urban Roller' since there have been many new riders to TBN showing up for this ride category which is not 'easy'.
 For long time TBN members the rides are the same.
- By the time you read this the first
 'Cycling Skills & Safety Workshop'
 will have occurred with a sell out.
 More of these safety workshops will
 be offered.
- There is also the initial 'Greenbelt' cycling series organized by the

Wednesday Wheelies with daily rides between June 19 and June 25. No hotels required as the ride routes are accessed daily. Ride one or more of the 100 km daily routes, or ride them all.

• Please visit tbn.ca to learn more.

In town we have had success with our advocacy for the **Bike Lanes on Bloor** pilot project championed by Joey Schwartz. The pilot project is scheduled to begin in the late summer so watch for it, participate and please provide your feedback.

Don't forget to sign up for one or more of the camping/cycling trips: Presqu'ile Prescription, June 24 to 26 and the Rock Point Relaxer, August 19 to 21.

The annual Cyclon trip is celebrating its 30th anniversary and will be at Queen's University in Kingston, July 29 to August 1st. Cyclon was close to selling out by press time, if so, add your name to the waiting list.

And finally, check the website later this summer for details about the annual Picnic at Toogood Pond, and the Toronto–Niagara–GO Home for both Urban Rollers and Tourists in August.

Have an enjoyable and safe summer of riding.

Ian Rankin

Board of Directors 2015-2016

Ian Rankin, President president@tbn.ca

Jean O'Grady, Secretary secretary@tbn.ca

Donna Van & Wilma Sanson Education Co-Directors education@tbn.ca

Lise Dulong, *Cyclon Director* cyclon@tbn.ca

Joey Schwartz, *Advocacy Director* advocacy@tbn.ca

Dave Mader, *Touring Director* touring@tbn.ca

Ed Weiss

Communications Director publicity@tbn.ca

Susan Bishop Social Events Director social@tbn.ca

Sandra Wong, *Technical Director* webadmin@tbn.ca

Peter Middleton & Peggy Kiely
Treasurer Co-Directors
treasurer@tbn.ca

Janet GuttsmanOvernight Trips Director

weekendtrips@tbn.ca

Arlene Smith

Past-President

past_president@tbn.ca

Carole Hill & Melissa Hirabayashi
Membership Secretaries
membership@tbn.ca



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



Tweet at: twitter.com/#!/TOBikeNetwork



SPRING KICKOFF BREAKFAST

Another great turnout at the popular annual Spring Kickoff including many guests who came to find out about TBN and join the rides.

Lots of mingling, food, rides at all levels and many great draw prizes!

Thanks to everyone who volunteered to make this event a success!









Here's what we have lined up for the cycling season:

JUNE 18–19

Toronto-Niagara-Toronto (TNTO)

Registration is open for this two-day adventure, which 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/100 miles 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 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, more scenic routes this year after last year's diversion along the Lakeshore to avoid the Ride to Conquer Cancer riders.

JUNE 24–26

Presqu'ile Prescription

Cycle the quiet roads of scenic Prince Edward County area, starting from our group campsite in Presqu'ile Provincial Park. In the evening, enjoy a starlight walk to the lighthouse or just relax around the campfire at the group site we've booked for the Friday and Saturday night. Provided will be two pancake breakfasts and provisions for two sandwich lunches. Saturday night dinner will be potluck. The cost is \$40 for TBN members and \$45 for non-members.

AUGUST 19-21

Rock Point Relaxer

Our second 2016 camping trip gives you the chance to cycle along the Lake Erie shoreline starting from Rock Point Provincial Park. Enjoy the company of fellow cyclists at our group site on Friday and Saturday night. Just like the Presqu'ile trip, two pancake breakfasts and provisions for two lunches will be provided, while the Saturday night dinner will be potluck. The cost is \$40 for TBN members and \$45 for non-members.

Overnight Trips cont'd

OCTOBER 7–10

Thanksgiving in the County

Registration will open in mid-June for a trip to Prince Edward County over the Thanksgiving long weekend. You'll be based in Jackson's Falls Country Inn in the tiny village of Milford, and we'll offer a variety of cycling routes on quiet country roads. The fully licensed inn offers large and comfortable rooms, as well as a locked garage for your bicycles, a restaurant with a focus on locally grown foods, and we'll offer an optional Thanksgiving meal at the inn, at extra cost. Please note there's a friendly dog on site....please contact organizer Marilyn Prole at marilynpr@sympatico.ca if there is a concern here. Our three-night weekend will cost \$370 (member price) for double occupancy (ensuite rooms), breakfasts included. A couple of single rooms may be available at a member cost of \$535. Prices will be slightly higher for non-members.

Please note that if a group of 12 people is not achieved before July 31, 2016, this trip will be cancelled and all costs reimbursed. If you need to cancel your

registration, you may receive a refund (minus an administrative fee of 10%) if there is an individual of the same gender on the waiting list who can occupy the room. Otherwise, it is up to you to sell your spot.

We'll have our annual
Niagara-GO-Home ride
for both Tourists and Urban
Rollers in August.
Dates to be confirmed.
Check tbn.ca for details soon.

Unofficial City Walks: Having Fun When It's Cold

By John Burdett, City Walks Coordinator

The chilly spring we had this year allowed us to extend our season of unofficial walks every Sunday, from January 3rd to April 10th. We did a total of 15 walks. Highlights included:

- "A Christmas Story" walk, visiting some of the locations used for filming this classic 1983 holiday movie, ending up at The Rex for Dixieland Jazz, and even some dancing
- A look at all the new condos going up on Yonge St, from Eglinton south
- Bob's Boyd Gang walk, visiting the Don Jail, the Horseshoe Tavern, one of the many banks they robbed, and the site of the shooting of police officer Edmund Tong
- And two walks with Howard Chan who was visiting from Korea

This year, the weather was quite good,

almost every Sunday. We were fortunate to have only one really cold day this year, which was -20 C at the start, but warming up to -10 C by the end. We had only one wet cold day, and even then, four of us went for a shorter (7 km) walk.

One thing that we did a little differently this year is that after doing a walk covering our usual distance of 10 to 12 km, those interested in extending the walk could continue on for an additional 3 km or so.

In early May, some of us also completed a couple of Jane's Walks, taking a tour of Harbord Village, and having a fascinating look at the landscape architecture of Garrison Creek. We also plan on getting together for Door's Open sometime on the weekend of May 28 & 29. For information on this, look in the Unofficial Events area of the Forum, or Recent



Forum Updates on the TBN homepage. We will also have a planning meeting sometime in June 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.









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.



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.



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".



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.



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.



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.



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.



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.



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.



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.



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.



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.

Feb 17, 2016

SATURDAY [Cruising Shorts] All rides start at 9 a.m. unless otherwise noted. Please check the Saturday Cruising Shorts webpage at least 24 hrs. before scheduled ride for any possible changes.

JUNE 4 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 head north to Steeles and west to Sixth Line. Distance: 67 km

IUNE 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

JULY 2 Georgetown Equesing **Hysterical Tour**

Get a head start on the September 25 version of this ride by trying a short route on a Saturday. Enjoy the Halton Hills from a different perspective.

Start: Go west on Hwy 401, travel

north on Trafalgar Road to 15th Side Road and meet at Stewarttown Public School on the southeast corner. Do NOT go to Pineview School!

Distance: 64 km

JULY 16 Tottenham Train Ride

Ride through the Caledon Hills and if you choose, take time to enjoy an excursion on a steam locomotive or a jaunt to a farmers' market.

