

TBN retailer discount program

Your TBN membership just got a lot more valuable! TBN Treasurer, Doug Innes, ever mindful of your membership dollar, has spent some time this winter approaching local retailers in search of discounts for our members in return for a little online promotion. As of the newsletter deadline we already have 15 retailers offering discounts to TBN members upon presentation of a current membership card subject to specific terms and conditions. An up to date list of retailers is available at www.tbn.on.ca/discount Please check it regularly as we expect to add more names to the list in the coming months.

Benjamin Sports

393 Donlands Ave., Toronto
35% off everything in store

Bicycles At St. Clair

625 St. Clair Ave. W., Toronto

5% off on parts and bicycles

Free tune up on purchased bicycles.

Bike Zone

239 Lakeshore Rd. E., Mississauga

10% off all parts, accessories and service

Bloor Cycle & Sports

950 College St., Toronto

15% to 25% off selected items.

Chain Reaction Bicycles

4231 Dundas St. W., Etobicoke

10% off regularly priced parts, accessories, & repairs

Cyclepath

500 Speers Rd., Oakville

15% off parts, 25% off labour, bikes discounted on an individual basis

Detour Publications

www.detourpublications.com

10% discount on all regularly priced titles listed on its website catalogue (shipping not included)

D'Ornella's Bike Shop

1894 Lawrence Ave. E., Toronto

15% off on cash or debit card purchases of regularly priced parts, clothing, helmets, shoes and accessories. 10% off if payment by Visa. 10% off any regularly priced bike

Duke's Cycle

625 Queen St. W., Toronto

10% discount on accessories

Gears Bike & Ski Shop

176 Lakeshore Blvd. W., Mississauga

10% off regularly priced items (Does not apply to spin classes)

Pavan Cycles

2601 Mississauga Rd., Unit 24, Mississauga

10% off all products

Pedlar Cycles

152 Avenue Rd., Toronto

10% off regularly priced parts, accessories & service. Does not apply to bicycles or special order items

Racer Sportif

2214 Bloor St. W., Toronto

10% off all regularly priced items, including bikes

Sandy's Cycle Shop

115 Laird Dr., Toronto

15% off parts and accessories

Urbane Cyclist

180 John St., Toronto

10% off parts and accessories

Wheel Excitement

5 Rees St., Toronto

10% off rentals, all non-sale items, major tune-ups



Photo: Dan Roemer

Let's get ready to rrrrrrrumble!

...oh, wait that's the other club!

Don't miss out on what promises to be the best trail-riding season yet! Dipsy doodles, switchbacks and killer hills are here for all you MTB'ers. Every two weeks, we'll ride one of the spectacular MTB trails located in and around the GTA—Durham Forest, Dagmar, Ravenshoe, Kelso, Mansfield and Hardwood Hills among them.

Our day starts with a warm-up trail geared specifically for new riders. After a refueling (lunch) break and a chance to socialize, we hit the trails again to complete the day. This second leg is geared toward the riding expertise of the group on that day. So if you are thinking it's time to hit the dirt - come and join us for some fun.

The 2001 schedule will be available in late March. Check the website, the weekly email or listen to the good ol' fashioned Hotline for details. For more information, contact Dan or Monique at mtb@tbn.on.ca. Remember it is way too much fun to keep to yourself so bring a friend! —Monique Maillard

QuickRelease

March / April, 2001
Volume 19, Issue 1



Sunny days and great riding ahead

The Toronto International Bike Show

Friday March 2 to Sunday March 4

National Trade Centre, West Annex Hall A, Exhibition Place

See all of the latest technology in the manufacturer's showcase section and talk to industry representatives. If you're in the market for a new bike you'll find the very best prices on last year's models and accessories are available in the retailers' section. Most of the major retailers in the GTA will be on hand. There's a lot more to see including a vintage bicycle display, recumbent bicycle display, indoor bike races, trials competition, roller races and an opportunity to chat with representatives of advocacy and community cycling groups. Drop by the TBN booth and renew your membership, or bring a friend along and sign *them* up for \$5 off the regular new member's price of \$55. Free indoor bike parking in underground parking area.

Show hours: Friday, noon to 9:00 p.m.;

Saturday 10:00 a.m. to 8:00 p.m.;

Sunday 10:00 a.m. to 6:00 p.m.

Adult admission, \$8.75;

seniors and 6-12 year-olds, \$6.75;

under six, free.



Photo: Linael Simmons

Spring Dinner Dance, Saturday May 26

Toronto Canoe and Sailing Club, 1391 Lakeshore Blvd. West (at Jameson)

Members: \$30. Non-members: \$35

Cash Bar opens at 6:30 p.m., dinner at 7:30 p.m.



see page 7 for more details

Board of Directors		
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Thursday Nights	C. Julian Ward	905-683-9638
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Saturday Morning Ride	Martha Scott	416-443-0619
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City Walks	Mark Brousseau	416-466-4979
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Hotline Announcer	Rob Long	-
Hotline Announcer	Marcia Santen	-
Quick Release		
New Mom	Nancy Palardy	416-533-5747
Chair of Graphic Design	David Young	416-535-0389

R a m b l i n g

(formerly Editor's Notebook!)

Ride help always appreciated
 At the risk of sounding like a broken record, or worse, a dirty chain, I want to remind our enthusiastic members that without the help of our still more enthusiastic volunteers we'd have a tough time offering all the great rides and other events we put on every year. In particular, we are constantly looking for help leading rides, which are, after all, the very foundation of every cycling club. Speaking as Sunday Tourist Ride Coordinator, I can use as much help as I can get with the 10:00 a.m starts, particularly the shorter distances. Also, both John Tytler and Ron Fletcher who have been running the popular and very social Friday and Wednesday Night rides would both appreciate a hand in leading their rides this year. Easy Rollers will find an allusion to tourleading in the note from Dan Engels on page ten. Also on page eleven, you'll find

information on the Tourleader Clinics. This year we're hoping that holding two clinics on different nights in a quiet, but more social atmosphere will translate into better overall attendance. Please consider leading or sweeping a few rides this year—it's easier than you think.
 We're on our way back to Guelph Fret no more for the fate of Cyclon 2001 and make a date to spend this August long weekend in Guelph, Ontario at TBN's premier cycling event. We'd like to welcome **Anne Nikkel** aboard as our new Cyclon Director. Though a member of TBN for eight years, Anne has managed to keep a low profile until recently, but now she and the rest of the Cyclon Committee are hard at work preparing for another great weekend. Registration forms will be available at the TBN booth at the Bike Show, online at www.tbn.on.ca/cyclon and distributed by mail with the May-June edition of *Quick Release*.

