

# QuickRelease

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## TBN's 25th Anniversary




# HAPPY ANNIVERSARY TBN CELEBRATING 25 YEARS!!



**Its hard to believe... but 25 years ago a group of 'like minded' cyclists got together at a local high school and started a small network, where cyclists could meet for rides, events, and discuss cycling issues. That first meeting had 60 members. Today, we have over a thousand!!**

**To celebrate the Toronto Bicycling Network's 25th anniversary, I have been fortunate to find some of the TBN alumni who were there at the beginning. I've asked them to share their most memorable moments, and how TBN got started.**

## Favourite Times in the TBN

I've been a member of the TBN since I bought my first touring bike, a Fuji Touring Series IV back in the early 1980s.

It took about 6 months to actually take part in a TBN event, a spring potluck at the 519 Church Street community centre. I thought the members of the club would be very serious cyclists and I would be left way behind. I discovered that there are cyclists of all levels and I do get left behind on the tourist rides but I get left behind with a group of slow steady riders. One thing which I remember about the first potluck was they gave away a door as a door prize.

The event I will always remember was the trip to the Loire Valley in France I organized. It took about 6 months of research and planning and finding a travel agent that could help with the accommodations in France. I remember the fun every morning as the station wagon we rented to carry our luggage was packed and making sure the handle bar bag with all the documentation and vouchers for the hotels was loaded and not left behind. There was the wine and cheese party in the chateau we stayed at. There was the panic the night before I had to take the final payment into the travel agent and realizing that I was short one payment. Then remembering it was mine. I still have the antique print of map of the Loire Valley the participants gave me at the end.

**Peter MacDonald**

Hi, Noel. Here are a couple of quick anecdotes from 20 years ago -- Cyclon '88:

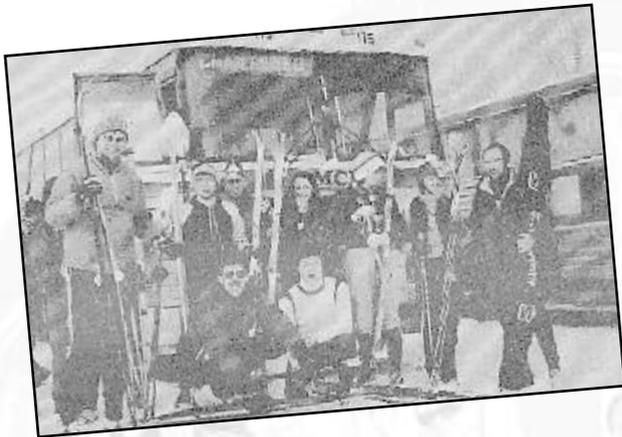
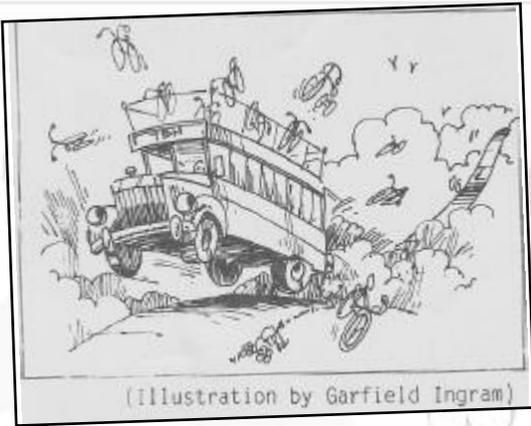
As a member of the 1988 Cyclon committee I was privy to most of the planning sessions for the event. A lot had been learned at the very first Cyclon in 1987, and the committee was eager to make Cyclon'88, centered at Guelph University, even better. I remember the discussions surrounding food, and it was during an early session that the 'feeding formula' was relayed to the new food and accommodations chair. "Ask the catering staff how much food they would recommend for 160 participants" someone suggested. "Then ask them for a price to double the amount of food per participant." Sure enough (and despite much skepticism from the catering staff) this turned out to be the correct formula for having just the right amount of food to fuel the ravenous Cyclon participants.

Not everything goes exactly as planned, however. Guelph University wouldn't allow bicycles to be brought into the residence rooms, and the committee wondered how it could arrange security for everyone's bike. Finance chair Len Rosenberg had a brilliant idea -- a large truck trailer that could be locked at night. And he even had the connections to get a trailer. Unfortunately, Len's connection was with a meat packer, and the trailer that came -- and sat in the hot sun all weekend -- was "less than scrupulously clean". Many thanks to the staunch volunteers who braved the smell (and the odd piece of bone) to load and unload our bicycles during the event!

**John Burnett**



Motley crew standing in front of infamous Twinklebone's Toastshop last leg of Caravan to Paris. photo: Richard Aaron



Hi, Noel.

I'd love to comment. I was at the founding meeting held the spring of 1983 at Jarvis High School with Richard Aaron. The winter before he had a display set up at Harbourfront for a bike week event and had talked about starting up a network of cyclists. At that meeting, he asked for ideas from myself and others. There were about 60 people present and over the winter of 83 we would call each other up to meet for coffee, and talk some more about the idea.

The spring of 84, Richard started leading some rides. The group was mostly experienced riders. We started off with camping trips and longer rides. That summer (1984) we did the first TBN out of town trip to Adolphustown to see the tallships on their 150 year birthday. This trip we took the train and got off at Belleville, then rode to Cherry Valley and camped for the stay. This started my many years of going to this area with many B&B weekends.

Most of the trips were for people who could ride longer distances. So after the season was finished and we started to come together as more of a group. Richard became president and a board was set up. It was the winter of 84 or early spring of 85 that Richard decided to leave the TBN and I took over as president and remained there from 1985 to 88, and continued to serve on the board till my move out west in 94.

In the spring of 85, I started the Easy Rider level with the first ride at Queens Park. Over the winter I was asked to take on this task. I have a funny story about this... some of the guys had planned a camping trip that weekend. But at the Queens Park Easy Rider city ride (and a tour of the bike paths) many girls came out for the ride (maybe 60 to 75 of them). The guys didn't go on the camping trip but came for the city ride instead. The ride returned to Queens Park early, so the group all went for lunch and so the city ride program started.

I did city rides that summer and increased the choice and level bit by bit. I took a group of "Easy Rollers" as they became to be called for ice cream one day and they did their first 100 mi ride. They were amazed at the end as we talked all the way stopped and rest and they did something they never thought they could do. We starting ending the rides with meals, so many times we would go out to Harbourfront.

Over the next 10 years went on to lead rides every Sunday, started 'week night' rides, and Saturday rides to build up the membership from 60 to several hundred people. I have many stories of the many rides and adventures the club has been on and would look forward to sharing them with you on the history of the TBN.

**John Ryan**

When I was asked by Noel Manchulenko, editor of Quick Release if I wished to write a paragraph or two for the 25th anniversary of the TBN I had to pause for a moment. Had 25 years... a quarter century, passed by since Richard Aaron and I met in Paris?? Where did the years go??

For the record Richard and I had the conversation about his vision for a recreational cycling organization in a restaurant called Brownie's, a fast food joint, over a burger and fries. To this day I remember my response: "Sure, I can work with you on that." With those few, fateful words I was committed.

What started as a "clearing house" for cycling information quickly developed into a lively group of cyclists that simply wanted the camaraderie of like minded people. And if I run through the memories of those early years, the camaraderie, more than anything stands out.

We cycled the routes set out by our departed touring guru, Tom Parry, who never did ride but did it for his wife May. We developed our own tours with a "build it and they will come" mentality taking our inspiration from the pure enjoyment of cycling. When the end of that first season came to an end we looked at each other and asked what was next. Simple. Let's put on the cross country skis.

Twenty-five years later the TBN is still a vibrant, viable organization. Technology has changed the bicycle; less weight, more aerodynamic, better wheels but in many ways the bicycle is unchanged. It's still dependant on human power fueled by the very spirit of being in efficient motion under one's own energy. That and a few granola bars.

Just as importantly, though, your organization, the TBN is fueled by the time and hard work of volunteers. It was that way 25 years ago.. and it'll be that way 25 years from now. As someone who has spent the better part of the last 15 years volunteering for my professional association, I can tell you that the return you get out of volunteering is exponentially greater than what you put into it. If you really want to achieve personal growth, cement friendships and feel a sense of accomplishment, then volunteer. Start small, lead a tour or a workshop. If nothing else then take the time to thank those that make the TBN the organization that it is. Simple but easily forgotten.

Lastly I simply want to say that I wish you the best for the next 25 years.

**Norm Myshok**

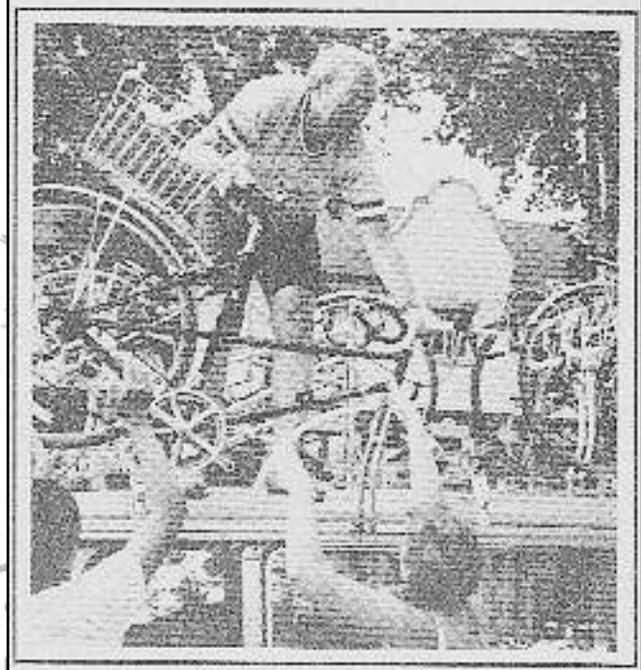
**If you have any stories or comments regarding TBN's 25th anniversary that you wish to share, e-mail them to [newsletter@tbn.ca](mailto:newsletter@tbn.ca).**

**We may be publishing them in the next issue of Quick Release.**



● Above: John Ryan mans the TBN water station at the Toronto General Hospital Run for Life last year. After handing out large amounts of water to all those thirsty runners, the TBN group went for a casual spin to a restaurant for cappuccinos.