Start: Meet at the Mayfield Recreation Centre on the northeast corner of Bramlea Road North and Mayfield



Saturday Cruising Shorts cont'd

Road. The parking lot is a little further north on Bramlea; approximately second entrance on east side.

Distance: 54 km

AUGUST 6 Hockley Hillraiser

A ride in the lovely countryside north of Schomberg; great for a "short" pedal. Start: Take Exit 55 off Hwy 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy 27) and head south to the Arena.

Distance: 75 km

AUGUST 20 Hornby/Lowville

Another chance to do this 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 head north to Steeles and west to Sixth Line.

Distance: 67 km

SEPTEMBER 3 Goodwood Wanderer

This ride north of Stouffville includes a 'power stop' at the always tasty Annina's

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 southeast corner of

Main Street and Park Drive.)

Distance: 61 km

SEPTEMBER 17 Campbellville **Country Cruiser**

A ride through the rolling countryside around Campbellville. One 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 S.R. Note: 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.

Distance: 65 km

SATURDAY [Morning] RIDES All rides start at 9:30 a.m. unless otherwise noted. Ride schedules may change after press date, so always check **tbn.ca/events** to confirm location and time.

JULY 2 High Park to Evergreen Brickworks, via Beltline, return via Lakeshore.

From High Park, the ride is to the popular Saturday Brickworks Market, for a break and maybe some shopping. We will ride through central Toronto, using mostly quiet streets and the Kay Gardiner Beltline Trail (includes some gravel surfaces). We'll return via the Lakeshore and Martin Goodman Trail at about 12:30 to 1:00 p.m.

Start: High Park Distance: 40 km

JULY 9 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 1 p.m. for a coffee break at the start/finish location.

Start: Boardwalk Place Distance: 47 km

JULY 16 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, with roads and paths returning at about 12:30 p.m. by the same route.

Start: Grenadier Café Distance: 40 km

JULY 23 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 1 p.m.

Start: Boardwalk Place Distance: 42 km

JULY 30 Etienne Brulé 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 about 1 p.m. Start: Old Mill subway (Etienne Brulé

Park)

Distance: 48 km

AUGUST 6 Edwards Gardens south to Lakeshore loop

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



Saturday Morning Rides cont'd

Start: Edwards Gardens parking lot (Lawrence-Leslie)

Distance: 37 km

AUGUST 13 Etobicoke Meander

This meander loops around the quiet residential streets of Etobicoke and paths along the Humber and Mimico valleys, to return to High Park, after a coffee break near Sherway Gardens, to finish about 12 to 12:30 p.m.

Start: Grenadier Café in High Park

Distance: 40 km

AUGUST 20 Victoria Park to Guildwood, via Hydro corridor

The route goes northeast using paths and trails including the Gatineau Hydro corridor and then south to the Lakeshore Trail, with a coffee break at Guildwood, returning at about 12:30 to

Start: Victoria Park subway parking lot

Distance: 34 km

AUGUST 24 High Park to Port

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 p.m. by the same route.

Start: Grenadier Café Distance: 40 km

SEPTEMBER 3 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 1 p.m.

Start: Boardwalk Place Distance: 42 km

SEPTEMBER 10 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 about 1pm.

Start: Old Mill subway (Etienne Brulé Park)

Distance: 48 km

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

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

JULY 3 Can I get a ride to the Airport?

The second year for this ride, courtesy of Michael Varrick. If you like planes (in addition to bikes) this is the ride for you. We will circumnavigate the perimeter of Pearson Airport passing under the end of all of the runways. We will also get a chance to travel some of the upper stretches of the Etobicoke Creek trail. Lunch at the Wendy's/Country Style under the end of the north runway.

Start: Kipling subway north parking lot

Distance: 52 km

IULY 10 Tour of Toronto

A leisurely tour through Casa Loma, Upper Canada College, Forest Hill, and Sunnybrook Park, primarily through bike lanes and recreational trails. This is a leisurely tour rather than a training

ride. There will be stops to regroup and see the sights. Lunch at Tims.

Start: Grenadier Café Distance: 47 km

JULY 17 Stouffville

Head up to Stouffville for lunch, at Tims, inevitably. This will get you out into the country for a change and has some long straight stretches. Ninth line has been repayed so there is now a safe shoulder for us to return on.

Start: Scarborough Town Centre. Municipal parking lot, southeast corner of McCowan and Bushby, one block north of Ellesmere.

Distance: 60 km

JULY 24 The Big Loop

Circumnavigate the city. We'll go up the Humber Trail, across the top of the city and down the Don River paths to

return along the Lakeshore. Lunch at Tim Hortons. A longer ride than usual to help get you in shape for Cyclon. Just a note: last years ride finished at 5 p.m. so plan accordingly.

Start: Etienne Brulé Park

Distance: 85 km

JULY 31 Lake Wilcox

A chance to get out of the city for those of us not at Cyclon. Visit Lake Wilcox in Richmond Hill. Lunch is at Tims this time around.

Start: Finch subway Distance: 65 km

MONDAY AUGUST 1 (Civic Holi-

day) Port Credit

A shorter ride for the Civic Holiday to pretty Port Credit along the Waterfront

Start: Grenadier Café Distance: 35 km



Sunday Urban Roller Rides cont'd

AUGUST 7 Annual Club BBQ Ride

A don't miss event! The Urban Roller route heads east before meeting the other groups on Toogood Pond in Unionville. Food and fun for all classes of rider.

Start: Finch subway **Distance:** 51 km

AUGUST 14 Eldorado Park

Travel through Mississauga and get rewarded with a beautiful lunch spot in Eldorado Park. Bring lunch or pick up something just before entering the park. This ride is at the top end of the Urban Roller category.

Start: Kipling subway north parking lot. The lot is closest to Dundas St. West and Subway Crescent.

Distance: 65 km

AUGUST 21 Oakville Odyssey

Go from the west side of Toronto to the gardens of Oakville. This route largely

avoids busy Lakeshore Ave.. Lunch at Tim Hortons.

Start: Kipling subway south parking lot. The lot is accessed from Munster Ave. off Kipling Ave. south of Dundas St.

Distance: 73 km

AUGUST 28 Kleinburg

Come for a good Advanced Urban Roller style workout on the last weekend of summer. This is a longer version of the popular Maple ride that goes an additional 30 km out into the countryside and visits charming Kleinburg. A few good hills to test the muscles you've been working on all summer. Lunch at Tim Hortons. Optional return from Maple via a new route, with some gravel portions

Start: Finch subway **Distance:** 65 km

SEPTEMBER 4 Gatineau Gallop

A newer ride that explores the recently constructed Gatineau trail in the City's

north eastern reaches. Lunch at Tim Hortons. Some things never change.

Start: Shoppers World **Distance:** 52 km

MONDAY SEPTEMBER 5 (Labour Day) Mimico Creek

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

Start: Etienne Brulé Park

Distance: 35 km

SEPTEMBER 11 High Park—Centennial –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

SUNDAY [Leisure Wheelers] All rides start at 10:00 a.m. unless otherwise noted.

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

JUNE 5 Ride for Heart

Location: TBA Distance: TBA Start: TBA

JUNE 12 Dim Sum Ride

Ride with Fred Lee to dim sum in Markham's Chinatown. 18 km on quiet residential streets to restaurant and 22 km return via Betty Sutherland and East Don trails avoiding ascent of Cummer Hill. I promise not to order "fung jow" unless it's requested.

Start: Finch station Kiss'n Ride

Distance: 40 km

JUNE 19 Edwards Garden

Bring lunch or buy something there as you enjoy the flowers and sights; asphalt trails and streets.

