

QuickRelease

March /April, 2002
Volume 20, Issue 1



We're Ready for Spring... Are You?

The Toronto International Bike Show

Friday March 1 to Sunday March 3

National Trade Centre, 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: \$9.50; seniors and 6-12 year-olds: \$7;
under six: free.

Monique goes for a slushy in the Rouge Valley in January

Photo: Dan Roitner

Spring Dinner Dance, Saturday May 11

Toronto Sailing and Canoe 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.



Alan Gordon

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Quick Release

Original Design
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David Young
Owen Rogers

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 **April 2**.

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:

.tif, .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.



416-760-4191

to go directly to the main menu.

From the main menu press...

- 1 Mar: cross-country skiing
- 1 Apr-Dec: weekend and holiday rides
- 2 weekday events
- 3 social events & membership information
- 4 weekend trips,
- 5 Cyclon 2002 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)



1930-2002

researched and/or adapted all of the routes and drew the maps, as well. Over the ensuing years Alan trained a whole cadre of Leisure Wheeler ride leaders, involved them in the scheduling and planning process and was able to take a back seat and enjoy the program he created as a participant. Alan was already looking forward to and preparing for the 2002 Leisure Wheeler season having attended the ride co-ordinator's meeting in early January.

In the spring of 1996, TBN found itself in dire need of a new membership secretary. A call was put out for volunteers and Alan, recently retired, with word-processing experience and a schedule that put him in the vicinity of the club mailbox twice a week, was the perfect fit. In the early nineties, TBN promised to turn around a membership application in four to six weeks. After Alan arrived on the scene, new and renewing members could expect to receive their membership package in a matter of days!

Alan was also a greater booster of TBN, always available for duty at the annual bike show and other promotional events. He contributed book reviews to the newsletter, was a frequent attendee of our Education Nights, managed registration for our annual Basic Riding Skills Clinic and enjoyed participating in our City Walks program.

Outside of his TBN activities Alan was a devoted father and grandfather, an author, had a distinguished career as a Professor of Spanish at the University of Toronto and was still active as a volunteer at Hart House. He a long-running involvement as an official in competitive markmanship, the highlight of which was likely supervising the shooting events at the 1976 Olympics in Montreal.

Alan was a truly extraordinary human being—humble, kind, compassionate, caring, and generous. In hindsight, the one thing that impresses me more than anything else about Alan, was that in spite of his Harvard PhD, and his quite considerable accomplishments, no task was beneath him—he was already ready to lend a helping hand. If we needed a leader he would lead, but he was just as happy to follow. He was an example to us all and I know we'll miss him greatly.

The TBN Board extends its condolences to Alan's family. At a meeting of the Leisure

Wheeler Committee it was agreed that the annual Leisure Wheeler Metric Century would be renamed the Alan Gordon Metric Century.

We'd also like to thank those of you who attended Alan's funeral on such short notice, or took time to post a remembrance on the website: <http://tbn.on.ca/alingordon>—see sidebar. Our special thanks go to Eileen Harbinson, who spoke of Alan's cycling career on the club's behalf at a joyous celebration of Alan's life at Hart House in early February. We'd also like to thank Eileen for volunteering to take on the duties of club membership secretary. I think Alan would have approved.

—Owen Rogers

If desired, memorial donations can be made to the Alan Gordon Memorial Fund c/o The Benjamin Foundation, 3429 Bathurst St., Toronto, Ontario M6A 2C3 416-780-0324.



Alan burns up the road at Cyclon 2001

other voices

"Alan's Leisure Wheeler adventures really helped me to develop my riding confidence when I first joined the club. He was a nice person, always friendly and welcoming. I will miss seeing him on the rides."

- Christine Chow

"Very often, if I rode with Leisure Wheelers, I took up my spot with Alan at the back, providing me with an opportunity to have a lively chat. He was a giving and lovely person. Being around him, you always felt his energy, wit and his keenness and love for cycling! As a new member, I thought of him as a very central figure to the TBN's organization and philosophy. It will be very sad not to see him on the trails, but I am certain if I hear "CAR BEHIND" in that familiar accent I'll have a quick glance to see if he's there keeping an eye on us!!"

- Joan Santiago

"It was okay to hang back with him. It was his easy going nature that allowed new & first time riders to ride comfortably along with the group. He always had his trail-mix to offer to everyone, on every ride."

- Mark Cheung

"...on one occasion, we were on the return leg of the annual club barbecue. A rider had gotten a flat and we all stopped in the shade while I repaired it. Alan had seized on this as an opportunity to make it an instructional experience. While I worked on the bike, he gave everyone a "play by play" of the steps. He will be truly missed by all of us who knew, and were inspired by him."

- David Raine

"My first introduction to Alan was at the Beginner's Cycling Skills course at Seneca College back in 1996. I was brand new to cycling and extremely nervous about the ride (in traffic!!) scheduled for later on that day...Alan was totally understanding and did his best to reassure me that I would do just fine."

