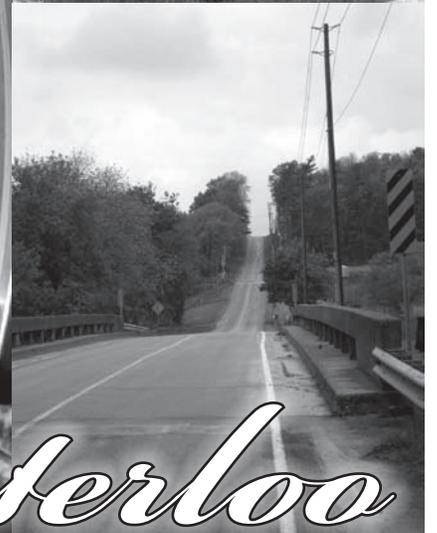


QuickRelease

July - August 2010 • Volume 28, Issue 3



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Waterloo

TBN Advocacy Report - Ron Fletcher



Is Toronto Bike Friendly?

In the light of recent events, one might be tempted to be very discouraged on this topic. True, a pilot project for our first protected cycling lane on University Ave. was defeated at City Council, and there is still not a single safe continuous bike lane across our city after 8 years of a Bike Plan. Many TBNers will not cycle in "Caronto" and will only

take part in remote starts.

Lest we all get too morose about this topic, let's try to keep some perspective. Council did approve bike lanes on Bay, Landsdowne, Rathburn, Spadina Crs and York Mills. Bikeway Trails are scheduled to start on the Finch and Gattineau rail corridors plus the CN Leaside Rail Trail. Cycling in Toronto is moving from a cult to a culture.

Motorists are starting to realize that every person on a bike is one

more person out of a car giving them less congested roads. Montreal's BIXI Public Bike Share program is coming here, if only in a shadow of their program. Please register for it and encourage others to do so. They will need 1 000 registered to get going.

More buses are due to have Bike Racks this year, pilot projects for bike boxes are planned, bike stations are expanding, and the Complete Streets concept, so popular in so many cities, is gaining traction here.

However, we are due for a municipal election in October. Several candidates have been less than enthusiastic about moving bike programs forward. Do you know who they are? And do you know which candidates have declared support for bike programs? If you want better cycling infrastructure in Toronto, please find out.

To find out more about Toronto Votes Candidates, check this website: <http://app.toronto.ca/vote2010/>

THE ROAD AHEAD

Jul 3 - 10	Classic Ride	The Great Waterfront Trail Adventure
Jul 16 - 18	Weekend Trip	Rock Point Relaxer
Jul 17 - 18	Charity Event	Le Tour de Norfolk 2010
Jul 25 - 30	Charity Event	Friends for Life Bike Rally
Jul 30 - Aug 2	Cyclon	Cyclon 2010
Aug 8	Classic Ride	Annual Club BBQ Ride
Aug 11 - 13	Charity Event	401 Bike Challenge
Aug 14	Charity Event	RONA MS Bike Tours 2010
Aug 19 - 22	Charity Event	Tour for Kids
Aug 21	Charity Event	Pedal Against Cancer
Aug 27 - 29	Weekend Trip	Presqu'île Prescription
Aug 29	Charity Event	Ride4UnitedWay

Did you know?

CAA is no longer just for drivers!

CAA is now offering **Bike Assist** roadside assistance for cyclists.

This service is offered with no additional charge to new and existing CAA members in Ontario.

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.



Ride Leader Spotlight - John Cook

I became a member of TBN about 5 years ago when my son convinced me the day I retired to join a Wednesday Wheelie ride. I had been a professor of literature and chair of my department at Ryerson University. I enjoyed myself immensely that first day, so I immediately sent in my membership application to TBN.

I was quite surprised to find myself wanting to join because I had always been a solo cyclist. I had done a number of solo tours by bike in the past and it never occurred to me that I would enjoy riding as a part of a larger group. Wednesday Wheelies appealed to me because the larger group broke up into smaller groups during the rides. That way I got to chat with people while riding and I got to know a number of people who went on to become good friends. I have been out on other rides with TBN but WW is my favourite.

I led my first Wednesday Wheelie ride about three years ago. By that I mean that I was willing to step in and hand out maps when Bill Hannaford, the "real" leader of the Wheelies, was not able to be there. I didn't "lead" rides in any real sense. By handing out maps and sending in reports afterwards I felt I was just ensuring that rides could happen when the 'real' leader couldn't be there.

One of the things I like about the Wheelies is that it is a group that does not really need a leader on the road. Everyone seems content to ride at his or her own pace and to take care of any problems that arise. In that respect, the Wheelies offer, for me, the perfect balance of the group experience and the independence of the solo ride. We can enjoy the group moments when we meet up at the lunch spot or afterwards when we gather for a post-ride drink and chat.

Being a ride leader means for me that I do my fair share of "pulling". You probably know that in cycling there is a basic under-

standing that everyone takes his or her turn at the front to "pull" the rest along into the wind. You do your "pull" and then you peel off and sit at the back to recover while someone else does the pulling. All of us should take our turns doing some of the 'pulling'. It's not difficult.

The great thing about these Wednesday Wheelie rides for me is that they have helped me to discover southern Ontario in a fresh, new way. The routes have taken me along many back roads that I did not know about before I started cycling with the group. And, of course, the great thing about cycling is that you see the world at a more humane pace instead of rushing past in a car.

I've discovered such great beauty in this part of the world simply by taking my time as I ride along. You tend not to notice the flowers and the birds when you are flying past in a car; however, on a bike you see the trillium, you see the bluebirds, you see the many small things that make up the beauty of the landscape. I've been cold and wet and windblown on a bike, but I have always been thrilled to be out there on the roads.

Other than cycling my pleasures are also simple ones. I love walking and reading. When friends ask me what I do in my retirement I tell them that I do more or less the same things I did when I was six years old. I walked to school, I learned to read, I rode my bicycle, I opened my eyes to the world.