Start: Finch subway station

Distance: 37 km

JUNE 26 Toronto Island Tour

Follow streets and trails to the ferry and then steam over to the Island. Ferry fare

Start: Shoppers World—Victoria Park

& Danforth **Distance:** 32 km

JULY 1 Heavenly Holiday

A two-hour exercise ride south on the Don Trail to the Martin Goodman Trail, across Queen's Quay, and then north past the Sky Dome.

Start: Queen's Park
Distance: 24 km

JULY 3 Randy's Ramble (bring lunch)

A westward ride from the Humber along the Waterfront Trail to Port Credit. Picnic in Saddington Park. Bring lunch.

Start: Etienne Brulé Park (near Old Mill

TTC station) **Distance:** 45 km



Sunday Leisure Wheeler cont'd

JULY 10 Humber Trail & Beyond

Enjoy the sights and sounds of the Humber Trail. Distance has been cut to 47 km and will turn back at the Main Campus of Humber College. Pack a lunch.

Start: Etienne Brulé Park (near Old Mill TTC station)

Distance: 54 km

JULY 17 Guild Inn

Join us for a picnic near the historic Guild Inn. Bring lunch or pick-up something along the way. New route. Some hills.

Start: Shoppers World—Victoria Park & Danforth

Distance: 42 km

JULY 24 Picnic in the Park

Take the Martin Goodman Trail to the Humber Bridge, and then continue to the lighthouse at the tip of Humber Bay Park. Bring lunch.

Start: BBQ Pub—Coxwell & Lakeshore

Distance: 42 km

AUGUST 1 Heavenly Holiday

A two-hour exercise ride south on the

Don Trail to the Martin Goodman Trail, across Queen's Quay, and then north past the Sky Dome.

Start: Queen's Park **Distance:** 24 km

AUGUST 7 Club BBQ & Picnic-Unionville

A Don't Miss Event! Five routes head east before converging on Toogood Pond in Unionville for our annual barbecue picnic. Food and fun for all classes of riders.

Start: Finch subway station

Distance: 35 km

SUNDAY [Tourist] RIDES All summer rides start at 9:00 a.m. with the exception of the Hairshirt, and Holiday Rides.

JUNE 5 Ride For Heart—No TBN rides today 7 a.m.-1 p.m.

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

Start: CNE Grounds near the Dufferin Gate

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

JUNE 12 Newtonbrook to Holland Marsh

A New Route that goes through some familiar territory. One change is the closure of Keele Street at the intersection of Lloydtown Aurora Rd due to construction for a new roundabout. The longest two rides eat at the Tim Hortons in Aurora, on the way back south.

Start: Finch TTC station west parking lot **Distance:** 111 km; 80 km; 59 km

JUNE 19 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

JUNE 26 Toronto-Niagara-Toronto Hairshirt Classic Double Century

Start Date: June 26—6 a.m. End Date: June 27—12 a.m.

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 a.m. Plan to arrive by 5:30 a.m. 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 a.m. You 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 for more information including links to get GPS files, and PDF files to print your own map.

Start: Mississauga Square One

Registration: Free



Sunday Tourist Rides cont'd

JUNE 26 Newtonbrook to Nobleton If you love hilly rides, the 108 km route has both Strawberry 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.

Start: Finch TTC station, West parking lot **Distance:** 108 km; 85 km; 61 km

JULY 1 Holiday Unionville Brunch

Canada Day ride to celebrate our country's 149th anniversary of Confederation. 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 west parking lot **Start Time:** 10 a.m.

Distance: 101 km; 74 km; 60 km

JULY 3 Sunday Advanced Tourist: Agincourt to Kawartha Lakes Century (new route)

What would the first long weekend of summer be without a super long-distance century! This century is not quite as ambitious as "TNT Hairshirt" double century, coming in about 110 km shorter than the Hairshirt. The full ride goes all the way to Lindsay, in the Kawartha

Lakes region. Shorter rides go to Port Perry. Physical endurance is needed, but rides around some scenic lakes and countryside should help you along. **Start:** McCowan TTC station south parking lot

Distance: 221 km; 131 km; 91 km; 64 km

JULY 10 Newtonbrook to Bolton

A new take on an old club standard, 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

JULY 17 Six Points to Glen Williams

Starting from the friendly industrial confines of the Kipling TTC station's north parking lot, at Six Points, cycle through Mississauga and Brampton on these fine country roads —while they last. All rides will lunch in Glen Williams (Georgetown) at The Glen Oven Café.

Start: Kipling TTC station, north parking lot

Distance: 123 km; 107 km; 96 km

JULY 24 Sunday Advanced Tourist: Newtonbrook to Innisfil Century

Starting from our Newtonbrook base, the Finch TTC station, we ride up up to Lake Simcoe, through Schomberg and that TBN favourite, the Grackle Coffee Company, is a resting point to go forward north to the lake named after the founder of Upper Canada and Toronto: Lord Simcoe. The non-centu-

ry part of this ride gets to come close to the lake, but not quite, as that ride goes to Bradford and the Holland River. Lots of country riding. The shortest rides of course go nowhere near Lake Simcoe, but do go through Maple and Kettleby. **Start:** Finch TTC station, west parking lot **Distance:** 192 km; 127 km; 89 km; 64 km

JULY 31 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 Mussleman 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: McCowan TTC station, south parking lot

Distance: 101 km; 86 km; 64 km

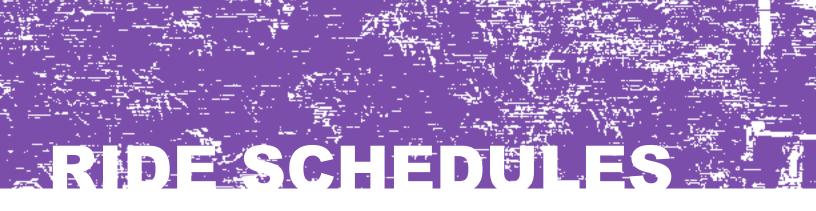
AUGUST 1 Holiday Tourist: Unionville Brunch

Simcoe Day, a time to reflect the founding of our fair city with a brew on a patio in another city. 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

Start time: 10 a.m.

AUGUST 7 Annual Toogood



Sunday Tourist Rides cont'd

Pond Picnic

The annual TBN picnic in Markham. Only one route. We'll ride through suburban side streets and some country roads in York and Durham regions. The ride north eventually brings us to the historic village of Unionville, in Markham. We meet in the park for a bit of barbecue-fare before heading back to Finch station. Members only, PLEASE REGISTER so we have enough food and drink. New return route from BBQ.

Start: Finch TTC station west parking lot Distance: 87 km

AUGUST 14 Six Points to Peel

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 Café & 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

AUGUST 21 Sunday Advanced **Tourist: Agincourt to Jacksons Point** Century

Leaving from our Scarborough launching point, we head north up to Lake Simcoe and the community of Jacksons Point. The shorter routes go through Goodwood or Mussleman's Lake. The longest route follows the lake through various towns. The other rides meander through Durham's backroads and eventually back down to Agincourt. The longest route dines at the Lake Simcoe Arms Restaurant in Jackson Point. The 86 km route lunches at Anninas Bakery in Goodwood.

Start: McCowan TTC station, south parking lot

Distance: 167 km; 101 km; 86 km; 65 km

AUGUST 28 Newtonbrook to **Holland Marsh**

A new route that goes through some familiar territory. One change is the closure of Keele Street at the intersection of Lloydtown Aurora Rd due to construction for a new roundabout. The longest two rides eat at the Tim Hortons in Aurora, on the way back south.