- Linda Hamilton

Education Update

Another year of cycling is upon us and with it a hunger for knowledge. The Toronto Bicycling Network (TBN) makes every effort to satiate that appetite through informal seminars and clinics that enlighten our membership.

TBN's seminars, held all over the city, give members an opportunity to learn in a casual setting about subjects that matter to them. Topics such as choosing the right bike, cycling apparel, and first aid are only a few of the most common areas



Loreto Manni

members always want to see explored. I have made every effort to invite presenters that are either members of the cycling community or experts in specific fields that can tailor their presentations to the cyclists needs. Events take place at community centres and in cycling shops.

TBN also presents hands-on clinics in bicycle maintenance and riding. The clinics provide theory and practical experience from people who know cycling. The presenters have years of experience and knowledge and are keen to pass it on to people who are interested in improving their skills. These events are multi-day events and class sizes are limited to make sure the student gets the most out of the clinic.

Comments about events or suggestions for

new ones are most welcome. You can reach me through e-mail at education@tbn.on.ca, or by leaving a phone message at 416-978-6260. If you'd like to help with an event, drop me a line and we can surely fit you in. Enjoy another great cycling season.

—Loreto Manni, Education Director

Upcoming Education Events

Thursday, Feb 28

Wheel Truing: David Sandquist of Sandy's Cycle will reveal the secrets of the wheel. This seminar discusses the component parts of a bicycle wheel, and how to keep a wheel straight. Most cyclists attempt to straighten or true a wheel, but have a hard time doing it. Sandy's experiences as a

Taking Your Bike on Public Transport

Using public transportation to get you and your bike to or from the location in which you wish to use it can greatly widen the area in which you can enjoy your cycling.

It might be public transit in and around Toronto. Or travel further afield, within Ontario, across Canada or even abroad. The ability to convey your bike, and the rules to be followed vary greatly from carrier to carrier. Even for the car owner, the costs could be cheaper than buying a bike rack for your vehicle. Here is a compilation of some of the carriers that you can use to transport your bicycle.

TTC

There is no mention of the carriage of bicycles either on the TTC website or in its popular "Ride Guide", although the latter mentions that "Bicycle parking facilities are available at most subway stations."

A representative at the TTC info line (416-393-4636) advised that bicycles may be carried on subway trains, buses and street cars (it must be a challenge to board a street car with a bike), other than during the following hours: 6:00 to 9:30 a.m. and 3:00 to 6:30 p.m., Monday to Friday. Drivers/guards do have the discretionary right to refuse a bicycle at any time, however.

There is no extra charge for the bicycle.

GO TRANSIT

Their website is more helpful:

"You may take a bicycle on any GO Train on a Saturday, Sunday, or statutory holiday. On weekdays, due to rush-hour crowding, you may not take them on trains scheduled to arrive at Union Station between 6:30 and 9:30 a.m. or depart from Union Station between 3:30 and 6:30 p.m. Bicycles are also prohibited inside Union Station during those times. To see if your station has a bicycle rack, visit: www.gotransit.com/station/name.asp

Bicycles are not allowed on wheelchair-accessible train cars or on GO Buses (on GO Buses, a folding bicycle in a proper carrying case can be put in the underfloor luggage compartment if the bus has one).

Four bicycles fit on each regular GO railcar, two just inside each set of doors.

Again, there is no extra charge to convey your bicycle on GO trains.

VIA RAIL

VIA's website advises: "You can carry most sporting equipment and other oversized outdoor items on trains where there is a checked baggage service. As you can see, the charge is very reasonable:

Bicycles and child-carrier: \$15 regardless of the number of connections (tandem: \$30).

To protect your bicycle, you can use a bicycle box provided free by VIA. (A box is mandatory on journeys involving a connection.) To use a box you must turn the handlebar and remove the pedals. VIA does not provide tools for this purpose. VIA accepts no liability for damage to bicycles that are not stored in a box.

The bad news (apart from the \$15, each way, fee) is that there are very few VIA trains to/from Toronto with baggage cars; in each direction, there is only one train a day to Montreal, one to Windsor and the thrice-weekly "Canadian" to Vancouver.

OTHER RAIL CARRIERS

Since Amtrak trains (daily to New York City and to Chicago) are technically VIA Rail services on this side of the border, they do not accept bicycles out of Toronto. However, if you can get you bike to the USA by other means: "Amtrak accepts...bicycles... In most cases there is a handling charge. Bicycles must normally be in containers provided by the passenger or Amtrak;

Resources on the World Wide Web

Go Transit

www.gotransit.com/faqs/faqs.htm#Bicycles

Via Rail

www.viarail.ca/en.avot.baga.html#05

Amtrak

[/www.amtrak.com/guide/faqs/baggage.html#bagbike](http://www.amtrak.com/guide/faqs/baggage.html#bagbike)

Air Canada

www.aircanada.ca/services/luggage/#sportfree

wrench (bike mechanic), should help demystify the ancient secret of wheel truing. Time: 7:00 - 9:00 p.m.

Location: North Toronto Community Centre, 200 Eglinton Ave, 3 blocks west of Yonge on Eglinton.

