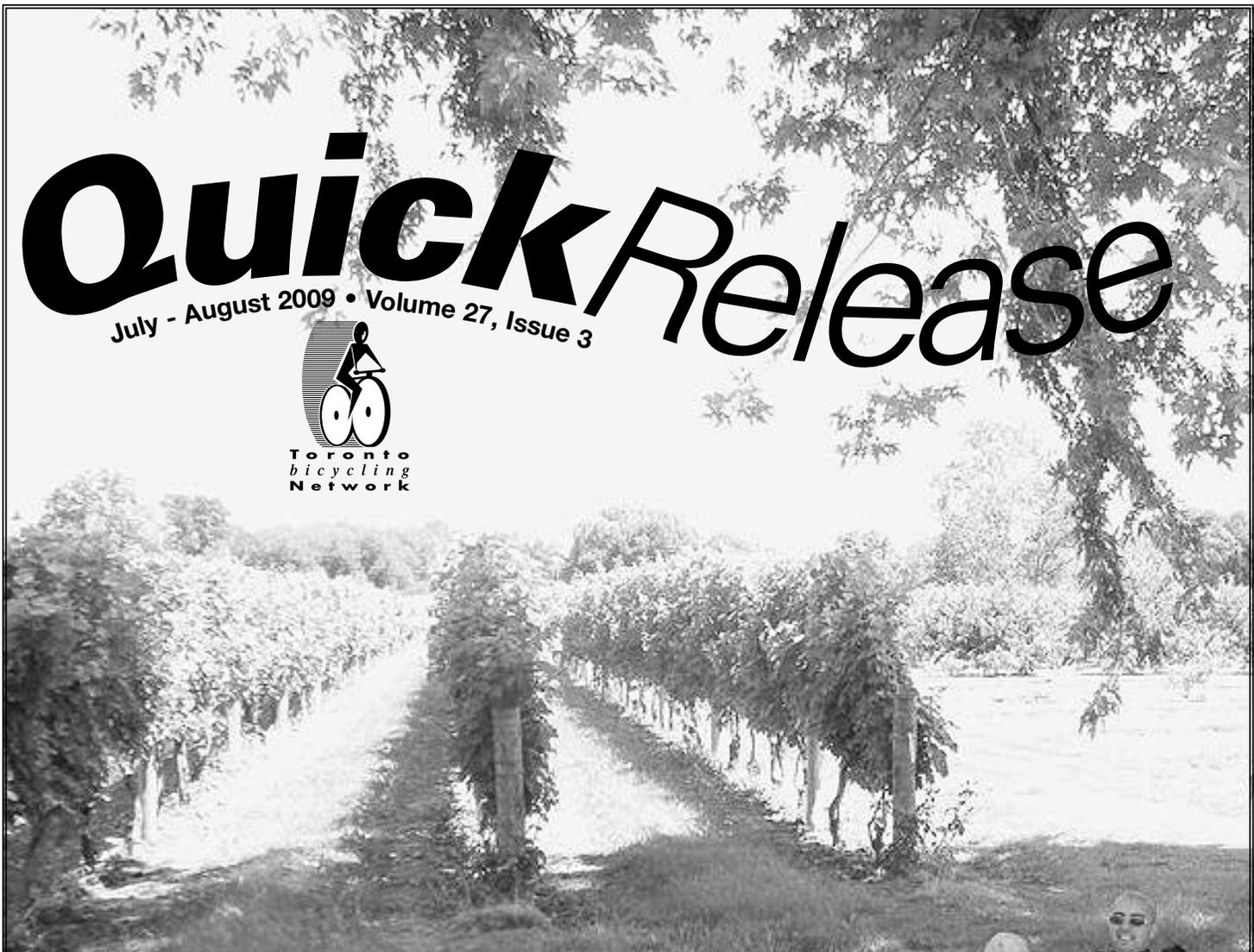


# QuickRelease

July - August 2009 • Volume 27, Issue 3



## Cyclon 2009 Back to Brock!



### Inside this Issue...

- July/August Ride Schedules
- Cyclon Information
- Weekend Camping Trips
- Queen's Quay Bike Lane Update
- Allegany Report  
and more!

July 31st - August 3rd



### Our Premiere Cycling Event

**Cyclon®** is the three day **premiere cycling touring event** hosted by The Toronto Bicycling Network, Canada's largest recreational cycling club. **Don't miss this FABULOUS event!**

Cyclon 2009 will be **July 31 to August 3** in **St. Catharines** - in the heart of the picturesque Niagara wine district. We will be at Brock University, staying in cozy townhomes, with a central courtyard, great for post-ride socializing! This year's Cyclon will include everything you've loved in previous years and more!

#### You'll love the:

- great riding on quiet country roads with spectacular scenery
- routes available for ALL levels
- great maps & information about local sights
- company and camaraderie of other cyclists

#### Rides:

- All Road
- Choose from several tours per day
- Distances vary from 30 to 180 km
- Detailed maps
- Experienced Ride Leaders/Sweeps
- Sag-Wagon on-route with on-road assistance
- Friday – Early-bird 30K ride

#### Accommodation:

at the Village Residences at Brock University. You will have your own room in a cozy townhouse with 4 bedrooms, two washrooms and a kitchen with a stove and fridge and a common room with a TV.

**All Early bird registrations and payments must be received by June 25th  
Registration Closes July 15th!!**

We encourage you to make payment using our new online system with Visa or Mastercard

Visit [www.TBN.ca/Cyclon](http://www.TBN.ca/Cyclon) to register and for more information



#### Need more information?

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

#### New this year:

- Upgraded accommodations in cozy townhouses with kitchens, & an outside courtyard for post-ride get-togethers
- Post-ride socials on Saturday and Sunday with snacks
- A fun action-packed mini-Olympics on Friday night to meet your fellow cyclists
- Post-ride group stretches
- A choice of meal options to suit your needs

#### Meal Package Options:

##### Base Package includes:

- welcome reception on Friday night
- post-ride snacks on Saturday & Sunday
- delicious gala banquet dinner on Sunday night with dj and cash bar

##### Optional Add- Ons

- 2 sumptuous buffet lunches on Saturday at a golf & country club
- 3 buffet breakfasts in the cafeteria
- Saturday night buffet dinner in the cafeteria

**Full Package** includes all the above



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

# Cyclon 2009 FAQ - Frequently Asked Questions

## General Information

**What is Cyclon?** Cyclon is a 3-day cycle touring mini-vacation, which takes place over the August long weekend. It is the premiere annual event of the Toronto Bicycling Network ("TBN"), a club for recreational cyclists with over 900 members. TBN is a not-for-profit club and Cyclon is a not-for-profit event. In its 23rd year, Cyclon will be held again at one of our favourite locations - Brock University, in St. Catharines Ontario, in the heart of the world-class Niagara wine district. In previous years, Cyclon has been based in Kingston, Barrie, St. Catharines, Waterloo, Guelph, Prince Edward County, and London.