vehicles (see illustration). Mr. Kamen has also gone to the trouble of trademarking the term "Dynamic Stabilization" across a broad range of applications including "education and entertainment services, namely promoting and conducting clinics, exhibitions and competition in connection with the operation of human transporters."
 Right, that's all we need. We already have the inline skaters, the razor scooters, the mopeds, motorcycles and the electric-power assisted bicycles clogging up the bike lanes. Now we're going to have these \$2000 USD electric pogo sticks to contend with. *I can't wait!* Luckily, these things won't see the light of day before 2002.
 Haven't you already got enough to do, Owen? Okay, veering back on course, **TBN bikeloggers** is an old idea in a new package. We envisage this program as a fun way to keep track of your mileage and to encourage some of you to ride your bikes more. Using the website and the database lurking somewhere beneath it, you will be able to create an online log in which you can record your daily kilometres ridden, the name of the club ride you participated in (if it was a club ride) and any comments you might have. This, of course, is an excellent place to leave feedback to ride coordinators. Your post-ride comments may be of more use to us than the abrupt or near-blank ride reports we sometimes get back from the tourleaders!
 The idea is to select a goal for yourself and then work towards it over the course of the riding season. At the end of the year, we'll be awarding (small) prizes in several categories (attendance, highest cumulative mileage on TBN rides, etc.) and

acknowledging every individual who attains his or her personal goal. You'll be able to see how other people are doing as the year progresses, too. Of course, this will all be run on the honour system, so please, act honourably!
 Choose a goal for yourself: 250kms, 500kms, 1000kms, 2500kms, 5000kms, or 7,250kms (guess how far that is.) Go to <http://tbn.on.ca/bikelogger> after the bike show and sign up. Just follow the online instructions to create an account for yourself and please have your membership card handy, as you'll need some information from that to complete the process. Participation in **TBN bikeloggers** is not mandatory, although you'll pardon us for assuming that the reason you joined the club was to *ride your bike*. We'd just like to see you do it a little bit more and have some fun at the same time.



I'd also like to acknowledge the efforts of **Chen Chih-Pien**, who has just completed a two-year stint polishing the prose in this publication. I was only able to work with her for one issue, but I greatly admired her tact, professionalism, attention to detail and lighter-than-light touch. Thank you, Pien.

The real reason Editor's notebook is so long this month Club Treasurer **Doug Innes** has advised us that last year's financial statements have been finalized and presented to our Auditor, **Susan Mikulicic**. Because Susan has not completed her review as of press time, we have elected to bring you the audited financial statements of *The Toronto Bicycling Network Inc.* in the May-June issue of *Quick Release* which will be printed in **very black ink** and distributed to members in late April.
 —Owen Rogers, Managing Editor

Quick Release is published five times a year. Members are encouraged to submit material for publication. Classified ads are free for members. To discuss a submission, call Owen Rogers, Managing Editor at 416-232-0243 or e-mail newsletter@tbn.on.ca.

For the **May/June** issue the deadline for submissions is **March 26**.

We would prefer submissions be made digitally, so send ads/stories/graphics to: newsletter@tbn.on.ca in one of the following formats: text.txt, word.doc, wordperfect.wp ... and your graphics/photos in these ones: .jpg, .eps, .gif

Analog submissions may still be made by lettermail to: Toronto Bicycling Network Attn: Editor, Quick Release 131 Bloor Street West, Suite 200, Box 279, Toronto, Ontario, M5S 1R8

Moving? Moved? Send changes of address and corrections to: memsec@tbn.on.ca or leave a message on Line 3, the Social & Membership Mailbox of the Hotline

Telephone 416 760-4191
 Website www.tbn.on.ca
 e-mail info@tbn.on.ca
(please specify intended recipient in the subject field of your e-mail)

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 Mar: skiing
 - 1 Apr-Dec: weekend & holiday rides
 - 2 Mar: weekday events
 - 2 Apr-Dec: weekday rides
 - 3 social events & membership information
 - 4 weekend trips,
 - 5 Cyclon 2001 information

Hotline tips: When in 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, you can press 1 to leave a message related to your Main Menu choice.
 Please be sure to select the appropriate mailbox to leave your message in.
 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)

The cyclist's toolbox

So you want to work on your own bike. Great, you'll get that cool sense of accomplishment, and save yourself a little money at the same time. But before you set out with your hammer, Vise Grips® and dull screwdriver, there are a few things you should know. As in all things, having the right tool for the job is essential, and will make your bicycle repair experience a pleasant one. But where do you start? There are so many tools available, and in some cases it's difficult to tell them apart.

As a novice home mechanic, you're likely to attempt repairs like adjusting your gears and brakes, making sure your wheels, cranks and handlebars turn freely, fixing a flat, and replacing a chain. To do this there are a number of **basic tools** that you'll want to have in your arsenal:

- 1 Metric Combination Wrenches (8, 9, 10, 13, 14, 15, and 17mm)
- 2 Metric Allen® Keys (2, 2.5, 3, 4, 5, 6, 8, and 10mm)
- 3 Screwdrivers (#1 and #2 Phillips, 3/16" and 7/8" flat blade)
- 4 6" Needle Nose Pliers
- 5 6" Side Cutters
- 6 12" Channel Lock® Pliers
- 7 8" Adjustable Wrench
- 8 Cable Cutters
- 9 Cone Wrenches
- 10 Chain Tool
- 11 4th Hand Tool (optional)
- 12 Tire Levers
- 13 Headset Wrenches
- 14 Chain Lubricant

Items 1-7 are available at any hardware store, while items 8-14 are bicycle specific and should be purchased at your local bike shop. There are a few of the tools that require some research from you

before you buy. Cable cutters must be able to cut braided cable. Cone wrenches should fit your hubs (usually 13mm for the front, and 15mm for the rear.) The chain tool must fit your chain (1-8 speed or 9 speed.) And Headset wrenches are only necessary for threaded headsets, and vary in size between road bikes and mountain bikes. A Third Hand tool holds your brakes against the rim while you make adjustments (just like squeezing the brake lever), while a Fourth Hand tool is basically a cable puller, doing the same job as the Third hand. You don't need both, and the Fourth hand is a better choice. If you are in doubt about which type and size of tools to buy, take your bike with you when you go shopping. Any reputable bike shop will be able to help you find the proper tools.

Now, after lots of skinned

knuckles and cursing you can adjust your gears, fix a flat, and replace your chain all at the same time, with your eyes closed. You're yearning for a bigger challenge. (And when you spin your front wheel it sounds like a small cage of mice.) In order to tackle things like headset and hub overhauls you're going to need some more tools. You've already got the basic stuff listed above, now it's time to get more involved. You're going to need:

- Cassette/Freewheel Removal Tool
- Crank Puller
- 14mm Socket and Wrench
- Bottom Bracket Tools
- Suspension fork tools
- Grease

Crank Pullers are pretty standard, with the exception being very old and very new cranks. Most of you won't be riding anything old enough to worry about, but the new splined

cranks from Shimano, Race Face, Truvative and others require a special version of the tool. The same goes for Cassette/Freewheel removal tools. There are two common types, one each for cassette and freewheel. But there are dozens of others that you may run across if you have an older bike, so be careful. Bottom Brackets come in two basic types, those that use a Shimano-compatible splined tool (usually a cartridge-type bottom bracket) and those that use the traditional bottom bracket tool set (lock ring spanners, pin spanners, fixed cup wrenches, etc). There are so many combinations of this type that the easiest way to make sure you get the right tools is to take your bike into your local shop and ask the mechanic for some help. Suspension Fork Tools vary greatly from brand to brand, but in general you'll need a 22mm or 25mm wrench or socket to remove the pre-load

caps. Also, if you have an air fork or rear shock, you'll need a shock pump and any adapters that came with them.