Tuesday March 12 & March 19

First Aid for Cyclists: What do you do if you fall off your bike and scrape your arm? What do you do if you want to help a person who fell off their bike? These are some of the questions Chris Li will answer at the First Aid For Cyclists seminar. Chris Li is an instructor for the Canadian Ski Patrol and helps coordinate first aid teams for many mountain bike competitions. This six-hour, two-night workshop, provides theory and practical tips you can use. You must reserve and

pay for a space before February 28, 2002. No spaces available the night of the event. Cost: \$30.00 Time: TBA. To reserve and for more information contact: Loreto Manni, education@tbn.on.ca; 416-783-6953 Make cheque payable to Toronto Bicycling Network and mail to: TBN First Aid Clinic, 131 Bloor St West, Suite 200, Box 279, Toronto, ON M5S 1R8. Location: North Toronto Community Centre, 200 Eglinton Ave, 3 blocks west of Yonge on Eglinton.

Tuesday March 19

Pre-Season Bike Preparation And Clean-up:

Eugene of Urbane Cyclist explains the importance of inspecting and cleaning your bike after a ride, Eugene the Wrench (Bike Mechanic) will discuss proper tire inflation, cleaning and lubrication of chains, hubs and bearings.

Discover why a clean bike will work better and save money. Time: 7:00 p.m.

Location: Urbane Cyclist, 180 John St. (between Spadina and University, just north of Queen)

Wednesday May 15

Cycling Apparel: Dress for cycling comfort. Choose the right cycling shorts, jersey, gloves and shoes. Saul Goldman of Velotique will also talk about the challenges of rain and commuting. See the latest fashions. Call Velotique to register, 416-466-3171. Time: 7:00 p.m.

Location: Velotique, 1592 Queen St. E., just west of Coxwell. Parking available.

More events to come: check the web site for updates!

certain trains can handle bicycles not in containers; a reservation for this space is usually required for which a nominal charge is made." (from the Amtrak web site)

The "Northlander", operated daily by Ontario Northland, to Cochrane, does not allow bicycles on board.

OTHER SURFACE ROUTES

Greyhound will not carry bicycles on its passenger bus routes. However, Greyhound Courier Express will ship bikes to many North American cities, unaccompanied. Their Toronto depot is at 154 Front Street East. Call 416-594-1282 for more details.

UPS will ship just about anything, but be sure the bike is very well packaged (they can advise). Rates vary with destination and, given the size of the package, do not expect bargain pricing.

BY BOAT

The Toronto Island ferry service allows bikes, free, on all of its three routes at any time, with the exception of the Centre Island boats on summer weekends and public holidays. 416-392-8193/4.

As of the summer of 2001, all of the three ferry services to the south shore of Lake Ontario had ceased operations from Toronto. This makes reaching the excellent cycling in the Niagara area, using public transport, a challenge. There are uncommitted plans to run a ferry service to Rochester NY in the future.

Further afield, the extra fare for a bicycle on the Kingsville/Leamington - Pelee Island ferries is \$3.75, each way and \$5.00 each way on the Tobermory - Manitoulin Island ferry.

BY AIR

Air Canada. It's web site states: "There are fixed charges for the carriage of bicycles on North American routes: within Canada - \$ 65 CAD. To/from United States - \$65 CAD/\$ 50 USD. The bicycle must be prepared as follows, prior to arrival at the airport: fix the handlebars sideways and remove the pedals. Place the bicycle in the plastic bicycle bag provided by Air Canada at the airport. Bicycle suitcases containing collapsible bicycles are also accepted. Note: Bicycles are carried as part of the free baggage allowance on International flights (including Star Alliance™ carriers)."

Other Airlines. Air Canada's requirements are generally typical of many airlines (e.g. British Airways and Air France) using Pearson airport. Some require the use of a cycle carton (recommended), rather than a (flimsy) bag. Some airlines provide packaging for free, some charge and some require the passenger to provide their own—check with your local bicycle supply store, or buy one from another airline counter that sells them (e.g. Air Transat).

Canada 3000 and Air Transat carry bicycles at no charge, on all their routes, in addition to the normal baggage allowance. Air Transat charges \$5.00 for their bicycle bag.

American Airlines charges bicycles as excess

baggage. If taking your bike by air, compare the carriers who serve your destination(s). It's a good idea to slightly deflate the tires, to avoid in-flight burst tubes. Consider extra insurance if the bicycle is of special value.

PLANNING THE TRIP

In practice, the terms under which your bicycle will be conveyed, regardless of carrier, often depend to some extent on the individual you are dealing with, and the kind of day they are having. Do not be surprised if the person handling your return journey quotes different rules to the person who arranged your out-bound trip. If you feel you are not being dealt with as you would wish, ask to speak to their superior.

Although details are beyond the scope of this article, if you cycle in Britain or continental Europe, expect more liberal and tolerant policies by carriers there. Bikes are often carried on trains at no charge, in an area of the world where bicycle travel is much more prevalent and more a part of everyday life than it is here.