● Below: Larry Stickland gets some help putting bicycles on (or is that off) the Bike Bus. The TBN Bike Bus continues this year under the direction of Dennis Szilvassy and Wally Lem. Photos by Karen Davis.



# TBN Educational Corner

Marie Ferguson & Dinsmore Roach

## TOPIC: Cycling Hydration Tips

Summer is right around the corner. For many of us, this means enjoying longer, more frequent rides while battling some downright hot temperatures. The result? Proper hydration becomes critical. When cycling, the wind whisks away your sweat, making it easy to underestimate fluid loss. Poor hydration leads to decreased performance, increased body temperature, and an increased heart rate. It can also raise your perceived rate of exertion (how difficult the ride feels to you) and lead to serious heat related injuries such as heat stroke. So what is proper hydration, and how do you achieve it? Start with these three tips.



### 1. The H2O Factor: Before your ride.

Proper hydration begins long before your ride does. About two hours before your ride, you should consume about 15-20 ounces of water. Thirty minutes before your ride, you should down another 10-15 ounces. If you ride early in the morning, then hydrate throughout the night. Consider keeping a water bottle by your bed. Get into the habit of weighing yourself in your bike gear just as you head out the door. If you replenish your fluid loss successfully during your ride, you'll be weighing about the same, or more when you return.

### 2. The H2O Factor: During your ride.

Properly hydrating before your ride is important. Getting those fluids down during your ride is essential. Even when cycling short distances (under 20 miles) at a slow to moderate pace, hydration plays a serious role. Throw in hot, humid weather, and things can get serious. You should consume 5-8 ounces of water for every 15 minutes of cycling. If you're out for a one-hour ride, at a moderate pace, you should drink 1-2 standard water bottles of water. If your bike can't accommodate two water bottles, take action: buy another water bottle and cage, or invest in a hydration system such as a CamelBak. Find you're still not drinking enough? During the dog days of summer, freeze your water bottles. Cool (but not cold) water goes down easier than warm.

### 3. The H2O Factor: After your ride.

So you've just enjoyed a killer ride (thanks in part to proper hydration of course.) Now what? Many of us grab a calorie-laden snack, jump in the shower, and get on with our day... completely disregarding our body's continued need for fluid. In the hour following your ride, you should consume another 10-20 ounces of water. Just because you unclipped doesn't mean your body has stopped working. Quench its thirst.

Cycling, like any other sport, demands that you pay attention to your body and provide for its needs. Follow the hydration golden rule. Strive for urine that is clear and odorless. It may take you a while to get into the habit of properly hydrating before, during, and after your ride; but suffer a heat related injury, or fizzle out on that Century, and you'll learn quickly.

Excerpted by Alexia Chianis, published Apr 20, 2006.

## Toronto's 'Bike to Work' Month

The TBN booth at the launch of Toronto's Bike to Work Month was very successful. We had a huge number of cyclists (both members and non-members) stop by the booth to say hi, get information, enter the draw for our new jersey, pick up pamphlets, etc. We signed up 6 new members and 2 renewals! Not bad, considering the torrential downpour that swamped us just as we were getting in the groove.

Special thanks to the City of Toronto setup crew for getting us sandbags and cement posts to hold the tent down when the winds kicked in, otherwise we might of ended up in Scarborough. As usual, our volunteer TBN'ers made the best of it, held on, kept materials dry and rallied forward. Special thanks to volunteers Ron, Donna, Phil, Richard, and Roy for helping staff the booth, and Mel for set up, and RT from the Toronto Cyclist Union, and another gentleman (who didn't leave his name) who helped put up the tent in the wee hours of the morning. You should have seen the spectacle we made bringing it all down, but we didn't lose any fingers - for that we are thankful!

And now, the information everyone has been waiting for... The draw for a Free "TBN Jersey"... We had 70 entries, with the winning ticket # of: 8544634, which belongs to Melvin Geronim. Congratulations Melvin. I'll be in touch with you shortly.

Sincerely,

Evelyn Sideen  
Publicity and Promotions Director - TBN

## Saturday Morning Rides

Kick off the weekend with this brisk-paced 35km social ride suitable for Easy Rollers and Tourists. Departs at 9:30 a.m. sharp and returns by 12:15 p.m. so you can do your Saturday errands or relax over an après ride snack or lunch.

Check the hotline or web site for start points.

Photo by David Middleton





**Cyclon® is a spectacular, three day bicycle touring event for all cyclists.**

The Toronto Bicycling Network, Canada's largest recreational cycling club, hosts Cyclon each year on the August Civic Holiday long weekend.

Cyclon 2008 will be held in St. Catherines, from Friday, August 1<sup>st</sup> to Monday, August 4<sup>th</sup>. We will be based at Brock University – an old favourite!

**Rides:**

- Road and MTB rides
- Choose from several tours per day
- Distances vary from 30 to 180 km
- Designed for every level of cyclist
- Detailed maps provided
- Experienced Ride Leaders/Sweeps
- Sag-Wagon drives the routes and is on call for rider assistance

**Package Includes:**

Lodging at Lowenberger Residence, Information Package upon arrival, Meals, Rides, Free time/Planned Social Activities, Use of facilities and much more!

**All Early bird registrations and payments must be received on or before June 19<sup>th</sup>**

*For your convenience, we are now accepting Visa & Mastercard payments!*

Book Early...  
Registration closes – July 15<sup>th</sup>

**Accommodation and Meals:**

- Three nights air conditioned lodging (dormitory residence) on university campus. Linens and towels provided.
- A Common Room with TV, comfy chairs and Kitchenette is available on each floor.
- Bikes allowed in room.
- Three breakfasts, Two lunches, Three dinners

**Social Activities and Extras:**

- Friday Night – Early-bird Ride & Social
- Saturday evening BBQ & Social
- Sunday Gala Dinner and Dance

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**Early Bird Sign Up and Social:**

**Date:** Thursday, June 19<sup>th</sup>, 2008 (TBC)

**Time:** 6:00 – 9:00 p.m.

**Place:** Bow & Arrow Pub 1954 Yonge St., on the west side, immediately north of Davisville in Toronto. 416-487-2036.

Come out to meet fellow cyclists, have your Cyclon questions answered in person and reserve your spot at Brock. Cash bar!

Everyone welcome,  
even if you're not ready to sign up just yet!



Need more information?

Frequently Asked Questions (FAQ), online registration, and more ... is available at [www.tbn.ca/cyclon](http://www.tbn.ca/cyclon)

## Wednesday Night Rides

Join the fun in our Wednesday Night Rides – Easy Roller Rides on bike trails or routes, with a relaxed social component. You'll need the brisk exercise because the apres often includes gelato, patio drinks, or pizza get-togethers. Rides are approximately 25/30 km, starting at 6:30 pm, and ending by 8:30 pm followed by an apres.

Usual start points are Bridgepoint Health, the Boardwalk Cafe, or Wilket Creek Park (Check the TBN Website to confirm each weeks start point).

## Friday Night Rides

Exercise and socialize on a Friday night. Join our relaxed social group as we tour Toronto sites as the sun goes down and then head over to the apres to top off the evening. Rides are 30/35 kms suitable for Easy Rollers. Please don't forget your locks, lights, helmet, and jackets for cool nights on rides by the lakeside.

Check the hotline or web site for start points and details on the first rides of the season. Please note, **all rides start at 6:30**, and the rides will be cancelled if raining.

## TBN Custom Jersey

The TBN Custom Jersey, made by Louis Garneau, is now available exclusively at Urbane Cyclist, 180 John St., and they're priced to go!! TBN Members, cost \$55, non-members \$89.

**Limited supply** - so hurry in and get one before they're gone!!



## TBN Inline Skating Program

Michael Lin & Marty Streeter  
Inline Skating Coordinators

If you're looking for a great way to kick off your weekend or just want to shake off those mid-week blues, TBN inline skating is a great way to do so and our 2008 program is now in full swing. On Saturday mornings our skates start at 10:am (9:45 meet) and, except for road trip skates, we're usually finished by noon. Escape the heat with our Wednesday evening lakeside skates along the Martin Goodman Trail starting at 6:45pm (6:30 meet).



The early season debris appears to have been cleared from the pathways and all our regular routes are in great skating condition. Many of the long time regulars are back for our skates and we've seen some new faces too.

If you've been thinking of joining us for a skate, stop thinking and just do it! Our routes are almost always of the out and back variety, so you won't get lost, and all our regulars are very supportive of the newer skaters.

Like all other "too good to be true" propositions, we do have a disclaimer:

*"In no way will TBN inline skate participants be limited to the quantity of fun they are allowed to have before, during and apres skate!"*

### May-June Schedule

Date	Route	Start Point	Meet time	Class
Wed Jul 02	Western Beaches	Sunnyside Pavilion	6:30 PM	SS/FF
Sat Jul 05	Waterfront Trail	Marie Curtis Park	9:45 AM	SS/FF
Wed Jul 09	Eastern Beaches	Waterside Sports	6:30 PM	SS/FF
Sat Jul 12	Don Trail	Taylor Creek Park	9:45 AM	SS/FF
Wed Jul 16	Western Beaches	Sunnyside Pavilion	6:30 PM	SS/FF
Sat Jul 19	Whitby-Oshawa	Lake Park	9:45 AM	SS/FF
Wed Jul 23	Eastern Beaches	Waterside Sports	6:30 PM	SS/FF
Sat Jul 26	Hamilton Beach Trail (July MM)	East Port Dr.	9:30 AM	MM
Wed Jul 30	Western Beaches	Sunnyside Pavilion	6:30 PM	SS/FF
Sat Aug 02	Waterfront Trail	Marie Curtis Park	9:45 AM	SS/FF
Wed Aug 06	Eastern Beaches	Waterside Sports	6:30 PM	SS/FF
Sat Aug 09	Banbury	Edwards Gardens	9:45 AM	SS/FF
Wed Aug 13	Western Beaches	Sunnyside Pavilion	6:30 PM	SS/FF
Sat Aug 16	Hamilton Beach Trail (Aug MM)	East Port Dr.	9:30 AM	MM
Wed Aug 20	Eastern Beaches	Waterside Sports	6:30 PM	SS/FF
Sat Aug 23	Peterborough Road Trip	Beavermead Park	9:45 AM	SS/FF
Wed Aug 27	Western Beaches	Sunnyside Pavilion	6:30 PM	SS/FF
Sat Aug 30	Airshow Skate	Cherry Street	11:30 AM	SS



# TBN Advocacy Report



Your TBN Advocacy Committee: Guy Huntington, Roman Struhanyk, Martin Koob, Ron Fletcher, Louis Fliss, Sam Bootsma, Richard Anstett, and Andrew Peck (absent)

Your Advocacy Committee has met twice, April 8th and May 27th. Although we are working hard to ensure safe, enjoyable cycling in Toronto, we need your help. Here are some suggestions;

- (1) Contact the committee to act as a "trail steward". If you cycle a regular route and are willing to monitor it, please let us know.
- (2) Let us know if you are willing to be our voice in a particular city ward. The councillors in each of our 44 wards need to hear

from their constituents. For example, Ward 13 is particularly crucial in the next few months to ensure the completion of the Annette St part of the Bike Network.

