

QuickRelease

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The Ride Makeover

by **Loreto Manni, President**

Two favourite TBN rides, the Country Cruise (CC) and Wednesday Wheelie (WW), are undergoing a makeover. These rides differ from most TBN rides as the start points are located on the outskirts of the GTA, generally a 30-minute to one-hour drive outside of Toronto. The rides travel through rural areas along pretty, quiet country roads.

At Cyclon 2004 there were many positive comments from attendees about the ride maps made by Doug Innes. A few of the CC regulars wanted the same type of maps for some of the classic CC rides. Most of the original CC maps and route instructions were drawn up 10 years ago by Bill Hannaford. Since then, some of the roads have changed and better sources of maps are available.

A few of the ride regulars have recently banded together and formed a committee to look into new sources for maps and ways to create them. Committee members include Marie Ferguson, Bill

Hannaford, Ed Herage, Doug Innes, Patrick Lam, Loreto Manni, Rein Suurallik, George Witte, Wayne Yeechong, and Country Cruise coordinators Barry Pinsky and Rowena Maclure. The Committee also aims to standardize the ride route instructions and produce new ride maps and directions.

Another important part of the ride is getting the maps to the ride leaders and receiving their feedback. The system in place now is working, but I'm expecting some new ideas on this topic with so many talented individuals on the committee. Our aim is to improve what's there and make the riding experience even more enjoyable for riders, leaders, and coordinators.

I know I'll be swamped with emails because this request, but here goes. If you have a favourite Country Cruise or Wednesday Wheelie ride that you think needs a makeover, drop me a line we'll try and make them the first maps we update. We are still in the planning stages and once we've decided how to implement the new system we will need a few volunteers to help with the map updates. If you'd like to

help with the map updates or have any suggestions or comments to improve the Country Cruise or Wednesday Wheelie please drop me a line at: president@tbn.ca

Help Cyclon Continue!

Cyclon, TBN's annual cycling extravaganza weekend, is a summer highlight for many TBN members. In order to continue TBN's proud Cyclon tradition in 2005, we need a Cyclon Director. The Director, along with a team of volunteers, will organize the three-day event and undertake tasks such as choosing a venue, booking accommodation, researching and mapping out area rides, and planning social activities. If you'd like to volunteer or learn more about this important and rewarding position, please contact Trevor Woerner or Vanessa Busch at: cyclon@tbn.ca

Oh say, Can you ski?

by Kathleen Ryan, VP Skiing

TBN's 2005 cross-country ski and snowshoe season kicked off on January 2nd. Our Sunday trips will take us to the usual resorts and, new this year, Scenic Caves and Arrowhead Provincial Park. Skiers of all levels and experience are welcome.

Have you always wanted to give snowshoeing a try? All of the ski resorts we visit also offer snowshoeing trails. As a

new program this year, on six of the Sunday trips, TBN member Peter MacDonald will lead a snowshoeing hike for people who would like to try their hand—or rather, their feet!—at snowshoeing.

The TBN Ski Bus picks up skiers at four convenient locations (near subway stations: Victoria Park, Yonge & Bloor, Eglinton, and York Mills). We travel in a comfortable coach to ski country while you relax or chat with other TBNers. You enjoy a refreshing and exhilarating day on the trails with about 30 other TBNers. After working up an appetite on the trails buy your lunch at the resort or enjoy your lunch from home. At

4:30 p.m. the bus heads back to Toronto and you relax and unwind while watching an on-board video. The cost is \$20 for TBN members who sign up in advance, plus the cost of the ski centre's trail pass and the cost of any rentals.

Call the TBN Hotline (416-760-4191, line 1 to reserve your spot on the bus, and get up-to-date information in case the schedule changes due to snow conditions. Or email xeski@tbn.ca. Complete schedule and information about each resort is available on the cross-country skiing webpage: www.tbn.ca/nordic.