Well, now your bike runs like new. The gears are crisp, the brakes are strong, and the wheels seem to spin forever. You take your steed out for a spin and the first thing you do is run over a pothole. Look at that rear wheel. Wobbling all over the place like that, what a disgrace. No problem, just pull out your trusty tool box and fix it right up. But wait, you guessed it, you need more tools. In this case the list is pretty short. You've already got most of what you'll need. Here's what to add:

- Spoke Wrench
- Truing Stand

That seems simple enough. But there are still a few things to watch out for. Make sure you get a spoke wrench that fits the nipples on your wheels. There are three common sizes, and a bunch of odd

ball ones. If you're in doubt, pack your bike up and take it with you. As for a truing stand, if you always seem to have wobbly wheels, it may be a good investment. If not, your bike will make a pretty good approximation. Watch how the wheels track within the frame, and use your brakes as your point of reference.

Well, that about covers it. With a tool kit like that described above, you should be prepared for just about any cycling repair. Now, for those of you thinking, great list, but I have no idea how to use anything in it, don't despair. Why don't you sign up for one of the maintenance courses offered this season.

—Brad Fewkes

Brad Fewkes is a senior mechanic at Braun's Bicycle and Fitness in Kitchener, where he has worked for the last 6 years; Not satisfied with a mere Math degree from UofW Brad is currently pursuing a Mechanical Engineering degree at Ryerson

Bicycle maintenance courses

This season, the TBN will be offering a series of bicycle maintenance courses. Broken down into Basic Maintenance, Advanced Maintenance and Wheel Truing, these courses have an interactive format, meaning that you'll be learning on, and ultimately maintaining your own bicycle while at the course. Your instructor is Brad Fewkes, TBN member and senior mechanic at one of the leading bike shops in South Western Ontario. Participants are asked to come to the course prepared to work. Bring your bike, a complete tool kit, and any replacement parts you may need. Tools will

NOT be supplied. To register call Brad or Jackie at 416-266-3131; email: biketech@tbn.on.ca. The fee for each course is \$15 and class size is limited to 8 people (members will receive preference). Hope to see you there.

Basic Bicycle Maintenance

- Gear Adjustment
- Brake Adjustment
- Headset Bearing Adjustment
- Bottom Bracket Bearing Adjustment
- Hub Bearing Adjustment
- Chain Repair/Replacement
- Tire/Tube Repair/Replacement

- Basic Bicycle Cleaning/Lubrication
- Pedal Installation/Removal

When: Saturday March 31, 9:00 a.m. – 5:00 p.m.

Register by: March 23

What to Bring: the basic toolkit as listed in the accompanying article, your bike, lunch

All clinics will be conducted at Glendon College on Bayview Avenue, at Lawrence – Room 45A in the basement of York Hall.

Advanced Bicycle Maintenance

- Headset Bearing Overhaul/Replacement
- Bottom Bracket Bearing Overhaul/Replacement
- Hub Bearing Overhaul/Replacement
- General Suspension Maintenance

When: Saturday May 5, 9:00 a.m. – 5:00 p.m.

Register by: April 27

What to Bring: the basic and the advanced toolkits as listed in the accompanying article, your bike, lunch

Wheel Truing

- Tensioning, Truing

Register by: May 11

When: Saturday May 19, 9:00 a.m. – 12:00 p.m. 3hrs Duration

What to Bring: spoke and cone wrenches as described in the accompanying article, a wheel, lunch

Note: when you call or email to register, please give us your name, membership number, phone number and/or email address and the course(s) you want to register for. In addition, please let us know why you wish to attend, what your current proficiency is in maintaining your bike, and whether you have a stationary trainer or workstand you can bring to the course.

Education nights

Thursday March 15: PRE-SEASON BIKE PREPARATION

Eugene of Urbane Cyclist explains the importance of inspecting your bike after the winter. Proper tire inflation and inspection, cleaning and lubrication of chains, hubs and bearings as well as other topics will be covered. Discover why a clean bike will work better and save money.

Cost: Free.
Location: 180 John St. (between Spadina and University, just north of Queen).
Time: 7:00 pm.

Thursday March 29: HOW TO DO YOUR FIRST TOUR

– Have you ever heard people talking about loaded touring, and thought, that sounds fun, but I could never do it? Or maybe you want to try it, but don't know where to begin? Come hear Paul Stockton explain how easy it is. He'll discuss what equipment you need, how to pack it, and how to choose a route. He'll also cover options for accommodations and food. Afterwards he'll show slides from various tours around the world. For those that want to stay later, there is free pool.

Cost: Free.
Location: Coronation Billiards (Party Room), 378 Eglinton Ave. W. (a few blocks west of Eglinton Station).
Time: 7:00 pm.

—Frank Remiz, TBN Education Director

Weekend getaways

May 18 - 21:

The Allegany Amble

The tradition continues as TBN will again be visiting New York State for the Victoria Day long weekend. The destination for this popular trip will be Allegany State Park, about an hour's drive south of Buffalo. Accommodation is in rustic self-serve cabins. The terrain is moderate rolling to hilly for road touring, and there is also mountain biking right from your cabin door. Meals will be a group effort. Cost: approximately \$95 (CDN) members, \$105(CDN) non-members covers three nights' accommodation. Make cheque payable to the Toronto Bicycling Network.

Contact: Dave Maclean, 416-482-8033; email: allegany@tbn.on.ca

May 18 - 21: The Great Niagara Freewheelin' Extravaganza

The Niagara Freewheelers Bicycle Touring Club presents its sixth annual Victoria Day weekend cycling trip to the lovely villages and quiet rural roads of Mennonite country (Elora, Elmira, St. Jacob's, etc.). And again this year, TBNers are invited to join in for the same price as Freewheeler members. There are routes for all riding categories, from novice (30 km) to experienced (160 km). Accommodation is at the residence of Wilfred Laurier University in Waterloo. Cost: TBN members are invited to participate at the NFBTC members' price of \$150, which includes three nights accommodation, three breakfasts, two dinners, and Sunday night social. Registration and waiver form available in PDF format on the TBN website.

Contact: Evan Taylor, 905-892-7804 (long distance); email: gnfe@tbn.on.ca

We have more trips in the works, of course, including our annual visit to Manitoulin Island, the TNT Overnight, Pelee Wheelie and MacGregor Point. If you'd like to organize a weekend trip, please contact Janet Aronoff, TBN Weekend Trips Director, 416-588-1886; email: trips@tbn.on.ca. She'd be glad to help get you started.



Paul Stockton

Pauline and Sheila lead the way

TBN's Christmas Party

Our Annual Christmas Party had a new twist to it this year. On December 14, 2000, Ron Fletcher, our spirited Social Director, organized the party at the elegant yet funky Ba-ba-luu's in trendy Yorkville. Forty-one pairs of feet were in attendance to sample "the cuisine of the Americas" in this festive atmosphere. Each dinner plate of our five-course meal was decorated with a banana leaf and, as Ray found out, wasn't to be eaten. Once we had all enjoyed our dessert, our conversations turned to the second part of the evening – dancing.

