

# QuickRelease

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**Toronto  
bicycling  
Network**



# A rider in winter

by Carl Friesen

The scene: a January night outside the Royal Ontario Museum two years ago. It's not really cold – not Calgary cold, I'm used to that – but Toronto cold, which means high humidity. Even though the temperature is just a bit below freezing, it's teeth-chattering chilly. This is despite the fact that I'm wearing my double Gore-Tex down parka from MEC.

And here's my friend Jeff, with whom I've just done a tour of the ROM, getting ready to ride his bike home to Islington & Bloor, at least half an hour's ride away. He's pulling on an everyday sweater and a thin nylon shell, gloves and a balaclava. All the while, he's cheerfully insisting that he'll be plenty warm enough. I get cold just looking at him.

On my subway ride home, I started thinking. If he does it, so can I. Why should I leave my bike parked in the garage all winter, when I could be getting the benefits of the exercise and reducing my environmental footprint by not driving my car?

## So, I became a four-season cyclist.

It's really more a case of "just do it" than any set of circumstances. It helps that I generally don't need to ride more than 25 minutes to get to any of my usual destinations. Also, since I work from home, I don't need to commute. But I find that even living in bike- and transit-hostile Mississauga, my car only leaves the driveway maybe twice a week.

It's surprisingly enjoyable, even the rides in the long nights of winter when the temperature is well below zero. There's a sense of satisfaction that comes from traveling under one's own power, not adding the planet's environmental burden, and getting some good exercise along the way. It saves money I'd spend on the bus or driving – and at the fitness centre I used to attend. I'm in shape for riding longer distances when the weather warms up.

## I think that there are three elements to success in winter riding.

The right clothing: A good store like Velotique or MEC can outfit you with the right equipment. As with other winter activities, the secret is in layers that you can remove or add as needed. It's like

cross-country skiing in that you shouldn't dress in a way that makes you feel comfortable at the start, but for after you've been going for ten minutes or so.

The right bike: Some people have a winter beater-bike, but I take my pricey Dutch-made Challenge recumbent on winter roads a lot. I just pay attention to keeping it clean, and wash it down after a ride to get rid of the salt and sand. To ride in winter you're best to have full fenders. You'll need lights front and back, and reflector tape, because you'll often be riding in darkness or semi-darkness. Drivers aren't necessarily expecting to see a bicycle on the road during winter, and snowbanks can make the lanes narrower than usual.

The right attitude: I've made a deal with myself

that I'll ride if the weather is "reasonable," but not if it isn't. No-ride days are those when there is black ice, snow or slush on the roads, when there's rain or snowfall in the forecast, or it's just too cold. Of particular concern are warm days that put meltwater all over the road, which may freeze into black ice when the sun goes down. Considerations like these usually knock out a few weeks a year, but the rest of the time the conditions are fine.

Winter riding is not for everyone. But it works just fine for me.



Wednesday Night Ride Oct. 5/05. Photo: Ania Poradzisz

## Wigamog Inn Weekend February 3-5, 2006

Come join us for a TBN tradition – a weekend of cross-country skiing, snowshoeing and great food at Wigamog Inn Resort, near Minden, in the heart of Haliburton. We arrive on Friday evening and check into our rooms, and then head over to the dining hall for a fabulous supper. Saturday morning, after a great breakfast, most people will ski the trails they can access right off the Resort property, using the trail pass provided as part of their weekend fee. Or, ski at one of the nearby trail networks. Pack your own lunch. Saturday late afternoon there's usually a wine-tasting or other event at the Resort. Saturday evening is a great supper, with an evening of dancing or relaxing in the hot tub, sauna and pool. Sunday morning, some people ski some more and some relax, checking out of their rooms and getting on the road by mid-afternoon.

Rooms are shared occupancy, some in cabins with a shared bath. Some people will be in double cabins (four

people) or triple or quad cabins. This year, we offer a single-supplement rate if you want your own room. If you're willing to share, please let me know and I'll match you with someone of the same gender. Please let me know if there is someone with whom you want to share a room.

Fees include two nights' accommodation, two suppers, two breakfasts, use of facilities, GST, PST, Gratuities, and a one-day trail pass.