TBN 2005 Sunday Cross-Country Ski Schedule

Date	Destination	Type of Trail	Length	Facilities	x-c ski trail fee	x-c trail fee + rentals
Jan. 2	Hardwood Hills	GCS, BC	30km	FS, L	\$17.50	\$42.50
Jan. 9	Horseshoe Valley	GSC, GC	35 km	FS, L	\$17.00	\$38.00
Jan. 16	Highlands Nordic	GSC	23 km	FS, L	\$10.00	\$28.00
Jan. 23	Scenic Caves	GCS	16 km	PS, L	\$12.00	\$30.00
Jan. 30	Wasaga Bch.	GC, SK	30 km*	PS, L	\$4.00	\$16.00
Feb. 6	Ganaraska	GC	35 km	PS	\$10.00	No rentals
Feb. 13	Hardwood Hills	GCS, BC	30km	FS, L	\$17.50	\$42.50
Feb. 20	Highlands Nordic	GSC	23 km	FS, L	\$10.00	\$28.00
Feb. 27	Mansfield	GC, SK	30/10 km	FS, L	\$11.00	\$26.00
Mar. 6 <i>Bus pick-up ONE HOUR EARLIER!</i>	Arrowhead	GCS	33 km	PS, L	\$4.00	\$25/\$32
Mar. 13	Wasaga Beach	GC, SK	30 km*	PS, L	\$4.00	\$16.00
Mar. 20	Horseshoe Valley	GSC, GC	35 km	FS, L	\$17.00	\$38.00
Mar. 27	Hardwood Hills	GCS, BC	30km	FS, L	\$17.50	\$42.50

*-Wasaga Beach has 4.4 km for skate skiing.

TBN 2005 Sunday Snowshoeing Schedule

On dates indicated with an asterisk (*) a TBN volunteer will lead a snowshoe hike for up to 12 snowshoers.

Date	Destination	Length of Snowshoe Trails	Snowshoe trail fee	Snowshoe trail fee+ rentals
Jan. 2*	Hardwood Hills	20 km	\$10.00	\$35.00
Jan. 9	Horseshoe Valley	8 km	\$7.00	\$27.00
Jan. 16	Highlands Nordic	Snowshoe trails off-site	N/A	\$15.00
Jan. 23*	Scenic Caves	7 km	\$12.00	\$25.00
Jan. 30	Wasaga Beach	No formal trails, separate backcountry area	N/A	\$12.00
Feb. 6	Ganaraska	tbc	\$5.00	No rentals
Feb. 13*	Hardwood Hills	20 km	\$10.00	\$35.00
Feb. 20*	Highlands Nordic	Snowshoe trails off-site	N/A	\$15.00
Feb. 27	Mansfield	No formal trails	N/A	\$10.00
Mar. 6* <i>Pick-up times ONE HOUR EARLIER!</i>	Arrowhead	6 km	\$4.00	\$16.00
Mar. 13*	Wasaga Beach	No formal trails, separate backcountry area	N/A	\$12.00
Mar. 20	Horseshoe Valley	8 km	\$7.00	\$27.00
Mar. 27	Hardwood Hills	20 km	\$10.00	\$35.00

NOTE: Schedule is tentative only, and may change depending on weather and snow conditions; please listen to the TBN Hotline for weekly updates.

TBN Ambassadors

by Imtiaz Mawji, Director, Publicity & Promotions

Ever roll into a café in Port Perry and have people ask “where did you ride from?”
Ever catch someone in a Toronto restaurant or bar staring at you and fellow spandex-clad Friday nighters?
Ever lend a hand to a solitary cyclist on the backroads of Stouffville or in the depths of the Don Valley?

Not only are you a TBN rider/inliner/hiker/skater/skier, you are also a **TBN**

ambassador! In fact, over a third of new TBN members say they first heard about TBN through word of mouth.