The real spirit of the party began after dinner

when we all had fun with a fast paced Latin dance lesson. Our quick-footed instructor got all of us in line to teach us the steps of the Cha Cha Cha. We soon found out who was able to move quickly enough to the beat and who couldn't (me). The lessons were a tremendous amount of fun and all of us now know that the TBN has some terrific dancers, especially Mary, in our midst.

Special thanks go to Ron for organizing this event. If this is any indication of some of what is up Ron's social sleeve for the rest of the year, we are in for a lot of fun.

—Dave Maclean

TBN's miracle on ice

The opening of the 2001 ice skating season on January 5 at Nathan Philips Square was followed by a series of weekly Friday excursions to outdoor rinks throughout the Toronto area including Withrow Park (Greektown), Mel Lastman Square (North York) and Robert Street Rink (The Annex). An average of 12-16 people attended the outings. Even on a cold, windy day (say

February 2, 2001, to be exact) people still came out to skate.

Unlike our biking and skiing events, TBN ice skating outings are open to non-members at no additional charge and consequently we saw quite a few members bringing along their relatives and friends. After 60-90 minutes of skating, we would eat at a local dining establishment. This was a great way to interact and socialize,

with people discussing enlightening issues ranging from TBN bike rides, to *Survivor*, and even Chicken McNuggets™.

The skating series would not have been successful if it were not for people like Lawrence Barichello, who volunteered to teach people how to skate. (I'm still working on my stops...) I also want to thank Paul Stockton and John Tytler for organizing some of

Hiking report 2000

October 15 saw the start of another hiking season for the club.

This year we offered 10 hikes ranging from Devil's Glen in the north to the Dundas Valley in the south. If we add the distances together it appears we covered a grand total of 183 km on the Bruce Trail. The attendance ranged from 36

at Hockley Valley down to the hardy 7 who slogged through the snow in the Dundas Valley. Combining distance and attendance together, we find that TBN boots covered an amazing total distance of 3433 km. My feet hurt just at the sight of that number. This year, the weather was generally co-operative which added to the enjoyment of all. In a break from tradition, hardly any of

us got lost in the woods and the lucky few that did rescued themselves. My thanks to Peter Livingston for leading when I was unavailable and to all the hikers who made the programme a success. Remember to check Quick Release and the web in the fall for details of the 2001 programme. —Terry Davison

Ski season wrap up

As I write this in late January, we have been truly blessed with some of the best ski conditions in recent years. The season got off to a great start at Horseshoe Valley on January 7th followed by trips to Duntroon, Hardwood Hills and Mansfield with the ski bus running at or near full capacity. I am hoping that great skiing continues through February and into March. At the

end of January, we changed the 9:00 a.m. pick up to Victoria Park Station in an effort to better accommodate the wishes of the club members. As the season draws to a close, I am open to suggestions anyone may have regarding the ski program. I would also like to extend my thanks to the bus captains and to Owen Rogers for their assistance with the ski program. —Ian Tytler, VP Skiing



Ian waxes up at Hardwood



Cyclon 2001 will be held Friday, August 3 to Monday, August 6. Cyclon is the TBN's annual main cycling event, celebrating its 15th anniversary! The daily choice of countryside tours designed for every level of cyclist, detailed maps, sag support, friendly people, relaxed atmosphere, parties and excellent food are just some of the features that make this fun three day touring event the one everyone talks about long afterwards. For full details and registration form, call the Hotline (416-760-4191, line 5) or check the website (www.tbn.on.ca/cyclon).

Spring Dinner Dance, Saturday, May 26

Come on out and join us for our annual Spring Dinner Dance at the Toronto Canoe and Sailing Club. T.C.S.C. is a new venue for this event and it promises to be an interesting evening by the water's edge. DJ services will be provided by Dave Kernahan, whom kept us all jumping at the 1997 AGM (remember Whistler's?). Toronto Canoe and Sailing Club is located at 1391 Lakeshore Blvd West at Jameson, just west of the CNE. Cash bar opens at 6:30 p.m., dinner at 7:30 p.m. TTC: Take the King Streetcar south from Dundas West Station, debark at King, take the pedestrian bridge across to the Palais Royale, then proceed back east along the recreational path to the club. Parking is available. By June 8: Members: \$30. Non-Members: \$35 After June 8: \$35 for everyone. Make cheque payable to TBN and mail to: Ron Fletcher, 121 Victor Ave., Toronto M4K 1A7. Please include phone and membership numbers. For more information call Ron Fletcher, 416-461-9695.

Leisure wheeler Distances of 20-60 km, at speeds of 15 km/h or less, 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.

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.

Tourist Distances of 50-200 km, at speeds averaging 20-25 km/h, at a comfortable pace. “Short Tourist” designates rides in the 50-70 km range. “Advanced Tourist” rides are in the 120-200 km range.

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

Country cruise These novice/tourist rides of 40-120 km explore the country roads of southern Ontario. Start points are within a 90-minute drive of Toronto. When carpooling, passengers are expected to offer \$5 to the driver for gas.

Saturday cruising shorts Short, scenic country rides with start points far enough removed from the city yet still within easy driving distance. Routes are taken from our inventory of Country Cruises. Starting time is 9:00 a.m.

Ride schedule notes:

- Ride schedule is subject to change. Listen to the weekly update on the HOTLINE for the latest ride information.
- All start times are 10 a.m. unless otherwise noted.
- Helmets are mandatory on all TBN rides.
- Bring your membership card to show the Tour Leader.
- Non-members are welcome for a \$5 fee. This can be credited to the TBN membership fee (max. \$5. credit).
- “Après” refers to the Après-Ride Stop.

Weekend Touring Schedule, April 1 to May 6

Sunday, April 1

TODMORDON MILLS TOUR - Visit Todmorden Mills, then *en ville* via the Don Valley (bike path)
Start: King Edward’s Statue, Queen’s Park
Dist: 20 km
Class: Easy Roller
Après: Hart House, University of Toronto

MEANDERING MAPLE BAKERY TOUR - Wend your way to a terrific lunch stop at Centro Bakery in the town of Maple.
Start: Finch Subway Kiss ‘n Ride
Dist: 52, 65 & 75 km
Class: Short Tourist, Tourist
Après: Slug & Lettuce, NW corner Finch & Yonge.

Sunday, April 8

TAYLOR CREEK RIDE - Come and enjoy the bike paths in and around Taylor Creek Park.
Start: Shoppers World, Danforth & Victoria Park - Coffee Time Doughnuts
Dist: 26 km
Class: Easy Roller
Après: Tropical Nights

KING CITY RIDE - Pleasant tour in and around King City.
Start: Finch Subway Kiss ‘n Ride
Dist: 70 km
Class: Short Tourist
Après: Slug & Lettuce, NW corner of Yonge & Finch

BOLTON HAMMER - Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.
Start: Finch Subway Kiss ‘n Ride
Dist: 85 & 115 km
Class: Tourist, Advanced Tourist
Après: Slug & Lettuce, NW corner of Yonge & Finch

Friday, April 13 (Good Friday)

UNIONVILLE BRUNCH - Our traditional Good Friday excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jakes Pub & Grille.
Start: Shopper’s World, Victoria Park & Danforth in front of Coffee Time
Dist: 55 & 80 km
Class: Short Tourist, Tourist

Sunday, April 15

TOUR OF THE RICH AND FAMOUS - Meander through the residential streets of Rosedale and Forest Hill. Enjoy the shady streets and quiet avenues.
Start: King Edward’s Statue, Queen’s Park
Dist: 30 km
Class: Easy Roller
Après: Hart House, University of Toronto

FIELDS & STREAMS SPRING TOUR - Tourists head west to Streetsville for lunch. Long tour visits Lowville out on Guelph Line.
Start: Etienne Brûlé Park, Humber River & Old Mill
Dist: 65, 80 & 110 km
Class: Short Tourist, Tourist, Advanced Tourist
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede.