Single rate: \$270 for TBN members; \$285 for non-members

Double occupancy: \$225 for members; \$240 for non-members

**For more information**, call me at 416.410.4527; [newsletter@tbn.ca](mailto:newsletter@tbn.ca).

To register, please send a cheque made out to "Toronto Bicycling Network" to:

Carl Friesen  
1764 Rathburn Road East, Unit 30  
Mississauga ON LAW 2N8

# Bike Budget update

The fall has been busy with the Toronto Cycling Committee (TCC) with the release of a Three Year Implementation Strategy to accelerate the Toronto Bike Plan. It is a response to the Year Three Toronto Bike Plan Progress report that I wrote about in the last issue of the Quick Release.

The Three Year Strategy does contain recommendations that would help get the Bike Plan back in gear. There is a recommendation that the funding be increased for the Transportation Services cycling infrastructure budget to \$3.0 million in 2006, \$6.0 million in 2007 and \$6.0 million in 2008. The \$3.0 million in 2006 is up from the \$2.2 million was budgeted in 2005, and half of the \$6.0 million that was in the original funding projection for the Bike Plan. The TCC has recommended \$4.5 million be budgeted in 2006 in order to get closer to the original goal of the Bike Plan. This report is only a recommendation to City Council. The 2006 capital budget will be decided during the budget process that started in November and will conclude on December 9th, 2005.

The Three Year Implementation Strategy not only recommends amounts for budgeting each year; it also proposes bike lane projects that would be done in each of the three years. For 2006 it proposes 15 bike lane projects for a total of 27 kms of new bike lanes.

It also proposes some paths that could be constructed in rail or Hydro corridors. The biggest news here is that work will start on the first leg of the long-awaited Finch Hydro Corridor path. A two-km section from Keele to Dufferin will be built in 2006 alongside a new busway that is being built in the Hydro corridor. Design work will also start on the 12 km section from Black Creek trail to the East Don trail, with a eight km portion of that being constructed over 2007 and 2008. Another major corridor project proposed is upgrading the Gattineau Corridor Path from Victoria Park to Kennedy, which would be designed in 2006 and installed in 2007 and 2008. There would also be design of a 6.3 km extension of the path in that corridor from Kennedy to Ellesmere to be installed post 2008.

The Three Year Strategy also includes proposals for the City's Parks Forestry and Recreation Division for trails in parks. By far the major project on the list is the construction of the Railpath, a rail corridor path that would run from just north of

Dupont and Dundas St. West down to Strachan Ave. just south of King St. Work is proposed to start on the first phase in 2006 from Cariboo to Bloor. The 2007 phase to would see an extension from Bloor to Dundas St. W. The Parks recommendation includes other possible projects: a West Humber Trail extension to the Claireville Conservation Area, a trail from East Point Park to a new bridge at mouth of Highland Creek, York Bellline Extension from Walter Saunders Park to Marlee Ave and a new trail in McCowan Road District Park from Bellamy Rd. to Brimley Rd. It does not give a timeline for these four projects. For 2006 the cost of these projects is \$1.6 million with the 2007 price tag coming in at \$2.0 million. Again, all of these are dependent on Council approving the budget necessary to complete them.

The decision on these budgets will likely have been made by the time you read this. Hopefully you have been contacting your Councillor to enlist their support.

The third area of cycling Programs covered in the Three Year Strategy is that of Cycling Safety, Education and Promotion. Currently the City only Budgets \$150,000 annually for those programs. That has not changed since 2001. There are many programs that are recommended in the Bike Plan that have not been implemented. The report said that implementing the programs would require a doubling of funding. The TCC is recommending that an additional \$100,000 be budgeted for that. This is part of the Planning Division's operating budget. The process to set that budget will start in January and end in March. If you missed your chance to call your Councillor about the capital budget, you have a second chance here.

Again check out [www.biketoronto.ca](http://www.biketoronto.ca) for any updates or information as to how you can get involved to push to ensure that the Toronto Bike Plan Implementation Strategy continues.