That's exactly what I do now. I walk further than I used to; I am still learning by reading; I ride; and I try to be open to the wonders of the world.

John Cook
TBN Member & Ride Leader



The Annual Spring Kick-Off

TBN held its annual rite of spring breakfast on May 29 at Ashbridge's Bay Park.

Dozens of members came along to officially welcome in the cycling season and snack on fruit, bagels, yogurt and other breakfast fare.

Jamie from Bike Sauce, joined us to provide bike repair tips and some advice on changing the ubiquitous flat tire. Bike Sauce is a new do-it-yourself, volunteer-run, bike repair shop that has opened shop on 717 Queen Street E. near Broadview Ave.

And tour leaders David Middleton, Bill Samuel and Arlene Smith, led three short rides in the Beach, Humber & Leslie Spit area. A big thank you to all the volunteers for their help and support and particularly to Susan McAlister.



Weekend Trip Review

Allegany Amble May 21 to May 24, 2010

The weekend began by the usual Friday scramble across the border. Expected delays didn't create too many upset travellers. The QEW Toronto traffic jams leaving the city, were not enough to upset long weekend revellers and the "START of Summer Living" !

Arrival at the park greeted us to rustic 2 bedroom cabins, in a most beautiful State park, with check-in at the grand "Red House" admin. building, overlooking a picturesque lake in the background. Our work week – the big city stresses were melting from us by the minute . . .

Saturday morning greeted us with cloudy skies and a bit of rain. The group left from the cabin meeting spot for the ride to Ellicottville. After lunch at the Ellicottville Brew Pub, with the ominous looking skies, the group split into various ride lengths heading back to the park.

The beautiful hills, and scenery that we admired through car windows, made themselves intensely personal --- in your face --- by the seemingly relentless climbs, and delightful descents. Triple chainrings were thought to be Man's new best friend ! The downhill blasts made several of us giddy with excitement. Even the rain could not dampen the joy of riding in this special place.

Saturday night, the group visited a pub in Ellicottville. Good food and pub brewed beer. Many of us enjoyed the pub's infamous spicy African peanut soup. The surroundings reminded of us of a typical ski town - which it is - quaint and picturesque. Nearby, a blues band could be heard belting out tunes. Some of us sampled the music for awhile before heading back to the quiet park.



The group taken from the Red House Lodge overlooking the lake after the pot luck dinner.

Sunday morning brought partly sunny skies, which suited us just fine. After our hearty breakfasts, the group split into different rides. The 85 km Reservoir Tour, always inspiring - the winding smooth asphalt - along side the water with glorious views, is one of the great rides that I enjoy year after year.

Sunday evening was the potluck dinner at the Red House, in the huge lounge with hand hewn wooden beams, overlooking the lake. Great company, great food. The evening was perfect so afterwards the group arranged a bonfire at site 27. The some times side splitting laughter and good times rolled on ! We all had fun.

Monday morning was a perfect sunny day. Everyone was a little disappointed to be packing up. Some riders did another 40 km loop within the park. By the way - when have you ridden a scenic 40 km - traffic free - bike route within a National Park ?! Well, it's all right here at Allegany State Park only three hours south of Toronto !

Hiking possibilities abound. Our group visited Thunder Rocks, an outcropping of gigantic erratic boulders left behind by the last glacier. Another photo op. Beautiful. Awe inspiring ! Lots of wildlife too.

The weekend was wonderful, newbies and repeat visitors, enjoyed themselves equally. Thank you, Dave MacLean for the organizing. Fun, Fun, Fun ! Maybe a little more preparation/ training before next year ? ...Right.....!!!

Lets do it again next year ! Cycling season has begun :-)

Bernie Greiling
TBN Member



Sheamus the Official 2009 TNTO Mascot appeared 7 times in the picture quiz in the last issue of Quick Release.



The WINNING TBN member is
DAVE MACLEAN

Dave graciously accepts his prize of a Patch Kit from Quick Release co-editor Ginger Lee





July 30-August 2

Cyclon® 2010

IT'S COMING SOON!