(3) Enter our contest to see which councillor will be first to get a pothole fixed in your ward. Just report a pothole to their office (e-mail: [councillor\\_lastname@toronto.ca](mailto:councillor_lastname@toronto.ca) or tel. 416-392-7937) anytime after the start date of 9 AM, July 4th and they will be eligible to win a free TBN membership.

(4) Win a free TBN membership for an essay of up to 500 words on one of these topics:

- (a) Toronto is a great cycling city (or not so much) because...
- (b) My ward is best situated for cycling because....
- (c) My favorite cycling route in Toronto is...

The winning essay will be eligible to be printed in Quick Release.

(5) If you drive, or know drivers, get them to fix the Watch for Bikes sticker (available from the City) on their rear view mirrors. It's the least we can do for the cyclist who died recently from a car door opening.

(6) Depute (in person and/or in writing) at City Hall in favour of completing the Bike Network. Hard to believe but there are people who show up to depute NOT to do so.

If you can do any of the above, or wish to help out in some other way, please email [tbn-civic@tbn.ca](mailto:tbn-civic@tbn.ca) or [ron.fletcher@sympatico.ca](mailto:ron.fletcher@sympatico.ca)

Thank you,

Ron Fletcher  
Chair, TBN Advocacy Committee

## Classic Events - Tour of Quinte

By Peter Marshall

There are many cycling events claiming to be "Classic". For sure the Tour of Flanders and the Milan San Remo are among those cycling events we all recognize as such and we all know that the Paris - Roubaix is the Queen of all road races.

As we cyclists age, quit racing and get real jobs, the desire to continue to do rides that fit our new found physical limitations comes to pass. This urge came to me at a young age, primarily because God spoke to me and said, "Lad you suck at the racing game, grab a hard hat and move on."

In the early 70's I had a friend with similar race sucking abilities and he called me at my home in Oshawa. Les Humphreys lived in Hamilton in those days and was a member of the Hamilton Cycling Club. Les suggested that I get some friends from the Oshawa Nomads to join him and some guys from Hamilton to do a weekend of cycling down in Prince Edward County. He called it the "Tour of Quinte".

I recall the first edition of the "Tour of Quinte" as a bunch of young guys & gals taking rooms at the Royal Hotel in down

town Picton. Names like Mark and Andy Firka from the Nomads, Andy Keys from Hamilton come to mind. In our first edition we even lost a rider for a few hours but Clair Penfound eventually found his way back in the dark and cold, to find his so called buddies more full of beer than concern.

Well we have matured some over the last 37 years (switched from beer to wine). What started out as little group of young cyclists out for a good time cycling with members of other clubs has sustained all those years. Sure it has changed in many ways, moving further south on the island to headquarter at large B&B in Milford. We go there before the tourist season starts. That way we avoid all those pesky summer tourist cars that ply the roads we wish to cycle. An early season ride can give changeable weather but experience tells us to bring various types of clothing. We all hope for perfect sunshine but are not too put off by whatever God serves up, knowing that good company and the chance to do a great early season ride are really what we are after.

This past edition of the "Quinte" I traveled

from St.Catharines with other Niagara Freewheelers and got in a 135K ride one day and 60K the next. At 86 Frank is revered in Niagara cycling circles and it pleased me no-end that he should get to meet my other cycling hero "Les".

Wow 37 years, how did it last so long? Well if you knew Les Humphreys as I do, you would understand. Cycling is his lifelong passion. He has been referred to as "The consummate cyclist" even perhaps a "Guru" of our sport. His wife Barbara has allowed her (our) man to peruse his other love for as long as she has been married to him and that darn bike. Thanks Barbara, we know you love him and we appreciate that you understand we need him. It takes a lot to keep an event such as the "Tour of Quinte" going and without his dedication our own "Spring Classic" would have died many years ago.

Riders show up year after year from The Ottawa Bicycle Club, the TBN, The Hamilton C.C. and my new club the Niagara Freewheelers. It would be nice to have other clubs join us but bed space would be a problem. So booking your spot must be done early.

Yes I say 'hats of to our man Les', a darn fine cyclist and a man to be depended on for the long haul.

# Bikeway Network Progress Continues at Council and on the Streets

June is bike month at City Hall and I don't mean just the annual celebration of all things cycling. If all goes well, during this month of June, the Public Works and Infrastructure Committee (PWIC) should have approved 14.4 km of the 53 km of lanes planned for this year. This in addition to the 10.2 km approved so far and waiting for installation will bring us almost halfway to this year's goal, again if all goes well. It doesn't always go well though as we found out with one project up for approval at the June 4th, 2008 meeting. The story of this project is an illustration that even with the new approval process community support is necessary to ensure projects are approved.

A project to put bicycle lanes on Annette St. from Dundas St. West to Jane St. was cut short. The section from Runnymede Road to Jane Street was removed from the project proposal presented to the PWIC due to pressure from some local businesses on Annette Street between Runnymede to Jane. They were worried about the loss of some parking. Leaving this section out would create gap in the Bikeway Network. Efforts by cyclists at the June 4th meeting may have given the missing section a second chance. A total of 9 cyclists showed up at the Public Works and Infrastructure committee including TBN's own Ron Fletcher to speak in favour of completing the full project including the Runnymede to Jane section. That convinced the committee to ask staff to hold further consultations on that section and bring the Runnymede to Jane section of bike lane on Annette back to the Committee in the fall. This small victory is important, but all of those who want these bike lanes will have to continue to contact the local councillor, Bill Saundercok, to express their support and to be involved in the consultations and at the fall meeting of the PWIC to ensure the project goes forward.

That small setback aside, the 14.4 kms of bike lanes up for approval this one month is an impressive number when you consider that as of September 2007 Toronto had 69 km of bicycle lanes in total and built just over 7 km last year. However there are still 435 km of lanes still to be built if the 1000 plus km Bikeway Network is to be completed by 2012. To get there the City is planning to have 70 km completed in 2009 and 90 km in 2010. To help this happen residents have to contact their Councillors and ask them when bike lanes are coming to their communities, call their Councillors when bike lanes are up for approval and express their support, and demonstrate their support by writing or speaking to the Public Works and Infrastructure Committee when the approval of bike lanes in their community is at risk. Individual TBN members can play a key role in this effort. The Annette bike lane won't be the last project to run into opposition as progress continues on the Bikeway Network.

The list here shows all of the bicycle lanes up for approval in June and the ones waiting for approval. There has been some slippage in the schedule. The original schedule of bike lanes approval set out in May 2008, had 21.3 km planned for June 27th. The seven projects marked with asterisks were not on the list of projects for that meeting so will have to go to the PWIC in the fall. It is important to let the Councillors know there is community support for these projects. If one of these is in your community be sure to call or write your local Councillor and express your support for these projects, and ask them when they will be going

forward for approval. To find out who your councillor is you can go to the following website:

<http://app.toronto.ca/wards/jsp/wards.jsp>

## June 4th PWIC Meeting Bike lanes approved - (7.6 km)

Street	Between
Annette St.	Runnymede to Dundas West
Dupont Ave.	Dundas West to Lansdowne
Marlee Rd.	Roselawn to Dell Park
Pharmacy Ave.	Denton to Alviston

## June 27th PWIC Meeting Bike lanes up for approval - (6.8 km)

Street	Between
Stanley Ave.	Royal York to Superior
Conlins	Sheppard to Military Trail
Royal York Rd.	Cavell to Manitoba
Simcoe St.	Queen's Quay to Front
Birchmount Rd.	Kingston to St. Clair

## Remaining Bike Lanes Planned for 2008 and waiting for approval

Street	Between
Pharmacy Ave.	Eglinton Ave. E. to Ellesmere*
Horner Ave.	Browns Line to Judson*
Judson St.	Horner to Islington*
Royal York Rd.	Allenhurst to Summitcrest*
Mount Pleasant Rd.	Lawrence to Broadway*
Lawrence Ave. E.	Yonge to Bayview*
Lawrence Ave. E.	Victoria Park to Kennedy*
Bloor St. E.	Church to Sherbourne
Davenport/Church	Bay to Bloor
Dawes Road	Danforth to Victoria Park
The Queensway	Stephen to Windermere
Lake Shore Blvd. W.	Etobicoke Creek to 38th St.
Lake Shore Blvd. W.	First to Norris
Lansdowne Ave	Davenport to Bloor
Simcoe St.	Front to Queen
St. Clair Ave E.	O'Connor to Birchmount

\*Originally scheduled for approval at June 27th meeting.

## Highland Creek Trail repairs underway

If you have tried to ride the Highland Creek trail in the past few years you know that the trail suffered quite a bit of damage under the Morningside bridge including the washing out of a bridge across the creek. This spring work started on a new bridge which will be followed by trail repairs. As of June 15th the new bridge is in place and the next stage is the paving of the new trail. Hopefully the trail will be back in full operation soon.