## Bike Locker Project Update

I reported on a Bike Locker trial project a couple of issues ago. That project has been completed and now the City of Toronto has chosen the locker that they want to use and will be installing them at TTC subway stations at Finch, Lawrence, Victoria Park, and Royal York. They will also be at Toronto City Hall and Exhibition

Place. These secure bike lockers will be available for rent for \$10 per month for a four month term. If you are interested, contact David Tomlinson by e-mail, at [dtomlin@toronto.ca](mailto:dtomlin@toronto.ca) or by telephone, at 416-392-8400. You will need to indicate your preferred locker location. There will be a second phase of lockers going in. If you have an idea of a different location where you would like to rent one, you can let David know.

**Martin Koob**

**TBN Representative to the Toronto Cycling Committee**



Campbellville/Waterdown June1/05

## Editor's note

I'd like to extend a personal note of thanks to two members of the TBN board who have completed their terms and are stepping down. I'm the editor of this newsletter, and I can do that.

**Loreto Mani:** I've appreciated his abilities to absorb large volumes of feedback from Club members and keep smiling. He showed great leadership, an ability to make difficult decisions (I valued this greatly when organizing Cyclon this summer) and invariably did it cheerfully and with a sense of service to members. I also appreciated his ability to get Board meetings to keep moving along.

**Doug Innes:** As Treasurer, Doug watched over TBN's finances, squeezing income out of the reserve fund, a skill I much admired during this era of low interest rates. I appreciated his willingness to take on the Treasurer role for Cyclon as well. All of us who attended Cyclon appreciated Doug's other roles - planning the routes and the detailed work of preparing the maps and directions, and for acting as ride marshal one day.

# Annual General Meeting

Once again, Whistler's was the location of this year's annual general meeting. The event was well attended by 96 TBN members and friends. If you weren't there, you missed a great evening.

As we've come to expect from Whistlers, the food was excellent. The main buffet consisted of salads, a variety of vegetables, pasta and chicken.

Music this year was provided by a DJ/musician. Johnny Seww kept the dance floor packed with music from CDs as well as adding live guitar and vocals to some of the tracks.

The official portion of the evening was kept brief and entertaining by our outgoing president Loreto Mani. Outgoing members of the board were recognized and the new board was introduced. There are a couple of key positions open, though, so speak to any of the board members if you're interested.

In recent years, the AGM's agenda included the recognition of individuals whose actions have gone above and beyond and beyond what's called for of volunteers. This year was no exception. Bob Everett was recognized for his outstanding contributions to the club. You may not recognize the name, but Bob is everywhere. Next time you're on the TNT, Picnic, Hail Centurions ride, you may notice Bob in the background making sure things go smoothly. Coincidentally, it was also Bob's birthday that evening, so a surprise birthday cake was also in order.



Leisure Wheeler Sept.11/05

## TBN Who's Who

### TBN Board of Directors

President	Vacant	
Past President	Loreto Manni	
Director, V.P. Skiing & snowshoeing	Peter MacDonald	xcski@tbn.ca
Director, V.P. Touring	John Burdett	905.881.9259
Treasurer	Roy Hill	416.252.7073
Secretary	Brenda Sweet Paul Price	tbn@tbn.ca
Newsletter	Carl Friesen	newsletter@tbn.ca
Education Director	Dinsmore Roach Marie Ferguson	education@tbn.ca
Publicity & Promotions	Vacant	
Social Director	Ron Fletcher	416.461.9695
Weekend Trips Director	David Maclean	416.482.8033
Cyclon Director	Evelyn Bradley	

### Others

Quick Release Graphics	David Belford	dbelford@visedge.ca
Toronto Cycling Cttee. Rep.	Martin Koob	tcc-rep@tbn.ca
Promotions Projects Manager	Martha Krzic	promo-projects@tbn.ca
Membership Secretary	Eileen Harbinson	416.482.2157