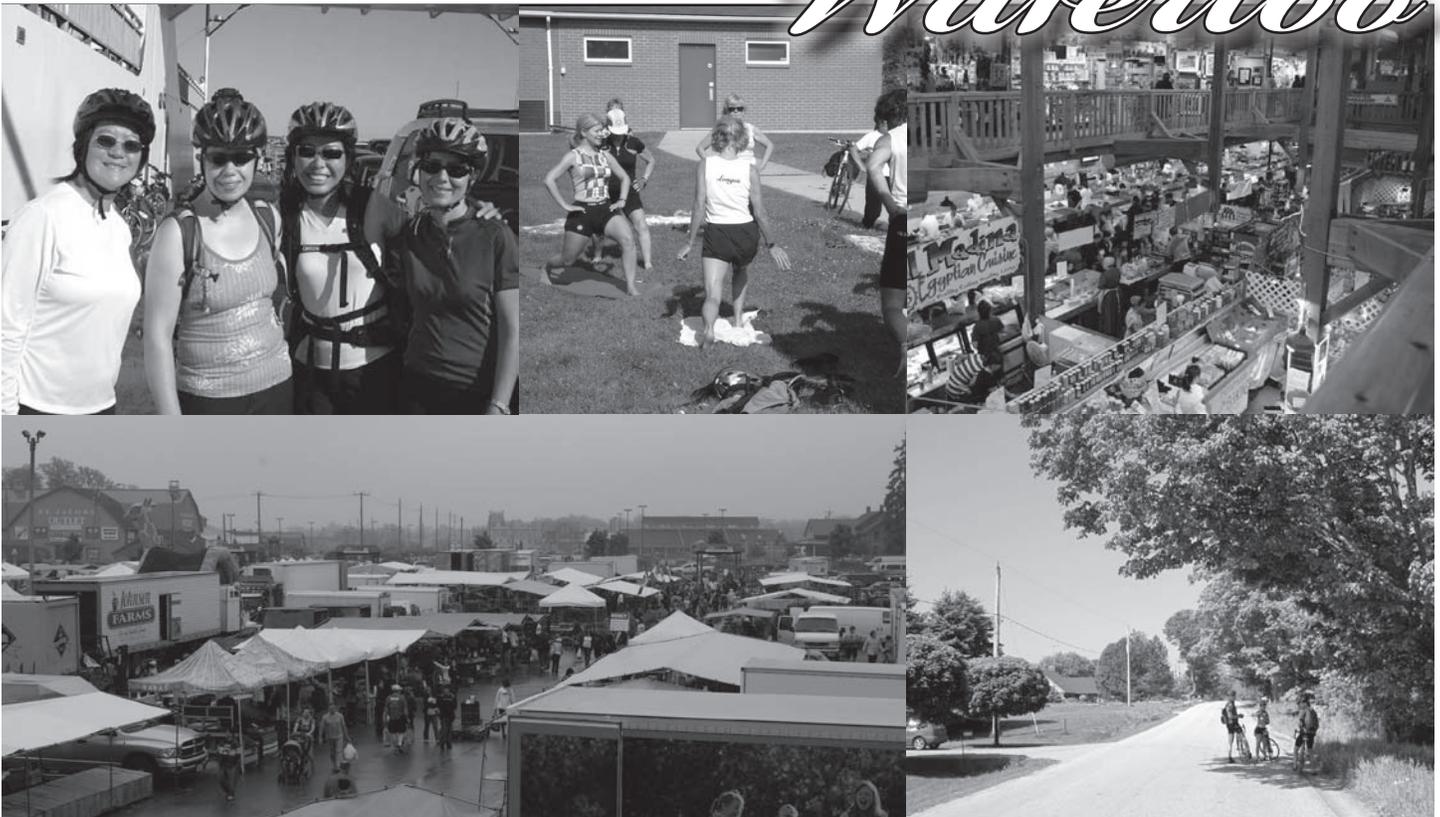
Cyclon® is our three day premier cycling touring event held this year at Conestoga College.

Register on-line: www.tbn.ca/cyclon

You will love the:

- Great riding with routes available to suit your level of cycling
- Friday night reception and ice-breaker with snacks and pizza
- Fabulous dinner-dance with live DJ
- A choice of meal options
- An information package with route maps
- Post-ride socials on Saturday and Sunday with snacks
- Hotel style accommodations with housekeeping, double beds, and complimentary continental breakfasts

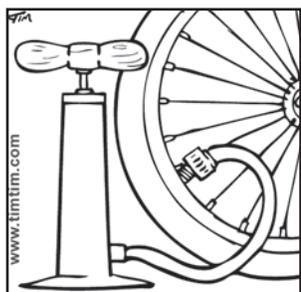
Waterloo



By Ken Derry

*We know how it is: work, family, happy hour, etc. all conspire to make it impossible to set aside even a measly hour to concentrate on bike maintenance. But if you devote a little time to bike care every day for a month, you can accomplish much more than you would by squeezing in a spare hour here and there on weekends. Our simple, 30-day plan assumes you want to keep riding your bike. Aside from a scheduled three-day stint at the bike shop to take care of the major stuff, there's no forced down time. **Happy wrenching!***

11. When the shop calls, tell the respectful young man with the pleasant phone manners that you know your **cables and housings** need to be replaced but you're going to do it yourself later because you're spending a whole month pampering your bike. Pretend the sound you hear is coughing, not laughing.



12. **Organize and clean your bench or tool chest**; if you don't have either, go buy something, even if it's just a generic tool box. Get two buckets while you're at it, plus two sponges, a bag of rags and a car-washing brush. Store the sponges, rags and brush in the nested buckets.

13. **Buy a case of Dale's Pale Ale**--the world's best canned beer--for your mechanic. Its artisanal blue-collar vibe will make him swoon.

14. Pick up your bike today and **drop off the case**. Have one with the shop personnel--yes, they'll ask, and it's your duty. If you're a guy, set yourself apart from the pack by refraining from flirtation with the foxy female mechanic while still acknowledging her. Women:

Drop one double entendre about bottom-bracket stiffness and make a clean, classy exit.

15. Detail-clean your **derailleurs with degreaser**. Saw the rag back and forth through open areas in the derailleur's structure, or use cotton swabs. Dry with a clean rag, then apply one drop of light oil to each spring or pivot.

16. **Clean the rims** with a slightly abrasive pad, or just scrub hard with a rag soaked in dish soap--then rinse and dry. Over time, road spray and gunk from the brake pads coat the rim, which interferes with stopping power.

17. It's Chain Day: First, check chain wear. **Place the edge of a 12-inch ruler over the pin of one link**. (It's easiest on top of the chain, above the chainstay.) The 12-inch hash mark should sit over another pin. If it doesn't, the chain is worn, which reduces shifting efficiency and causes excess wear on the rings and cassette; replace it. If the chain is fine, clean it.

18. De-grime the crankset. **Use a toothbrush the rings**, then wipe with a dry rag. Clean between there, it wears the chain.

Spend just a few minutes caring for your bike every day for a month, and you'll end up with a shiny, smooth, safe, speedy ride.

and degreaser to clean each tooth; if there's dirt in

19. Clean the cassette. Remove the rear wheel slightly slanted so the cassette angles toward the degreaser from dripping into the freehub. **Spray greaser** and use a shoebrush or an old toothbrush the teeth. It's messy. Then use a screwdriver or awl or anything else entwined around the cassette body. (Check the hollowed-out back of the body, too.) Hold or set the wheel horizontally and swipe a rag soaked with degreaser between the cogs, then over the face of the cogs, for a sparkly finish.

and hold it vertically but ground; this will prevent **the cassette with de-**to scrub grit from between to pick out weeds, string

20. **Cable and housing replacement** appears labyrinthian, but can be goof-proof simplified if you're willing to work like a sloth. Loosen the pinch bolt on one brake, clip the cap off the cable, then push it through the housing until the other end pops out of the lever. Pull the cable out. Note the position of the housings (which will still be in place), then remove one piece at a time and, measuring against the new housing, cut a fresh section. When the housings are done, push the new cable through the lever, then through the housings. Run the end through the pinch bolt and hex it tight. For brakes, hold the arms so the pads are against the rims as you tighten the pinch bolt. There's usually enough residual slack along the cable to create clearance between the pads and rims when you let go.