It's quite possible to plan a cycling trip or vacation, using your own bicycle, at home or abroad, in which the transportation costs (either in the saddle or in the baggage compartment!) can be at or close to zero. That's another reason to feel good about your love of cycling.

—John Grimley

Touring

Welcome to another great season of cycling with the TBN! The Ride Co-ordinators and TBN Board have been busy over the Winter planning a fantastic year of cycling, education, and social events. Did you know the deadline for this issue of Quick Release was February 4th, just when the temperature high was -12°C? Can't wait to cycle in the spring!



Ride Co-ordinators and Ride Classes

We are pleased to announce one new, and two returning co-ordinators. Jamie Hauyon, a longtime Leisure Wheeler ride leader, will coordinate the Leisure Wheeler Rides. Julie Willmot, a long time Club member, and a former Easy Roller Co-ordinator, will facilitate the

PRESENT THAT CARD —IT'S EASIER FOR EVERYONE

New This Year: To ease the daunting task Ride Leaders face polling each ride participant for their membership status at the start of every ride, TBN members must now show their current membership card to the Ride Leader *without waiting to be asked!* This helps ensure the ride starts on time, and removes the opportunity for non-members to receive a map and avoid signing the waiver.

Without a current, personal, membership card you are considered a non-member, and must sign the waiver and pay the \$5 ride fee. The only exceptions are people who have sent in their membership form, and have not yet received their membership card. In this case only, a copy of the completed membership application, dated within 30 days of the ride date, must be shown to the Ride Leader in order to participate on the ride.

Help the ride start on time by having your membership card out on display when you request the ride map. Thanks for your co-operation in this matter.

Update

Saturday Morning Rides. On a temporary basis, until a new Co-ordinator is recruited, Dan Engels will handle the popular Friday Evening Rides.

The Leisure Wheeler class started seven years ago at the behest of Alan Gordon. Alan was the key driver (and to many of us, the primary motivator!) of this series, and we will miss his wise council and positive attitude. He inspired many people to renew their cycling habits to stay fit and have fun.

Martha Scott and John Tytler have both resigned as Co-ordinators. Their involvement in the Saturday Morning and Friday Night classes respectively made these rides the place to be at these times! We thank them both for looking after these rides.

After much consideration, the TBN Board decided to discontinue the Thursday Night rides for 2002. Based on the number of participants, there was not much demand for this ride class. Thanks to Julian Ward, the ride co-ordinator in 2001, for setting up and leading many of these rides last year. Julian will continue to lead Leisure Wheeler rides in 2002.

Finally, we are looking for a Co-ordinator for the Friday Evening rides. These fun rides start at various central Toronto locations, usually at 6:30 p.m., continue at a moderate pace for 30 km or so, and finish up at a neighbourhood restaurant somewhere near the start. John Tytler has maps for many of the routes, so the new Co-ordinator would not be starting from scratch. For further information on the Friday Evening rides, and what a Co-ordinator needs to do, please contact John Tytler at 416-445-6192 or Dan Engels at 416-429-6088.

Ride Leader Clinics

The ride co-ordinators and I met in early January to generate some ideas about leading rides in the TBN. This year we have decided to alter the Ride Leader Clinics slightly, to encourage both new and returning Ride Leaders to attend, and to make the sessions more dynamic with the inclusion of guest speakers.

We are scheduling two sessions. The first, early in the season, is for current Leaders who may want a refresher, as well as potential new Leaders who would like to contribute to the Club

by leading rides.

The second session is in late May, to enable people who have seen what fun it is to lead rides to take the Clinic, then lead rides before the end of the year. The sessions are as follows:

Session 1:

Saturday April 6, 2002, 9:00 a.m. - Noon
(For the 1st session we are not scheduling any Saturday morning rides on this weekend, so more can participate in the Clinic.)

Session 2:

Saturday May 25, 2002, 9:00 a.m. - Noon

Location for Both Sessions:

North Toronto Community Centre, Rec. Room, 2nd Floor, 200 Eglinton Ave. West (4 1/2 Blocks West of Yonge.)

Refreshments will be available. The sessions will commence promptly at 9:00 a.m.

If you planning to attend, please RSVP Dan Engels by e-mail at touring@tbn.on.ca, or by phone at 416- 429-6088. Please advise which session you will attend.

Extra Bonus: Commencing this year, attending one of the Ride Leader Clinics counts as a ride towards a complementary TBN membership renewal (see below for details.)

Free Membership?

What is that you say? Yes, it is true! Lead four or more rides in a season, in any ride classes, and you are entitled to a complimentary TBN membership renewal. Just complete the Ride Report after every ride, mail it to the TBN within 30 days of the ride, and the ride will count towards your membership renewal.

Finally...

TBN is a 100% volunteer club, member driven. It is your club, and you determine what the club will be. One way to contribute is through volunteering your time and ideas. You can do anything, from leading rides, organising publicity, or help set up Cyclon. The benefits to you and your fellow members are awesome, and everyone is qualified to volunteer.