### TBN Coordinators

City Walks	Mark Brousseau Howard Chan	416.466.4979
Country Cruise, Saturday Shorts	Rowena Maclure Barry Pinsky	416.487.1474 416.928.0503
Easy Roller	Roberta Terzolo	easyroller@tbn.ca
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	Kevin Mount	416.757.4541 • inline@tbn.ca
Leisure Wheeler	Jamie Hauyon	416.537.8865
Promotions Projects Manager	Martha Krzic	promo-projects@tbn.ca
Membership Secretary	Eileen Harbinson	416.482.2157
Mtn. Biking, Trail Riding	Dan Roitner	mtb@tbn.ca
Saturday Morning Ride	Julie Willmot	416.696.9263
Tourist, Sportif, Webmaster	Owen Rogers	info@tbn.ca
Tuesday Ravine Rides	David Peebles	416.534.7168
Wednesday Nights	Ron Fletcher	416.461.9695
Wednesday Wheelie	Bill Hannaford	416.482.2125

## Ice Skating Starts December 9th

Get some winter exercise with ice skating! We will meet at a different rink around town each week, skate for 90 minutes and head to a nearby restaurant for dinner and socializing. If conditions are not good for skating, the group will head straight to dinner.

The skates will run every Friday at 6:30 pm starting Dec. 9 and run until the outdoor rinks close in mid March.

Please check the hotline, website or weekly Chain of Events for rink locations and directions.

# Ski Safely

by Janet Guttman

On a bike, you worry about the cars, the traffic signals and the gravel going into that blind corner at the bottom of the steep hill. On skis you worry about the snow.

But there are other things to look out for as well, so here are a few guidelines to help make this season safe and enjoyable for everyone. It's logical really. You don't stop your bike at the bottom of a hill and let other riders plow into you, and you don't linger on skis on the trail at the bottom of a hill either. You get off the trail when others need to overtake, and you get out of the way of those racing down the hill. And you don't ski a trail that's too tough for you, or start a long run too late in the day and get caught in the dusk and darkness. Respect the snow and respect the conditions, which means going slowly in difficult conditions, and dressing really warmly when the weather is really cold. I once overestimated the temperature and underestimated my own abilities to stay warm at -20C. I still have the tingling in one nearly frost-bitten finger to remind me of it.

## Here the complete guidelines, from the Canada Trails web site.

- Always buy a trail pass when skiing at a commercial centre. Your trail fee helps pay for grooming and maintenance of the trails.
- When stopping, step off the trail to leave room for other skiers to pass.
- On double-tracked trails, ski single-file except when overtaking.
- When a skier behind calls out "track," move to the right to give them room to pass.
- Avoid cutting off other skiers when entering trails or overtaking.
- Ski in the specified direction on one-way trails.
- Descending skiers have right-of-way on hills. Climbing skiers should move as far to the right of the trail as possible when oncoming skiers approach.
- Fill in sitzmarks (the hole your bum leaves behind) after falling on trails.
- Pack out any garbage that you have brought with you. Leave nothing but tracks, take nothing but pictures.
- Avoid walking or snowshoeing on ski

trails - footprints decrease grip and glide.

- Don't skate on classically groomed trails. It will similarly disrupt the grip and glide of classic skiers.
- Leave your dog at home - dogs not only leave paw prints (and more unpleasant things) but can also cause an accident.
- Stick close to the trail--you may get lost or your tracks may lead other skiers astray.
- Respect private property. Some landowners are gracious enough to allow use of their land. Trespassers may cause this privilege to be revoked.

## And if that was not enough, they also say:

- Let someone know where you will be skiing and what time you will be returning, particularly if you are going into a backcountry area.
- Check your equipment before you leave home, to ensure that it functions properly and that you have everything that you will need.
- In mountainous areas, follow the basic avalanche safety procedures
- Carry a map of the area where you are skiing. If trails are not marked, you will also need a compass or a GPS unit.
- Wear a backpack containing food and drink, a waxing kit, extra clothing, emergency repair equipment and a first-aid kit.
- Know your limitations - in terms of both trail difficulty and distance - and ski on trails that are within your ability.
- Ski in groups of three or more, especially if venturing into backcountry areas. If someone is injured, one person can stay with the victim while the other goes for help.
- Know the symptoms of and remedies for frostbite and hypothermia. Check the other members of your group for symptoms at regular intervals.
- Eat and drink at regular intervals to maintain energy and hydration levels. Physical activity suppresses the appetite, so eat a few mouthfuls of food and take a few swallows of liquid every half hour or so, even if you're not hungry or thirsty.
- Before crossing ice over lakes or streams, ensure that it is thick enough to support

your weight. Ski centres usually warn their clientele about thin ice, but in backcountry areas you will have to make your own decisions. Several weeks of continual freezing temperatures are required to build up a safe thickness