2010 Ride for Heart Volunteer Recap



Joe Hickey

Cold and rain was not the best weather to be riding in and that unfortunately kept many volunteers away. In spite of this I could not believe the number of participants that showed up. They had raised money through pledges and they were not going to let the weather stop them.

One girl from the corporate sponsors had over \$1000.00 in pledges and she was ready to ride. One small problem is that she was cold and shivering so we brought her into the TBN tent and dried her off with a couple of extra "Volunteer" shirts. She had a pair of long cycling pants that she put on. We gave her a T-shirt and made a "rain-coat" out of a large plastic bag. She came back to the tent after the ride to thank us. This alone made it worth getting up at 5:30 A.M. and going to the C.N.E.

I would like to mention the dedicated volunteers who braved the elements:

Clarence Austin
Britt Bedford-Jones
Roy Bourke
John Burdett
Bob Everett
Joe Jacob
Chris Reid
Greg Reid
Greg Vaschyshyn
Don Weatherby
Catherine Whitfield

The winner of the draw for the
TBN Jersey is
Britt Bedford-Jones !

(1st runner up Don Weatherby, and 2nd runner up Greg Vaschyshyn). If the winner has a Jersey and does not want one or is not a member of TBN it will pass to the runners up. Due to an old map that was incorrect and heavy traffic due to the rain I unfortunately arrived late and missed meeting most of the helpers but I wish to thank each and every one for their help.

The next big opportunity to help the club and your fellow cyclists will be the **Tour de Greenbelt** in the Fall. This will be a great chance for those who love to do Country Cruises. The last two years they have had a big corn roast and burgers and dogs. We need more volunteers each year because this ride is growing.

If you'd like to volunteer, please contact me at: (416) 269-8947

Check it out at <http://www.tourdegreenbelt.ca/>.

Joe Hickey, TBN Volunteer Coordinator

COMMUTING SPECIAL

Last issue, we made a call for stories from commuters in the spirit of Bike Month. Member Torbjorn Zetterlund shares his inspirational story. Next issue, we will feature his Top 10 list of Dangers Being a Cyclist. We want to hear your stories! Send them to newsletter@tbn.ca

My name is Torbjorn Zetterlund. I joined TBN last year and my favorite TBN activity is the Sunday rides from Finch. I went on a few last year and have managed to go on one so far this year. What I like about the long rides is that I always find a group of people that I can keep up with who like biking as much as I do.

Why do I commute? Here is my story about how I got back to bike commuting. Growing up in Sweden I always biked either to school or work. I lost touch with biking when I moved to the Middle East and after coming to Canada I only took up biking again after a dramatic life changing illness.

A few years back I developed the Guillain-Barré syndrome, which according to my doctor was possibly triggered by an innocent fly shot. Guillain-Barre causes paralysis and it took me over 8 months to gain my functional capacity back. I still suffer mild symptoms from time to time such as numbness in my feet and hands. Recovering from the illness, my doctor recommended biking (stationary initially), swimming and weight training to gain my strength back. Given a second chance in life to regain my fitness, I made it my mission to keep my fitness at a highest level for the rest of my life.

With my strength back I dusted off my bike, a Bridgestone RS 800, that I bought in Sweden in 1984 and started with short rides to build up my stamina. With increased stamina I made a change to my daily routine and added biking as a part of commuting to/from work. I ride on average 50 Km daily, starting in early March to end of November. I live in the Yonge/Sheppard area and work near Metro Hall on King Street. I carry a change of working clothes with me and I shower and change at a downtown gym.



Biking to work for me has become more of an opportunity fit in a workout. I have created 4 different routes ranging from 20 to 50 km and I have divided my routes into zones. I use these zones for the purpose of doing interval training, a hill workout or a high intensity workout. There is nothing better than at 6:30 in the morning zooming down Banbury Road towards Edward Gardens or climbing up Lawrence towards Park Lane Circle in the Bridle Path.

One rule of thumb that I have is that south of Eglinton I ride slower as more bicycles and cars are competing for the space in the city core and I do not want to get in to an accident.

Although sometimes I may break the rule as if I am early enough and have luck with the traffic light, I can get a good flat out ride from Eglinton down Mt. Pleasant to St. Clair were I turn.

My favorite days of the week have become Tuesdays and Thursdays - I start off with a swim at a Sheppard/Yonge gym, ride to a downtown gym and do a run on a treadmill for a few miles before showering and going to work feeling so relaxed. Biking is the ultimate way to commute to work with the freedom of not getting stuck in a traffic jam or waiting for the next train on the subway.

My advice is to be careful, always be alert, know what is around you and pay respect to traffic rules.

I am still biking on my Bridgestone RS 800 and if I get fit enough for a triathlon I will upgrade my bike.

Sunday & Holiday Rides

Thursday, July 1, 2010

VANDORF/SNOWBALL

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

Start: Finch
Dist: 70, 85 & 96 km
Class: Short Tourist, Sportif, Tourist

ETOBICOKE MEANDER

A round trip of beautiful Etobicoke for the holiday.

Directions: 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 Road and Old Mill Drive (around the corner and down the hill from the Old Mill subway station).