Start: Finch TTC station west parking lot **Distance:** 111 km; 80 km; 59 km

SEPTEMBER 4 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.

station, south parking lot **Distance:** 131 km; 110

Start: McCowan TTC

km: 74 km

SEPTEMBER 5

Holiday Unionville Brunch

Labour Day ride to celebrate organized labour's contributions to our quality of life. 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 west parking lot **Distance:** 101 km; 74 km; 60 km Start time: 10 a.m.

Toogood Pond Picnic

Sunday August 7th





TBN CYCLING JERSEY, VEST, JACKET

TBN continues to offer this popular standard short sleeve jersey for **only \$59.40***

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Check the TBN website to learn more about features and specs before you order.

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



SUNDAY [Country Cruises] All rides start at 10 a.m. unless otherwise noted. Please check the Country Cruise webpage at least 24hrs. before scheduled ride for any possible changes.

JUNE 19 Ashburn to Nestleton or Janetville

A new "take" on a classic CC, courtesy of our good buddies of the Wednesday Wheelies. This is a 62 or 88 km ride from the village of Ashburn through the Oak Ridges Morraine to lunch at either the Nestleton Country Store in Nestleton or the Wolf Run Golf Club just after Janetville.

Start: Go east on Hwy 401 to Brock Road, north to Claremont and east on County Road 5 to Ashburn. Depart from Ashburn Community Park on the west side of Ashburn Road, 200m north of the main intersection.

Distances: 62 km; 88 km

JUNE 26 Beaverton Canals, Causeways & Cottages

A flat ride around Beaverton exploring farmland, the Trent-Severn Waterway and the shores of Lake Simcoe. On the short ride there is no restaurant at the lunch stop so bring lunch.

Start: Beaverton Community Centre. Go north on Hwy 404 north, east on Davis Drive and north on Hwy 48,

turn left on Durham Road 23 at Port Bolster, just past the drive-in theatre. In Beaverton, turn left on Bay Street (at the XTR gas station), then turn left on Main Street to the Beaverton Community Centre.

Distances: 59 km; 86 km; 117 km

JULY 3 Hockley Hillraiser

A ride in the lovely countryside north of Schomberg to the Town of Hockley for lunch.

Start: Take exit 55 off Hwy 400, head west on Country Road 9 to 20th Side Road (first road west of Hwy 27) and then head south on 20th Side Road to the arena.

Distances: 77 km; 81 km

JULY 10 The Shelter Valley Shuffle

Note: Route starts in Cobourg not Port Hope!

Explore the wonderful rolling hills and views north and east of Cobourg. This ride travels along some favourite, treelined roads of the area, including going south (downhill!) on Shelter Valley for all routes. The lunch spot is expected to

be in a park in Grafton, so bring your own lunch or pick something up along the way.

Start: Take Hwy 401 east to exit 474—signed C.R. 45 Cobourg/Norwood. Go south on C.R. 45 (Division Street) for 2.8 km. Turn right (west) on Covert Street and in 100m park in the large lot on the left. Although the sign reads 'two hours free parking', there is free parking there all day Sunday. Washrooms located in Victoria Hall (a 2 min walk), or on Albert Street (a 5 min walk) and more at the Marina.

Distances: 54 km; 83 km; 102 km

JULY 17 Campbellville Country Cruiser

A ride through the rolling countryside around Campbellville; unbelievable that there are such quiet scenic roads so close to Toronto! Lunch in park in Lowville. **Start:** Commuter parking lot at Guelph Line & Reid Sideroad; lot is small. Go west on Hwy 401 to exit 312 and go south on Guelph Line towards Campbellville. Parking lot is on the right immediately after crossing over Hwy



Sunday Country Cruises cont'd

401. If lot is full, turn right on the Reid side road and go approximately ½ km until past the last 'No Stopping' sign on top of the '80 kph begins' sign. Park on shoulder and ride back to commuter parking lot to begin ride.

Distances: 50 km; 66 km; 85 km

JULY 24 The Ancaster Ascension

A little bit of Ludlum vibe! This Country Cruise offers the options of rail trail riding and some hill climbing all in the lovely countryside northwest of Hamilton. The short route has 9 km on the rail trail before lunch in Ancaster. The long route passes through St. George and Ancaster with the rail trail being optional. Both routes do Clara's climb out of Dundas.

Start: Meet at the Waterdown Shopping Mall in Waterdown on the northwest corner of Hwy 5 (also called Dundas St. E.) and Hamilton St. N. To get to the shopping mall from Toronto, go west on Hwy. 401 to Hwy. 403. Continue on Hwy. 403 until Highway 6 (exit # 74). Go north on Highway 6 to Highway 5 and turn east on Dundas St. E. Continue until Hamilton St. N. At the shopping mall, park near Tim Hortons. **Distances:** 77 km; 91 km

JULY 31 Georgetown Equesing Hysterical Tour

Multiple distance options avail all levels of rider to choose from four 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 southeast corner. (Do NOT go to Pineview School!)

Distances: 54 km; 65 km; 74 km; 93 km

AUGUST 7 Toogood Pond Picnic Cruise (TBN Annual Picnic in Unionville)

This Country Cruise has been specially designed so we can enjoy a ride in the country and still join other club members for annual picnic at "Toogood" Pond in Unionville. Starting from Stouffville there are several route options to ride: 1) either travelling east over rolling terrain with a gentle dip south and then back west to Unionville or 2) travelling west and north around Musselman Lake and back south to Unionville.

Start: Meet at the North Stouffville Free Park. Go north on Hwy 404 to Stouffville Road and then east to the Stouffville Free Park on the north side of Main Street, past the train tracks and before Market Street.

Distances: 63 km; 86 km

AUGUST 14 Cobourg-Rice Lake Ramble

This is one of the prettiest rides of the summer, spinning over hill and dale throughout the Northumberland countryside. With three route options, no one misses out on this truly spectacular terrain. Bring lunch for a picnic on the shore of Rice Lake. A store, with picnic tables, is also available in Harwood. Start: Take Hwy 401 east to exit 474 —signed C.R. 45 Cobourg/Norwood. Go south on C.R. 45 (Division Street) for 2.8 km. Turn right (west) on Covert Street and in 100m park in the large lot on the left. Although the sign reads 'two hours free parking', there is free parking there all day Sunday. Washrooms

located in Victoria Hall (a 2 min walk), or on Albert Street (a 5 min walk) and more at the Marina.

Distances: 61 km; 74 km; 89 km

AUGUST 21 Elora Gorgeous Redux

Ride through picturesque Mennonite country north of Waterloo along the Conestogo and Grand Rivers to lunch in Elora. The terrain rolls moderately.

Start: Rim Park in Waterloo, about 115 km from Toronto. Take Hwy 401 west to Exit 278 and follow Hwy 8 to Kitchener / Waterloo. About 7 km later, follow signs for Hwy 85 North to Waterloo. After 7.7 km, exit onto University Ave E. In 4.1 km turn right onto Park Rd at the sign for Rim Park and Grey Silo golf course, then left into the parking lot for the Manulife Financial Sportsplex. Washrooms available.