TBN’s popularity grows every year because our dedicated volunteers work hard organizing rides, as well as social and educational events. Countless volunteers make our participation in the Toronto International Bicycle Show, Bike Week, and the Becel Ride for Heart possible. Thanks to everyone who came out to lend a few hours of their time this year.

Special thanks to Eileen Harbinson, Martha Scott, Brenda Porter, Owen Rogers and the TBN Board of Directors for countless hours of work “behind the scenes.” TBN’s involvement in community events and media would not be possible without them.

As a TBN ambassador (i.e. participant!) you may not have access to a private jet like the Governor General of Canada, but you likely have a cool set of wheels to whisk you across town. Ride, glide and roll!

Welcome Martha

TBN would like to welcome Martha Krzic to the TBN Publicity & Promotions team. If you have some ideas and would like to meet people, volunteer, and have fun, send us an email at publicity@tbn.ca or call 416-569-6439.

Congratulations

Congratulations to the winners of the \$50 Gift Certificates at the AGM provided courtesy of:

Walter's Cyclepath

www.twowheeltravel.ca, 416-487-1717
2106 Yonge St. (south of Eglinton)

Bayview Cycle Centre

www.bayviewcycle.com, 416-225-2633
3335 Bayview Ave (south of Steeles)

Ice Skating - more fun in your Fridays

TBN's ice skating program commenced on December 10 and will continue every Friday evening (except Christmas Eve and New Year's Eve) through March 2005. We will meet at a different rink around town each week at 6:30pm, skate for 90 minutes, and then head to a nearby restaurant. If conditions are not good for skating, the group will head straight to dinner. Ice skating and the social après is a great way to end the workweek! Please check the Hotline, website, or weekly Chain of Events email for rink locations and directions.

TBN Who's Who

TBN Board of Directors

President	Loreto Manni	president@tbn.ca
Vice-President, Skiing	Katleen Ryan	xcski@tbn.ca
Vice-President, Touring	John Burdett	416.429.6088
Treasurer	Doug Innes	416.252.7073
Secretary	Brenda Sweet	tbn@tbn.ca
	Paul Price	
	<i>Vacant!</i>	
Cyclon Director	Dinsmore Roach	education@tbn.ca
Education Director	Imtiaz A. Mawji	publicity@tbn.ca
Publicity & Promotions	Martha Krzic	
	Ron Fletcher	416.461.9695
Social Director	David Maclean	416.482.8033
Weekend Trips Director	Carl Friesen	newsletter@tbn.ca
Quick Release Editor		

TBN Coordinators

City Walks	Mark Brousseau	416.466.4979
	Howard Chan	
Country Cruise	Rowena Maclure	416.487.1474
	Barry Pinsky	416.928.0503
Easy Roller	David Raine	easyroller@tbn.ca
	Roberta Terzolo	
Friday Night Ride	Peggy McFarland	416.405.8307
Hiking	Terry Davison	905.453.1952
Ice Skating	Molly Cheung	iceskate@tbn.ca
Indoor spinning	Lori Roth	spinning@tbn.ca
Inline Skating	Martha Scott	416.443.0619
Leisure Wheeler	Jamie Hauyon	416.537.8865
Membership Secretary	Eileen Harbinson	416.482.2157
Mtn. Biking, Trail Riding	Dan Roitner	mtb@tbn.ca
Saturday Morning Ride	Julie Willmot	416.696.9263
Toronto Cycling Cttee. Rep.	Martin Koob	tcc-rep@tbn.ca
Tourist, Sportif	Owen Rogers	416.232.0243
Tuesday Ravine Rides	David Peebles	416.534.7168
Wednesday Nights	Ron Fletcher	416.461.9695
Wednesday Wheelie	Bill Hannaford	416.482.2125

Haliburton Highlands

ski weekend

28-30 January 30

Join your fellow TBNers for a relaxing yet energizing cross-country ski weekend on some of Ontario's best trails. Stay at the Wigamog Inn, a full service resort. Ski, skate, soak in the whirlpool, and relax your muscles in the pool and sauna. In the evenings, curl up with a book in front of the fireplace, share a brew with a friend or join the dancing. Most people will arrive at the Inn late Friday afternoon, but you can come early, buy a trail pass, and enjoy an extra day of skiing. The cost is **\$215** for members and **\$225** for non-members, based on shared occupancy. This includes two nights' accommodations, two breakfasts and suppers, two days of trail passes, and use of the resort's facilities.