I would encourage you to get involved in the club. Speak to any ride leader; the ride, hiking, and or skating co-ordinators; or a Board member for more information.

See you on a ride!

—Dan Engels, V.P. Touring

Gearing Up for In-line Skating



Get those skates ready as May will be here sooner than you think! Join us on Tuesday evenings and the occasional Saturday to explore various (smooth and) picturesque pathways around the city—the Eastern Beaches, Western Beaches, the Islands, the Martin Goodman Trail and more! There'll be lots of fun rolling along while meeting plenty of new

people, plus a fun après spot for food and further socializing. Starts Tuesday, May 7th. Full weekly details will be available on the website, weekly email and Hotline. Questions or comments? Send them to inline@tbn.on.ca, or visit the inline skating web page at www.tbn.on.ca/inline.

—Martha Scott

Wednesday-Saturday Rides

Check the Hotline 416-760-4191 or website at wwwtbn.on.ca each week for details. Or subscribe to our Chain of Events email and have the schedule for the next seven days delivered to your inbox every Tuesday.

Wednesday Wheelie Day Ride

Starting in mid-March, 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

Starting in May: 6:30 p.m. is the start time to this oh-so-popular and not-too-strenuous social ride suitable for Easy Rollers and Tourists. Start points are typically Riverdale Hospital, E.T. Seton Park and the Boardwalk BBQ on Woodbine Beach. BRING LIGHTS.

Friday Night Ride

Starting in 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! BRING LIGHTS!

Saturday Morning Ride

Starting in April: Kick off the weekend with this brisk-paced 35km social ride suitable for Easy Rollers and Tourists. Departs at 9:30 sharp and returns by 12:15 so you can do your Saturday errands or relax over an apres-ride snack or lunch. Usual start point is the Boardwalk BBQ Pub, east of Coxwell and Lakeshore, but confirm weekly with the Hotline or Internet. Free parking on Coxwell Ave.

Spring Dinner Dance, Saturday, May 11

Come dining and dancing by the water's edge at the **Toronto Canoe and Sailing Club**. Cash bar opens at 6:30 p.m., dinner at 7:30 p.m. Toronto Canoe and Sailing Club is located at 1391 Lakeshore Blvd West at Jameson, just west of the CNE.

TTC: Take the King Streetcar south from Dundas West Station, deboard at King, take the pedestrian bridge across to the Palais Royale, then proceed back east along the recreational path to the club. Paid parking is available.

By May 1: Members: \$30.
Non-Members: \$35
After May 1: \$35 for everyone

Make cheque payable to TBN and mail to:

Ron Fletcher
121 Victor Ave.,
Toronto M4K 1A7

Please include your name, phone and membership numbers. For more information call **Ron Fletcher**, 416-461-9695

Special note to first-timers: TBN does not issue "tickets" for social events. We add your name to the attendance list when we receive your cheque. You need only identify yourself at the reception desk when you arrive at the event.

Note:

Helmets are mandatory on all TBN rides. Remember to bring your membership card to show the tour leader, and lights for evening rides. Non-members can join in the fun for \$5.

Weekend Ride Schedule

March 29 to May 5

Friday, March 29

UNIONVILLE BRUNCH - Our traditional Good Friday excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jake's Pub & Grille.

Start: Shoppers World, Danforth & Victoria Park, in front of Coffee Time
Dist: 55 & 80 kms
Class: Short Tourist, Tourist

Sunday, March 31

TODMORDEN MILLS - Visit Todmorden Mills, then en ville via the Don Valley (bike path).

Start: King Edward's Statue, Queen's Park.
Dist: 20 kms
Class: Easy Roller
Après: Hart House, University of Toronto

MEANDERING MAPLE BAKERY - Wend your way to a terrific lunch stop at Centro Bakery in the town of Maple.

Start: Finch Subway Park and Ride
Dist: 52, 65 & 75 kms
Class: Advanced Tourist, Short Tourist, Tourist
Après: Slug & Lettuce, NW corner Finch & Yonge

Sunday, April 7

TAYLOR CREEK RIDE - Come and enjoy the bike paths in and around Taylor Creek Park.

Start: Shoppers World, Danforth & Victoria Park, in front of Coffee Time
Dist: 26 kms
Class: Easy Roller
Après: Tropical Nights on Danforth

KING CITY RIDE - Pleasant tour in and around King City.

Start: Finch Subway Park and Ride
Dist: 70 kms
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 Park and Ride
Dist: 85 & 110 kms
Class: Advanced Tourist, Tourist

Sunday, April 14

KINGSWAY RIDE - Wander the lovely neighbourhood back streets of Etobicoke.

Start: parking lot of Etienne Brûlé Park, junction of Old Mill Rd and Old Mill Dr (around the corner and down the hill from the Old Mill subway station).
Dist: 35 kms
Class: Easy Roller
Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

STOUFFVILLE RAMBLER - An easy ride up to the Lion of Whitchurch pub in Stouffville.

Start: Edwards Gardens parking lot, SW corner of Lawrence Ave E and Leslie St.
Dist: 70 & 90 kms
Class: Short Tourist, Tourist
Après: Jack Astor's, Don Mills Shopping Centre.