Distance: 40 km
Classification: 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 Rogers Centre. 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
Class: Leisure Wheeler
Après: The Second Cup

Sunday, July 4, 2010

BALLINAFAD-INGLEWOOD

A new twist on an old favourite via the backroads of Halton. Short tour heads to Glen Williams.

Time: 8:30 a.m.
Start: Kipling Subway Park and Ride, north lot.
Dist: 122, 140 & 163 km
Classification: Advanced Tourist, Sportif, Tourist

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 Subway Park and Ride, north lot.
Dist: 93 & 122 km
Classification: Advanced Tourist, Tourist

HOCKLEY HILLRAISER

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

Distances: 61 km, 72km & 88 km
Classification: Country Cruise

CYNTHIA RIDE – PART 2

Ride the city's most scenic bicycle path along the Humber, as well as the residential streets of York and Etobicoke

Directions: Meet in the parking lot of Grenadier Cafe in High Park for a 10:00 a.m. departure.

Distance: 59 km
Classification: Easy Roller

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
Classification: Leisure Wheeler

Sunday, July 11, 2010

TOTTENHAM TRAILBLAZER

Ride through the marsh to Tottenham, followed by a rolling return route via Bolton and Kleinburg. Short tour lunches in Bolton. optional century route, just for fun!

Time: 8:30 a.m.
Start: Finch
Dist: 113, 135 & 165 km
Classification: Advanced Tourist, Tourist

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
Classification: Short Tourist, Sportif, 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, especially following an amazing (memorable!) climb up Starkville Hill.

Start: Port Hope Town Hall - exit #461 from Hwy 401; follow or 104km Hwy #2 to downtown; Town Hall is at 56 Queen Street.
Distances: 51 km, 71 km & 97 km
Classification: Country Cruise

HENRY THE FIFTH - PART TWO

An alternative approach to Agincourt, avoiding the Battle of Cumber 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

UNIONVILLE

A different route with an east end start heads up to this historic village. Lunch at Tim Hortons. Directions: Meet for a 10:00 a.m. At Shoppers World, Danforth and Victoria Park, in front of Coffee Time (one block south of the Victoria Park Subway Park and Ride).

Distance: 55 km
Classification: Easy Roller

Sunday, July 18, 2010

MT. ALBERT/UXBRIDGE/UTICA

Three routes to lunch in Uxbridge.

Time: 8:30 a.m.
Start: Finch
Dist: 115, 131 & 155 km
Classification: Advanced Tourist, Tourist

MUSSELMAN LAKE/MT ALBERT

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

Start: Finch
Dist: 85 & 102 km
Classification: Advanced Tourist, Tourist

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. ½ 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.

Distances: 42 km, 62 km & 87 km
Classification: Country Cruise

TOUR OF TORONTO

A leisurely tour through Casa Loma, Upper Canada College, Forest Hill, and Sunnybrook Park, primarily through bike lanes and recreational trails. This is a leisurely tour rather than a training ride. There will be stops to regroup and see the sights.

Directions: Meet at the Grenadier Restaurant in the centre of High Park for a 10:00 a.m.

departure.
Distance: 47 km
Classification: Easy Roller

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

Sunday, July 25, 2010

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!
Time: 8:30 a.m.
Start: Finch
Dist: 123 & 145 km
Classification: Advanced Tourist

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
Classification: Short Tourist, Tourist

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: Go east on Hwy 401 to Exit 432, Liberty Street. Meet at Bowmanville Mall Plaza, King Street (Hwy 2) and Simpson Street, at the far end of the parking lot.
Distances: 55 km, 90 km & 117 km
Classification: Country Cruise

GUILD INN

A longer version of the ride to the scenic Guild Inn that will travel through Highland Creek and Morningside Park.
Directions: Meet for a 10 a.m. departure at the Boardwalk BBQ Pub, just east of Coxwell Ave. on Lakeshore Blvd. There is a charge for parking in the lot, but street parking is free on Coxwell north of Lakeshore.
Distance: 52 km
Classification: Easy Roller

OLD VILLAGE TOUR

Meander north through trails and quiet residential areas enroute to Black Creek Pioneer Village. Bring lunch. Meet for 10:00 a.m. de-
Toronto Bicycling Network

parture outside Old Mill subway station (park in Etienne Brule lot at Old Mill Road)
Distance: 47 km
Classification: Leisure Wheeler
Après TBA

Sunday, August 1, 2010

CAMPBELLVILLE CLASSIC

Follow the quiet backroads to the Trail Eatery in Campbellville.
Time: 8:30 a.m.
Start: Kipling Subway Park and Ride, north lot.
Dist: 110 & 130 km
Classification: Advanced Tourist, Tourist

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 Subway Park and Ride, north lot.
Dist: 95 & 115 km
Classification: Advanced Tourist, Tourist

GEORGETOWN EQUESING HYSTERICAL TOUR

Multiple distance options avail all levels of rider to choose from 4 fabulous routes, each incorporating a selection of the best tree-lined, scenic roads in the area. The routes avoid traffic trouble spots in both Georgetown and Acton while catching all the best vistas and a few of those Halton Hills.
Start: Go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road and meet at Stewarttown Public School on the south-east corner. (Make sure you do NOT go to Pineview School!)
Distances: 54 km, 64 km, 74km & 94 km
Classification: Country Cruise

LAKE WILCOX

Visit Lake Wilcox in Richmond Hill. Bring lunch or pick something up along the way.
Directions: Meet for a 10:00 a.m. departure at the Finch Subway Kiss and Ride, NW corner of Finch and Hendon Ave, one block north of Finch
Distance: 63 km
Classification: Easy Roller

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

Monday August 2 (Civic holiday)

PORT CREDIT

A shorter ride for the Civic Holiday to pretty Port Credit along the Waterfront Trail.
Directions: Meet at the Grenadier Restaurant in the centre of High Park for a 10:00 a.m. departure
Distance: 35 km
Classification: 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. 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

Sunday, August 8, 2010

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.
Time: 8:30 a.m.
Start: Finch
Dist: 105 & 130 km
Classification: 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
Classification: Leisure Wheeler, Easy Roller, Short Tourist, Tourist

"TOO GOOD" POND PICNIC CRUISE

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 "Too Good" 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: Meet 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 & before Market St.
Distances: 62 km & 85 km
Class: Country Cruise



Sunday, August 15, 2010

SILVER CREEK CENTURY

A century ride through Caledon with lunch in Inglewood.