To sign up, contact Carl Friesen (phone: 416-410-4527, email: cfriesen@globalreachcom.com). Since this trip always sells out, it's wise to send your cheque in early. Make cheques payable to "Toronto Bicycling Network," and note on them "Wigamog Inn trip." Mail to cheques to: Carl Friesen, 1764 Rathburn Road East, Unit 30, Mississauga ON L4W 2N8.

Leisure Wheelers Steering Committee Meeting

by **Jamie Hauyon, Leisure Wheeler Coordinator**

A meeting will be held on Tuesday January 18, 2005 at 7:30 pm to prepare the Leisure Wheeler schedule for 2005. Open to any TBN member, the meeting will be held at the Tim Horton's at Yonge and Davisville.

Silent Lake ski weekend

11 to 13 February

Again this year, the perennial favourite cross-country ski weekend at Joseph's Resort will be held from 11 to 13 February. Your \$95 includes your shared accommodation for two nights and use of the facilities at Joseph's. Bring your skates and snowshoes. For more information, phone Ron Fletcher at 416. 461.9695. A third night's stay is available for half price. To reserve, contact Joseph directly at 1.888.637.6637.

Each room has a private three-piece bath, we have full cooking facilities and a separate lounge. There is a spa within walking distance. You can ski or snowshoe on snowmobile trails right out of your doorway, or drive to Silent Lake Provincial Park, about 20 minutes away. One year we tried the luge near Bancroft. To see what else is available in the area and for maps and pictures, click on joesresort.com.

We will arrange meals ourselves through Ron. Book ASAP as this trip always sells out quickly.

Holiday dinner at the Hot House Café

Sold out! Sorry to those who were too late to get tickets. Please note that TBN's policy is to have a \$5 higher price for those attending events if their cheques are received less than a week in advance of the event.

Note that tickets are not mailed, but a list of those who have paid is kept at the door, and your name is checked off as you enter.

A good time was had by all!

Rev Up Your Fitness Level with Indoor Cycling™

Five days after you terminate a training program, you begin losing cardiovascular and muscular endurance fitness. Each consecutive day of inactivity makes it worse. Your metabolism slows, your resting heart rate escalates, you gain weight and your clothes don't fit.

Don't despair -- start an indoor cycling™ training program.

You can do this at home, using your own bike and an indoor trainer, which is a resistance device ranging in price from \$250 to as much as \$2500. Start with a basic unit and upgrade only if usage, fitness and aspirations warrant. You'll also need a heart rate monitor that will help you stay focused, avoid boredom and be your on-bike coach.

If you can't do this at home or don't like training alone, consider an indoor training facility. Instructors know about bike fit, positioning and pedaling technique. Most are also experienced cyclists and can help you translate the indoor experience so you feel more like you're on the road.

Indoor cycling can help with the problem that while some athletes improve their performance each year, others stay the same or regress. Sometimes, low performance is due to just doing "volume" – the same boring rides on the same course.

Often, no training benefit results. One reason is that there is no element of "overload" associated with this type of training. Overload is a prerequisite to a training benefit, which is realized when the body adapts (recovers stronger) to overload stimulation.

Another reason is lack of diversity. Volume training provides basic physical conditioning but nothing in terms of all the other physical attributes which are critical to overall performance gains and that can make you a better cyclist.

Successful cyclists always strive to achieve the "overload effect" with each successive ride. They manipulate distance, intensity and duration to develop all of the body's physical attributes so that speed, strength and endurance are improved.