LAKERIDGE CIDER RUN - A new, improved and 100% paved route to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!

Start: Edwards Gardens parking lot
Dist: 120 & 135 kms
Class: Advanced Tourist

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. Exit Hwy 401 westbound at Trafalgar Rd, then head north to Steeles Ave and west to Sixth Line.
Dist: 55 & 67 kms
Class: Country Cruise

Sunday, April 21

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 Park and Ride
Dist: 110 & 130 kms
Class: Advanced Tourist, Sportif

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, a the north end of Queen's Park
Dist: 20 kms
Class: Leisure Wheeler
Après: Arbour Room in Hart House

MAPLE BAKERY RIDE - Head north for lunch at TBN's favourite bakery on our new, quieter route.

Start: Finch Subway Kiss and Ride
Dist: 35 kms
Class: Easy Roller
Après: Slug and Lettuce Pub, 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 Park and Ride
Dist: 70 & 90 kms
Class: Short Tourist, Tourist
Après: Slug & Lettuce, NW corner of Yonge & Finch

DUNDAS AND APOLLO VALLEYS - The nooks and hollows west of Hamilton conceal some of the prettiest roads in southern Ontario.

Start: Meet at the school on Harvest Rd, just east of Hwy 504 in Greensville. Take the QEW & Hwy 403 west to Hwy 6, north to Hwy 5, then west to Hwy 504 and south to Greensville.
Dist: 50 & 75 kms
Class: Country Cruise

Sunday, April 28

CAMPBELLVILLE CLASSIC - Follow the shady backroads to the Bruce Trail Eatery in Campbellville. Short tour heads to Milton.

Time: **8:30 a.m. sharp**

Start: Kipling Subway Park & Ride, north lot.

Dist: 110 & 130 kms

Class: Advanced Tourist, Tourist

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 subway station (park in Etienne Brûlé lot at Old Mill Road)

Dist: 30 kms

Class: Leisure Wheeler

Après: Future Bakery, Bloor West at Kennedy, just east of Runnymede

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 kms

Class: Easy Roller

Après: Hart House, University of Toronto

KELSO CRUISE AND SCHMOOZE - We'll head out to Milton for lunch, but not before a climb up Bell School Line (yes, there is a shortcut). Note to Short Tourists: the 90 km route is an exercise in hill-avoidance. If you made it to Kettleby last week, this one will be a piece of cake.

Start: Kipling Subway Park & Ride, north lot.

Dist: 90 & 110 kms

Class: Sportif, Tourist

Après: Tim Horton's, Dundas West at Aukland

CREDIT RIVER CRUISING PART 1 - An undulating ride through the wilds north of Brampton.

Start: Alloa 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 kms

Class: Country Cruise

Sunday, May 5

UXBRIDGE UNDULATOR - Ride the quiet, rolling roads of Durham region to a satisfying lunch in Uxbridge. Short tour lunches in Goodwood.

Time: **8:30 a.m. sharp**

Start: Edwards Gardens parking lot, SW corner Lawrence Ave E & Leslie St.

Dist: 110 & 130 kms

Class: Advanced Tourist, Tourist

MARTIN GOODMAN TRAIL - Follow the Martin Goodman Trail along the shore of Lake Ontario to the Humber Bridge.

Start: Boardwalk BBQ Pub, just east of Coxwell & Lakeshore in the eastern beaches area. Woodbine Beach parking is \$5, but free street parking is available on both sides of Coxwell Ave.

Dist: 26 kms

Class: Leisure Wheeler

Après: Boardwalk BBQ

FEED THE GEESE! - Explore the asphalt trails of Morningside and Colonel Danforth parks en route to the mouth of the Rouge River. Bring lunch.

Start: Kennedy Subway, south lot on Transway Crescent, south of Eglinton and east of Kennedy.

Dist: 40 kms

Class: Easy Roller

MUSSELMAN LAKE/GOODWOOD - Do the Musselman Lake run to lunch in Ballantrae, or a few extra hills will get you a sandwich from Mrs. Wideman's in Goodwood.

Start: Finch Subway Park and Ride

Dist: 80 & 95 kms

Class: Advanced Tourist, Tourist

Après: Slug & Lettuce, NW corner of Yonge & Finch

BEELINE TO BOWMANVILLE - A quiet undulating route from Oshawa to Bowmanville.

Start: Durham College, North parking lot. Exit Hwy 401 eastbound at Oshawa (Simcoe Street/CR#2) and continue north to Conlins Rd. The parking lot is located on the south side of Conlins Rd. just west of County Rd. #2.

Dist: 62 & 76 kms

Class: Country Cruise

ride classifications

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.

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 10:00 a.m. unless otherwise noted.
- Helmets are mandatory on all TBN rides.
- Bring your membership card and show it to the Ride 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.

tracks and trails update



Get your Ponies Ready

In this, our third full season of trail riding, a.k.a. mountain biking, we have expanded our program to include a ride every weekend, plus a monthly beginner/intro ride. This promises to be an exciting season with several new ride locations added—the first half of this year's schedule is already posted on the web site. Due to the mild winter we are experiencing, we hope to have an early start, with our first scheduled ride on April 6 at Durham Forest.