Time: 8:30 a.m.
Start: Finch
Dist: 125, 143 & 165 km
Classification: Advanced Tourist

BOLTON HAMMER RELOADED

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

Start: Finch
Dist: 87, 108 & 116 km
Classification: Advanced Tourist, Tourist

KLEINBURG CAPPUCCINO RIDE

An undulating ride to lunch in Kleinburg.

Start: Finch
Dist: 66 km
Classification: Short 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: 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.)
Distances: 60 km, 74 km & 88 km
Classification: Country Cruise

CYNTHIA RIDE – PART 1

Circle around Toronto through some of the city's main trails and quiet residential streets (clockwise route).

Directions: 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 Road and Old Mill Drive (around the corner and down the hill from the Old Mill subway station).

Distance: 64 km
Classification: Easy Roller

ON THE PIONEER TRAIL

This ride follows the route of the original settlers of Scarborough in the 1800's.

Directions: Meet at Midland LRT Station for a 10:00 a.m. departure.
Distance: 34 km
Classification: Leisure Wheeler

Sunday, August 22, 2010

HOLLAND MARSH/SCHOMBERG

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

Time: 8:30 a.m.

Start: Finch
Dist: 115 & 127 km
Classification: Advanced Tourist, Tourist

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
Classification: Short Tourist, Sportif, 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. 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.
Start: 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 km & 92 km.
Classification: Country Cruise

ELDORADO PARK

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

Directions: Meet in the north TTC parking lot of Kipling Subway station for a 10:00 a.m. departure. The lot is closest to Dundas St. west and Subway Crescent.
Distance: 65 km
Classification: Easy Roller

NORTH BY NORTHWEST

Explore the asphalt trails of five parks and followed by a stop for a picnic. Bring lunch; no stores enroute.

Start: Finch
Dist: 34 km
Classification: Leisure Wheeler
Après: Tim Hortons

Sunday, August 29, 2010

SIMCOE CENTURY/MT. ALBERT

A quiet route to the shores of Lake Simcoe and back. Shorter option lunches in Mt. Albert.

Time: 8:30 a.m.
Start: Finch
Dist: 115, 131 & 162 km

Classification: Advanced Tourist, Tourist

MUSSELMAN LAKE/MT ALBERT

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

Start: Finch
Dist: 85 & 102 km
Classification: Advanced 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 (if in season) a jaunt to a farmers' 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.)
Distances: 53 km & 80 km
Classification: Country Cruise

OAKVILLE ODYSSEY

Go from the west side of Toronto to the gardens of Oakville. This new route largely avoids busy Lakeshore Ave. Lunch at Tim Horton's.

Directions: Meet in the south TTC parking lot of Kipling Subway station for a 10:00 a.m. departure. The lot is accessed from Munster Ave, off Kipling Ave. south of Dundas St.
Distance: 73 km
Classification: Easy Roller

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 Station
Distance: 54 km
Classification: Leisure Wheeler



2106 Yonge St. Toronto

**The CYCLEPATH @ Yonge
and Eglinton**

***We know and love
bikes!!***

Inline Skating Schedule

Date	Route	Start Point	Meet Time	Class
July 3, 2010	Richmond Green	Richmond Green	9:45 AM	SS
July 10, 2010	Hamilton Beach Trail	East Port Dr.	8:45 AM	SS/FF
July 17, 2010	Banbury	Edwards Gardens	9:45 AM	SS/FF
July 24, 2010	Ajax	Rotary Park	9:45 AM	SS/FF
July 31, 2010	CYCLON WEEKEND - NO SKATE			
August 7, 2010	Western Beaches	Humber Bay Bridge	9:45 AM	SS/FF
August 14, 2010	Banbury	Edwards Gardens	9:45 AM	SS/FF
August 21, 2010	Hamilton Beach Trail	Eastport Dr.	8:45 AM	SS/FF
August 28, 2010	Waterfront Trail	Marie Curtis Park	9:45 AM	SS/FF

Inline Skate Classifications

SS (Shorter/Slower Skate) - For Recreational (rec) skaters

FF (Farther/Faster Skate) - For fitness (fit) skaters

Unofficial Skates meet every Thursday at 6:30 PM at Keating Channel Pub exploring the Eastern Beaches. Class: SS/FF

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.

Saturday Short Cruises

Saturday July 03, 2010 GEORGETOWN EQUESING HISTORICAL 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 17, 2010

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 07, 2010

HOCKLEY HILLRAISER

A ride in the lovely countryside north of 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 21, 2010

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 04, 2010

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

Saturday September 18, 2010

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. ½ 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.

Distance: 62 km

Trail and Mountain Bike Rides

Saturday, July 3

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

Trailhead: 401 to Brock Road exit, Pickering, north up Brock Rd about 23 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 11

KING CITY - 10AM START

We will explore this small forest tract close to Toronto. Good for beginners with some riding experience. Trails are built for riding and flow and wind well.

Trail pass: free

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, by the base of the TV tower.

Après: King City diner

Saturday, July 17

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

Trailhead: Drive north 11km past Bolton on Hwy. 50 just beyond Albion Hills turn west on Patterson Sideroad. Then north up Duffy's lane 2km, look for parking lot down the road on the right just past the curve in the road.

Après: Bolton Pub

Sunday, July 18

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

A recommended intro to MTB riding if you are new. An instructional ride that takes you through the basics of technique and trail safety. Then ride an easy 10km route through the ravines in the heart of Toronto.