For updated news on progress on the Bikeway Network go to [www.biketoronto.ca](http://www.biketoronto.ca)

Martin Koob

# The New TBN Jersey!

About two years ago I took on the job of creating a new TBN jersey. As the TBN president I'd heard many ideas on how to make the TBN jersey better. The ideas varied from jersey sizing to some new features that could make the cycling experience more enjoyable. When I finished my term as past president I decided to take on the task of creating a new jersey for the club. I asked a few TBN members I knew if they'd be interested in a committee to create a new jersey. After poking and prodding I finally made up a group of 6 people.

Before we even started talking about the changes to the jersey, we had to set a price that members would be willing to pay. The consensus was approximately \$60, very close to what members were already paying. The budget was set and we began making a wish list of features for the new jersey. One key feature we wanted were jerseys with different sizes and cuts, that would fit all shapes and sizes including women and people of larger builds.

Next was the toughest of all, design criteria. I knew from the getgo there was going to be no possible way to make everyone in the club happy regardless of what design was selected. I asked the committee to submit suggestions for design elements that would become the criteria given to the designer. There were many ideas for design elements, and I boiled them down to just a few. The idea was not to restrict the designer's creativity, but to be sure that the final design would have parts that represented the club. The designers were told to include the club logo, the club web URL, a Canadian flag, and create a subtle, but appealing design. That was the easy part. Now I had to try and find people who would design and manufacture what we wanted for \$60.

I went to several manufacturers and had trouble trying to get one that would suit our needs. I would find one with a great collection of different cuts and sizes, but the actual cost of a jersey was way over budget. Another had a great price, but TBN would have to order so many it just wouldn't work financially. It was now late winter of 2006 and I was busy with my day job, so the project had to sit for several weeks. Once things slowed down at work I was able to resume looking for a jersey manufacturer. Oddly, enough I received an email from a company in Vancouver who made custom cycling jerseys. I decided to give them a call to see what they were all about. I was pleasantly surprised by the professionalism and how flexible they were with orders. Not to mention that their product is made in Canada. Atac's flexibility with orders and various jersey sizes and cuts was exactly what we were looking for.

The base jersey offered by ATAC included mens and womens sizes. A 19" hidden zipper on the front, making it easier to slip on or ride with it unzipped to cool you off when your climbing those nasty hills in summer. It is made of Hydra-2 material to wick away moisture from your skin when you ride to keep you dry. The committee had a small wish list of features we wanted included on the jersey. The list wasn't that long, but the extra features would be welcomed by cyclists. We asked for some reflective material on the back of the jersey to be seen. We've all been on those rides when you find a nice place to eat or a great outdoor concert and stay longer than you'd planned. Only to find your self riding home at dusk/early evening when being seen by is most important. The other feature the committed wanted was a zippered pocket. A great idea to keep your valuables or car keys from falling out of your pocket when your riding. Most cycling jerseys come with three back pockets, and I asked to add an additional fourth zippered pocket. I was excited about getting all of this for only a few dollars more than the price of the current



jersey.

Next came the designer. I wanted to find someone who was part of the club and understood what we were all about. Many jersey manufacturer's offer inhouse designs, but the results look just like inhouse design's. They're very generic and don't connect with the club. I put an ad on the TBN web site and Chain Of Events to try and see if any club member had interest in doing a design. There was no response from anyone in the club. I had to fall back on the old poking and prodding routine and managed to convince one of our members to help out. As fate would have it a few weeks later a fellow TBN member asked if I needed a designer for the jersey. I felt another designer could not hurt and give us more choice. I told Patrick to have the member contact me and submit a few concepts. Concepts are used as a starting point to get ideas for a final product. The concepts were presented to the membership at the Annual General Meeting last fall. I did a presentation and held a vote to determine if the concepts met with the members approval or did we have to go back to the drawing board. A winner was selected and work began on touching up the concept and making it a design for the jersey.

Several changes were made to the winner and another design was tossed around. Once we were happy with the changes a second vote was taken to select the actual design for the jersey. Well, over 70 people voted online to select the winner. It was finally time to sell our new jersey. I wanted to pre sell the jersey and held a fit session during the TBN Kick off in May. We presold half of our usual yearly jersey order. Don't worry if you missed it, I ordered more to compensate for the demand and they'll be available at Urbane Cyclist 180 John St. Toronto, Ontario for \$60.

I hope the membership enjoys the new jersey for years to come. We tried our best to provide a fresh new design and incorporated many features that cyclists would appreciate when traveling the roads. It was designed to offer comfort and features many cyclists would appreciate.

I wanted to take this opportunity to thank the TBN board, jersey committee members Arijia Berzitis, Brenda Dukovac, Peggy McFarland, Arne Oslinger and Barry Pinsky. Also designers David Belford and Ginger Lee for submitting some great art work. TBN members Evelyn Sideen, Melanie McGill and Owen Rogers. All of these people helped making the new jersey possible. Whether it was comments about how to make it better, offering places to sell the jersey or helping get the word out. Everyone one of these people helped make the new jersey. If you know any of these people, the next time you see them thank them for their hard work and effort.

Thanks to everyone for your help and enjoy! I can't believe it's finally over, now what do I do

**Loreto Manni**  
**Jersey Committee Chairman**

# Saturday Cruising Shorts

**Saturday, July 5 - 9:00 am**

## GEORGETOWN-EQUISING 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: Stewarttown Public School in Georgetown. Go west on Hwy 401 to Trafalgar Rd. Travel north to 15th Sideroad. Meet at Stewarttown Public School on the SE corner of Trafalgar Rd and 15th Sideroad. (Make sure you do NOT go to Pineview School!)

Dist: 62 km

**Saturday, July 19 - 9:00 am**

## 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: Mayfield Recreation Centre on the northeast corner of Bramalea Rd North and Mayfield Rd. The parking lot is a little further north on Bramalea, on the east side. To get there take Hwy 401 west to Hwy 410, then north to Mayfield Rd and east to Bramalea.

Dist: 54 km

**Saturday, August 9 - 9:00 am**

## SCHOMBERG TO HOCKLEY COUNTRY ROADS

A ride in the lovely countryside north of Schomberg. Great for a "Saturday Short" pedal.

Start: The arena in Schomberg. Take exit 55 off Highway 400 and head west on County



Holland Marsh - May 10, 2008

Photos by: Micheal Lee

Road 9 to 20th Side Road (first road west of Hwy. 27) and head south on 20th Side Road to the arena.

Dist: 61 km

**Saturday, August 23 - 9:00 am**

## HALTON HILLS - LOWVILLE

Enjoy the Halton Hills with the challenging option of mounting the escarpment (or not!) via Rattlesnake.

Start: Pineview School. Go west on Hwy 401 to Trafalgar Rd. Travel north to 5th Side Rd. Meet at Pineview (not Stewarttown, further north) Public School at the south-east corner of Trafalgar Rd. & 5th Side Rd.

Dist: 67 km

**Saturday, September 6 - 9:00 am**

## GOODWOOD WANDERER

This ride north of Stouffville will include a "power stop" at the always tasty Annina's

Bakery.

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and next to the Library.

Dist: 61 km

**Saturday, September 20 - 9:00 am**

## CAMPBELLVILLE COUNTRY CRUISER

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

Start: Commuter parking lot at Guelph Line & Reid Sideroad (lot is small.) Take Hwy 401 west to exit 312 and go south on Guelph Line towards Campbellville. Parking lot is on the right immediately after crossing over Hwy 401. If lot is full, turn right on the Reid sideroad. Go approx. 1/2 km until past the last "No Stopping" sign on top of the "80 KPH Begins" sign. Park on shoulder. Ride back to commuter parking lot to begin ride.

Dist: 62 km.



Bee Line to Bowmanville - April 27, 2008

Photos by: Patrick Lam

# Introduction to Country Cruise Newbie Clinics

These clinics are a great place for riders who want to begin doing Country Cruise rides. The clinics will provide tips on how to ride, read maps, what you should/shouldn't bring, how to prepare, and what to expect when you get on a TBN Country Cruise club ride.

The brief clinic will be followed by a 60km Country Cruise ride. The route will give the rider an opportunity to experiment riding longer distances, and build the confidence necessary to do Country Cruise rides. The ride starts in King City and goes to Bradford via the Holland Marsh, with a short rest break in Bradford. The ride then returns back to King City.

After the ride there is an optional Apres at a local coffee shop. We will have a beverage and exchange tales of the days ride.

The clinics will be held at the NE corner of King Side Road and Keele St in the municipal parking lot at 8:30 am. Watch the TBN web site for upcoming dates.

**Loreto Manni**  
Spinning Coordinator  
Toronto Bicycling Network



Port Perry Pedler - June 10, 2007

Photos by: Patrick Lam

# Wednesday Wheelies

**July 2, 8:30 am**

## ASHBURN TOUR

Start: Meet at Ashburn Community Park on the west side of Ashburn Rd, 200m north of the main intersection in Ashburn. To get to Ashburn, go east on Hwy 401 to Brock Rd, north to Claremont and east on County Road 5 to Ashburn. Bring lunch for this tour.

Dist: 57 & 81 km

**July 9, 8:30 am**

## HORNBY/GLEN WILLIAMS

Start: To get to Hornby Park exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

Dist: 73 & 87 km

**July 16, 8:30 am**

## DURHAM COLLEGE/BOWMANVILLE

Start: North parking lot of Durham College. To reach Durham College, exit Hwy 401 east at Thickson Rd, go north to Conlin's Rd, then east to the north parking lot at Durham College.

Dist: 69 & 79 km

**July 23, 8:30 am**

## STOUFFVILLE/GOODWOOD

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.

Dist: 61, 76 & 84 km

**July 30, 8:30 am**

## KING CITY/CALEDON EAST (OR BOLTON) /KLEINBURG

Start: Meet in the municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)

Dist: 74 & 103 km

**August 6, 8:30 am**

## HORNBY/CAMPBELLVILLE

Start: Hornby Park. To get to there exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

Dist: 66 & 75 km

**August 13, 8:30 am**

## COURTICE TO BOWMANVILLE

Start: Community Centre in Courtice. To get to Courtice, exit Hwy 401 eastbound at interchange 425, (C.R. 34/Courtice Rd.) Drive north just past Hwy 2 and turn left into the Courtice Community Centre.

Dist: 71 & 86 km

**August 20, 8:30 am**

## HORNBY/LOWVILLE/ CAMPBELLVILLE

Start: Hornby Park. To get to there exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

Dist: 67, 83 & 99 km

**August 27, 8:30 am**

## STOUFFVILLE/UXBRIDGE

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.