HORNBY/CAMPBELLVILLE - Explore some of the quietest roads in Halton with lunch in Campbellville and a descent(!) of Rattlesnake point in the afternoon.
Start: Hornby Park in Hornby. Take the 401 west to Trafalgar Rd, then head north to Steeles and west to Sixth Line.
Dist: 55 & 67 km
Class: Country Cruise

Sunday, April 22

TODMORDEN MILLS RIDE - Ease into the Leisure Wheeler Season with a visit to historic Todmorden Mills via the Don Valley bike path.
Start: King Edward’s statue in Queen’s Park
Dist: 20 km
Class: Leisure Wheeler
Après: Arbour Room in Hart House

MIMICO CREEK RIDE - Cycle the bike paths through park land and along Mimico Creek.
Start: Etienne Brûlé Park Parking Lot, Humber River and Old Mill
Dist: 35 km
Class: Easy Roller
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

STOUFFVILLE RAMBLER - A new quieter route through Stouffville with lunch at a local pub, of course!
Start: Edwards Gardens’ parking lot, Lawrence Ave E & Leslie
Dist: 70 & 90 km
Class: Short Tourist, Tourist
Après: Jack Astor’s, Don Mills Shopping Centre

UXBRIDGE UNDULATOR - Ride the quiet, rolling roads of Durham region to a satisfying lunch in Uxbridge. Short tour lunches in Goodwood. **New route!**
Start: Edwards Gardens’ parking lot, Lawrence Ave E & Leslie
Time: **8:30 a.m.** sharp
Dist: 110 & 130 km
Class: Tourist, Advanced Tourist

DUNDAS AND APOLLO VALLEYS - The nooks and hollows west of Hamilton conceal some of the prettiest roads in southern Ontario.
Start: Town of Greensville. Take the QEW & Hwy 403 west to Hwy 6, north to Hwy 5, then west to Hwy 504 and south to Greensville. Meet at the school on Harvest Rd, just east of Hwy 504.
Dist: 50 & 75 km
Class: Country Cruise

Sunday, April 29

MIMICO CREEK EXPEDITION - Cycle north along Mimico Creek to the Eglinton Trail, then west to the Humber and south to the Park.
Start: Outside Old Mill station (park in Etienne Brûlé lot at Old Mill Road)
Dist: 30 km
Class: Leisure Wheeler
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

MAPLE BAKERY RIDE - Head north for lunch at TBN’s favourite bakery. **Quieter route for 2001!**
Start: Finch Subway Kiss and Ride
Dist: 35 km
Class: Easy Roller
Après: Slug & Lettuce, NW Corner Finch and Yonge

KETTLEBY SURPRISE - An undulating ride to the village of Kettleby, with the hills of Weston Rd awaiting the long tour on the way back.
Start: Finch Subway Kiss ‘n Ride
Dist: 70 & 90 km
Class: Short Tourist, Tourist
Après: Slug & Lettuce, NW corner of Yonge & Finch

HOLLAND MARSH-SCHOMBERG - We’ll ride among the vegetable fields in the Holland Marsh before heading to Schomberg for brunch. Long tour returns via Bolton.
Time: **8:30 a.m. sharp**
Start: Finch Subway Kiss ‘n Ride
Dist: 110 & 130 km
Class: Sportif, Advanced Tourist

CREDIT RIVER CRUISING PART 1 - An undulating ride through the wilds north of Brampton.
Start: Alloo School on the north side of Mayfield Rd, just east of Mississauga Rd (Mayfield Rd is the second road north of Hwy 7).
Dist: 42 & 64 km
Class: Country Cruise

Sunday, May 6

SALUTE TO SPRING - Explore the Martin Goodman, Don and Taylor Creek Trails after a brief start on the streets.
Start: Shoppers World, Danforth & Victoria Park (one block south of Vic. Pk. Subway Park & Ride)
Dist: 26 km
Class: Leisure Wheeler
Après: Tropical Nights on N. side of Danforth E. of Vic. Park

KINGSWAY RIDE - Wander the lovely neighbourhood back streets of Etobicoke.
Start: Etienne Brûlé Park Parking Lot, Humber River and Old Mill
Dist: 26 km
Class: Easy Roller
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

KELSO CRUISE & SCHMOOZE - We’ll head out to Milton for lunch but not before a climb up Bell School Line (yes, there is a shortcut).
Start: Kipling Subway Park & Ride, north lot
Dist: 90 & 110 km
Class: Tourist, Sportif
Après: Country Style Donuts

CAMPBELLVILLE CLASSIC - Follow the shady backroads to the Bruce Trail Eatery in Campbellville. Short tour turns back at Lowville.
Time: **8:30 a.m. sharp**
Start: Kipling Subway Park n’ Ride, north lot.
Dist: 105 & 130
Class: Tourist, Advanced Tourist

BEELINE TO BOWMANVILLE - A quiet undulating route from Oshawa to Bowmanville.
Start: Durham College, North Parking Lot, located off of Conlin Rd. just West of County Road #2 in Oshawa.
Dist: 62 & 76 km
Class: Country Cruise

Writing across Canada or, CanLit for cyclists

Cycling up Keele Street, from Toronto to the receding countryside, can bring out the amateur geographer in all of us. Or the ride might turn cyclist to social critic as he muses about who planned the surroundings. If one does the route frequently, it can encourage dreaming. On the durable principle that faraway fields are greener, we can dream of Europe (too far way) or the States (too expensive) or...Canada.

Canada? Just a little imagination is needed to look at a map, and say "Could I ride my bike from there – Vancouver, to there – Newfoundland? Do I want to?" It is an idea that can grow on you.

If it grows on *you*, there are options. Some ad hoc groups do the trip, usually to publicize a cause. This past summer SPOKE, Students

Promoting Organic Kinship with the Environment, an anti-GM food group, rode across Canada, supposedly fuelled by organic food alone, although it is very hard to believe they never stopped at a Dairy Queen or McDonalds. Across this big, wide country, the fast food joints outnumber the zucchini stands

Some cyclists do the ride individually, carrying camping gear on the bike – a marathon 'loaded touring' trip. Slow speeds when fully loaded persuade many that Halifax is the eastern end of Canada.

The only annual organized ride is Bud Jorgenson's "Tour du Canada"™ www.CycleCanada.com, for which he books (mostly) camping accommodation, maps a route, rents a truck and hires a student to drive it. The truck carries the gear and camping equipment, allowing the

cyclists to ride with just what they need for the day. This event has inspired publication of six journals on the Internet. They are a resource to those considering the trip, or an interesting read for the simply curious. All use a diary format with each day, including some pretty forgettable ones, presented in detail, describing the cycling, touring, camping, organizational and social elements of the experience. All of the writers clearly feel they have participated in something unique and memorable. It is a long ride, and so are the journals.