Trail Pass: free

Facilities: parking

Trailhead: DVP to Bayview / Bloor exit and north on Bayview Ave. about 400m. If you are coming from the north, or east, travel 50m south of Pottery Rd. on Bayview at Toronto Brick Works parking lot.

Après: Whistler's 995 Broadview Ave.

Sunday, July 25

RAVENSHOE - 10AM START

Brownhill Tract. With 15km of single-track trails, Ravenshoe offers lots of roots, logs and stunts to challenge the rider, one of our hardest/favourite rides. Moderate to extreme, clay with sand, fairly flat but very twisty, can be muddy.

Trail pass: free

Facilities: Limited parking

Trailhead: 404 north, exit Green Lane, east to Woodbine Ave, north 5km to Ravenshoe Rd., east 9 km to McCowan Rd., south 600m, parking on the right.

Après: Shoeless Joe's 8947 Woodbine Ave.

Saturday, July 31

HILTON FALLS - 10AM START

Dual suspension heaven. 33km 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

Trailhead: 401 west to Hwy. 25, north to Regional Rd. 9 (Campellville Rd.), west 6km to entrance on right side.

www.conservationhalton.on.ca

Après: Campellville cafe

Sunday, August 8

GLEN MAJOR - 10AM 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

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 hwy2 Ajax

Saturday, August 14

KELSO - 10AM START

Features 16 km of single-track trails that weave and inter-twine 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

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

Après: Tim Horton's in Milton

Sunday, August 15

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

See Ride Description for July 18th

Sunday, August 22

ALBION HILLS - 10AM START

Ride just north of Bolton in this favourite hilly, forested area on 25km of x-ski trails and side single track, terrain has a little of everything.

*Regular ride + women's only ride

Trail pass: \$8

Facilities: Washrooms, showers, snacks, camping

Trailhead: Drive north 9km past Bolton on Highway 50 until you see the entrance to Albion Hills Conservation Area on your left. Follow signs, park at far end by chalet.

www.trca.on.ca

Après: Pub in Bolton

Saturday, August 28

DON VALLEY - 10AM START

We will ride this popular loop in the heart of Toronto's Don Valley ravine. Check out new trail with switch backs, bridges, logs, roots, mud, hills and thrills - 20km. Moderate to Advanced.

Trail pass: free

Facilities: none

Trailhead: Meet Toronto Brick Works parking lot, 550 Bayview Ave. 1st light south of Pottery Road.

Après: Whistler's 995 Broadview Ave.



Wednesday Wheelies

WEDNESDAY, JULY 7

HORNBY TO GLEN WILLIAMS SUMMER HOURS

The Wednesday Wheelie ride for July 7 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 14

DURHAM COLLEGE TO BOWMANVILLE - SUMMER HOURS

The Wednesday Wheelie ride for July 14 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 Thickson Rd., go north to Conlins Road, then east to Durham College.

WEDNESDAY, JULY 21

STOUFFVILLE TO GOODWOOD SUMMER HOURS

The Wednesday Wheelie ride for July 21 is a 61 or 76 or 84 km ride north from Stouffville with lunch at Annina's Bakeshop. 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 28

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

The Wednesday Wheelie ride for July 28 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 4

HORNBY TO CAMPBELLEVILLE SUMMER HOURS

The Wednesday Wheelie ride for August 4 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 11

COURTICE TO BOWMANVILLE SUMMER HOURS

The Wednesday Wheelie ride for August 11th 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 18 HORNBY TO LOWVILLE / CAMPBELLEVILLE SUMMER HOURS

The Wednesday Wheelie ride for August

18th 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.

WEDNESDAY, AUGUST 25

STOUFFVILLE TO UXBRIDGE SUMMER HOURS

The Wednesday Wheelie ride for August 25 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.

WEDNESDAY, SEPTEMBER 1

HORNBY TO GLEN WILLIAMS

The Wednesday Wheelie ride for September 1 is a 73 or 87 km ride from Hornby Park to Glen Williams or Belfountain for lunch. Meet for an 10:00 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.



Robin Silverstein, Don Caswell, Paul Min & John Cook

Saturday Morning Rides (SMR)

Saturday Morning Rides start at The Boardwalk Pub (Lakeshore & Coxwell) at 9:30am every Saturday, unless otherwise posted on the website.

Friday & Wednesday Night Rides (FNR & WNR)

All Friday Night Rides start at Bridgepoint Health on Broadview at 6:30pm.

Wednesday Night Ride start locations vary.

Check The Chain of Events regularly for up-to-date information on these great rides!

Get together!

Do you have a favourite route that you want to share? Do you want to organize a cycling getaway? Post your idea for a ride/trip on the TBN Message Board and put a group together. Let us know how it went - pros and cons of the route, whether it was a success or not. We want to know! We're always looking for new ideas for rides and trips. The best source is you - TBN Members.



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 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.

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

Tuesday, July 6

NORTH BY NORTHEAST

A new route to L'Amoreaux Park. Some street riding, plus 2 km of unpaved paths hidden in the wilds of Willowdale.

Start: 10:30 a.m. Finch subway Park and Ride
Dist: 32 km

Tuesday, July 13

DOUBLE DON

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

Start: 10:30 a.m. by the playground in Oriole Park, one block west of Davisville subway station
Dist: 27 km

Tuesday, July 20

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 27

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, August 3

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 10

HILL AND VALE

Cedarvale, the Beltline, and the log, long, long glide down Moore Park Ravine. Lots of unpaved paths.

Start: 10:30 a.m. in Taddle Creek Park one block north of the Bedford exit of the St. George subway station.
Dist: 18 km

Tuesday, August 17

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 24

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 31

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



Photo: David Middleton

In case you haven't noticed, the Toronto Bicycling Network is run entirely by volunteers. Every TBN ride was developed by and led by a volunteer, every TBN event was organized by a volunteer, and letter you read on the TBN website or newsletter was put there by a volunteer.