Dist: 61 & 85 km



Unionville/Musselman Lake Ride - April 16, 2008  
"Team Blue"

**September 3, 10:00 am**

## HORNBY/GLEN WILLIAMS

Start: Hornby Park. To get to there exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

Dist: 73 & 87 km

## TBN Ride Classifications

### LEISURE WHEELER

Distances of 20-60 km, at speeds of 15-17 km/h, at a "leisurely" pace. Designed as a series of entry-level rides for novices, those returning to cycling after a long absence, and senior riders. Rides start at 10:00 am.



### EASY ROLLER

Distances of 20-60 km, at speeds of 15-20 km/h, at a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Rides start at 10:00 am.



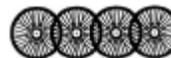
### TOURIST

Distances of 50-110 km, at speeds averaging 20-25 km/h, at a comfortable pace. "Short Tourist" designates rides in the 50-70 km range.



### ADVANCED TOURIST

Distances of 120-200 km at speeds averaging 25-30 km/h at a brisk pace. These rides generally start at 8:30 am from late April to early October.



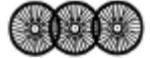
### SPORTIF

Distances of 90-200 km, at speeds averaging 25-35 km/h, usually at a fast pace.



### COUNTRY CRUISE

Rides of 40-120 km exploring the country roads of southern Ontario. Suited to cyclists of varying fitness levels. Participants set their own pace averaging from 18 km/h to 25 km/h. At least two routes are offered: a short route of 50-70 km and a longer route. Start points are typically within a 90-minute drive of Toronto. Rides start at 10:00 am, unless otherwise stated.



## OTHER RIDE PROGRAMS

### WEDNESDAY WHEELIES

The riders are a very diverse group, from Tourist to Sportif. At least two distances are offered each day, varying from 60 to 100 km. Start points are within a 90 minute drive from Toronto and stick to quiet country roads. Start times vary, with 8:30 am during the hot summer months and 10:00 am at other times.



### SATURDAY CRUISING SHORTS

TBN presents short, scenic country rides with start points far enough removed from the city yet still within easy driving distance. Start time 9:00 am.



# Ravine Rides

Enjoy park paths without the weekend crowds. The Ravine Rides are a series of relatively short rides at a moderate pace, generally taking 1½–3 hours. The rides start at 10:30 AM on Tuesdays from May to October. All start points are near subway stations, and the 10:30 start gives a full hour for travelling on the TTC with your bike. The routes avoid busy streets as much as possible. Optional coffee and sandwich stop after each ride.

## Tuesday, July 1

### HOGG'S HOLLOW HOLIDAY

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, a little bit of gravel, and the infamous Wilket Creek sand trap.

Start: 10:30 a.m. by the playground in Oriole park, one block west of Davisville subway station

Dist: 27 km

## Tuesday, July 8

### TAYLOR, MARTIN, AND DON

A water theme: the lakeshore, the Don River, and Taylor Creek. Paved paths with a few blocks of street riding.

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

Dist: 26 km

## Tuesday, July 15

### MIMICO CREEK AND THE HUMBER

Paved paths and only a few blocks of street riding.

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

Dist: 22 km



Secrets of Scarborough Ride - Photo by Ania Poradzisz

## Tuesday, July 22

### 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

Dist: 30 km

## Tuesday, July 29

### BOORDALE AND MIMICO CREEK

Explore the western edge of the city. A bit of street riding takes us to paths in two nice long ravines. One unpaved road.

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

Dist: 19 km

## Tuesday, August 5

### RICHARD'S ROUTE

Explore parks and paths in the far northeast. Some street riding.

Start: 10:30 a.m. Midland RT station

Dist: 22 km

## Tuesday, August 12

### 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

Dist: 35 km

## Tuesday, August 19

### HUMBER AND HIGH PARK

North along the Humber, east through Smythe Park, 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 Brule parking lot (down the hill behind Old Mill subway station)

Dist: 24 km

## Tuesday, August 26

### BALFOUR AND THE BELTLINE PLUS

David Balfour Park, Moore Park, the Beltline, and the Beltline Extension. Some unpaved paths and street riding.

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

Dist: 25 km

## Tuesday, September 2

### P2P: VICTORIA PARK TO HIGH PARK

A one-way ride along the lakeshore. Route may include 2 km of unpaved paths.

Start: 10:30 a.m. Coffee Time at Shoppers

## Common TBN Start Locations

**Boardwalk Pub** - Just east of the foot of Coxwell Avenue at Lakeshore Boulevard in the Eastern Beaches area. Woodbine Beach parking is \$5, but free street parking is available on both sides of Coxwell Avenue.

**Bridge Point Health** - Meet at the park behind Bidge Point Health at the corner of Broadview & Langley. Parking is on Broadview.

**Edwards Gardens** - The Edwards Gardens parking lot is located on the southwest corner of Lawrence Avenue East and Leslie Street.

**Etienne Brûlé Park** - The Etienne Brûlé Park parking lot is located at the junction of Old Mill Road and Old Mill Drive (around the corner and down the hill from the Old Mill subway station).

**Finch** - Finch Subway Park & Ride is on the northwest corner of Yonge Street and Hendon Avenue, one block north of Finch Avenue.

**Kipling** - Kipling Subway Park & Ride, North Lot on Subway Crescent, south of Dundas Street West and west of Kipling. Look for the signs.

**Shoppers World** - Danforth at Victoria Park (one block south of Victoria Park Subway Park & Ride) in front of Coffee Time Donuts.

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

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

World, one block south of Victoria Park subway station

Dist: 21 km

## Tuesday, September 9

### 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

Dist: 28 km

# Sunday and Holiday Rides



Kingsway Ride - May 4, 2008 Photos by: Juliet Suddaby

## Tuesday, 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

Dist: 32 km

Class: Leisure Wheeler

Après: The Second Cup

### VANDORF/SNOWBALL

Short route heads to lunch at Jake's in Unionville. Long routes lunch in Maple!

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Sportif, Tourist

## Sunday, July 6

### LAKERIDGE RIDE

Head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!

Start: Finch 8:30 am

Dist: 115, 123 & 137 km

Class: Advanced Tourist, Tourist

### CYNTHIA'S SCENIC SITES

Discover some of the most beautiful neighborhoods and hidden treasures in North York. The route is evenly balanced between street and trail riding, as we also take you through the city's most scenic trails along the Don River and Taylor Creek.

Start: Shoppers World, Danforth

Dist: 54 km

Class: Leisure Wheeler

### COOKSVILLE TO APPLEWOOD

This ride is a mix between trail and roads.

Lunch in Mississauga. This ride is rather brisk and is expected to be at the top end of the Easy Roller pace.

Start: Etienne Brûlé Park

Dist: 56 km

Class: Easy Roller

### STOUFFVILLE/GOODWOOD

Two routes cycle up to Stouffville for a spot of lunch at the Lion of Whitchurch pub. The third lunches in Goodwood. Optional ice cream stop in Unionville on return trip.

Start: Finch

Dist: 79, 97 & 108 km

Class: Short Tourist, Tourist

### SCHOMBERG - HOCKLEY COUNTRY ROADS

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

Start: The arena in Schomberg. Take exit 55 off Highway 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy. 27) and head south on 20th Side Road to the arena.

Dist: 61, 72 & 88 km

Class: Country Cruise

## Sunday, July 13

### TOTTENHAM TRAILBLAZER

Ride through the marsh to Tottenham, followed by a rolling return route via Bolton and Kleinburg. Short tour lunches in Bolton.

Start: Finch 8:30 am

Dist: 115 & 135 km

Class: Advanced Tourist, Tourist

### HENRY THE FIFTH - PART TWO

An alternative approach to Agincourt, avoiding the Battle of Cumber Hill. Bring lunch.

Start: Parking lot on the NW corner of Sheppard and Leslie, opposite the Leslie Subway Station (Sheppard Line).

Dist: 35 km

Class: Leisure Wheeler

### OAKVILLE ODYSSEY

Go from the west side of Toronto to the quiet gardens of classy Oakville. Pick up lunch at Tim Hortons or bring your own

Start: South parking lot of Kipling Subway.

The entrance to the parking lot is on Kipling Ave, south of the railway overpass.

Dist: 60 km

Class: Easy Roller

Après: Tim Hortons

### BOLTON HAMMER RELOADED

Three routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.

Start: Finch

Dist: 87, 108 & 116 km

Class: Advanced Tourist, Tourist

### CAMPBELLVILLE COUNTRY CRUISER

A ride through the rolling countryside around Campbellville on scenic roads. Lunch is in the park in Lowville. Bring your own food.

Start: Commuter parking lot at Guelph Line & Reid Sideroad (lot is small). Take Hwy 401 west to exit 312 and go south on Guelph Line towards Campbellville. Parking lot is on the right immediately after crossing over Hwy 401.

If lot is full, turn right on the Reid sideroad. Go approx. 1/2 km until past the last "No Stopping" sign on top of the "80 KPH Begins" sign. Park on shoulder. Ride back to commuter parking lot to begin ride.

Dist: 42, 62 & 87 km

Class: Country Cruise

## Sunday, July 20

### MT. ALBERT/UXBRIDGE/UTICA

Three routes to lunch in Uxbridge.

Start: Finch 8:30 am

Dist: 115, 131 & 155 km

Class: Advanced Tourist, Tourist

### RANDY'S RAMBLE

A five-star ride westward from the Humber along the Waterfront Trail. We tour a couple of parks and the Humber College campus, picnic in Douglas Kennedy Park, and then continue another 3 km to Port Credit.

Start: Old Mill Subway

Dist: 48 km

Class: Leisure Wheeler

### CYNTHIA'S SCENIC CITY (PART 1B) -

Circle around Toronto through some of the city's main trails, quiet streets, and affluent neighbourhoods of The Bridle Path area (clockwise route).

Start: Edwards Gardens

Dist: 64 km

Class: Easy Roller

### MUSSELMAN LAKE/MT ALBERT

Do the Musselman Lake run to lunch in Ballantrae, or keep going north to Mt. Albert.