Distances: 53 km; 80 km; 94 km

AUGUST 28 Niagara Wine Lovers' Tour

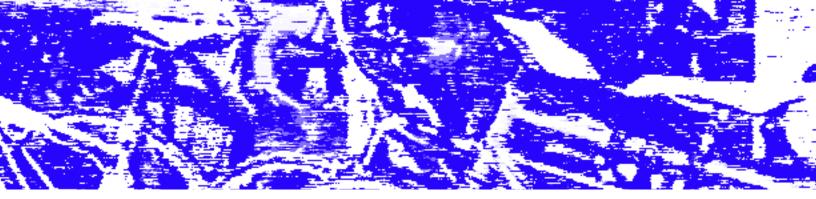
Wake up and smell the grapes! Tour the picturesque farmland, orchards and vineyards of western Niagara Region, with many opportunities for tasting along the way. The ride is fairly gentle even when climbing the Escarpment.

Start: Lincoln Community Centre in Beamsville, about 105 km from Toronto. Take QEW Niagara to Exit 64, Beamsville. Go south (right) on Ontario Street for 2.5 km to John St (at lights). Turn left on John St, go 200m, then turn right on to Central Ave. The Community Centre is on the left.

Distances: 80 km; 101 km

SEPTEMBER 4 Tottenham Train Ride

'Steam' along an undulating route north and then west through the Caledon Hills. Those who wish to take some extra time in Tottenham can enjoy an excursion on a steam locomotive or (if



in season) a jaunt to a farmers' market. **Start:** Meet at the Mayfield Recreation Centre on the northeast corner of Bramlea Road North and Mayfield Road. The parking lot is a little further north on Bramlea (approx second entrance on east side.)

Distances: 55 km; 83 km

SEPTEMBER 11 Newcastle Navigator *Note: Ride starts/finishes in Newcastle*,

NOT Port Hope!

Three beautiful ride options that leave from Newcastle and head northeast to Port Hope for lunch. The long route is very hilly as it goes furthest north, the medium route is moderately hilly and the short route is relatively flat. After lunch, the rides return to Newcastle along the Lake Ontario shoreline.

Start: Meet at Newcastle Public School

parking lot on Glass Street in Newcastle. Take Hwy 401 to the Mill Street, Newcastle, exit 440. Go north on Mill Street (towards the village of Newcastle) for 700m. Turn right (east) on Edward Street for 300m. Turn right (south) on Glass Street for 300m. The school parking lot is at the end of Glass Street.

Distances: 59 km; 74 km; 100 km

TUESDAY [Ravine] RIDES All rides start at 10:30 a m. 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.

JUNE 7 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: 10:30 a.m. 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: 10:30 a.m. Kipling subway Park and Ride (north lot)

Distance: 19 km

JUNE 21 Sunnybrook/Don Valley

Almost all of the route is paved. Some street riding, but two-thirds of the route is on bike paths and half is in ravines. Come and see the amazing half-elephants (or maybe they're giant molars)! **Start:** 10:30 a.m. in Taddle Creek Park

one block north of the Bedford exit of St. George subway station

Distance: 26 km

JUNE 28 Taylor, Martin, and Don

A water theme: the Lakeshore, the Don River, and Taylor Creek. Paved paths with a few blocks of street riding, and about 100m of dirt path.

Start: 10:30 a.m. Shoppers World, one block south of Victoria Park subway station.

Distance: 26 km

JULY 5 Double Don

After some street riding, this route dips down into Hogg's Hollow to cross the west branch of the Don River, then climbs back up to follow Wilket Creek to the east branch. Includes some unpaved paths and a bit of gravel.

Start: 10:30 a.m. in Oriole Park, one block west of Davisville subway station.

Distance: 28 km

JULY 12 North by Northeast

A challenging route to L'Amoreaux Park that finishes with 2 km of unpaved paths hidden in the wilds of Willowdale. More street riding than most Ravine Rides, but it still makes it onto our bucket list.

Start: 10:30 a.m. Finch subway Park and Ride

Distance: 32 km

JULY 19 Hill and Vale, v2.3

Cedarvale, the Beltline, and the long, long, glide down Moore Park Ravine. Lots of unpaved paths (one section will be challenging for very narrow tires).

Start: 10:30 a.m. in Taddle Creek Park and block parth of the Bodford with of

one block north of the Bedford exit of the St. George subway station.

Distance: 22 km

JULY 26 Diagonal Lines-Finch to Kipling

The long awaited missing link in the diagonal lines series. Most of this *one-way* route is on bike paths, but there are several short sections on busy streets.

Start: 10:30 a m. Finch subway Park

Start: 10:30 a.m. Finch subway Park and Ride

Distance: 36 km



Tuesday Ravine Rides cont'd

AUGUST 2 Heart of Toronto

A heart-shaped ride linking ravines in the centre of the city. Some unpaved paths.

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

Distance: 28 km

AUGUST 9 Humber and High Park

North along the Humber, then east to circle a pond, south through city streets and High Park to the lakeshore, then west back to the Humber. Two short unpaved sections.

Start: 10:30 a.m. Etienne Brulé parking lot (down the hill behind Old Mill subway station)

Distance: 24 km

AUGUST 16 Parallel Lines—Finch to

Union Station

A *one-way* ride the whole length of the Yonge line. Get full value for your subway token. Overall the route goes downhill.

Start: 10:30 a.m. Finch subway Park and Ride

Distance: 30 km

AUGUST 23 3M Long Form

Balfour Park, the lower Don, a bit of the Martin Goodman Trail, and several small obscure parks paralleling the long-buried Garrison Creek. Most of the route is paved; some street riding. **Start:** 10:30 a.m. in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station

Distance: 30 km

AUGUST 30 Parallel Lines—Kennedy to Kipling

A *one-way* ride the whole length of the Bloor-Danforth line. Get full value for your subway token.

Start: 10:30 a.m. Kennedy subway station beside the elevator on Transway Crescent

Distance: 35 km

SEPTEMBER 6 The Longest Day—A Ravine Ride Century

The route will be a roughly 100 km

circuit of Toronto, with options to join the ride about 25, 50, or 80 km from the start. Some unpaved paths, including one climb on rough terrain. Average pace will be about 15 km/h. Picnic lunch at G. Ross Lord Park, weather permitting. Optional prix-fixe dinner after the ride. Registration required for the restaurant; see website for details. Bring lights if riding to the restaurant. Note the earlier start time. Although you cannot take a bicycle on the subway before 10 a.m., you can leave a bike in secure storage near the start point a day or two before the ride.

Start: 9 a.m. sharp in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station

Distance: 20-100 km

SEPTEMBER 13 Loop-de-loop

A double loop through G. Ross Lord Park and then Earl Bales Park.

Start: 10:30 a.m. Finch subway Park and Ride

Distance: 20 km

WEDNESDAY [Wheelies] All rides start at 10 a.m.

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

JUNE 1 Hornby to Lowville

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

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 a.m. 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: Short 67 km; Medium 84 km; Long 103 km

These rides avoid Steeles Ave. They go south from Hornby Park on 6th Line and return by retracing on 6th Line.

JUNE 8 Keswick Along the Lake

A 67, 82 or 98 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 a.m. 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 Queensway at the bottom of the hill.

Start: West Park, Ravenshoe Rd., Keswick **Distance:** Short 67 km; Medium 82 km; Long 98 km



Wednesday Wheelies cont'd

JUNE 15 Schomberg to Hockley Valley—GROUP PICTURE DAY

If the weather is nice and we have a good turnout, we will take our annual Wednesday Wheelie group picture before heading off. If you own a TBN cycling jersey, please remember to wear it. A 65, 78 or 95 km ride from Schomberg, with lunch at The Hockley General Store and Restaurant in Hockley. The medium and long routes have been revised for 2016. They are no longer largely out and back. Instead they start out south of Highway 9 and head west through the Albion Hills before turning north towards Hockley Valley. Meet for a 10 a.m. 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: Short 65 km; Medium 78 km; Long 95 km

Gravel stretch: the long route has a 1.5 km stretch of unsealed road lined with wonderful stately trees shortly after passing Upper Canada Camp and turning west towards Orangeville.