So, fill a couple waterbottles, make a sandwich, pack some energy bars, and click on:

Don Peddie (1996) http://www.geocities.com/don_peddie/ established the format with a

comprehensive report by a confident, well-organized cyclist who is interested in the world around him. Perhaps because his group was small – 12 who became 7 – he also writes about the social and interpersonal issues, and is pretty specific about the difficulties. Good character sketches and travelogue are somewhat buried in minutiae of the daily ride, diet and scenery. His careful concern about any expenses on the road will remind you of some cycling friends. The ups and downs, the tedium or the frustration of mechanical problems feels very real.

Mark Lewiecki (1997) <http://www.cyclecanada.com/mark/> writes a direct, somewhat fragmentary journal focussed on the weather and challenges of the various riding circumstances. His

description of the Argentinia - St. John's ride is probably the best rainy day story, and he isn't afraid to use the f-word. (Fatigue, if you were wondering)

Dave and Jacqueline's Vacations (1999) www.geocities.com/djvacations/index.html is a great counterpoint to the h-e-a-v-y performance standards of the semi-competitive cycling purist. They didn't hesitate to hitchhike if late or tired, and were clearly out to have fun rather than earn credentials. It rained on their Tour, it rained a lot, and I suspect their non-doctrinaire approach enabled them to get through the many soggy days. A good humoured and entertaining account, but the combination of camping and riding in cold rainy weather to keep a fixed

schedule sounds like hell on wheels. My computer couldn't get past page 22 (of 66), a problem I don't have with books.

Claudia Rock (1999) http://www.geocities.com/claudia_rock/index.html didn't have much fun, but her viewpoint is interesting as a 'recreational' cyclist who found the cycling hard, the tour support inadequate, the highways dangerous and her companions sometimes inconsiderate. But with her husband and his bad knee, they persevered through to St. John's. More remarkably, she also persevered to record her impressions; normally, the reports only come from enthusiasts and the disaffected just disappear. If you need a break from the 'power of positive thinking' or 'overland to

Katmandhu' school of cycling heroism, read Claudia. She concludes it is a hard ride that can only be enjoyed by hard riders.

Karl Augenstein (2000) www.karlaugenstein.com and **Alan Medcalf** (2000) <http://members.home.net/amedcalf/> have posted separate journals with magazine quality layouts and many good photos. Both journals are compendiums of daily on-the-spot reports of the personal and the group experience, and written from the perspective of fit, organized and experienced cyclists who had both the time to smell the flowers en route, and the time to write about them. Alan, (and at least three others in his group) overcame major health problems or injuries in order to participate yet his entire group of

24 finished. Both clearly enjoyed this trip, and describe the cycle-touring experience without boring non-cyclists. These candid reports admit that hard riders also have hard days. For example, despite many \$3500+ bikes on the tour, virtually everyone had mechanical grief sooner or later.

None of these journals are heavy on introspection, but in a somewhat reflective epilogue, Alan reports he feels something missing from his life back at the office. So do we all. Fun, perhaps.

—Bruce McCormick
TBN member Bruce McCormick rode across Canada with TDC 2000, and is saving his own account of the ride 'Tour du Highway' until he is convinced that the world needs another cycling memoir.

AD MARE USQUE AD MARE (LATIN FOR 'FROM POTHOLE TO POTHOLE')

Wed.-Sat. rides — starting soon!

Wednesday Wheelie Day Ride
Rides of about 75 km, suitable for Tourist riders. Start points are within a one-hour drive of Toronto and stick to the same quiet roads that characterize our Sunday Country Cruise rides. Start times may vary, usually 8:30 a.m. during the hot summer months, and 10:00 a.m. at other times.

Wednesday Night Ride
6:30 p.m. is the start time to this oh-so-popular and not-too-strenuous social ride. Check the Hotline weekly for the start point and après-ride

stop, starting in early May. BRING LIGHTS.

Thursday Night Ride
An approximately two-hour, 26.5km ride suitable for Leisure Wheeler class riders. The ride starts at Shopper's World Plaza, Danforth and Victoria Park Ave at 7:00 p.m. We'll ride north to Taylor Creek Park, west to the Don River Trail and south to the Martin Goodman Trail. Then following the Trail through Cherry Beach and east to the Beaches. There will be a refreshment stop in the Beach area. The return is Queen St. E to Victoria Park and north to

Shoppers World. Helmet and lights are mandatory, bicycle in good condition and reflective safety accessories recommended.

Friday Night Ride
Starting in late May, these very popular 30-km rides to local eateries offer a different dining experience each week, so don't forget to bring your appetite! Check the Hotline weekly for the start point and restaurant. BRING LIGHTS!

Saturday Morning Ride
Depart at 9:30 *sharp* on this brisk-paced 35km social ride suitable for Easy Rollers and Tourists.

Complete the ride by 12:15, in time to do Saturday errands or relax over an après-ride snack or lunch. Usual start point is the Boardwalk BBQ Pub, east of Coxwell and Lakeshore, but confirm weekly with the Hotline. Early in the season, parking is free at Woodbine Beach. Official rides start April 14th.

Saturday Cruising Shorts
Meet biweekly at 9:00 a.m., starting in late May, for short, scenic rides in the country, leaving from departure points far enough removed from the city, yet still within easy driving distance.

From the easy roller coordinator

Welcome to 2001, and another season of fantastic Easy Roller riding! Continuing with the theme of 2000, we start out at shorter distances in the city, and then move

up to longer rides in and out of Toronto as the season progresses. This year we have three new rides that will be interspersed with tried and true trips. If you have a particular destination or know an

area that would lend itself to a great voyage, I encourage you to design a route, which can be included later in the season. Suggestions (and new and potential ride leaders!) are always

welcome. Please call me by phone 416-429-6088, or e-mail at easyroller@tbn.on.ca. I look forward to meeting you on an Easy Roller outing this year —Dan Engels

Tourleaders' clinics

Can you cycle 50 kms or more? Make photocopies? Read a map? Then you too can qualify to run a genuine TBN tour and have a smile permanently engraved upon your face.

Tourleading is the simplest, most satisfying way to help out in the club and easily the best way to meet other people who love to ride.

We'll tell you how in a thorough two-hour seminar. This year we have two sessions planned. The first, on Tuesday, March 27 is aimed at Tourist and Country Cruise leaders. The second, on Monday, April 2 will speak to the concerns of Leisure Wheeler, Easy Roller, weeknight and Saturday morning ride leaders. Of course, if one day is more convenient than the other, don't let the stated audience dissuade you

from attending either session—there will be plenty of overlap in subject matter. Both clinics will be held at Coronation Billiards (Party Room), 378 Eglinton Ave. W. (a few blocks west of Eglinton Station). The sessions last 90 minutes to two hours and start at 7:00 p.m. Please pre-register with David Weil, V.P. Touring, email: touring@tbn.on.ca; phone: 416-762-9846.