Start: Finch

Dist: 85 & 102 km

Class: Advanced Tourist, Tourist

### THE PORT HOPE HILL HOP

A return to the ever-popular area around Port Hope. Enjoy undulating roads with awesome scenery including gorgeous vistas of Lake Ontario. Three loops and Bickle Hill may prevail!

Start: Town Hall, 56 Queen St, Port Hope. Exit Hwy 401 eastbound at Hwy 2 (interchange #461), then follow Hwy 2 to downtown Port Hope.

Dist: 51, 71 & 97 km

Class: Country Cruise

### **Sunday, July 27**

#### **HOLLAND MARSH/SCHOMBERG**

An old favourite resurrected with some new twists as we ride to Schomberg and back via the Holland Marsh.

Start: Finch 8:30 am

Dist: 115 & 127 km

Class: Advanced Tourist, Tourist

#### **DIM SUM RIDE**

Join John Bedford for Dim Sum in Markham. Other foods available. Ride skips Cummer Hill.

Start: Finch

Dist: 40 km

Class: Leisure Wheeler

#### **GUILD INN**

Visit the beautiful Guild Inn, and have a picnic lunch on the grounds. We'll stop to buy lunch on the way.

Start: Boardwalk Pub

Dist: 60 km

Class: Easy Roller

#### **KETTLEBY/SCHOMBERG**

Three routes ride through the historic village of Kettleby, before diverging to lunch stops in Maple or Schomberg.

Start: Finch

Dist: 76, 96 & 118 km

Class: Short Tourist, Tourist, Sportif

#### **BOWMANVILLE HILL AND DALE**

A superb undulating ride east of Bowmanville, returning along Lake Ontario. On the short ride, you are advised to bring lunch. On the long route, the optional lunch in Port Hope adds a few km to the ride.

Start: Bowmanville. Go east on Hwy 401 exiting at exit 432, Liberty St. Drive north on Liberty (RR14) to King St and right on King to Bowmanville Mall Plaza, King Street (Hwy 2) and Simpson Street; meet at the far end of the parking lot.

Dist: 55, 90 & 117 km

Class: Country Cruise



Lakridge/Port Perry - May 25, 2008

Photos by: Owen Rogers

### **Sunday, August 3**

#### **CAMPBELLVILLE CLASSIC**

Follow the quiet backroads to the Trail Eatery in Campbellville.

Start: Kipling 8:30 am

Dist: 110 & 130 km

Class: Advanced Tourist, Tourist

#### **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: Boardwalk Pub

Dist: 42 km

Class: Leisure Wheeler

Après: Boardwalk Pub

#### **KING CITY**

Travel through Klieburg and King City before stopping for lunch at everyone's favourite bakery. This ride will be at the top end of the Easy Roller pace.

Start: Finch

Dist: 65 km

Class: Easy Roller

Après: Tim Hortons

#### **NORVAL/TERRA COTTA**

We will circumnavigate the Georgetown area before alighting at a welcoming Tim Hortons for lunch under some cool A/C.

Start: Kipling Subway Park & Ride

Dist: 85 & 110 km

Class: Advanced Tourist, Tourist

#### **GEORGETOWN-EQUESING HYSTERICAL TOUR -**

This tour has resurrected past rides and charted the best roads of the area resulting in three fabulous options to tour this area. The routes avoid traffic trouble spots in both Georgetown and Acton while catching all the best scenery and a few of those Halton Hills.

Start: Stewarttown Public School. To get there go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road. The school is on the southeast corner. (Make sure you do NOT go to Pineview School!)

Dist: 47, 62 & 89 km

Class: Country Cruise

### **Monday, August 4**

#### **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

Dist: 32 km

Class: Leisure Wheeler

Après: The Second Cup

#### **MAPLE BAKERY**

An easier ride today -- a shortened version of the ride to Maple Bakery.

Start: Finch

Dist: 35 km

Class: Easy Roller

Après: Tim Hortons

#### **VANDORF/SNOWBALL**

Short route heads to lunch at Jake's in Unionville. Long routes lunch in Maple!

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Tourist, Sportif

### **Sunday, August 10 - TBN PICNIC**

#### **TOO GOOD PICNIC EXPRESS**

Beat the heat, get a good ride in and still arrive at our annual club picnic at Too Good Pond in Unionville in time to mingle with riders from the other ride categories.

Start: Finch 8:30 am

Dist: 105 & 130 km

Class: Advanced Tourist, Tourist

#### **ANNUAL CLUB BBQ RIDE**

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

Start: Finch

Dist: 35, 60, 75 & 105 km

Class: Easy Roller, Leisure Wheeler, Short Tourist, Tourist

#### **CRUISE TO THE TBN PICNIC**

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 the tour goes east over rolling terrain with a gentle dip south and then back west to Unionville.

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St. past the train tracks and before Market St.

Dist: 62 & 85 km

Class: Country Cruise

### **Sunday, August 17**

#### **SILVER CREEK CENTURY**

A century ride through Caledon with lunch in Inglewood.

Start: Finch 8:30 am

Dist: 125, 143 & 165 km

Class: Advanced Tourist

#### **GUILD INN PICNIC**

Join us for a picnic on the grounds of the historic Guild Inn. Bring lunch or pick-up something along the way. Some hills.

Start: Shoppers World, Danforth

Dist: 42 km

Class: Leisure Wheeler

#### **CENTENNIAL PARK TO PORT CREDIT**

Ride through scenic Port Credit and lunch at Clarkson. The way back home will be on the waterfront trail. Lunch in Clarkson. This ride is a good challenge and is expected to be at the top end of the Easy Roller pace.

Start: Etienne Brûlé Park  
Dist: 62 km  
Class: Easy Roller

### **KLEINBURG CAPPUCCINO RIDE**

An undulating ride to lunch in Kleinburg.  
Start: Finch  
Dist: 66 km  
Class: Short Tourist

### **BOLTON HAMMER RELOADED**

Three routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.  
Start: Finch  
Dist: 87, 108 & 116 km  
Class: Advanced Tourist, Tourist

### **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. Store with picnic tables also available in Harwood.  
Start: Cobourg. Take Hwy 401 east to Cobourg, Division Street Exit. Continue south to the harbour parking lot at the foot of Division Street. (County Road 45 in Cobourg.)  
Dist: 60, 74 & 88 km  
Class: Country Cruise

### **Sunday, August 24**

#### **QUEENSVILLE/MT ALBERT RIDE**

A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert.  
Start: Finch 8:30 am  
Dist: 120 & 140 km  
Class: Tourist, Advanced Tourist

#### **CYNTHIA'S SCENIC NEIGHBOURHOODS**

Explore the most beautiful and charming neighbourhoods of Etobicoke and the middle section of the Humber Trail.  
Start: Old Mill Subway  
Dist: 48 km  
Class: Leisure Wheeler

#### **FIELDS AND STREAMS**

Venture out to lunch in Streetsville.  
Start: Etienne Brûlé Park  
Dist: 65 km  
Class: Easy Roller

#### **HOLLAND MARSH/NEWMARKET**

A hilly but scenic route to Aurora for lunch. Long tour takes in the Marsh.  
Start: Finch  
Dist: 79 & 104 km  
Class: Short Tourist, Tourist

#### **BARRIE TO BASS LAKE BEACH RIDE -**

Ride past the beautiful beaches and cottages/homes along the shores of Lake Simcoe then on through the rolling countryside north of Barrie to lunch at Bass Lake Provincial

Park. The short route is flatter than the long route. Bring your lunch and bathing suit. Note: There is one general store but no restaurant on the route before Bass Lake.  
Start: Eastview High School in Barrie. Take Hwy 400 to Exit 102 at Duckworth Street. (This is the exit for Georgian College and the Royal Victoria Hospital). Go right (south) on Duckworth St about 0.5 km to Grove St E. Turn left onto Grove St. and go about 1 km to Eastview High school (on the right).  
Dist: 63 & 92 km  
Class: Country Cruise

### **Sunday, August 31**

#### **LAKERIDGE-PORT PERRY**

Ride to Port Perry. Short routes head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!  
Start: Finch 8:30 am  
Dist: 123 & 145 km  
Class: Advanced Tourist

#### **HUMBER TRAIL & BEYOND**

Enjoy the sights and sounds of the Humber Trail. This time the route goes north to Steeles Avenue. IMPORTANT: Pack a lunch for this trip as there are NO facilities to purchase food at or near the scheduled lunch stop!  
Start: Old Mill Subway  
Dist: 54 km  
Class: Leisure Wheeler

#### **CYNTHIA RIDE (PART 4)**

From Lakeshore to Steeles, discover the most scenic neighbourhoods and hidden treasures in North York.  
Start: Boardwalk Pub  
Dist: 69 km  
Class: Easy Roller

#### **STOUFFVILLE/GOODWOOD**

Two routes cycle up to Stouffville for a spot of lunch at the Lion of Whitchurch pub. The third lunches in Goodwood.  
Start: Finch  
Dist: 79, 97 & 108 km  
Class: Short Tourist, Tourist

#### **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 a jaunt to a farmers' market. Note: the short ride does not go all the way to Tottenham.  
Start: Mayfield Recreation Centre on the northeast corner of Bramalea Rd North and Mayfield Rd. The parking lot is a little further north on Bramalea, on the east side. To get there take Hwy 401 west to Hwy 410, then north to Mayfield Rd and east to Bramalea.  
Dist: 53 & 80 km  
Class: Country Cruise

### **Monday, September 1**

#### **HUMBER RIVER TRAIL**

Follow the trails of the Humber.  
Start: Etienne Brûlé Park  
Dist: 45 km  
Class: Easy Roller

#### **VANDORF/SNOWBALL**

Short route heads to lunch at Jake's in Unionville. Long routes lunch in Maple!  
Start: Finch  
Dist: 70, 85 & 96 km  
Class: Short Tourist, Tourist, Sportif

### **Sunday, September 7**

#### **EDEN MILLS CENTURY**

A beautiful tour of the quiet, rolling roads of Halton with lunch at the annual Writer's Festival in Eden Mills. Short tour goes to Glen Williams.  
Start: Kipling 8:30 am  
Dist: 106, 145 & 166 km  
Class: Advanced Tourist, Tourist