**Where will we be going? And when?** Cyclon will be touring the spectacular countryside around St. Catharines and Niagara Falls, Ontario. The routes feature beautiful, quiet country roads, impressive scenery (including Niagara Falls and the Erie Canal) and lots of great wineries. The dates for Cyclon 2009 are Friday July 31 to Monday August 3.

Accommodation is in comfortable townhouses with full kitchens and common rooms (the Village Residences), at Brock University, St. Catharines, Ontario. The townhouses are arranged around a central courtyard which is great for post-ride socializing! The townhouses are a favourite of participants of previous Cyclons.

**Who goes to Cyclon?** Cyclon is suitable for all levels of cyclists! It is by no means solely for very experienced cyclists, nor is it a race. About 180 cyclists of all abilities are expected at Cyclon. Both singles and couples participate.

**If I go solo, will I feel like a fifth wheel?** We encourage singles! Approximately 55 per cent of Cyclon participants are single. Cyclon is a really fun event and a great way to meet people! There are lots of activities, and a very friendly atmosphere.

**What are the tour routes like?** There are several different cycling routes each day - all of the routes feature spectacular countryside on beautiful quiet country roads. Many of the routes feature spectacular scenery and attractions - including Niagara Falls, quaint towns (such as Niagara-on-the-Lake and Jordan with great shops and restaurants), the Erie Canal and award-winning wineries which you can stop at for tastings & tours. All of the rides start and end at the same location. The tours range from 30 to 180 km in length and are based on the TBN ride categories: Leisure Wheeler, Easy Roller, Short Tourist, Tourist and Sportif. For more information on these categories, visit our website. An experienced ride leader leads each tour. Detailed tour maps will be available for download ahead of time and an emergency support vehicle (SAG) will be on call and patrolling the routes.

If you haven't ridden much, you should get out cycling at least a few times prior to Cyclon to ensure an enjoyable (and pain free!) weekend.

**Do all the tours start right from Brock University?** Yes and No. All tours will start and finish at Brock except the remote starts for Leisure Wheelers and Easy Rollers on Saturday. Please check your information package for details and directions to the start.

**Can I rent a bike from Cyclon?** No. Please bring your own bike and please ensure it is in good repair.

**Should I bring my road bike or my mountain bike for the road rides?** You will see both types of bikes, as well as hybrids and recumbents on the road rides at Cyclon. Bring whichever is most comfortable for you. Your bike should have the capacity to mount a small bag under the seat, on the handlebar or a pannier on the back for tools, tubes and/or lunches and snacks.

**What if I have a flat tire or some difficulty along the route?** Bring a spare tube or patch kit and pump for repairing flats.

The Cyclon emergency services van, equipped with first-aid supplies, will be on call and patrolling the tour routes to provide help. The ride leader, and usually other cyclists on the route will attempt to help you as much as possible. However, you are responsible for yourself and your bicycle. You will be asked to sign a waiver when you register.

**Where can I store my bike after the rides?** You will be able to bring your bike to your room for storage between rides

**What else should I bring to Cyclon?** For touring: map holder, cell phone, inner tube, patch kit, 2 tire levers, tire pump, other tools such as small adjustable wrench, screwdriver, Allen keys or an all-in-one cyclist's multi-tool, water bottles, food (power bars; fruit), bug repellent, sunscreen, sunglasses, camera, rainwear, first-aid supplies, bicycle lock, money, credit card, phone card, identification, health card, and a fanny pack, handlebar bag, knapsack, pannier or under seat bag to carry it all. A bathing suit if you wish to go swimming at the pool at Brock. Helmets are mandatory on all TBN rides including Cyclon, and according to the Highway Traffic Act, all bikes must have a bell.

### What to Pack:

- \* Bike
- \* Helmet
- \* Drinks (Friday & Saturday night & post-ride socials on Saturday & Sunday are BYOB)
- \* identification, health card, phone card
- \* cell phone
- \* sunscreen
- \* sunglasses
- \* camera
- \* rainwear
- \* bug repellent
- \* Snacks for the rides & post-rides (power bars; fruit)
- \* Bike accessories/equipment (map holder, inner tube, patch kit, 2 tire levers, tire pump, other tools such as small adjustable wrench, screwdriver, Allen keys or an all-in-one cyclist's multi-tool, water bottles, first-aid supplies, bicycle lock and a fanny pack, handlebar bag, knapsack, pannier or under seat bag to carry it all)

### Optional:

- \* Dishes, cutlery, pots & cooking utensils if you're planning on eating in or cooking
- \* Portable BBQ (if you're cooking your own dinner on Saturday night)
- \* Extra towel, pillow & blanket
- \* Bathing suit
- \* Folding lawn chair for post ride socials



## Sunny skies welcomes annual TBN Kick-off Picnic



The rain held off for TBN's annual Kick-off Breakfast on May 23, 2009. It was a gorgeous sunny Saturday morning. A perfect day for a ride. This year TBN members and friends gathered down by the water at Ashbridges Bay Park for a light breakfast and a bit of riding. Three routes took riders out to the Leslie Spit to check out the city view, up the Don Valley Trail and along Taylor Creek; or out along the Lakeshore to the Humber River. It was a great chance to visit with other members, find out what's up and coming on the TBN calendar, and also get some tips on changing a tire. We had a great turn out and a great time.

A special thank you to all the dedicated volunteers who helped with the breakfast, information table, education session and rides.

**Melanie McGill-Manchulenko**  
Newsletter Director  
Toronto Bicycling Network



Photos By Dave Middleton

## 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 après 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.

## Wednesday Night Rides – 6:30 pm

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 at Riverdale Park, the Boardwalk Cafe at the Beaches, or Wilket Creek Park in the Don Valley (Check the TBN Website to confirm each weeks start point).



## 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.



# TBN Advocacy Report

What a great bike month this has been! I've seen TBNers at Criterium, Bells on Bloor, Bike to Work kick off, and the City Hall council debate on Jarvis Street bike lanes, just to name a view. At times like this it seems our city is at the "tipping point" to truly becoming a cycling city.

Sadly, we have a long way to go. After two years of work on the Queen's Quay dedicated bike lanes, it looks like Waterfront Toronto with their millions of dollars is dropping the ball (or wheel) on the one yard line. The dedicated bike lanes down the south side of Queen's Quay with treed buffer zone ends in a disaster at Spadina.

Under current proposed plans going west from Spadina cyclists will be expected to make their way from the south side to the north side of Queen's Quay into a narrow west leading lane in a terrible conflict zone with motorized traffic. Unbelievable!

I believe that with action we can remedy this. If you would like to see the Martin Goodman trail properly and safely continued from Spadina west to Bathurst in a dedicated, safely buffered two way trail, please, please, please let people know! Start with Councillor Adam Vaughan and Waterfront Toronto ([councillor\\_vaughan@toronto.ca](mailto:councillor_vaughan@toronto.ca))

You've probably heard what New York has done in the last six months converting 9th Ave and Broadway to active transportation. Toronto is losing the race to be a liveable city with complete streets. This will have disastrous economic effects as the mobile creative work force want to work in liveable, unpolluted cities.