Who should attend: Ride Coordinators, New Volunteer Tourleaders, Tourleaders who haven't led rides since '99, and current Tourleaders who feel they need a refresher. Wait, there's more! Sign up after the training session, lead four tours, and your next membership renewal is free. Membership has its rewards™. Go to the front of the paceline!

Check the Hotline 416-760-4191, website at www.tbn.on.ca, or subscribe to the weekly TBN Chain of Events email, for details.

Wanted - CAN-BIKE instructors

If you love to cycle and you like to teach—do I have the job for you! The City of Toronto is looking for CAN-BIKE instructors to teach cycling courses at local community centres. Parks and Recreation will be hiring instructors at a wage range between \$15.91 and \$21.58 per hour. Let me tell you about the different courses offered in the CAN-BIKE Program.

As a teacher, one of my favourite courses is the CAN-BIKE Adult Learn to Ride program. Helping someone learn to ride is great fun and highly rewarding—for both the student and the teacher. New riders are highly motivated. They want to be able to cycle with

grandchildren or with friends or partners. Many non-riders missed the opportunity to learn when they were young—for a wide variety of reasons. So learning to ride is a huge personal accomplishment.

Did you know that it is sometimes easier to teach cycling skills to young children (ages 9 -13) than it is to teach adults? Children have less cycling experience and less awareness of how things work on the roads. Their enthusiasm and energy is boundless. As an instructor, helping young cyclists to learn to make good decisions while riding is highly satisfying. Instructors can feel good about teaching a life skill that will be of benefit to that child and our

environment for years to come.

CAN-BIKE instructors also teach cyclists who prefer to ride on residential streets, minor arterial roads and bike paths. Providing support for these cyclists improves their skill and confidence levels and encourages them to ride more often. In a two-day **CAN-BIKE 1** course, instructors will see dramatic improvements in their students cycling abilities.

CAN-BIKE Cycling Freedom for Women is a course taught by women instructors for women cyclists. Extra tips in how to ride with children and security are provided. As in other courses, the class dynamics and friendships that develop in the classes create a

supportive learning environment.

CAN-BIKE 2 is the course for cyclists that ride on major arterial roads. It's great for the commuter cyclist (or for those who wish to be). A CAN-BIKE 2 instructor takes a class of cyclists through a classroom "Traffic Dynamics" unit (including everything you need to know about the Highway Traffic Act). Then it's out to the parking lot to practise collision avoidance techniques. Finally, there is lots of on-road practice: lane positioning, destination positioning, merges and diverges, etc. Instructors give individual and group feedback and use a variety of adult teaching techniques to challenge and support their students.

Toronto **Police Bicycle Patrol** officers are required to have CAN-BIKE 2 certification. Training Constable Hugh Smith is a CAN-BIKE instructor who teaches out of Police Vehicle Operations. It's good news to cyclists that Police get the same basic traffic skill training that is available to the public. I should say that Police also learn additional tactical skills, like riding down stairs and flying dismounts, related to doing their jobs on bicycles. We don't provide that in our courses!

If you want to be a CAN-BIKE instructor, here's the process:

- successfully complete a CAN-BIKE 2 course (18 hours) and be recommended for the instructor

program. (You are assessed on on-road riding ability, collision avoidance skills, and a short written test)

- complete a 4-day **CAN-BIKE Instructor Workshop** (Includes practise teaching, on-road evaluation and written test)

Courses are listed in the Toronto Spring/Summer FUN Guide that is delivered to every home in Toronto (courses are listed in the General Section) A CAN-BIKE 2001 Course schedule is included with this edition of Quick Release. For more information, please call the **CAN-BIKE Hotline at 416-392-1311**.

—Barb Wentworth, Bicycle Safety Planner, City of Toronto



TBN and the TCC

You are riding down your favorite bike path or bike lane, zipping along to your destination when suddenly the path disappears. It was there just last week and perhaps a bridge was washed away or the city started some major construction without arranging for a detour for cyclists. Another day you sit looking at a cycling map of Toronto, planning your next excursion. You trace your finger hopefully along the green line of bike path searching for a completely off street route. The line stops, your finger continues, scanning for a safe way to get to the next stretch of green line, wishing that they would just connect the paths. Yet another day you leave your bike at home because you are not sure you will find a safe place to lock up and you don't want to lose your bike or it's a smog alert and you don't want to give the inside of your lungs a chemical peel. At times like these you want to complain, do some thing,

call someone, but as Bill Murray once asked, 'Who ya gonna call?'

For issues related to cycling in Toronto, the body responsible is the Toronto Cycling Committee (TCC). I am the representative of the TBN on the Toronto Cycling Committee. I am not sure whether or not TBN members know they have a representative on the TCC or even that there *is* a TCC. I see the role of the TCC representative as a liaison between the members of the TBN and the TCC. My goal for this term is to facilitate the transmission of information between the TCC and TBN members. To that end the first step is to give you a brief summary of the purpose, goals and activities of the TCC.

The City of Toronto created the TCC. The operation of the TCC is guided by the purpose and goals laid out in its "Terms of Reference" document:

Purpose: To advise City Council and its Departments, Agencies, Boards, and Commissions, on the design, development and delivery of bicycle policies, programs and facilities to promote and enhance cycling within the new City of Toronto.

Goal: A livable and environmentally friendly City that is accessible and safe for people of all ages and abilities to get around by bicycle and to ensure the role of cycling in a transportation system appropriately balanced among all road users.

The TCC is made up of 1 City Councillor, 15 citizens-at-large selected through a Nominating Committee process, and representatives of 5 community organizations, TBN being one of those. The TBN representative is appointed by the TBN. The TCC has several subcommittees. The Network Planning and Facilities Sub-Committee makes

recommendations regarding the improvement of the cycling infrastructure in Toronto, namely bike lanes, bike paths, bike parking, etc. The Education and Safety Sub-Committee makes recommendations regarding programs to promote safety and education. There are programs to educate cyclists such as the CAN-BIKE program, as well initiatives to educate others, such as motorists, about cycling issues. The Promotion and Development Sub-Committee focuses on activities to promote cycling such as 'Bike Week'. The Communications Sub-Committee undertakes activities to promote the cycling program of the City of Toronto. Examples of these are the TCC booth at the Toronto International bike show, their web site and their newsletter the 'Cyclometer'. Membership in these subcommittees is open to the public. This is an opportunity for you to be involved in these activities.

For a lot more information on the TCC and its

activities see their web page at www.city.toronto.on.ca/cycling.

My goal, as I said, is to facilitate the transmission of information between the members of the TBN and the TCC. I want to keep you up to date as to the latest news. The timeliest way for me to do this is through the BikeToronto message board on the TBN web site. I also want to allow you to have your concerns brought to the TCC. You can e-mail me at tcc-rep@tbn.on.ca. Again the message board can be another way for you to post comments on cycling issues in the City for example trail conditions, safety concerns etc. For those who do not have access to the Internet, they can contact me by leaving a message on line 3 of the Hotline or mailing a note to the TBN mailing address. This of course may take longer for a response.