## TBN Memberships - a Great Holiday Gift

A wonderful Holiday gift for a friend!  
\$55 New Single Membership.  
\$80 New Family Membership.  
\$45 Single Renewal and  
\$70 Family Renewal.

### HOW?

Simply download a Membership Application from our website [www.tbn.ca](http://www.tbn.ca). Complete the top portion only with your friend's: name, address, city, province and postal code, telephone number.

Leave remainder of the application for your friend to complete.

### Mail to:

TBN Membership Secretary  
131 Bloor Street West  
Suite 200, Box 279  
Toronto, ON  
M5S 1R8

Include a cheque in the amount of \$55 New Single Membership, \$80 New Family Membership, \$45 Single Renewal and \$70 Family Renewal. Payable to Toronto Bicycling Network. Include your own name, address, phone number and email address on the back of the application form.

A Holiday Gift Certificate addressed to your friend will be mailed to you.

If you have any questions, please contact:

Eileen Harbinson  
Membership Secretary  
416-482-2157 or [emh6@sympatico.ca](mailto:emh6@sympatico.ca)

# TBN Cross Country Ski and Snowshoe Program

Welcome to the 2006 cross-country ski and snowshoe season. The first TBN trip will be on Sunday, January 8th, 2006. During the season we will visit Horseshoe Valley, Hardwood Hills, Wasaga Beach, Highlands Nordic, Mansfield, Ganaraska Forest, the Scenic Caves and Arrowhead Provincial Park. This year, we will return to Dagmar ski resort north of Whitby, a destination the club has not been to in several years. Skiers of all levels and experience are welcome on the trips, from complete beginners to seasoned veterans.

If you have always wanted to try snowshoeing, most of the resorts we visit also offer snowshoeing trails. Once again this year, we will have guided snowshoe hikes for people who would like to give this popular winter sport a try.

How does it work? On Sundays the TBN ski bus picks up skiers at four convenient locations and we travel in a comfortable highway coach to ski country while you relax or chat with other TBNers. You enjoy a refreshing and exhilarating day on the trails with about 40 to 50 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 movie.

New this year is our new bus company. Our bus company of the past few years, Penetang-Midland Coach Lines was bought up by Greyhound Canada. After inviting bids from four major bus lines in the Toronto area, Greyhound, Can-ar Coach Lines, Pacific Western Transportation and Coach Canada, the board of directors elected to use Coach Canada for our buses this year. All buses are 55-seat highway coaches with both VCR and DVD players, and are washroom equipped.

Also new this year, we will have two Saturday trips. These will replace our Sunday trip on the week involved. The first Saturday trip is on Saturday, February 11 to Horseshoe Valley. On that day the bus will leave the last pick-up point in Toronto at 12 noon to arrive at Horseshoe Valley around 1 p.m. That evening, Horseshoe Valley will offer moonlight cross-country skiing on trails lit by lanterns and moonlight with hot apple cider by a bonfire at the end of the trail. Dinner is also available in the chalet at extra cost.

On Saturday, March 4 we will travel to Arrowhead Provincial Park. Due to the travel time to Arrowhead Provincial Park we have to leave the last pick-up point by 8:15 a.m. To accommodate members who rely on the TTC subway to get to the pickup points this trip will be moving to Saturday this year so members can make use of the subway. A stop for dinner on the way back may also be included on this trip.

Whether a long-time TBN member or a newcomer, join us! Call the Hotline (416-760-4191, line 1) to reserve your spot on the bus as well as get up-to-date information in case the schedule changes due to snow conditions. See the ski and snowshoe schedules below for details about the resorts we will visit during the season. See you on the trails!