Copenhagen with its 1.3 million people will be carbon neutral within a short time. Think of that! Unlike Toronto (where we have none) they have connected dedicated bike routes to every part of the city. Bikes get a 6 second head start at the few conflict zones. Cafes are staying open 10 months of the year providing blankets, clearing their streets of snow, etc. Winter season has been reduced from 6 months to two. The main complaint for several years has been congested bike lanes. Amazing!

I could sure use some supportive letters on topics such as snow removeable, safety, bike to work, etc that I can quote when I address the politicians and Waterfront Toronto. Please send them to [ron.fletcher@sympatico.ca](mailto:ron.fletcher@sympatico.ca).

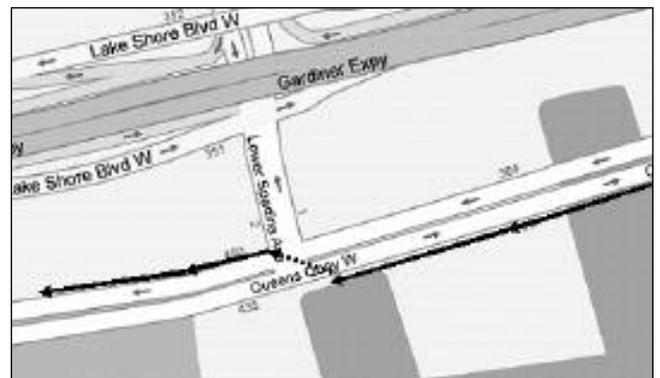
By the way, do you have your cell phone on speed dial if you see a car in a bike lane? The number is 416-808-6600.

Thanks,

**Ron Fletcher**  
Advocacy Director  
Toronto Bicycling Network



(Right) Westbound on Queen's Quay at Spadina. Current proposed plan has cyclists making their way from the south side to the north side of Queen's Quay(above) into a narrow west lane, across motorized traffic.



# Weekend Trips



## Presqu'ile Prescription June 26 - 28th

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 June 21st. 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).

## Wending Awenda - July 17 - 19th

Come to Awenda Provincial Park for two days of cycling along beautiful Georgian Bay. Awenda has great swimming and hiking in addition to rolling cycling terrain along the quiet cottage country of Penetang-Midland. 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 July 12th. The cost is \$35 for TBN members and \$40 for non-members. Download the sign up sheet from the TBN website in PDF or MSWord format. For more info email Paul & Brenda at [awenda@tbn.ca](mailto:awenda@tbn.ca) or call 905-567-1035 (no voice mail).

## Sifting Sandbanks - September 18 - 20th

Cycle more of the scenic Prince Edward County area starting from Sandbanks Provincial Park. In the evening walk down to the sand dunes 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 13th. 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 [sandbanks@tbn.ca](mailto:sandbanks@tbn.ca) or call 905-567-1035 (no voice mail).



Presqu'ile Prescription - 2008  
Photos By Brenda Sweet and  
Mel McGill-Manchulenko

# ALLEGANY AMBLE MAY 15 - 18, 2009

By Catherine Maurer

From fine "potluck" dining to friendship and stamina building skills this three day cycle trip had it all!

In fact, the only things missing were any major bike/medical mishaps ...and a few flakes of snow ...despite my actually wearing ski apparel on the second day- well, it wasn't really that cold! The accommodation was just as I had envisioned... comfortable two bedroom cooking equipped rustic cabins with firepits and electric heat, nestled in the valley, with a scenic lake and more importantly, hot showers and bathrooms close by. Yes, there were a couple of 5 km long 'mountains' to cycle up and down again to get in and out of the park., which provided sheer fun for the Sportif crowd and a serious challenge for the Easy Roller set, myself included. But my personal sense of accomplishment and bragging rights at having been able to ride up a 'hill' of that size without stopping far outweighed any discomfort I felt. To be honest, I couldn't feel much by the end of the ride, despite having used a new gel seat cover. Once out of the park itself (you can always drive), the route north to Ellicottville was gentle hills and bucolic countryside (and a little rain) on quiet country roads. The town itself is quaint and artsy with a chocolate shop, a few great pubs and a bicycle store (and a laundromat for those rain soaked items). A neat self guided 42 artist "studio crawl" was taking place in the surrounding area that weekend.

After a partially wet day of riding, all 27 of us had dinner at The Ellicottville Brew Pub on Saturday. For the beer lover, the pub brews many types of its own, a popular hit with the group, as well as having excellent food, especially the spicy peanut soup -really good! While I personally refrained from the planned 86 km ride on Sunday (Day 2) with a 14 km gentle climb out of the park and into Pennsylvania (due to cool windy weather), I did a pleasant 40 km loop around the park. Imagine, a 40 km ride within a park and never on the same road twice. The others enjoyed their ride even though the head winds were a challenge at times. On Sunday night, the rustic Red House Lodge, within walking distance from the cabins, is not only an administrative site but, also a great natural wildlife education centre as well as our 'fine potluck dining' location. We all enjoyed a fantastic meal and the chance to chat with others in the group, a third of whom were new members. Later into the evening, about a dozen of us gathered around a bonfire put on by one of the guy's cabins and enjoyed philosophical discussions - with the possible help of a few beers and some wine. On Monday, a few people did some hiking, the Sportif group went for a quick ride while others packed up early to do some shopping.

Border crossings seemed to be very quick for most people and Buffalo isn't such a bad place to drive through (on the interstate that is)! Just remember to pack your passport next year...and some ski apparel for that changeable mountain weather. A BIG thanks to Dave MacLean for organizing this annual trip and ensuring that everyone not only was given good maps and directions but, also had a great time too.

# TBN Educational Corner

Marie Ferguson & Dinsmore Roach - TBN Educational Directors

## Training: Do you need that kind of pressure?

By Nick Morgan, Cycling Plus

The side benefit of looking great in compression clothing isn't always noted (Paul Smith)

If you're looking to squeeze a little extra performance from your body, it's likely you've already come across compression garments. The many studies into their benefits have drawn wildly different conclusions, so what's solid fact and what's still unproven?



### The theory

The main point of compression garments is to apply pressure to the body and thus improve your blood's circulation. Specifically, it's claimed that compression garments increase the flow of de-oxygenated (venous) blood back to the heart.

This doesn't improve performance directly, but some scientists believe the increased flow of blood may cause the heart's muscles to stretch to accommodate the extra returned blood, which should result in increased output.

Also, the pressure is expected to aid your body's lactate removal, hastening your recovery after hard exercise.

### Dual benefit?

Unfortunately, as simple as the theory is to grasp, it's equally hard to prove. Elements of it are well established, though. For example, a study at the Royal Free Hospital in London found evidence compression stockings did indeed increase blood return to the heart, but didn't investigate if this had a knock-on effect on cardiac output.