A number of years ago, Loreto Manni volunteered to organize an event to recognize the unsung heroes of TBN. He was able to persuade the TBN Board to loosen the purse strings and spring for a Volunteer Appreciation Night that involved free food.

Since then, the Volunteer Apprecia-

tion Night has become a somewhat annual tradition.

This past April 20, in the back room of the Sports Centre Cafe at Yonge & St. Clair, about 40 volunteers from the previous season gathered. After a few kind words from our president Brian McLean, we were treated to some finger foods.

While it wasn't quite a feast fit for the kings (after-all, the TBN is a non-profit organization), it was a welcome opportunity to meet with old friends and discuss the upcoming cycling season.

TEST KITCHEN:

Banana-Rice Muffins



Recipe From:
Bicycling Magazine, June 2010

There are tons of recipes designed for athletes in various magazines and on the web, but this one appealed to me because the ingredients are items that I almost *always* have in my fridge: Bananas, Cooked Rice, Eggs and Milk.

The idea for this recipe is that Wheat used in most baked goods can be an inflammatory agent for muscles. So avoiding wheat should give us a better chance of having a better

day of riding. Also, if we reduce the number of ingredients in the recipe, we reduce the chance of an ingredient causing digestive problems. This is a high-carb, gluten free, low-fiber pre-ride dish.

This recipe was originally printed as a pancake batter, but after seeing a side note that the batter can be baked in the oven in muffin tins, I opted for this form due to its portability (and visual appeal).

The recipe suggests I bake the batter for 20 min. in the oven at 350°F but it took an extra

10 min. for the batter to be fully cooked. Regardless, the inside of the muffins came out bouncy and moist. I added 2 tablespoons of hot chocolate mix since I personally love the combination of banana & chocolate. The problem with this recipe is that it tastes exactly like the ingredients – Bananas & Rice. I would suggest processing the batter longer to ensure that all the grains of rice are completely pulverized as there were bits of rice grains in the batter, reminiscent of rice pudding.

Also, for those who prefer their baked goods sweeter (this recipe does not call for sugar), I suggest adding a little sugar and perhaps some cinnamon to add some more sweetness and complexity to the flavours. Overall, it's an amazingly easy recipe to make and very

convenient. However, I cannot vouch for it being an ideal pre-ride breakfast, since I found myself getting hungry fairly quickly.

Ginger Lee
Quick Release Co-Editor

Ingredients:

- 1 cup cooked rice
- 2 eggs
- 1 ripe banana
- 1/2 cup milk (dairy, soy or almond)
- 1 tablespoon potato or almond flour (regular flour works too)

Optional seasonings: cinnamon, brown sugar, cayenne, vanilla

Combine all ingredients in a blender, adding more milk or rice to reach desired consistency. Bake in muffin tins at 350° C for 20 mins.

WORD JUMBLE - TOUR DE FRANCE

Unscramble each word into the boxes provided below. Then gather each of the circled letters and unscramble the letters to complete the quote below.



RSAIP



STICCYLS



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SIHINF



Quote:

_____ is temporary, _____ lasts forever!

- Lance Armstrong

Getting to know TBN

May - June Crossword Solutions

Across

- 4 - Albion
- 5 - Hamilton
- 8 - Sheamus
- 12 - Bike Paths
- 13 - Cynthia
- 14 - Punctures
- 17 - Handlebar
- 19 - Wroxeter
- 20 - Bolton
- 22 - Rideau
- 24 - Port Hope
- 26 - Leslie
- 29 - Stouffville
- 31 - Ride For Heart
- 32 - Draft
- 34 - Bell School
- Line
- 35 - Conestoga
- 37 - Pogue Mahone
- 38 - Interval

Down

- 1 - Helmets
- 2 - June
- 3 - Carbon
- 6 - Lakeshore
- 7 - Mimico
- 8 - Spinning
- 9 - Bell
- 10 - Allegany
- 11 - La Paloma
- 15 - Tim Hortons
- 16 - Lactic Acid
- 18 - Stoney Creek
- 21 - Saddle sore
- 23 - Niagara Falls
- 25 - Lahore Tikka
- 27 - Banana
- 28 - Boardwalk Pub
- 33 - High Park
- 30 - Ashbridges

TBN Who's Who

TBN Board of Directors

President	Brian Mclean	president@tbn.ca
Past President	Vacant	tbn@tbn.ca
Director, V.P. Skiing & Snowshoeing	Linda Hamilton	xcski@tbn.ca
Director, V.P. Touring	Richard Anstett	touring@tbn.ca
Treasurer	Marilyn Prole	tbn@tbn.ca
Secretary	Brenda Sweet	tbn@tbn.ca
	Paul Price	
Newsletter	Juliet Suddaby	newsletter@tbn.ca
	Ginger Lee	
Education Director	Dinsmore Roach	education@tbn.ca
	Marie Ferguson	
Publicity & Promotions	Sherri Stelmack	publicity@tbn.ca
Social Director	Kathleen Harford	social@tbn.ca
	Susan McAlister	
Weekend Trips Director	David Maclean	416-482-8033
Advocacy Director	Ron Fletcher	tbn-civic@tbn.ca
Cyclon Director	Arlene Smith	cyclon@tbn.ca
	Carol Hill	
Director at Large	Alan Bell	tbn@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	416-487-1474
	Barry Pinsky	416-928-0503
Easy Roller	David Middleton	easyroller@tbn.ca
Friday Night Ride	Peggy McFarland	fridays@tbn.ca
Hiking	Ed Herage	hiking@tbn.ca
Ice Skating	Fred Lee	iceskate@tbn.ca
Spinning Coordinator	Kathleen Harford	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

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 Bicycling Network.

Note: the old yellow/blue Garneau design is still available at Cyclepath in extremely limited quantities for \$60 -- instant collector's item!



MOVING?

Send changes of address and corrections to: memsec@tbn.ca



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