## SIGN UP:

New this year you can sign up by phone or e-mail in advance of each week's bus. If you want to plan your winter in advance, save time and phone calls or e-mails and sign up for buses early, you can do this now. Just be sure to include the dates of all the weeks you want to sign up for. If you need to cancel a reservation in advance, remember you must do so before the sign-up deadline for the week you want to cancel, otherwise a \$15 no-show penalty applies.

## By Phone

Call the TBN Ski Hotline at 416-760-4191, line 1 before Thursday at 10 p.m. for Sunday trips, Wednesday at 10 p.m. for Saturday trips, and follow the directions.

## By e-mail

Register by e-mail at [xcski@tbn.ca](mailto:xcski@tbn.ca) before Thursday, 10 p.m. for Sunday trips and Wednesday, 10 p.m. for the Saturday trips.

**Include in your message, whether by e-mail or phone, the following:**

- The trip date or dates you are signing up for
- Your name
- Your membership number, if you are a member, otherwise say you are a non-member
- Your pickup point
- Your telephone number
- If you need ski or snowshoe rentals

## TO CANCEL:

If you must cancel a reservation, you must cancel BEFORE the end of registration for that week's bus, otherwise you will be charged a \$15 no-show fine.

Include in your message to cancel the following:

- The trip date or dates you want to cancel
- Your name
- Your membership number if you are a member
- Your phone number
- The pickup point you asked for
- If you had wanted ski or snowshoe rentals

## COST:

### Bus fare:

- TBN members who register before 10 p.m. on Thursday for Sunday buses or 10 p.m. Wednesday for Saturday buses, \$20.00
- TBN members who register after the deadline or do not register at all, \$25.00
- Non-members, \$25.00

The bus fee should be paid by cheque, made payable to the "Toronto Bicycling Network".

### Trail fee:

The trail fee depends on the destination. See the chart below for more information. Trail fees must be paid in cash. PLEASE BE KIND TO YOUR BUS CAPTAIN, BRING CORRECT CHANGE! THANK YOU.

### NO-SHOW PENALTY:

A \$15.00 no-show penalty will be charged to people who register and fail to cancel before the registration deadline or do not show up.

Make sure you call the Hotline on Friday for updates. Any changes will be stated at the beginning of the message.

## PICK-UP LOCATIONS:

PLEASE READ THE CHANGE TO THE LOCATION OF THE PICK-UP POINT AT YONGE STREET AND EGLINTON AVENUE!

**Victoria Park Subway Station, 9:00 a.m.**

Meet on the east side of Victoria Park Avenue at the exit from the subway station.

**Toronto Reference Library, 9:20 a.m.**

Meet at the corner of Yonge Street and Asquith Avenue, one block north of Bloor Street in front of the Toronto Reference Library.

**Yonge Street and Eglinton Avenue, 9:30 a.m.**

Please note that this pick-up point HAS MOVED. We will now meet ONE BLOCK NORTH OF EGLINTON at the north-east corner of YONGE STREET and ROEHAMPTON Avenue in front of the Bell World store.

**Yonge Street and York Mills, 9:45 a.m.**

Meet at the northeast corner of Yonge Street and York Mills Road.

Please remember that the above listed times are when the bus is scheduled to depart from the respective pickup locations. Skiers should arrive and be prepared to embark 10 minutes before the scheduled departure.

Note the following schedules will be in effect for Saturday, February 11th (moonlight skiing at Horseshoe Valley) and Saturday, March 4th(Arrowhead Provincial Park).

**Saturday, February 11**

Victoria Park Subway Station: 11:00 a.m.  
 Toronto Reference Library: 11:25 a.m.  
 Yonge and Eglinton: 11:45 a.m.  
 Yonge and York Mills: 12 noon

**Saturday, March 4**

Victoria Park Subway Station: 7:30 a.m.  
 Toronto Reference Library: 7:45 a.m.  
 Yonge and Eglinton: 8:00 a.m.  
 Yonge and York Mills: 8:15 a.m.