Elsewhere, researchers from Osaka City University found some evidence of improvement in cardiac output from wearing compression stockings, but their conclusions must be treated cautiously for two reasons. Firstly, they measured cardiac output at rest. Secondly, many of the subjects reported a high level of discomfort while they were wearing the stockings.

Which highlights a problem: there's no current standard for how much pressure a compression garment should apply. Similarly, relatively few studies have looked at the garments' effects during exercise.

### A numbers game

That was until a new study from Central Queensland University in Australia set out to look for concrete benefits. Aaron Scanlan and his team measured the effects of wearing lower-body compression garments in a cycling time trial. Using traditional statistics, they found no evidence of a benefit in the categories measured. Yet this isn't quite the end of the story.

"There's a question as to whether traditional statistics are adequate for sports science research," says Scanlan. "Sometimes a minor improvement won't show statistical significance, but a small change could be absolutely crucial to a top-level athlete."

As a result, Scanlan also applied a technique called Magnitude-Based Inferences to the data. Using this method he was able to show that power output and anaerobic threshold were slightly improved when wearing compression garments and the efficiency of the muscle oxygenation process was also marginally better. These findings have persuaded Scanlan that compression garments should not be dismissed and that further research is necessary.

Evidence for recovery benefits is equally circumstantial, but compelling. In a 2007 study at Massey University in New Zealand researchers asked subjects to record the soreness in their legs the day after completing a steady 10km run, both with and without compression socks. When wearing the socks, two of the 14 subjects reported soreness the following day; without the socks, that rose to all but one.

"It's true that recovery responses with the use of compression garments have been much more positive than performance responses," says Scanlan, "but the perception of muscle soreness is largely measured by questionnaires, in which the placebo effect could be at play."

"The only real practical advice I can give at the moment is to ignore the results on the use of compression garments and try them out. If they feel good to wear during cycling, then wear them during cycling, and if they feel good during recovery, wear them during recovery."

# Tuesday 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 1-3 hours. The rides start at 10:30 a.m. on Tuesdays from May to October. All start points are near subway stations, and the 10:30 a.m. 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.

Distances are approximate, and routes are subject to change due to weather and trail conditions.

## Tuesday, July 7

### DOUBLE DON

After some street riding, this route dips down into Hogg's Hollow to cross the west branch of the Don River, then climbs back up to follow Wilket Creek to the east branch. Includes some unpaved paths, 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 14

### PERPENDICULAR LINES: FINCH TO KENNEDY

A one-way ride that takes a shortcut from Finch subway station to Kennedy station.  
Start: 10:30 a.m. Finch subway Park and Ride  
Dist: 23 km

## Tuesday, July 21

### 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, July 28

### 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, August 4

### MIMICO CREEK AND THE HUMBER, V2.1

Paved paths & 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

## Tuesday, August 11

### 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 18

### 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

## Tuesday, August 25

### HUMBER AND HIGH PARK

North along the Humber, then east to circle a pond, south through city streets and High Park to the lakeshore, then west back to the Humber. Two short unpaved sections.  
Start: 10:30 a.m. Etienne Brule parking lot (down the hill behind Old Mill subway station)  
Dist: 24 km

## Tuesday, September 1

### 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

## 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.



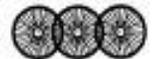
### SPORTIF

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.



# Wednesday Wheelies



Queensville - 2008  
Photo By Owen Rogers

## WEDNESDAY JULY 1

**ASHBURN TOUR – SUMMER HOURS**  
57 or 81 km ride from Ashburn to Enniskillen Conservation Area. Meet for an 8:30 A.M. departure at Ashburn Community Park on the west side of Ashburn Rd., 200 m north of the main intersection in Ashburn. To get to Ashburn, go east on Highway 401 to Brock Rd., north to Clairemont and east on County Road 5 to Ashburn. Bring a lunch for this tour.

## WEDNESDAY JULY 8

### HORNBY TO GLEN WILLIAMS - SUMMER HOURS

The Wednesday Wheelie ride for July 8 is a 73 or 87 km ride from Hornby Park to Glen Williams or Belfountain for lunch. Meet for an 8:30 A.M. departure at Hornby Park. To get to Hornby park, exit 401 west at Trafalgar Road (Interchange 328) and go north to the lights. Turn left to Hornby park.

## WEDNESDAY JULY 15

### DURHAM COLLEGE TO BOWMANVILLE - SUMMER HOURS

The Wednesday Wheelie ride for July 15 is a 69 or 79 km ride from Durham College to Bowmanville. Meet for an 8:30 A.M. departure at Durham College. When you reach the lights at the entrance to Durham College, turn left past the College Tennis Centre and park in the arena parking lot. To reach Durham College, exit Hwy 401 east at Thicksen Rd., go north to Conlins Road, then east to Durham College.

## WEDNESDAY JULY 22

### STOUFFVILLE TO GOODWOOD - SUMMER HOURS

The Wednesday Wheelie ride for July 22 is a 61 or 76 or 84 km ride north from Stouffville with lunch at Mrs. Wideman's Bakery. Meet for an 8:30 A.M. departure in Stouffville at the North Stouffville Free Park. To get to Stouffville go north on Hwy 404 to Stouffville Rd. Go east to the Stouffville Free Park on the north side of Main St. past the train tracks & before Market St.

## WEDNESDAY JULY 29

### KING CITY TO CALEDON EAST (OR BOLTON) / KLEINBURG - SUMMER HOURS

The Wednesday Wheelie ride for July 29 is a 74 or 103 km ride from King City to Caledon East (or Bolton) returning through Kleinburg. Meet for an 8:30 A.M. departure at the municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)

## WEDNESDAY AUGUST 5

### HORNBY TO CAMPBELLEVILLE - SUMMER HOURS

The Wednesday Wheelie ride for August 5 is a 66 or 75 km ride from Hornby to Campbellville. Meet for an 8:30 A.M. departure at Hornby Park. To get to Hornby Park exit Highway 401 at interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

## WEDNESDAY, AUGUST 12

### COURTICE TO BOWMANVILLE - SUMMER HOURS

The Wednesday Wheelie ride for August 12 is a 71 or 86 km ride from Courtice through the Durham Drumlins to Bowmanville for lunch. Meet for an 8:30 A.M. departure at the Community Centre in Courtice. To get to Courtice, exit Highway 401 East at interchange 425, (C.R. 34 / Courtice Rd.) Go north just past Hwy. 2 and turn left into the Courtice Community Centre.

## WEDNESDAY, AUGUST 19

### HORNBY TO LOWVILLE / CAMPBELLEVILLE - SUMMER HOURS

The Wednesday Wheelie ride for August 19 is a 67, 83 or 99 km ride from Hornby to Lowville. Meet for an 8:30 A.M. departure at Hornby Park. To get to Hornby park, exit 401 west at Trafalgar Road (Interchange 328) and go north to the lights. Turn left to Hornby Park.