So what is this trail riding all about? The first things you notice are the absence of cars,

t b n t r a i l r i d e s a p r

Saturday Apr. 6

DURHAM FOREST - Located in the Oak Ridges Moraine, Durham Forest offers 25 km of single and doubletrack trails. With mixed forest and thick pines this fat-tire playground is sure to please.

Cost: free
Terr: Moderate to extreme, hard pack with some sandy areas
Facils: none, limited parking
Start: 10:00 a.m. in the parking lot of Durham Forest. Exit 401 eastbound at Brock Rd., north to Durham Rd. 21 (Coppins Corners), then east 5 km to 7th Concession Rd., turn right, entrance is 1 km south on east side.

Saturday Apr. 13

NOBBIE NEWBIE: DON VALLEY - An instructional ride through the heart of Toronto. Easy 15km route will take riders through the basics of technique and trail safety. No trail fee or facilities!

Start: 10:00 a.m. in the Toronto Brick Works parking lot on Bayview Ave. south of Pottery Road.

Sunday Apr. 14

OAKRIDGE TRAIL - Ride along the Oakridge Moraine just west of Aurora along over 15km of treed path with offshoots.

Cost: Free
Terr: Easy to moderate, can be muddy
Facils: none
Start: 10:00 a.m. To get to the trailhead, turn west on 16th Sideroad off Bathurst St., on the western edge of Aurora. Park at the end of this short dirt road.

Saturday Apr. 20

MANSFIELD - Come out and enjoy 40 km of single & doubletrack trails at Mansfield.

Cost: \$7.00
Terr: Easy to extreme, hard pack surface
Facils: washrooms, bike rentals, snacks & drinks
Start: 10:00 a.m. in the parking lot of Mansfield Outdoor Centre. Exit Hwy 400 northbound at Hwy 89, then west past Alliston & Rosemont, and north on Dufferin Rd. 18 (Airport Rd.) another 10 km. Turn right into the Mansfield Outdoor Center, (don't go to the ski hill on the left).
Note: Check Hotline 416-760-4191 to confirm this one.

Sunday Apr. 28

GANARASKA FOREST - A huge 100 km forest, littered with xc-ski loops and singletrack trails.

Cost: \$5
Terr: Easy to moderate, sandy, large hills—a fast ride.
Facils: outhouse
Start: 10:00 a.m. at Ganaraska Forest Centre. Exit Hwy 401 eastbound at Hwy 35/115 north to Kirby, then east on Ganaraska Road (County Road 9) for 10km to Cold Springs Camp Rd. Continue north for 4km on Cold Springs Camp Road to The Ganaraska Forest Centre.



Photo: Dan Roitner

January ride in the Rouge Valley

stop signs and there's very little asphalt under your wheels. The challenge of a trail ride is not in the speed travelled, or distance covered, but in the demonstration of balance and technique over the varied terrain. The fresh air and peaceful setting of the woods are also a pleasant change from our city living. And oh, yes, it is lots of fun. You'll feel like a little kid again, zooming over hill and dale.

Is this about extreme riding? We ask that all riders ride within their abilities. Challenge yourself, but stay in your comfort zone—don't be foolish. For new riders just getting started, come and try the **Nobbie Newbie** rides for

may

Saturday May 4

COULSON HILL - Small mixed wood lot with winding 12 km of clay/gravel trails with logs, singletrack & fire roads

Cost: free.

Terr: Clay/gravel trails with logs, singletrack & fire roads.

Facils: none

Start: 10:00 a.m. From Bradford, take Hwy 11/4 north to Coulson Hill Road. Turn west and follow for about 10 mins. York Regional Forest is on right side of road just before the bridge over Hwy 400.

Sunday May 5

NOBBIE NEWBIE: HIGHLAND CREEK - An instructional ride through the heart of Scarborough. An easy 15km route will take riders through the basics of technique and trail safety. No trail fee or facilities!

Start: 10:00 a.m. in Greenvale Park. From Kingston Rd. at the Guildwood Go Station entrance take Celeste Drive north to Greenvale Terrace. Turn left and park at end of street.

Contact Dan or Martin at mtb@tbn.on.ca. They can put you on the ride group mailing list, too.

For more ride photos, visit Dan Roitner's personal site:

<http://danopix.tripod.com/tbn.htm>

beginner instruction at a mellow pace. We will demonstrate log hopping, and proper climbing and descending techniques, so you won't go over your bars. We'll also give tips on braking, gear shifting, trail etiquette and safety.

Will any bicycle do? Trail riding demands a different style of bicycle, as you may know. A bike with fat knobby tires, good brakes and a choice of low gears is required. Shocks will improve the ride, but are not a necessity. Helmets are mandatory, and a pair of clear glasses to shield against branches will help too. Bring lots of water and a lunch, as many of these locations are just woodlots in the country.