Caution note: the medium and long routes cross Highway 9 at kilometre 33.2. Highway 9 can be busy, including with trucks. Cross carefully.

Start: Schomberg Arena, W. off Main St, Schomberg Distance: Long 95 km

JUNE 19–25 Greenbelt Staycation

Start Date: June 19—8:00 a.m. End Date: June 25—4 p.m.

Registration: Free

Looking for a vacation without airplanes and hotels, where you sleep in your own bed each night, with lots of biking through some of the most beautiful countryside in Canada? A "staycation". We've chosen seven of the best Wednesday Wheelie long routes. We're going to cycle them over seven consecutive days in late June. Interested? Click on the registration button to the left and register (even if you are only tentative). All you have to do now is get out and cycle for seven straight days beginning June 19.

Interested in doing less than all seven rides. Not a problem. Again, just register (again, even if you are only tentative). As June 19 approaches, we'll put together a list of who is riding on what days.

Not a regular Wednesday Wheelie rider? Also not a problem. You only need to be a TBN member to participate.

Each day's ride will start and finish at the same location. Perhaps we'll have a celebratory brunch on Sunday June 26. The Greenbelt Staycation is obviously an experiment. Perhaps you have some ideas on how to enhance the event. We are all ears to hear your suggestions. Just email us at wedwheelie@tbn.ca.

Start: The Toronto Greenbelt

JUNE 22 Ashburn to Nestleton/ **Ianetville**

A 62 or 88 km ride from the village of Ashburn through the Oak Ridges Morraine to lunch at either the Nestleton Country Store in Nestleton or the Wolf Run Golf Club just after Janetville. Meet for a 10 a.m. departure at Ashburn Community Park on the west side of Ashburn Road, 200m 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.

Start: Ashburn Community Park, Ashburn Rd, Ashburn

Distance: Short 62 km; Long 88 km

JUNE 29 Hornby to Campbellville 9:30 a.m.-3 p.m.

A 67 or 87 km ride from Hornby to Campbellville for lunch at the Trail Eatery (review). Meet for a 10 a.m. 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.

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

Distance: Short 67 km; Long 87 km

IULY 6 Markham to Mount Albert/ Musselman Lake

A 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. Meet for a 10 a.m. 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 at Musselman Lake, bring a lunch or buy something at the Variety Store.



Wednesday Wheelies cont'd

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).

Start: Berczy Park, Markham **Distance:** 70 km; 90 km

JULY 13 Schomberg to Caledon Eas

A 74 or 91 km ride from Schomberg to lunch in Caledon East. Meet for a 10 a.m. 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.

The lunch stop is Gabe's Country Bake Shoppe in a small mall in Caledon East with an outside sitting area. The mall also has a convenience store. It's the second building on the left side after you make the left turn in Caledon East onto Airport Road.

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

Distance: Short 74 km; Long 91 km

JULY 20 Ashburn to Port Perry

A 61 or 77 km ride from the village of Ashburn to Port Perry. Meet for a 10 a.m. 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 on Concession 9 and north to the parking lot. Facilities are in the form of a Porta Potty in the parking lot. The alternative is to stop at a restaurant or gas station just after exiting the 401 and before heading north.

Lunch option 1 is White Feather

Country Store if you wish to have lunch before Port Perry.

Lunch option 2 is bring food or buy lunch in Port Perry and picnic in the park overlooking Lake Scugog.

Start: Park, Ashburn Rd, Ashburn **Distance:** Short 61 km; Long 77 km

JULY 27 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 a.m. 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 Caution note: please ride single file on

AUGUST 3 Stouffville to Uxbridge

into Rockwood.

the 1.5 km stretch on Highway 7 coming

A 68 or 89 km ride (or an 81 km variation on dirt roads) from Stouffville to Uxbridge for lunch. Meet for a 10 a.m. 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 68 km; Long 89 km; Strade Bianche: 81 km

AUGUST 10 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 a.m. 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

AUGUST 17 Courtice to Orono

A 59, 74 or 95 km ride from Courtice through the Durham drumlins to Orono. Lunch will be at either the Village Bakeshop (reviews) or Orono Country Café (reviews). These are new routes designed to avoid the growing urban sprawl around Bowmanville. Meet for a 10 a.m. departure at the 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. Facilities are available in the Courtice Community Complex building.



Wednesday Wheelies cont'd

Start: Courtice Community Complex Distance: Short 59 km; Medium 74 km; Long 95 km Caution note: these routes cross Taunton Rd in several places. Taunton Rd can be pretty busy at times.

AUGUST 24 Campbellville to Dundas

Note the new parking lot. It was previously the New Ball Park on Reid Sideroad. It's now the Campbellville Lions Hall on Main St.

A 71 or 91 km ride from Campbellville to lunch at the Detour Café in Dundas. In addition, there are several other

with Campbell Ave.

Note the links and the maps below date back to when we parked at the New Ball Park, so instead of starting out on Reid Sideroad, we start out on Campbell Ave W. **Start:** Campbellville New Ball Park, Reid Sideroad, Campbellville **Distance:** Short 71 km; Long 91 km

AUGUST 31 Mount Albert to Lake Simcoe

A 57, 78, or 91 km ride from Mount Albert up to Sutton on Lake Simcoe. Medium and Long rides then go along the shore of Lake Simcoe to Keswick. Meet for a 10 a.m. departure at the Community Centre parking lot on



places to eat nearby.in Dundas. Meet for a 10 a.m. departure at the Campbellville Lions Hall.

To get to Campbellville, go west on Hwy 401 to Guelph Line (Exit 312). Drive south over the 401 and continue on Main St. The entrance to the Lions Hall parking lot is just across the railway tracks. There is a Porta Potty on the other side of the tracks in Campbellville Conservation Area.

For a coffee stop either before or after the ride, consider the Flying Monkey Bike Shop at 6 Main St, on the corner 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.

Start: Mount Albert Community Centre, Main St, Mount Albert

Distance: Short 57 km; Medium 78 km; Long 91 km

SEPTEMBER 7 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 a.m. 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 *Gravel stretch:* there is a gravel stretch of approximately 2 km on McClaren Rd just before the start of the climb up The Forks of the Credit to Belfountain.

SEPTEMBER 14 Ashburn to Nestleton/Janetville

A 62 or 88 km ride from the village of Ashburn through the Oak Ridges Morraine to lunch at either the Nestleton Country Store in Nestleton or the Wolf Run Golf Club just after Janetville. Meet for a 10 a.m. departure at

Ashburn Community Park on the west side of Ashburn Road, 200m 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.

Start: Ashburn Community Park, Ashburn Rd, Ashburn

Distance: Short 62 km; Long 88 km



WEDNESDAY [Night] RIDES All rides start at 6:30 p.m. unless otherwise noted. Ride schedules may change after press date, so always check **tbn.ca/events** to confirm location and time.

JUNE 1 Forest Hill & York Mills

West toward the Beltline and north to hogs hollow and back across Sunnyview Park. Meet at Pharma Plus parking lot at Bayview and Moore Avenues at 6:15 p.m. for a prompt 6:30 p.m. departure.