## 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 Bridge 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.

## WEDNESDAY, AUGUST 26

### STOUFFVILLE TO UXBRIDGE - SUMMER HOURS

The Wednesday Wheelie ride for August 26 is a 61 or 85 km ride from Stouffville to Uxbridge and return. Meet for an 8:30 A.M. departure in Stouffville at the North Stouffville Free Park. To get to Stouffville go north on Hwy 404 to Stouffville Rd. Go east to the Stouffville Free Park on the north side of Main St. past the train tracks & before Market St.

# Trail and Mountain Bike Rides

## Saturday, July 4th

### DURHAM FOREST – 10AM START

Ride 25 km of single and double track trails. With mixed forest and pines this fat-tire playground is sure to please. A popular spot for all. Moderate to moderate, clay, sandy areas. Trail pass: free Facilities: parking Leaders- Dan & Mitch  
Trailhead: 401 to Brock Road exit, Pickering, north up Brock Rd about 25 kms to Durham Rd. 21 (Coppins Corners), east 5 km to 7th Concession Rd., turn right, entrance is 1 km south on east side.  
Après: Annina's Bake shop Goodwood

## Sunday, July 5th

### DON VALLEY - KNOBBY NEWBIE BEGINNER RIDE – 10AM START

Come out on an instructional ride. We take riders through the basics of technique and trail safety. Then ride an easy 15km route through the ravines in the heart of Toronto. Trail pass: free, parking Leaders- Doug  
Trailhead: DVP to Bayview / Bloor exit and north on Bayview Ave. about 400 m.  
If you are coming from the north, or east travel 500 m south of Pottery Road on Bayview at Toronto Brick Works parking lot.

## Saturday, July 11

### KOLAPORE UPLANDS - 10AM START

Get ready for a 30km marathon in this single-track heaven of woods, fields and bridges. Fast, hilly, some mud and full of rocky challenges. The farthest to drive (SW of Collingwood) but some say our best ride!  
Trail pass: free Facilities: parking Leader - John  
Trailhead: - From Toronto, Hwy 410 to hwy 10 north, it will join hwy 24 past Orangeville. Follow hwy 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.

## Sunday, July 12

### KING CITY – 10AM START

We will explore this small forest tract is close to Toronto and possibly another location nearby. Good for beginners with some riding experience. Trail pass: ? Facilities: parking Leaders - Doug  
Trailhead: Drive north up hwy 400, exit King City Rd., head east then north on Jane St. Just beyond 16th Sideroad on your right is the Centennial Park Centre.

## Saturday, July 18

### PALGRAVE - 10AM START

Secluded forest tract with 20km of rolling trail adventure, some winding steep sections. A taunt thriller of a trail!  
Trail pass: free Facilities: parking Leader - Albert  
Trailhead: Drive north 11km past Bolton on Highway 50 just beyond Albion Hills turn west on Patterson Side Rd. then north up Duffy's Lane 2km, look for the parking lot down the road on the right just past the curve in the road.  
Après: Bolton Pub

## Sunday, July 26

### RAVENSHOE – 10AM START

With 18 km of single-track trails, Ravenshoe offers lots of roots, logs and stunts to challenge the rider, one of our hardest and favorite rides. Moderate to extreme, fairly flat but very twisty, can be muddy. Trail pass: Free Facilities: limited parking Leaders- Doug  
Trailhead: 404 north, exit Green Lane, east to Woodbine Ave, north 5 km to Ravenshoe Rd, east 9 km to McCowan Rd., turn south 600 m, parking lot on the right  
Après: Shoeless Joes 18947 Woodbine Ave.

## Saturday, August 1

### HILTON FALLS – 10AM START

Dual suspension heaven. 33 km of single & double track loops through rocky hardwood forest and wetlands. Discover the new trails beyond the falls & NE. (Rim Bender trail is Advanced). Easy to extreme, clay, gravel, limestone rocks. Trail pass: \$7 Facilities: washrooms, parking Leader: Doug & Dmitriy  
Trailhead: 401 west to hwy 25, north to Regional Rd. 9 (Campbellville Rd.), west 6 km to entrance on right side. [www.conservation-halton.on.ca](http://www.conservation-halton.on.ca)

## Sunday, August 2

TBD - Check the TBN hotline or [www.tbn.ca](http://www.tbn.ca) for updates.

## Saturday, August 8

### DON VALLEY - KNOBBY NEWBIE BEGINNER RIDE – 10AM START

Come out on an instructional ride. We take riders through the basics of technique and trail safety. Then ride an easy 15km route through the ravines in the heart of Toronto. Trail pass: free Facilities: none Leaders - Steven  
Trailhead: DVP to Bayview / Bloor exit and north on Bayview Ave. about 400 m.  
If you are coming from the north, or east travel

500 m south of Pottery Road on Bayview at Toronto Brick Works parking lot.

## Sunday, August 9

### GLEN MAJOR – 10 AM START

20 km of tight technical single track, for beginner to advanced, Drop offs, sandy areas, long runs and great scenery, south of Uxbridge. Trail pass: Free Facilities: parking Leader- Jon & Mitch  
Trailhead: - Hwy 401 east to Brock Rd. in Pickering. North on Brock Rd. to about 20 km to Claremont, turn east on Durham Road 5. Travel to Balsam go north on Sideline #4. About 3 km north to parking lot on westside. Après: Appleby's Hwy 2 Ajax

## Saturday, August 15

### KELSO – 10AM START

Features 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill- tough going up, a blast going down. Fabulous views. Moderate, clay with mud holes, limestone boulders. Trail pass: \$7 Facilities: washrooms Leaders: John  
Trailhead: meeting at top, Summit Gatehouse: 401 west to Hwy 25, south towards Milton, west on hwy. 8 (Steeles Ave.) 4km, parking north side at Old Bell School Line [www.conservationhalton.on.ca/kelso.html](http://www.conservationhalton.on.ca/kelso.html)  
Après: Tim Horton's in Milton

## Sunday, August 16

TBD - Check the TBN hotline or [www.tbn.ca](http://www.tbn.ca) for updates.

## Saturday, August 22

### DON VALLEY -- 10AM START

We will ride this popular loop plus go beyond into Taylor Creek/Eglinton ravine to ride new trail with bridges and river crossings - 20km Will be muddy, steep and scary. Moderate to Advanced. Trail pass: free Facilities: none Leaders- Dan & Doug  
Trailhead: Bayview Ave & Pottery Road parking lot by the train tracks.  
Don Valley -- 10am start  
We will ride this popular loop plus go beyond into Taylor Creek ravine to ride new trail with bridges and river crossings - 20km Will be muddy, steep and scary. Moderate to Advanced. Trail pass: free Facilities: none  
Trailhead: Bayview Ave & Pottery Road parking lot by the train tracks

## Sunday, August 23

### HARDWOOD – 10:30AM START ADVANCED RIDE

With 70 km of x-ski loops and lots of single-

track trails, Hardwood Hills is an industry benchmark offering trails for all abilities. Don't miss this superb mountain bike centre. Easy to advanced.