#### **LEISURE WHEELER COUNTRY**

**CRUISE** - A pretty ride along the shores of Lake Simcoe from Keswick to Sibbald Point Park. Don't forget a bathing suit and lunch for our 1 hour lunch stop at the beach, with facilities, in Sibbald Point Park.  
Start: Keswick. Go north on the 404 to Davis Dr and east to Woodbine Ave. Turn left and drive 20 minutes north to Keswick. North of the town turn left onto Old Homestead Road (garden centre on the right, and church on the left marks the corner), continue across Metro Rd turn right on to First St. and park there.  
Dist: 46 km  
Class: Leisure Wheeler

#### **CYNTHIA SCENIC CITY - PART 1 -**

Circle around Toronto's quiet residential streets  
Start: Etienne Brûlé Park  
Dist: 64 km (clockwise route).  
Class: Easy Roller

#### **GLEN WILLIAMS TOUR**

Two routes to the town of Glen Williams for lunch at Glen Oven Bakery or (even better) a picnic in the park by the Credit River.  
Start: Kipling  
Dist: 95 & 115 km  
Class: Tourist, Advanced Tourist

#### **NIAGARA WINE LOVER'S TOUR**

Wake up and smell the grapes. Tour the picturesque farmland, orchards, and vineyards of western Niagara Region...  
Start: Lincoln Community Centre in Beamsville. Take QEW Niagara to Exit 64, Beamsville. Go south (right) on Ontario Street 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. Allow sufficient travel time - this is about 105 km from Yonge & Eglinton.  
Dist: 75 & 95 km      Class: Country Cruise

# Mountain Bike Rides

## Saturday, July 5

**GLEN MAJOR** - 15 km of tight technical single track, for beginner to advanced

Trail pass: Free

Terr: Easy to extreme

Facils: none

Start: Take Hwy 401 east to Brock Rd. in Pickering. North on Brock Rd. about 20 km, turn east on CR 5/Concession 9 to Balsam. Then go north on Sideline #4 about 3 km, trail on west side by parking lot.

## Sunday, July 15

**HILTON FALLS** -Dual suspension heaven. Enjoy the scenic, rolling hills of Hilton Falls Conservation area with 15 km of single & double track loops through hardwood forest and wetlands. Discover the new rocky trails beyond the falls. (Avoid the Rim Bender trail).

Trail pass: \$8.00. Leader: John.

Terrain Easy to moderate, hardpacked surface

Facilities washrooms, parking

Directions Meet for a 10:00 a.m. departure in the parking lot of Hilton Falls Conservation Area. To get there, exit Hwy 401 westbound at Hwy 25, then north to Regional Road 9 (Campbellville Rd.), then west 6 km to the entrance on right side.

## Saturday, July 19

**DURHAM FOREST** - 25 km of single and doubletrack trails. With mixed forest and thick pines this fat-tire playground is sure to please. Pass: Free.

Terr: Easy to moderate

Facils: none, limited parking

Start: In the parking lot of Durham Forest. Take Hwy 401 to Brock Road exit in Pickering, then north up Brock Rd about 23 km to Durham Rd #21 (Coppins Corners), then east 5 km to 7th Concession Rd, turn right, entrance is 1 km south on east side.

## Sunday, July 20

### KNOBBY KNEWBIE RIDE - DON

**VALLEY** - Come out on an instructional ride through the heart of Toronto. An easy 15km route will take riders through the basics of technique and trail safety. Trail pass: free. There will be a short "trail ride" after the lunch break, on a 'real trail' in the Don Valley, if anyone is interested.

Terr: Easy

Facils: none

Start: Toronto Brick Works parking lot on Bayview Ave. south of Pottery Road. Take the DVP to Bayview/Bloor exit and north on Bayview about 400 m. to Toronto Brick Works parking lot. If you are coming from the north, or east then it is 500 m south of Pottery Road

## Sunday, July 27

**PUSLINCH TRAIL** - 20km of mixed riding there are lots of tight and twisty trails with some switch backs and a few hills. Trail pass: Free. Leader: John

Terr: Moderate

Facils: None. Reasonable amounts of parking. Start: From Toronto head on the 401 west to Guelph exiting at County Rd 33 which is just west of Hwy 6 north off of the 401. Head south on county rd 33 to County Rd 32 (first rd south of the hwy) turn left heading east. You'll pass Puslinch Lake, keep going. The road comes to a stop and veers off to the north (left). Follow it north. Parking lot is just south of the 401 on the east side.

## Saturday, August 2

**ALBION HILLS** - Ride north of Bolton on 25km of hilly, forested xc-ski trails. Trail pass: \$4. Leader: TBA

Terr: Easy to moderate.

Facils: washrooms, snacks, camping, swimming

Start: Albion Hills Conservation Area. Drive north on Highway 50 past Bolton until you see the entrance to the conservation area on your left. Park at far end by chalet.

## Sunday, August 10

**KOLAPORE UPLANDS** - 10:30am start: Single track heaven on 50 km of trail which dissects this forest, a cross-country skiing network. Although there are some difficult sections and a few climbs, these trails are suitable for all levels. The difference will be in how fast you go and/or how much you walk. The farthest to drive (south of Collingwood) but some say our best ride!

Trail pass: free

Facilities: outhouse

Trailhead: - From Toronto, Highway 10 north, it will join Highway 24 past Orangeville. Follow Highway 24 north, turn left onto Highway 4, then right on Gray Road #2. The parking lot is located about 10 min. up the road on the right hand side. The trail entrance is across the road.

## Saturday, August 16

**HARDWOOD HILLS** - With 70 km of single and doubletrack trails, Hardwood Hills is an industry benchmark offering trails for all abilities. Don't miss this superb mountain bike centre.

Pass: \$12.00.

Terr: Easy to extreme

Facils: Full service: washrooms, showers, cafeteria, bike rental

Start: In the parking lot of Hardwood Hills. Exit Hwy 400 northbound at interchange 111

(Forbes Rd), travel east 10km, entrance on left side.

## Sunday, August 17

### KNOBBY KNEWBIE RIDE - DON

**VALLEY** - Come out on an instructional ride through the heart of Toronto. An easy 15km route will take riders through the basics of technique and trail safety. Trail pass: free. There will be a short "trail ride" after the lunch break, on a 'real trail' in the Don Valley, if anyone is interested.

Terr: Easy

Facils: none

Start: Toronto Brick Works parking lot on Bayview Ave. south of Pottery Road. Take the DVP to Bayview/Bloor exit and north on Bayview about 400 m. to Toronto Brick Works parking lot. If you are coming from the north, or east then it is 500 m south of Pottery Road..

## Sunday, August 24

**RAVENSHOE** - 15 km of single-track feature lots of roots, logs and stunts to challenge the rider-one our hardest/favourite rides. Trail pass: free. Leader: Ron

Terr: Moderate to extreme

Facils: limited parking

Start: Parking lot at Ravenshoe. From the west or central areas: take Hwy 404 north, exit at Green Lane, then east 300m to Woodbine Ave, north 5km to Ravenshoe Road, east 9km to McCowan Rd. and then south for about 500 m, parking on the right. From the east: north on Hwy 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, then south 600m.

## Saturday, August 30

**THREE STAGE** - Info not available at this time. Please visit [www.tbn.ca](http://www.tbn.ca) and view the weekly chain of events for details.



Knobby Knewbie Ride - Don Valley - 2007

# Fundraising & Fun Rides

## July 4-11

### THE GREAT WATERFRONT TRAIL ADVENTURE

Participate in the first-ever fully supported bike tour of the entire Waterfront Trail! Register for the whole eight day, 680 km route from Niagara-on-the-Lake to the Quebec border, or join in the fun for a day or two! More info: [www.waterfronttrail.org/gwta\\_web](http://www.waterfronttrail.org/gwta_web)

## July 27 to August 1

### 2008 FRIENDS FOR LIFE BIKE RALLY

10th annual edition of this six day mass ride to raise funds for Toronto People with Aids Foundation. Pedal over 100km a day along the scenic shores of Lake Ontario and the St. Lawrence River. Fully supported by a crew of able volunteers providing nutritious meals, ample snack breaks, camping beside beautiful lakes and rivers, evening activities and entertainment. This event has raised over \$3.3 million since its inception. Complete information available at the Friends for Life website. Riders must generate \$2000 each in donations by June 30, 2008 to participate for free. \$75 non-refundable registration for riders. Volunteer crew positions still available. Only 500 rider spots available and this ride was fully booked last year.

## Sunday, August 10

### 2008 HALTON HILLY HUNDRED

It's hilly, it's hot, it's healthy, and it's hubris to think you'll complete this ride without heaving. Three routes to challenge would-be mountain goats on this classic GCBT ride: 60/100/160 km. Meet at 9:00 a.m. in the commuter parking lot at Guelph Line and Reid Sideroad. Hwy 401 east to Campbellville/Guelph Line. Turn left onto Reid sideroad. Quick left onto Guelph Line. The lot is on your left before crossing over the 401. If lot is full, turn right on the Reid sideroad. Go appx 1/2 km until past the last "No Stopping" sign above the "80 KPH Begins" sign. Park on shoulder. Ride back to commuter parking lot to begin ride. Questions? Contact organizer Dave Scovell, [info@chubbyscycling.ca](mailto:info@chubbyscycling.ca)

## August 14-17

### 2008 TOUR FOR KIDS

A cycling adventure for adults in support of camps for children with cancer. 400-830 km in 4 days. Weekend package also available. All-inclusive registration fee: \$395. Minimum fundraising requirement \$1000. Includes meals, jersey, SAG, showers, 2 night campground accommodations + one night dormitory. More info: [www.tourforkids.com](http://www.tourforkids.com)

## Saturday, August 16-17

### 2008 THE LUNG ASSOCIATION'S BIKETREK

Help us touch the lives of those who struggle with every breath. Join us for this year's BikeTREK 2008 in Niagara Region on August 16-17, 2008 where you can choose to ride one day for either 50km or 90km or both days 140km. Your weekend of fun will include cycling through some dazzling landscape along Lake Erie, Niagara River, visits to Ontario's finest wineries, and wine tasting on Saturday evening. Cyclist will enjoy snacks, a complimentary massage, a well deserved celebratory BBQ at the finish line, and more! Meals and snacks provided. And, those riding the two-day TREK will also enjoy a relaxing massage, a tranquil soak in a hot-tub, and overnight accommodations. Mechanical and Medical support on-hand both days. BikeTREK is an experience to remember! One day registration: \$30; two-day including overnight accommodation: \$75. Please visit the web site for more details and to register on-line or email [mhaydon@on.lung.ca](mailto:mhaydon@on.lung.ca).