Start: Moore and Mallory Crescent— Pharma Plus parking lot at Bayview and Moore Avenue

Distance: 28 km

JUNE 8 James Park to Sunnyside Café

The ride starts at the bicycle parking section of the Grenadier Café's parking lot. The route will be High Park to Etienne Brulé Park and then follow the Humber Trail up to near Eglinton and then back down the trail to the Lakeshore and the Martin Goodman Trail. Finish up at the Sunnyside Pavilion, and the café there.

Start: Grenadier Restaurant parking lot, High Park

Distance: 20.38 km

JUNE 15 (North ride) North York Neighbourhoods

Our ride tonight is in a nice neighbour. we do a direct route to north of 401 and then cross Bayview to Leslie to ride back down. Nice roads with little traffic

makes a group ride exciting with the smooth pavement. There will be a hill with a 25 percent drop into the park, probably the steepest grade in Toronto.

Start: Edwards Gardens—parking lot by traffic circle

Distance:

JUNE 22 North ride—Edwards Gardens

From Edwards Gardens we go south to behind the Science Centre, then over to Wynford hts to plunge into the East Don river valley path,. Continuing north and west up into Don Mills with tunnel faces decorated with rainbows. Continuing north and west through wealthy neighourhoods to near 401.

Start: Edwards Gardens parking lot near the traffic circle

Distance: 23 km

JULY 13 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.).

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

Start: Grenadier Café, High Park

Distance: 25 km

JULY 13 (South) 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.).

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

Start: Grenadier Café, High Park

Distance: 25 km

THURSDAY [Night] RIDES All rides start at 6:30 p.m. unless otherwise noted. Ride schedules may change after press date, so always check **tbn.ca/events** to confirm location and time.

JUNE 2 High Park to Port Credi

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. A re-run of an April ride cut short.

Meet at the parking lot of the Grenadier Café, High Park at 6:20 PM for a prompt 6:30 p.m. departure.

Start: Grenadier Café in High Park

Distance: 40 km

JUNE 9 Western Pan Am Path

This ride explores the western leg of the Pan-Am path. Etienne Brulé Park to Brampton, with a slightly different return loop on city streets. Changed from the Mississauga ride due to unsuitable traffic conditions on weekdays.

Thursday Night Rides cont'd

Meet at the parking lot of Etienne Brulé Park at 6:20 p.m. for a prompt 6:30 p.m. departure.

Start: Etienne Brulé Park

Distance: 42 km

JUNE 16 Solstice Ride 1—Scarborough Go to Oshawa GO

One of the longest rides 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. Arrive at the Scarborough Go station for a 6 p.m. (NOT 6:30 p.m.) departure.

Start: Scarborough GO station

Distance: 50 km Start Time: 6:00 p.m.

JUNE 23 Solstice Ride 2—Around the Zoo.

Another longer ride to take advantage of the longer days. Starting at Boardwalk place, we'll ride northwest through Scarborough via the Gatineau Hydro Corridor Trail to the Rouge Conservation Area, circle the Toronto Zoo, and return on surface streets.

Arrive at the Boardwalk Café for a 6 p.m. (NOT 6:30 p.m.) departure.

Start: Boardwalk Café Distance: 56 km Start Time: 6:00 p.m.

Visit tbn.ca for more Thursday Night rides.

FRIDAY [Night] RIDES All rides start at 6:30 p.m. unless otherwise noted. Ride schedules may change after press date, so always check tbn.ca/events to confirm location and time.

JUNE 3 Riverdale to Balfour & **Beltline Loop**

Start: Meet at Riverdale Park East (Broadview and Langley) near Bridgepoint Health Centre. The ride will follow trails and streets. Some of the trails are unpaved.

Distance: 21 km

IUNE 10 Etobicoke Meander via **Waterfront Trail**

Start: Meet at the parking lot in Etienne Brulé Park. The ride follows the Humber River and goes in a loop on streets and through parks.

Distance: 37 km

JUNE 17 Riverdale to Little India

Start: Meet at Riverdale Park East (Broadview and Langley). Highlights: Don River, Taylor Creek Park, Gatineau Hydro Corridor Trail, leading to a delicious dinner at Lahore Tikka House on Gerrard St.

Distance: 35 km

JUNE 24 High Park to Wychwood Park

Start: Meet at Genadier Café in High Park. The ride will follow streets and the West Toronto Railpath, then go north through signed bike routes to Prospect Cemetery to the York Belt Line, then we'll head south through parks and side streets, and take a quick tour of Wychwood Park.

Distance: 23 km

JULY 1 Boardwalk Place to Taylor Creek Park

Start: Meet at Tim Hortons at Board-

walk Place. The ride will follow trails and streets to Taylor Creek Park. We follow Taylor Creek to the Don River and return along the Don to the Waterfront Trail.

Distance: 25 km

JULY 8 Etobicoke Centre Meander

Start: Meet at the parking lot in Etienne Brulé Park. The ride follows the Humber River and goes in a loop on streets and through parks.

Distance: 26 km

JULY 15 Jazz Festival Ride

Start: Meet at Tim Hortons at Boardwalk Place. The ride will follow trails and streets to Scarborough Bluffs and then return to enjoy the Beaches Jazz Festival. The ride leader can lock your bikes up at their place a short walk away.

Distance: 30 km

IULY 22 Waterfront Trail to

Etobicoke Creek

Start: Meet at Genadier Café in High Park. The ride will follow the Waterfront Trail to Marie Curtis Park and then go up Etobicoke Creek to Horner Blvd. The return is inland on streets and trails.

Distance: 27 km

IULY 29 Cherry Beach Swim

Start: Meet at Tim Hortons at Boardwalk Place. The ride will follow trails and streets to the lighthouse at Tommy Thompson Park, with a side trip to Cherry Beach for those who are brave enough to go swimming.

Distance: 21 km

AUGUST 5 Etobicoke Meander–Long

Start: Meet at the parking lot in Etienne Brulé Park. The ride follows the Humber River and goes in a loop on streets and through parks.

Distance: 37 km

AUGUST 12 Boardwalk Place to Sunnybrook Stables

Start: Meet at Tim Hortons at Boardwalk Place. The ride will follow trails up to the Don River to Sunnybrook Stables and back down.

Distance: 33 km

AUGUST 19 High Park-

Humber Trail

Start: Meet at Genadier Café in High Park. The ride will follow streets and get on the Humber Trail.

Distance: 22 km

AUGUST 26 Boardwalk Place to **Taylor Creek Park**

Start: Meet at Tim Hortons at Boardwalk Place. The ride will follow trails and streets to Taylor Creek Park. We follow Taylor Creek to the Don River and return along the Don to the Waterfront Trail.

Distance: 25 km

SEPTEMBER 2 Etobicoke Centre

Meander

Start: Meet at the parking lot in Etienne Brulé Park. The ride follows the Humber River and goes in a loop on streets and through parks.

Distance: 26 km



Toronto-Niagara-Toronto Hairshirt Classic Double Century 322 kilometers in one day!

Sunday, June 26, 2016 6 AM

The TNT Hairshirt is a personal cycling challenge whose name comes from a medieval form of penance, in which monks wore shirts woven of coarse horse hair designed to cause suffering. Our Hairshirt ride pits the lonely rider and their bicycle against the road and the elements, and for this reason the organizers provide no support other than a map and encouragement. Thus, you are responsible for yourself. The Hairshirt was founded in 1978; and TBN assumed sponsorship in 1988. The records below go back to 1992.

The group leaves the corner of Duke of York Blvd and Burnhamthorpe Rd in Mississauga at 6:00 a.m. on the first Sunday on or after June 21. You have until midnight to complete the ride. Participants must wear CSA-, Snell-, or CPSC-approved helmets. Please bring lights if you expect to finish after dusk.