Trail pass: (Group \$10.50) Facilities: washrooms, showers, cafeteria, bike rental  
Leaders: Mitch

Trailhead: Hwy 400 north past Barrie to exit 111 Forbes Rd, travel east 10 km, entrance on north side. [www.hardwoodskiandbike.ca](http://www.hardwoodskiandbike.ca)

### Saturday, August 29

TBD - Check the TBN hotline or [www.tbn.ca](http://www.tbn.ca) for updates.

## Saturday Cruising Shorts



### Saturday July 04, 2009

#### GEORGETOWN EQUESING HYSTERICAL TOUR

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

Start: Go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road and meet at Stewarttown Public School on the south-east corner. (Make sure you do NOT go to Pineview School!)

Distance: 62 km

### Saturday July 18, 2009

#### 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 framers' market.

Start: Meet at the Mayfield Recreation Centre on the north-east corner of Bramlea Road North and Mayfield Road. The parking lot is a little further north on Bramlea (approx second entrance on east side.)

Distance: 54 km

### Saturday August 08, 2009

#### HOCKLEY HILLRAISER

A ride in the lovely countryside north of

### Sunday, August 30

#### ALBION HILLS - 10AM START

Ride just north of Bolton in this hilly-forested area on 25km of x-ski trails and side single track, some sand, roots and logs.

Trail pass: \$4 Facilities: washrooms, showers, snacks, camping

Leaders: Eleanor & Steven

Trailhead: Drive north 9km past Bolton on Highway 50 until you see the entrance to Albion Hills Conservation Area on your left.

Schomberg. Great for a "Saturday Short" pedal. Start: Take Exit 55 off Hwy 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy 27), and head south to the Arena. Distance: 61 km

### Saturday August 22, 2009

#### HALTON HILLS - LOWVILLE

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

Start: 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.

Distance: 67 km

### Saturday September 05, 2009

#### GOODWOOD WANDERER

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

Start: Go north on Hwy 404 to Stouffville Road. Go east to the Stouffville Free Parking on the north side of Main Street, past the train tracks and next to the Library.

Distance: 61 km

## MTB Rides Don Valley Wed. (Advanced) Thurs. (Beginners) 6 pm

There is a little known secret for city bound mountain bike riders, a weekly Wednesday night ride for advanced riders and now a Thursday night ride for beginners in the Don Valley. Thursday rides starting April 16th, Wed. rides starting May 6th

We will explore the inner city trails of the Don Valley. Included are trail names like the "Upper Don", "Lower Don", "Skunks Tail", "Catalyst", "Party Atmosphere", to name a few. Beginners be aware most of the trails are intermediate to advanced. There are a lot of hills that you need to ride up, but you get to enjoy the downhill's as well; repeatedly! If the group size and mix of rider skills warrants, then a split advanced and intermediary group will be arranged for the Wednesday rides. Group sizes are typically 5 to 15+ The Don can be very tricky to ride if it has previously rained due to it's slick off-camber nature in sections.

Facilities: Free parking. Trail pass: Free Non mem = \$5, 5:45pm for paperwork  
Leaders - Ron (Wed.) & Doug (Thurs.)  
Trailhead: Meeting place is at the Brick Works parking lot, 550 Bayview Ave. 1st light south of Pottery Road

## TBN Custom Jersey

The TBN custom jersey, made by ATAC Sportswear is now available exclusively at Cyclepath located at 2106 Yonge St, on the west side of Yonge just south of Eglinton. TBN Members, cost \$60, non-members \$89. Please remember that payment is by cheque only, made payable to the Toronto Cycling Network. Note: the old yellow/blue Garneau design is still available at Cyclepath in extremely limited quantities for \$60 -- instant collector's item!



# Sunday and Holiday Rides

ALL RIDES START AT 10:00 A.M.  
UNLESS OTHERWISE STATED.

## Wednesday, July 1, 2009

**ETOBICOKE MEANDER** - Cycle through Etobicoke on the bike paths. Optional side trip to Centennial Park for Ribfest!

Start: Coronation Park - East of Princess Gates entrance, Lakeshore and Strachan Ave

Dist: 54 km

Class: Easy Roller

**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 5, 2009

**FORKS OF THE CREDIT** - A hilly, beautiful ride following the backroads to Belfountain. Short tour heads to Glen Williams.

Start: Kipling 8:30 am

Dist: 112, 127 & 147 km

Class: Advanced Tourist, Tourist

**TORONTO ISLAND TOUR** - Follow streets and trails to the ferry and then steam over to the Island. Ferry fare is \$4.00 return.

Start: Shoppers World, Danforth

Dist: 32 km

Class: Leisure Wheeler

**UNIONVILLE** - Ride north to this historic village for lunch at Jake's on Main.

Start: Finch

Dist: 55 km

Class: Easy Roller

**GLEN WILLIAMS TOUR** - Two routes to the town of Glen Williams for lunch at Glen Oven Bakery or a picnic in the park by the Credit River.

Start: Kipling

Dist: 95 & 115 km

Class: Advanced Tourist, Tourist

**HOCKLEY HILLRAISER** - 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 12, 2009

**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

**DIM SUM RIDE** - Join Fred Lee for Dim Sum in Markham. Other foods available. Ride skips Cummer Hill.

Start: Finch

Dist: 40 km

Class: Leisure Wheeler

## CENTENNIAL PARK - COOKSVILLE -

This is a mixed trail and road ride. North on Humber trail. West on Eglinton trail. Then change to a brisk street ride, mostly on Matheson Blvd. Lunch in Mississauga then follow the waterfront trail home. Ideal for riders looking for a brisk work out! Expected to be at the top end of the Easy Roller pace.

Start: Etienne Brule Park

Dist: 56 km

Class: Easy Roller

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

Dist: 51, 71 & 97 km

Class: Country Cruise

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

Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch.

Distances: 76, 96 & 118 kms

Classifications: Short Tourist, Sportif, Tourist

Après: TBA

## Sunday, July 19, 2009

### MT. ALBERT/UXBRIDGE/UTICA -

Three routes to lunch in Uxbridge.

Meet for an 8:30 a.m. sharp departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch.

Distances: 115, 131 & 155 kms

Classifications: Advanced Tourist, Tourist  
Après: Tim Hortons, east side of Yonge, north of Hendon

**OLD VILLAGE TOUR** - Meander north through trails and quiet residential areas en route to Black Creek Pioneer Village. Bring lunch.

Meet for 10:00 a.m. departure outside Old Mill subway station (park in Etienne Brule lot at Old Mill Road)

Distance: 47 km

Classification: Leisure Wheeler

Après: TBA

**STOUFFVILLE** - Head up to Stouffville for lunch. Meet for a 10:00 a.m. departure at Scarborough Town Centre - west side - parking lot at the corner of McCowan & Bushby, next to Price Chopper.

Distance: 60 km

Classification: Easy Roller

Après: TBA

## 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.

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. 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. Start time: 10:00 a.m.