## Saturday, August 16

### 2008 RONA MS BIKE TOURS 2008

The RONA MS Bike Tours are rolling into a city near you! Experience the feeling of achievement through one or two-day rides through scenic and often spectacular parts of Ontario and help connect with a cure for multiple sclerosis. Tours are scheduled for the following dates: Brampton to Waterloo (2-day event) Aug 16-17  
Niagara Aug. 24 Toronto Sep. 7  
From the novice cyclist to the experienced rider, participants of all levels enjoy the RONA MS Bike Tours. Experienced riders are encouraged to volunteer as a Tour Leader, supporting and encouraging other riders along the route. Members of established Cycling Clubs will find this an excellent opportunity to interact with enthusiastic cyclists who may be looking to join a club; and an ideal ride to share your passion with friends and family. For the beginner, this is a chance to get out and enjoy your bike on routes of varying difficulty with rest and refreshment checkpoints every 15km. Ride in the RONA MS Bike Tour and join in the fight against MS! For more information visit [www.ms biketours.com](http://www.ms biketours.com) or contact Eliza Kelly at 416-967-3038x2362 (toll-free at 1-800-268-7582 ext 2362) or email: [eliza.kelly@mssociety.ca](mailto:eliza.kelly@mssociety.ca)

## Sunday, August 17

### 2008 PEDAL 100 FOR HEART AND STROKE

Join friends old and new on country roads winding through the beautiful Niagara Region passing vineyards, wineries and orchards heavy with fruit. Enjoy the challenge of a century:

100 km or 100 miles or the extra-challenging 200 km Sportif Route. 30 km and 60 km routes are also available for the whole family. All routes are fully supported with snacks on the way, and a great lunch and shower facilities at the end. You'll also be eligible for door prizes. Pledges to support the Heart & Stroke are welcome, but not obligatory. Call Pedal 100 Rideline 905-938-8800 or email [sbelanger@hsf.on.ca](mailto:sbelanger@hsf.on.ca) for more information. NEW! Register for the Pedal 100 by phone, 905-938-8800, FAX, 905-938-8811. Registration fee \$25 before July 2, \$30 after. Download registration form. You can also register in person on August 17. All routes begin and end on Henley Island (Port Dalhousie, St. Catharines). To get there take the QEW to Exit 51 (7th St Louth, NRR 34, head north to Lakeshore Rd, turn right and drive east to Henley Island Drive. web site.

## Sunday, August 24

### 2008 25TH ANNUAL SCUGOG CIRCLE CENTURY

60/80/100/160 km: Scenic tours around Lake Scugog, starting and ending at Durham College, Oshawa. The main food stop is at the finish to promote a convivial après-ride atmosphere. Food and refreshments included. Mechanical support & first aid available. Oshawa CC, email: [occ@oshawacyclingclub.org](mailto:occ@oshawacyclingclub.org) or phone 905-725-1888. Entry limit of 400 riders. Pre-registration fee: \$20 before August 1, \$25 after. Entry form here.

## Sunday, September 7

### 2008 7TH ANNUAL RIDE FOR KAREN

Started in 2002, the Ride for Karen is an annual cycling event that is held to raise money for charities that help people living with cancer, and those who care for them. In the last six years the Ride for Karen has raised nearly \$675,000, which was used to help build and furnish new cancer care facilities, provide much needed resources for cancer support centers and send kids with cancer to camp. Three children's cancer camps have been selected as the recipients of the proceeds from the 2008 Ride for Karen - they are Camp Quality, Camp Oochigeas and Camp Trillium. The ride will feature two course lengths, a 25km course for intermediate cyclists and a 160km course for advanced riders. On-course feed station and lunch (160k event only) provided over the course of the ride, plus a BBQ and draw prizes afterwards. Cyclists should be prepared for a hilly, but fun and scenic 160km. Last year cyclists took between 5 and 7 hours to complete the ride. The largest group on the road (about 75 cyclists) finished in just over 5 hours. Starts at St. Joan of Arc High School, corner of St. Joan of Arc Ave. and McNaughton in Maple. Complete information at [www.rideforkaren.com](http://www.rideforkaren.com). For any additional info contact event organizer Kris Tobias, [kris@rideforkaren.com](mailto:kris@rideforkaren.com); 416-356-5173.

## Weekend Trip Schedule



### Omemece

**July 25-27, 2008**

Cycle the Kawartha Lakes area starting from Emily Provincial Park. Hike the boardwalk trail, sun on the beach, or just relax around the campfire. We will be camping on a ground site Friday and Saturday night. Provided will be two pancake breakfasts and provisions for two light lunches. Saturday night dinner will be potluck. The cost is \$35 for TBN members and \$40 for non-members. Please book before July 21st. Download the sign up sheet from the TBN website in pdf or word format. For more info email Paul & Brenda at [emily@tbn.ca](mailto:emily@tbn.ca) or call 905-567-1035 (no voice mail).!

### Long Weekend Cycling Trip to Lake Placid

**Aug 29 - Sep 1, 2008**

TBN will be organising a long weekend to Lake Placid, NY for the Labour Day Weekend: Friday, August 29 to Monday, September 1st. We will be staying at the Econolodge (Google Econolodge Lake Placid) and route maps will be provided for distances between 50 and 100 km. We will be carpooling with drivers reimbursed. Further information will be announced in early July, so please mark your calendar. Price: \$215 per person, double occupancy and meals not included.

### Presqu'ile Prescription

**September 5-7, 2008**

Cycle the scenic Prince Edward County area starting from Presqu'ile Provincial Park. In the evening enjoy a starlight walk to the lighthouse or just relax around the campfire. We will be camping on a group site Friday and Saturday night. Provided will be two pancake breakfasts and provisions for two light lunches. Saturday night dinner will be potluck. Please book before September 1st. The cost is \$35 for TBN members and \$40 for non-members. Download the sign up sheet from the TBN website in pdf or word format. For more info email Paul & Brenda at [presquile@tbn.ca](mailto:presquile@tbn.ca) or call 905-567-1035 (no voice mail).

## Allegany Amble May 17-19, 2008

By Frank Yim

It rained for most of Saturday and Sunday.

Saturday started off somewhat damp but rideable. Most of us did the ride to Ellicottville and met up at the Ellicottville Brew Pub for lunch. The rains held off until partway back to the State Park. Fortunately, we were able to take shelter under various buildings and structures along the route. Some mechanical difficulties also hampered our quick return back. We enjoyed the Ellicottville Brew Pub so much that a bunch of us later returned in the evening for dinner. This time we went by car.

On Sunday, the frequent rains kept most of us off our bikes. We made the most of the day by taking in the local art show that featured talented artists in the surrounding areas. That gave us a chance to glimpse inside the homes and workshop/studios of our gracious hosts. The day culminated with a potluck dinner at the Red House Lodge. The old style pioneer wood decor, warm fireplace and exterior woodland setting provided the perfect ambience for old friends and new acquaintances to share their stories, food and liquor. Not wanting the evening to end too soon, some of us returned to my four-person cabin where we built a huge camp fire and chatted into the late evening.

Monday morning was spent packing for home and cabin-hopping, looking for some breakfast. Price of admission, at least for me, was a package of bacon and sausages. Some donated their dish-washing talents, while others donated their quick wit and peculiar conversation.

All in all, although I didn't get to ride as much as I planned, I consider it a successful weekend and will definitely attend next year's trip.

## Sunny Skies Kicked-Off TBN's 2008 Season

May 10th was the perfect day to start off the 2008 cycling season at the second annual TBN Kick-off Breakfast. Over 100 cyclists gathered at Ashbridges Bay Park for a delicious breakfast and a little socializing. Some TBNer's showed off their skill in the infamous granny gear and slow races. The sunny skies and warm temperatures were welcome as riders headed out along the Martin Goodman trail to the Humber River and Leslie Spit or ventured east to Taylor Creek then down the DVP trails. Keep an eye out for next year's Kick-off in May!



# TBN Who's Who

## TBN Board of Directors

President	Brian McLean	president@tbn.ca
Past President	Ron Fletcher	tbn@tbn.ca
Director, V.P. Skiing & snowshoeing	Phil Pitch	xski@tbn.ca
Director, V.P. Touring	Richard Anstett	touring@tbn.ca
Treasurer	Brian McLean	tbn@tbn.ca
Secretary	Brenda Sweet Paul Price	tbn@tbn.ca
Newsletter	Noel Manchulenko	newsletter@tbn.ca
Education Director	Dinsmore Roach Marie Ferguson	education@tbn.ca
Publicity & Promotions	Evelyn Sideen	publicity@tbn.ca
Social Director	Melanie McGill	social@tbn.ca
Weekend Trips Director	David Maclean	416-482-8033
Advocacy Director	Ron Fletcher	tbn-civic@tbn.ca
Cyclon Director	Evelyn Sideen Melanie McGill	cyclon@tbn.ca

## Others

Membership Secretary	Eileen M Harbinson	memsec@tbn.ca
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## TBN Coordinators

City Walks	Mark Brousseau	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	fridays@tbn.ca
Hiking	Ed Herage	hiking@tbn.ca
Ice Skating	Molly Cheung	iceskate@tbn.ca
Spinning Coordinator	Loreto Manni	spinning@tbn.ca
Inline Skating	Michael Lin	inline@tbn.ca
Leisure Wheeler	Jamie Hauyon	416-537-8865
Mtn. Biking, Trail Riding	Doug McCorquadale	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	tbn@tbn.ca
Wednesday Wheelie	Bill Hannaford	416-482-2125

# 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 2008 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**).

# MOVING?

Send changes of address and corrections to: [memsec@tbn.ca](mailto:memsec@tbn.ca) or leave a message on Line 3, the Social & Membership Mailbox of the Hotline



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