# Ski/Snowshoe Schedule

Date (Sunday unless noted)	Destination	Trail Type	Trail Length	Facilities	Trail Fee	Trail Fee & Rental	Snowshoe Tour
January 8	Scenic Caves	GCS, BC, SS	16km	PS, L	\$12.00	\$32.00	YES
January 15	Dagmar	GCS	25km	FS, L	\$10.00	\$30.00	NO
January 22	Hardwood Hills	GCS, SS	30 km	FS, L	\$17.50	\$42.50	YES
January 29	Wasaga	GC, SK, SS	30 km	PS, L	\$6.00	\$18.00	YES
February 5	Highlands Nordic	GCS	23 km	FS, L	\$10.00	\$30.00	NO
<b>SATURDAY</b>							
February 11	Horseshoe Valley	GCS, GC, SS	35 km	FS, L	\$15.00	\$35.00	YES
February 19	Mansfield	GC, SK	30/10 km	FS, L	\$11.50	\$29.50	NO
February 26	Ganaraska	GC	35 km	PS	\$10.00	none	NO
<b>SATURDAY</b>							
March 4	Arrowhead	GCS, SS	33 km	PS, L	\$6.00	\$27/\$32	YES
March 12	Horseshoe Valley	GCS, GC, SS	35 km	FS, L	\$15.00	\$35.00	YES
March 19	Wasaga	GC, SK, SS	30 km	PS, L	\$6.00	\$18.00	YES
March 26	Hardwood Hills	GCS, SS	30 km	FS, L	\$17.50	\$42.50	YES

**Facilities:** FS = Full service, including waxing hut, food services and chalet  
 PS = Partial service, including waxing hut, warm-up area & snack bar  
 L = Lessons offered by the resort. Must be pre-booked by the individual and paid for at the resort

**Trail Type:** GC = Groomed classic trails  
 SK = Skating trails  
 GCS = Shared classic & skating trails  
 SS = Snowshoe trails

**NOTE:** This schedule is tentative only and may change depending on weather and snow conditions. Please listen to the TBN Hotline for weekly updates.

## GET INVOLVED IN YOUR SKI/SNOWSHOE PROGRAM

A great way to get more fun out of your membership and the ski/snowshoe program is to get involved. We need bus captains, assistant bus captains, people to write articles for the newsletter, take photos and help with the administration of the program. If you would like to help and want more information, e-mail the vice-president of skiing, Peter MacDonald at [xcski@tbn.ca](mailto:xcski@tbn.ca)



**TBN's Seasonal Holiday Dinner/Dance**

**Friday, December 2nd**  
 Cash bar 6:30; Dinner 7:30

Days Inn, 30 Carlton Street  
 Yonge/College Subway

**Menu:** Butternut squash with frizzled leeks; Tender roast strip loin of beef with oregano sauce and Yorkshire pudding; scalloped potatoes; broccoli gratinee; pecan pie with whipped cream; tea and coffee (with decaf available).

\$35 tax/gratuities included  
 \$40 after November 28th, and for non-members

Make cheques payable to Toronto Bicycling Network C/O Ron Fletcher, 121 Victor Ave., Toronto M4K 1A7

No tickets will be mailed; your name is listed and checked off at the door

For information and to ask about special menus, call Ron 416 461-9695

# TBN Hotline!

To best use TBN's voice mail system, follow these easy steps:

Dial **416-760-4191** to go directly to the main menu.

From the main menu press...

- 1 Cross-country skiing and snowshoeing day trips (January-March)
- 1 Weekend and holiday rides (April-December)
- 2 Weekday events
- 3 Social events & membership information
- 4 Inline skating
- 5 Weekend trips & Cyclon 2005 information

### Hotline tips:

- From the main menu you can make a selection at any time, and you don't have to wait for the message to finish. You can return to the main menu after making a choice, by pressing **2** at any time. After making a selection from the main menu, press **1** to leave a message related to your main menu choice.
- Please be sure to select the appropriate mailbox in which to leave your message.
- If you're not sure where to leave your message, please leave it in the Social & Membership mailbox (i.e. press **3** from the main menu, then press **1**).



Lakeridge/Port Perry, May 29, 2005



Airshow - Hanlans Point, September 5, 2005. Photo: Max



Glen Williams/Ballinafad-Belfountain, June 4, 2005



## MOVING?

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