If the athlete does not possess the know-how to create this type of

program, then a knowledgeable coach with a proven track record in beneficial training effects should be consulted.

Indoor training has a role to play. It guards against weather and traffic risks. It is easier to control performance and focus on a particular physical attribute, it encourages perfect position, style and form, and it allows for analysis and correction of pedal strokes.

Aubrey Bryce is a NCCP certified coach, a track cycling Olympian, and successful Master's racing cyclist in Canada and the USA. He is president of Enduro Training Systems Inc. and a partner in The Fitness Factory, an indoor training facility for cyclists and multisport athletes in Scarborough. Contact Aubrey at info@endurotraining.com or visit www.endurotraining.com.

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19th Annual Toronto International Bicycle Show

See all the major bicycle retailers and manufacturers under one roof! Get great deals on 2004 inventory and lots of show specials on the new 2005 models. Mark March 4-6, 2005 on your calendar now and plan to attend the 2005 Toronto International Bicycle Show. The show is open Friday from noon until 9:00pm, Saturday from 10:00am to 8:00pm, and Sunday from 10:00am to 6:00pm. Admission is \$11 for adults, \$8 for seniors and children aged 6-12, and free for kids five and under. Discounted family and multi-day passes are also available. The show will take place at the National Trade Centre, Hall A, just inside the Prince's Gate at the CNE (Lakeshore Blvd West at Strachan Avenue). Free underground bike parking is available! For more information visit the show website: www.bicycleshowtoronto.com

Bikeway Network

by **Martin Koob, TBN representative to the Toronto Cycling Committee**

There have been a few projects completed to expand the Bikeway Network. The most salient was the completion of the Cosburn bike lanes from Broadview Ave. to Oak Park Ave. This was done in the face of opposition from one Councillor, Case Ootes. This 3.3 km stretch of bike lane took a long time to get approval but was finally open for bikes in late fall. Another project that was completed was upgrading of the Eglinton path from Mimico Creek to Jane Street. There have been some other small projects completed. There will be a full report of what has been done in the next issue of QR. Still, there needs to be a faster rate of expansion to the Bikeway network.

Bikeway Network Signs

One of the recommendations of the Bike Plan is that *“the city develop a bikeway network information system, including maps, signs, information boards and the City’s website”*. The first item on the list, maps, has been done with an annual bike map being published. Sign posting is the second stage that is being worked on. You may have noticed the blue bike route signs on downtown streets or on the Lower Don Trail. These were part of two pilot projects to test the new signs. Now that the pilot programs are over the City is starting to roll out the Bikeway Network signs on bike lanes and signed on-street routes in the south district of the city (basically the former City of Toronto). These signs should be erected over the winter and be ready for spring. The signs will feature a route number and direction information.

Signs will also be installed in 2005 along some of the park trails that form part of the Bikeway Network. The parks signs will be different than the street signs. They will contain the same blue bike route sign but also have other information such as distance information and reminders of trail etiquette. There are also plans for info boards or kiosks along the park paths which will feature maps and other information. The number of kilometers of park paths that can be signed in 2005 will depend on the city budget process. The Cycling Committee is asking that signs be erected on all of the paths that connect with the on street routes that are getting signs over the winter. This would enhance the connectedness of the on street and path parks of the bikeway network. This would mean having signs on the Humber Trail, Don Trail, Taylor Creek Trail and the Beltline Trail. Whether or not the TCC’s recommendation gets approved depends on how much pressure residents put on councilors to approved funds for the bike plan so call your councilor.