Distances: 42, 62 & 87 kms

Classification: Country Cruise

**MUSSELMAN LAKE/MT ALBERT** - Do the Musselman Lake run to lunch in Ballantrae, or keep going north to Mt. Albert.

Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch.

Distances: 85 & 102 kms

Classifications: Advanced Tourist, Tourist

Après: TBA

## Sunday, July 26, 2009

**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!

Meet for an 8:30 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge and Hendon.

Distances: 123 & 145 kms

Classification: Advanced Tourist

**HENRY THE FIFTH - PART TWO** - An alternative approach to Agincourt, avoiding the Battle of Cummer Hill. Bring lunch.

Meet for a 10:00 am departure at the parking

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

Distance: 35 km  
Classification: Leisure Wheeler  
Après TBA

**GUILD INN** - Visit the beautiful Guild Inn, and have a picnic lunch on the grounds. We'll stop to buy lunch on the way. Note: this is event was previously scheduled for July 27. Meet for a 10:00 a.m. departure at the Boardwalk Pub, just east of the foot of Coxwell Ave., in the Woodbine Beach parking lot.  
Distance: 60 km  
Classification: Easy Roller  
Après TBA

### **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.

Meet for a 10:00 a.m. departure in Bowmanville. Go east on Hwy 401 exiting at exit 452, 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.

Distances: 55, 90 & 117 kms  
Classification: Country Cruise

**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.

Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge and Hendon, one block north of Finch.  
Distances: 79, 97 & 108 kms  
Classifications: Short Tourist, Tourist

**Note for Easy Rollers:** at press time details for most Easy Roller rides scheduled for August and September are not yet available. Please check the TBN web site or subscribe to the weekly email for start times and locations.

### **Sunday, August 2, 2009**

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

A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert. Meet for an 8:30 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch.  
Distances: 120 & 140 kms  
Classifications: Advanced Tourist, 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.  
Meet for a 10:00 a.m. departure at Shoppers World, Danforth & Victoria Park, in front of

Coffee Time (one block south of the Victoria Park Subway Park & Ride).

Distance: 42 km  
Classification: Leisure Wheeler  
Après TBA

### **GEORGETOWN-EQUESING**

**HYSTERICAL TOUR** - This tour resurrects past rides and combines them to chart 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.

Meet for a 10:00 a.m. departure at 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!)

Distances: 53, 64 & 93 kms  
Classification: Country Cruise

### **HOLLAND MARSH/NEWMARKET**

A hilly but scenic route to Aurora for lunch.

Long tour takes in the Marsh.

Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch.

Distances: 79 & 104 kms  
Classifications: Short Tourist, Tourist

### **Monday, August 3, 2009**

**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.

Meet for a 10:00 a.m. departure at King Edward's statue at the north end of Queen's Park (SE of St. George Subway station; south of the ROM)

Distance: 32 km  
Classification: Leisure Wheeler  
Après The Second Cup

**VANDORF/SNOWBALL** - Short route heads to lunch at Jake's in Unionville. Long routes lunch in Maple!

Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge and Hendon, one block north of Finch.

Distances: 70, 85 & 96 kms  
Classifications: Short Tourist, Sportif, Tourist  
Après Tim Hortons, east side of Yonge, north of Hendon.

### **Sunday, August 9, 2009**

**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.

Meet for an 8:30 a.m. sharp departure at Finch Subway Park & Ride (NW corner Yonge & Hendon).  
Distances: 105 & 130 kms

Classifications: Advanced Tourist, Tourist  
Après TBA

### **ANNUAL CLUB BBQ RIDE (10:00 A.M.)**

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.

Meet for 10:00 a.m. departure at Finch Subway Park & Ride (NW corner Yonge & Hendon).

Distances: 35, 60, 75 & 105 kms  
Classifications: 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.

Meet for a 10:00 a.m. at the 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.

Distances: 62 & 85 kms  
Classification: Country Cruise

### **Sunday, August 16, 2009**

**SILVER CREEK CENTURY** - A century ride through Caledon with lunch in Inglewood.

Meet for an 8:30 a.m. departure at Finch Subway Park and Ride, NW corner Yonge and Hendon Ave, one block north of Finch.

Distances: 125, 143 & 165 kms  
Classification: Advanced 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.

Meet for a 10:00 a.m. departure at the Boardwalk Pub, just east of Coxwell Ave on Lakeshore Blvd.

Distance: 42 km  
Classification: Leisure Wheeler  
Après Boardwalk Pub

### **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.

Note revised starting location with free parking. Meet for a 10:00 a.m. departure in Cobourg. New Start - Free Parking! Take Hwy 401 east to Cobourg, Division Street Exit. Continue south to King Street, go west about 250 metres, and park behind Victoria Hall - the Cobourg Town Hall.

Distances: 60, 74 & 88 kms  
Classification: Country Cruise

**KLEINBURG CAPPUCCINO RIDE** - An undulating ride to lunch in Kleinburg. Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch. Distance: 66 km  
Classification: Short Tourist  
Après TBA

### Sunday, August 23, 2009

#### HOLLAND MARSH/SCHOMBERG

An old favourite resurrected with some new twists as we ride to Schomberg and back via the Holland Marsh. Meet for an 8:30 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch. Distances: 115 & 127 kms  
Classifications: Advanced Tourist, Tourist

**HUMBER TRAIL & BEYOND** - Enjoy the sights and sounds of the Humber Trail. Marc, the scheduled ride leader advises the distance has been cut to 47 km and will turn back at the Main Campus of Humber College.

**IMPORTANT:** Pack a lunch for this trip as there are NO facilities to purchase food at or near the scheduled lunch stop!

Meet in the parking lot of Etienne Brule Park for a 10:00 a.m. departure. Etienne Brule Park is located at the junction of Old Mill Rd and Old Mill Dr (around the corner and down the hill from the Old Mill subway station).

Distance: 54 km  
Classification: Leisure Wheeler  
Après TBA

#### 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. However, not far off the route (3km from Bass Lake) there is a mall with several fast food restaurants. Food also is available at Heidi's campground en route.

Details will be on the map/route instructions. Meet for a 10:00 a.m. departure at Eastview High School in Barrie. Take Highway 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 0.5km to Grove St E. Turn left onto Grove St. and go about 1km to Eastview High school (on the right).

Distances: 63 & 92 kms  
Classification: Country Cruise

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

Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge St and Hendon Ave, one block north of Finch. Distances: 76, 96 & 118 kms  
Classifications: Short Tourist, Sportif, Tourist  
Après TBA

### Sunday, August 30

**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!

Directions Meet for an 8:30 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge and Hendon. Distances: 125 & 145 kms  
Classification: Advanced Tourist

**ON THE PIONEER TRAIL** - Follow the trail of the early settlers to Scarborough.

Meet for 10:00 a.m. departure outside the Midland RT station on Midland Ave south of Progress and north of Ellesmere.