You don't need me to mediate *all* the information between you and the TCC—there are

many ways for you to be involved directly. As mentioned earlier there are the various subcommittees as well as the TCC itself with which you can become involved or make submissions to. There also occasions where the TCC solicits feedback from the citizens of Toronto. The Master Cycling Plan has been in development and over the past year there have been public meetings to gather content and feedback. As these opportunities come up I will endeavour to keep you posted through the TBN web site and/or the Quick Release. There may also be opportunities for you to be involved directly by contacting your local city councillor and letting them know how you feel about various cycling issues.

I am looking forward to working with you as your TCC rep. Together we can improve the cycling experience for everyone in the City of Toronto.

—Martin Koob, TCC Rep.

Riding "the Argus"

Cape Town, January 2001 - It is 8:00 a.m. on a weekday morning and I am just back from a 45km ride with my training

partner. Our route starts from the beautiful suburb of Kirstenbosch, home of the national botanical gardens on the shoulder of Cape

Town's famous Table Mountain. After a long grinding climb, we descend through Constantia Valley's vineyards and wineries, past Polsmoor prison where Nelson Mandela spent part of his 27 year imprisonment, and sprint over to the east coast of the Cape Peninsula - the Indian Ocean side. We pass through small seaside towns - Muizenburg, St. James, Kalk Bay, and Fishhoek, before returning home starved for breakfast.

There are dozens of cyclists out every morning in this cycling crazy city. Many of them are training for the 109km Cape Argus Pick 'n Pay Cycle Tour, usually just called "the Argus", which will take place on March 11. It started in 1978 when 525 cyclists completed the first 104km tour of the Cape Peninsula. They were trying to promote cycling and succeeded far beyond their dreams. This year's Argus will be limited to the first 35,000 people that register and a third of them will be Capetonians. Most of the

rest will come from all over South Africa and about 1000 riders from other countries take part.

The Argus is now the largest timed cycle event in the world. A transponder on each rider's ankle provides finishing times correct to the second. The ride is amazingly well organized. Riders are seeded according to times in previous races and set off in groups of 700 to 1000 every five minute starting at 6:00 a.m. The first group consists of elite riders completing the final stage of the week long Giro del Capo. It takes over three hours to get everyone going and an early starting time helps avoid the heat and strong ocean winds.

I completed my first Argus last year. Unfortunately, it was also the first year of the "de-tour". The normal route covers both the Indian and Atlantic Ocean sides of the peninsula — think California's "Big Sur" for the right image of the sea cliff road. A 109km route that goes inland while rock fall damage

is being repaired has replaced it. The 109km de-tour includes a painful 6km climb up Ou Kaapse Weg (Old Cape Road) at the 80km point in the ride, and a hair raising 3.5km descent. Last year, I just hugged the yellow line at the side of the road with my brakes on not feeling very confident on my 20 year old borrowed 10-speed. There is serious "big air" if you miss one of the two hairpin turns! The big climb is then followed by three Madawaska-sized hills.

With a lot of tucking in behind

passing double pace-liners, I was averaging 28 km/hr at the bottom of the big climb, but dropped off to 22 and finished in 4:55:23. It was some compensation to later find that I finished ahead of about 45% of the riders. My ambition this year is to finish in the top half.

The Argus is of course well wired up. You can enter over the net, and there is a lot of information at www.cycletour.co.za — including daily training tips. There is a week of cycle events before the tour

including a tricycle ride for kiddies, rides for wheelchair athletes, a three day bike show, and a re-enactment of the first "ride-in" in 1977 — a "critical mass" ride that brought cycling to the Cape Town Council's attention. They are now big boosters of the event that brings in 80,000 visitors and over 25 million dollars. The Argus, which is still organized by Pedal Power Association a national cycling organization, and the Cape Rotary Club, also puts something back into the community. It supports

environmental projects and provides bikes to poor communities for transport and recreation, so the high you feel at the end comes with some extra satisfaction. It would be great to get a TBN team into next year's event!

—By Barry Pinsky

TBNer and "long tourist" Barry Pinsky, works for Rooftops Canada which assists with low cost housing programs in South Africa. He will be back riding with us in mid-March, snow permitting.



Trailblazers Tandem Cycling Club - "They're out of sight"

Have you ever wanted to try riding a tandem? Want to meet new friends? Got a bit of time to volunteer to go for a bike ride? Think you'd enjoy helping others enjoy cycling? Then check out the Trailblazers Tandem Cycling Club. This club teams up visually impaired stokers (that's the person on the back) with sighted captains (you guessed it). Here's how it works...

After sending in a registration and waiver form, I was contacted by the club

convenor. We chatted for a while and I was teamed up with an experienced stoker, as it was my first time on a tandem, and we thought she could show me the ropes. I called Jasmine and we arranged to meet at the Victoria Park subway turnstiles, just a short walk from the East end storage shed, where the bikes are kept. As things turned out, Jasmine was a strong and friendly stoker, tolerant of my initial *faux pas*. Once we hit the open road, we settled into a rhythm, the

tires were singing, and we were leaving the group behind...

Since then, I've done a dozen or so rides, with several different stokers. Each ride has been good fun with nice people. Riding a tandem requires teamwork and communication, and is a great facet of cycling that any rider should try. If this sounds interesting, or if you have any questions, please contact the Trailblazers at (416) 760-4944. Happy riding!

—Tim Landon

Classy Ads

Tour of Tuscany - Three weeks August 19 - Sept 8. Experience Renaissance art and architecture, sun-drenched medieval towns, Etruscan vestiges, Florence, Siena. Budget \$3500 - 4000. Call Anthony Chong, 416-934-9243.

Vancouver Island - Are any TBN members interested in joining a great cycle tour out west this May? Enjoy some spring cycling with ocean breezes on your back, flowers in bloom and scenic routes as you join a group to tour the island. It's a well-supported tour and highly

recommended. For more information and full details: Juliet Lev at fjlev@tbn.on.ca or phone 416-486-7763.

East Coast - Riding loaded from Halifax, N.S. to P.E.I. via the bridge and returning by ferry to Halifax via the challenging Cabot Trail. Camping and some B&B. Three weeks duration from the second week of June (before tourist season). Rest days, great scenery, friendly people and possibly some theatre/plays. All ideas are welcome. Call Dave Maclean at 416-482-8033

FS: 1997 Rock Shox Indy XC suspension fork - Black with red graphics: \$70 OBO. 8cm ITM Eclipse black road stem; \$20. Contact Ron Clark: rclark@powerbudd.com; 416-642-6228.

FS: Vintage French Peugeot road racing bicycle circa 1979/80, Reynolds 753 tubing, Simplex gears, Stronglight crankset, minor upgrades, 52 cm (center to center) \$300.00 OBO. Joe Pio: joep@challenger.com

FS: 1988 Pinarello Montello Italian road racing bicycle, Columbus SLX tubing, complete Campagnolo Record

gruppo, Mavic MA40 clincher rims and Michelin tires, turbo seat, ready to race/fast touring, 54 cm (center to center) \$1000.00 OBO. Joe Pio: joep@challenger.com Women Touch Football Players wanted for summer league. No experience necessary, coaching and equipment provided. Skills training starts now, season is from June to September. Great way to have fun be fit, enjoy the outdoors and the company of other women. Call Kathy for more information: 905-707-7616.