Cycling and Transit

One of the recommendations of the Toronto Bike Plan is that TTC busses be equipped with bike racks. This would allow cyclists to easily switch modes from bike to bus back to bike along their journey. The cyclists hang their bike on a bike rack on the front of the bus and climbs aboard. This feature is already done on every major transit system in North America. The Cycling Committee has been trying to get the TTC to undertake a pilot project but there has been a lot of resistance till now. Councillor Adam Giambrone, the Chair of the Toronto Cycling Committee, is also a member of the Toronto Transit Commission and has been pushing to have the TCC implement a Bus Bike

Rack pilot project. Reports are that he has met with some success. The final approval has not yet been given, but TTC staff are working on a plan to implement a pilot program on a number of TTC routes. This would be a significant milestone for the Bike Plan if these pilot programs go ahead in 2004.

Budget 2005 - Year 4 of the Bike Plan

The Toronto Cycling Committee has again issued its budget recommendations as part of the annual budget process. The implementation of the Bike Plan has not kept pace with what was envisioned. Reports coming from the Transportation state that with the current level of staffing and funding the Bike Plan will take 20 years to implement. The TCC does not find that acceptable and has proposed increases to staff and funding that should help to get work on the Bike Plan back in gear. To be able to convince councilors to support funding the bike plan we need your help. In January 2005 the City Council committees will make the decisions on what will and will not be funded. It is important that you contact your Councilor and tell them you want them to vote to fully fund and staff the Bike Plan.

For more information on the TCC’s budget recommendations, developments in the budget process and contact information for councilors check the BikeToronto.ca website: www.biketoronto.ca.

Urban Cowboys

by **Howard Chan, City hikes & walks and bonfire hike leader**

Today, Edith is thankful to be wearing her new lightweight Nike hiking shoes. A fallen Manitoba Maple tree sits in her path. The one-metre thick trunk is too high to step over. She grabs onto a branch for support as she detours around the fallen Maple. Conversation flows freely during outdoor adventures.

In deep ravines and forests with tall thick trees, orbiting satellites have trouble reaching out to GPS receivers. Patrick puts away his GPS and decides he would rather socialize and enjoy the natural beauty around him.

We are in the Glendon forest, in the city of Toronto and on a TBN city hike. Today's city hike is special. After exiting the Gendon forest tract, we arrive at fire pit #7 in Sunnybrook Park. Our bonfire is still burning. Bob has stayed back to attend the fire. Bob has just tossed the big logs into

the fire but saved the skinny green branches for roasting marshmallows and hot dogs. A pot of hot apple cider has several cinnamon sticks floating in it.

Two picnic tables are laid out with food. Everybody has brought something for the outdoor potluck. I sample the chickpea dip, pita bread, different types of cheese, crackers, savory meatballs, Timbits, tangerines, marshmallows and hot dogs for roasting over the fire. Exercise and outdoor eating makes all food taste better.

Around the fire, someone's cell phone goes off. An exchange in an exotic foreign language is taking place. "Where is the closest subway? I have to go now." Ania tells the group. The city hikes are fun, flexible and convenient for people who don't have all day.

The return tract is shorter, mostly along residential streets and much faster. The flat surface feels like we have a tail wind pushing us. Since the start this morning, four hours later, we are back in front of Lawrence subway station. City hikes and walks take advantage of the public transit system.

Every week is different. One week it is a real hike as we uncover hidden ravines, forest and park systems. Another week it is a walk as we discover architectural gems, historical sites and unique neighbourhoods. We don't have a bonfire every week and sometimes the walk is mainly on paved trails, but they are always in interesting areas and always in our own backyard. There is always an opportunity to sit down to a communal apres at some restaurant or pub.

Special thanks to:

Bob Everett for supplying the firewood, starting and maintaining the bonfire.

Mark Brousseau, the other City hikes and walks coordinator, for providing the apple cider.

John Burdett, new VP of Touring, for getting the park permit and leading the out bound tract.

Editor's note

This is the first issue of the newsletter I've edited. We'd planned on having someone to do the layout professionally, but that didn't work out, so we're stuck with my limited Word skills, unless someone out there can handle something more advanced, like Quark. I'll work on making the next issue better, maybe even some pictures. Thanks to all who contributed.

Carl Friesen, Editor



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