Distance: 34 km  
Classification: Leisure Wheeler  
Après TBA

#### 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.

Meet for a 10:00 a.m. departure at the 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.

Distances: 53 & 80 kms  
Classification: Country Cruise

#### STOUFFVILLE/GOODWOOD

Description: 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. Meet for a 10:00 a.m. departure at Finch Subway Park and Ride, northwest corner Yonge and Hendon, one block north of Finch. Distances: 79, 97 & 108 kms  
Classifications: Short Tourist, Tourist

### Sunday, Sep 13, 2009 8th 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 seven years the Ride for Karen has raised nearly \$925,000, 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. The ride will feature three course lengths, a 25km course, a 100 km course for intermediate cyclists and a 160km course for advanced riders. On-course feed station and lunch (100k & 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 ride. Starts at St. Joan of Arc High School, corner of St. Joan of Arc Ave. and McNaughton in Maple. \$100 entry fee waived if \$250 in pledges are submitted. Event day registration: \$150. 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.



Lakeridge - 2008 Photo By Owen Rogers

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# Retailers Providing Discounts to TBN Members

There are now 37 retailers, tour operators and fitness centres offering discounts to TBN members upon presentation of a current membership card subject to the terms and conditions laid out by each retailer. Please refer to [www.tbn.ca/discount](http://www.tbn.ca/discount) for changes and additions.

## Active Journeys

10% to all TBN members on all of our published tours, cycling self-guided and guided, hiking, same, and guided kayaking.

## Badrockbikes.com

10% discount to TBN members.  
Submit membership # by e-mail, fax, or phone.

## Bayview Cycle Centre

3335 Bayview Ave, Toronto  
10% off regular priced accessories

## Benjamin Sports

393 Donlands Ave, East York  
35% off everything in store

## Bicycles at St. Clair

625 St. Clair Ave West, Toronto  
5% off on parts and bicycles and a free tune up on purchased bicycles

## Bike Switzerland

[www.bikeswitzerland.com](http://www.bikeswitzerland.com)  
\$200 USD off trip price (any trip).

## Bike Zone

501 Lakeshore Road West, Mississauga  
10% off all parts, accessories and service

## Brown's Sports & Cycle

2447 Bloor St. West, Toronto  
10% off regular priced bicycles & cycling related parts and accessories

## Chain Reaction Bicycles

4231 Dundas St West, Etobicoke  
10% off regularly priced parts & accessories

## Curbside Cycle

412 Bloor St West, Toronto  
10% of parts, accessories and clothing

## Cycle Solutions (Beach)

615 Kingston Rd, Toronto  
15% off regular priced parts, accessories, & clothing

## Cycle Solutions (Cabbagetown)

444 Parliament St, Toronto  
15% off regular priced parts, accessories, & clothing

## Cyclemania (Danforth)

281 Danforth Ave., Toronto  
15% discount on purchases, does not apply to repairs

## Cyclepath (Mississauga)

20-1170 Burnhamthorpe Road West, Mississauga  
10% off non-sale items

## Cyclepath (North Toronto)

2106 Yonge St, Toronto  
10% off parts and accessories

## Cyclepath (Oakville)

507 Speers Rd., Oakville  
10% all parts and accessories

## D'Ornellas Bike Shop

1894 Lawrence Ave East, Toronto  
15% off on cash or debit card purchases of regularly-priced parts, clothing, helmets, shoes and accessories. 10% off if paid by Visa. 10% off any regularly-priced bike.

## Detour Publications

500 University Avenue, 8th Floor, Toronto  
10% off all regularly priced books, excluding shipping.

## Duke's Cycle

452 Richmond Street West, Toronto  
10% off all accessories

## Fitfix Health and Wellness

2409 Yonge Street, Suite 201, Toronto  
Signup discount 15% plus free nutritional assessment & fitness test.

## Gears Bike & Ski Shop

176 Lakeshore Rd. West, Mississauga  
10% off regularly priced items (Does not apply to spin classes!)

## High Park Cycle & Sports

2878 Dundas St West, Toronto  
Parts, accessories, clothing, labour: 5%  
Used & demo bikes: 15%  
New bikes: 10% With cash payment: add'l 5%

## L & J Cycle

1144 Davenport Rd, Toronto  
10% discount off all regularly priced parts and accessories

## MBS Tandems

2964 Keynes Crescent, Mississauga  
10% off parts, accessories & labour  
5% off bicycles

## Racer Sportif

2214 Bloor St. West, Toronto  
10% off all regularly priced items, incl. bikes

## Recumbent Trikes - Canada

1415 Cunningham Crescent, Orillia  
15% off regular price of Mueller Windwrap fairings  
5% off regular price of recumbent trikes

## RPM Spinning and Gravity Studio

2109 Bloor Street West, Toronto  
10% off any RPM Card package.

## www.runningshirts.com

19 Bluewater Trail, Brampton  
Free Shipping to all TBN members.

## Scholz Adventure Travel

16575 Dufferin St, King City  
5% on any trip

## Set Me Free (High Park)

381 Roncesvalles Ave, Toronto  
15% off regularly priced parts, accessories & clothing  
5% off regularly priced bikes

## Set Me Free (Little Italy)

653 College St, Toronto  
15% off regularly priced parts, accessories & clothing  
5% off regularly priced bikes

## Sweet Pete's Bike Shop

1204 Bloor St. West, Toronto  
10% discount on parts, accessories, clothing, repairs

## Tailwind Touring

1202 Owen Court, Oakville  
5% off bike tours in north America and Europe.

## To Be Active

26 Elfindale Crescent, North York  
10% off regularly priced wheeled products (Does not apply to kites or buggies.)

## Urbane Cyclist

180 John St, Toronto  
10% off parts and accessories

## Velotech

882 College St, Toronto  
Happy to offer 15% discount to TBN Members with proper ID on EVERYTHING.

## Wheel Excitement

249 Queen's Quay West, Unit 110, Toronto  
10% off: rentals; all non 'sale' items; major tune ups

# TBN Who's Who

## TBN Board of Directors

President	Brian Mclean	president@tbn.ca
Director, V.P. Skiing & snowshoeing	Linda Hamilton	xcski@tbn.ca
Director, V.P. Touring	Richard Anstett	touring@tbn.ca
Treasurer	Karen Bota	tbn@tbn.ca
Secretary	Brenda Sweet Paul Price	tbn@tbn.ca
Newsletter	Noel Manchulenko Mel McGill-Manchulenko	newsletter@tbn.ca
Education Director	Dinsmore Roach Marie Ferguson	education@tbn.ca
Publicity & Promotions	Vacant	publicity@tbn.ca
Social Director	Vacant	social@tbn.ca
Weekend Trips Director	David Maclean	416-482-8033
Advocacy Director	Ron Fletcher	
Cyclon Director	Arlene Smith	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	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	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



Toronto  
bicycling  
Network

Toronto Bicycling Network  
131 Bloor Street West  
Suite 200, Box 279  
Toronto, Ontario  
M5S 1R8