June 21, 2015—a record 53 finishers.

The turnout was excellent considering that the forecast varied from 24 C to 29 C, and from clear to 70% POP with lightning. The actual weather was a high of 26, mix of sun and cloud, wind 20 gusting to 40 from the west in the morning and northwest in the afternoon.

Why not make 2016 your Hairshirt year? Sign up on the Hairshirt event page.

Preparation

Unless you enjoy suffering you should be prepared. Your biggest assets will be training, self-sufficiency, and self-confidence. Self-sufficiency comes from the ability to effect simple repairs on your bike and having the right clothing and equipment along. Self-confidence will flow out of self-sufficiency and the knowledge that you've trained enough to complete the distance.

Training

Sub-11 hour double centuries require actual training regimes! Train at the pace you plan to do the ride at or faster. Eat and drink as you plan to

do on the ride. Complete weekly cumulative distances of 300 km or more by the end of May. (Remember that the Hairshirt is relatively flat so if you do most of your mileage in hilly terrain you can reduce the mileage figures accordingly). Two weeks before the ride do back-toback centuries on Saturday and Sunday. The following Saturday do about 220 km. The next day you should do an easy spin (active rest) of 50 km or less. You can ride through the week but avoid any hard efforts. Starting Thursday

make sure you eat well for the next three days. Get plenty of sleep Friday night.

Ride Day

Not a good day to experiment with new equipment, clothes or food!

The Bicycle

Ideally you will be riding a mechanically-sound, drop-handlebar road bike. Bring a pump, patch kit, spare tube(s), tire levers, multi-tool appropriate for your bike. A spare fold-up tire is good insurance.

Clothing

Whatever. Don't use the ride to break in a new pair of shoes or shorts, however.



Food

Gourmands and omnivores can buy stuff along the way randonneur-style, but a handlebar bag/seatpack/fanny pack filled with high-carbo energy foods is a popular idea and great for picky eaters--there's no guarantee you'll be able to find your favourite foods when you need them.

Water

On a hot day you'll need lots of liquid and water is the least complicated to absorb, but pay attention to replacing electrolytes, as well. You should have at least two 750ml water bottles on your bike. Throw in a 2 liter camelback-style reservoir and proper hydration will be the last thing on your mind as long as you remember to drink before you're thirsty!

The Unforeseen

You'll need a plan to get back home if your bike gets trashed, your tire gets chewed up, your freewheel explodes, or you just get exhausted. There are bus stations along the route, or you could arrange to have someone to come pick you up. Just remember to bring your Visa, cellphone and/or calling cards!

Memories of Hairshirts Past

While the Hairshirt is a non-competi-



tive event and the TBN is a non-competitive club some participants do compete against their own personal bests. We see nothing wrong with this as long as they don't blow any stop lights along the way!

Special mention. Youngest finisher: Jim Nicholson 16. Oldest finisher:

Dave Mader 73. Finishers 17 and younger: Brian Yee (2009), Mitchell Kaiser (2009), Jake Williams (2009), Jim Nicholson (2009). Finishers 70 and older: Ken Caven (1996), Dave Mader (2011, 2013, 2014). Most Hairshirts: Owen Rogers (13), Ron Clark (13).



GENERAL INFORMATION

What is Cyclon?

Cyclon is a 3-day cycle touring minivacation 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.



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.

Continued on Page 26









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:** Please see our registration page on our site: tbn.ca/Cyclon.

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

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.

Track
Cycling
At the Milton
Velodrome

by Bill Greaves

A too-cold-be-on-the-road weekend in March provided the perfect opportunity for a small group of TBN'ers to explore the world of track cycling. Eleven of us headed out to the Milton Velodrome (one of only two UCI-accredited indoor velodromes in North America) for a lesson and some time on the track.

The futuristic velodrome rises from a vast empty field about one hour's drive from downtown Toronto. Inside, it looks and feels brand new—as do the pristine track bikes hung in cages waiting for their owners to arrive. Some of us arrived in time to see a group of those experienced cyclists racing around the track. They were in a tight pack and going at high speed—looked like scary fun. It was also strangely silent—the wheels on the wood track make nothing more than a soft whooshing sound.

Bike rental was included as part of our lesson package. After a quick fitting and seat adjustment it was time to head up to the track—which we had to ourselves for the next couple of hours. Our instructor gave a us short introduction to track safety and etiquette, and then it was time to get on the bikes and, one by one, make our wobbly starts. Track bikes are fixed gear—if the wheels are moving the pedals are moving and there are no brakes--you slow down by

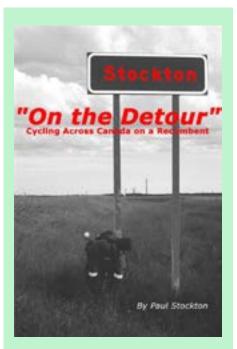


Photo credit: Daniel Ho

pedaling slower. Most of us had never ridden a fixie – and it takes some getting used to!

Our first laps around the 250 metre track were slow, and we stayed on the inside edge, which is not banked. The 42 degree banked bends to the right (track cycling is always done counter-clockwise) looked impossibly steep! After several trips around it was time to pick up some speed and try going up the banked surface. It turns out to be as fun as it looks, and not as scary as I thought it would be. The fastest track cyclists get up to 85 km/hr—our fastest riders were probably going half that speed but it is still exhilarating as you lean into the curves.

Another velodrome trip is tentatively planned for the fall. I would encourage anyone who is curious about this type of cycling to give it a try.



Ride Leader, Paul Stockton, read from his book

On the Detour: Cycling Across

Canada on a Recumbent to TBN members. He shared photos and stories of the despair of constant rain, the pain of injury, encounters with animals, and meetings with some of the friendliest people across the country.

To get a copy of Paul's book go to

NOTICE

There will NOT be a printed version of the Fall/Winter issue of Quick Release.

We will post a digital version on our website at tbn.ca.

We apologize for any inconvenience this may cause.

http:/detourpress.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 Overnight Trips 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 Janet Guttsman 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 weekendtrips@tbn.ca

Ride Classifications

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. **Suggested programs:** Tuesday Ravine Ride and Sunday Leisure Wheeler

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. **Suggested programs:** Wednesday Night, Thursday Night, Friday Night, Saturday Morning, Sunday Urban Roller

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.

Suggested programs: Wednesday Wheelie, Saturday Cruising Short, Sunday Tourist/Sportif, Sunday Country Cruise

Sportif: Sportif riders do the same rides as Tourists, but at a faster 27-35 km/h pace.

Suggested programs: Wednesday Wheelie, Saturday Cruising Short, Sunday Tourist/Sportif, Sunday Country Cruise

Common Start Locations

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.

Bridgepoint Health: 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. **Edwards Gardens:** The parking is located on the south west corner of Lawrence Avenue and Leslie Street.

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.

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.

Grenadier Café, High Park: Follow the signs south from the intersection of High Park Avenue and Bloor Street West.

Kennedy Subway: Beside the elevator on the west side of the station, on Transway Crescent.

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.

McCowan Subway: The south parking lot next to FreshCo on McCowan Road, north of Ellesmere Road.

Queen's Park: Near the King Edward statue at the north end of the park, just north of Wellesley Street.

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.

Taddle Creek Park: One block north of the Bedford exit of the St. George subway station.

Toronto Bicycling Network Inc. 131 Bloor Street West, Suite 200 P. O. Box 279 Toronto, ON M5S 1R8