Most rides start at 10:00 a.m., but rides at more distant locations will begin at 10:30 a.m. Please show your membership card to the ride leader or be ready to sign the waiver and pay the \$5 ride fee. We usually get about 15 cyclists on a ride and will split the group if it gets much bigger. The TBN Trail Riders is a very friendly mixed group and we encourage everyone interested to come join us, have some fun and find out how a 20 km ride in the woods can also be a great workout.

—Dan Roitner
MTB Co-Coordinator

Spin into Spring!



Photos: David Weil/Manuela Gobbato

Cycling season may be just around the corner, but unless you are retired or a hardened bicycle commuter it's difficult to find time to ride during the week. Until things warm up and daylight savings time kicks in, there's no better way to supplement your weekend riding than to enrol in a series of **TBN Spinning classes**, Wednesday nights at 6:45 p.m.

Come and join your fellow TBN members for an invigorating workout with Kim Chan, the spinning instructor at the Adelaide Club in First Canadian Place. Spinning classes provide the motivation of a group workout,



Kim Chan, the spinning man

while allowing you to adjust the resistance on your bike according to your own fitness level.

The soundtrack of popular tunes, makes it easy to keep those legs moving.

The Adelaide Club offers TBN members a great deal, at \$65+GST for the 8-week session. You can join halfway through a session for only \$32.50+GST (space permitting).

For more information about the classes and the exact location, please consult the TBN web site www.tbn.on.ca/spinfaq or email spinning@tbn.on.ca

—Manuela Gobbato

Membership Profile

David Raine

Member since: April 1997
Ride class: Easy Roller, Short Tourist
Favorite ride: Streetsville Ride
Longest ride: TNT Overnight
Favorite weekend: Manitoulin Island
Bikes owned: 1999 Cannondale Touring bike 2001 Jamis hybrid (an aftermarket parts hybrid that I simply call Frankenstein.)

As anybody who knows me will tell you, I am an avid riding enthusiast. I would be the last to deny this, but ironically, I actually took up the activity late in life compared to most riders I know. In fact, I didn't even own my own bike until my mid-twenties.

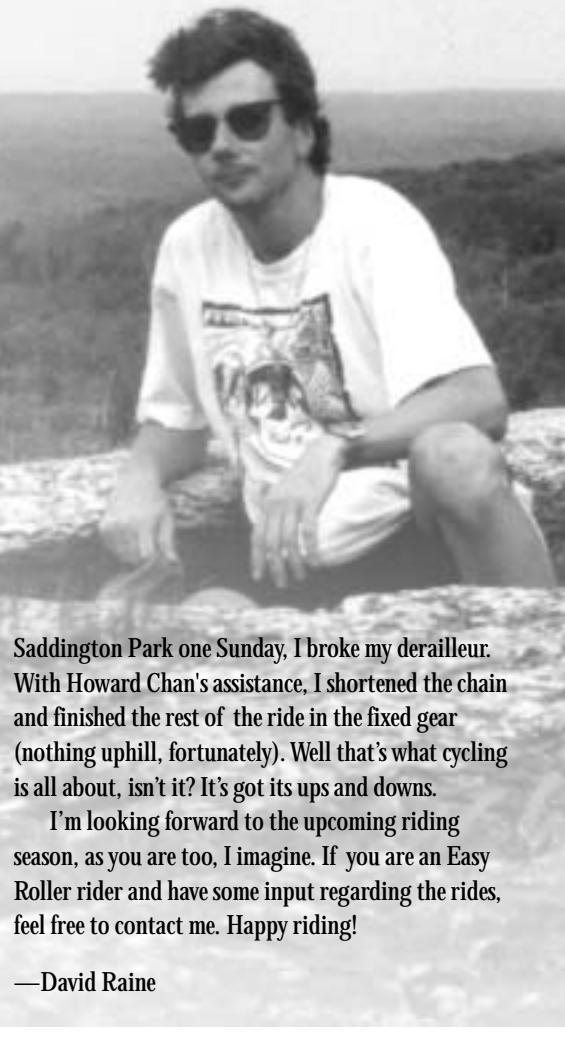
I've been a TBN member since April of 1997. Suffering frequent knee problems in the past, I started with the Leisure Wheeler rides. Five years and countless flats later, I currently participate in Easy Roller and Short Tourist rides.

TBN is a great club, thanks in large part to the people who volunteer their time and effort to make everything go smoothly. Since I joined I

have stuffed newsletters, led rides, ridden the Ride for Heart and also my first Century ride, gone on several weekend trips and will be this year's Easy Roller Coordinator. I also commute by bike whenever weather permits and took the CAN-BIKE safety course (worth every penny, if you aspire to ride in the city).

In the spring of 1999, I bought some 'serious' wheels: my Cannondale touring bike. While I truly believe that riding is enjoyable on any (roadworthy) bike, a better bike really does make a good ride better. Oddly enough, I haven't really taken it on a loaded touring trip except to ride to Guelph for Cyclon—must be Murphy's law at work. Speaking of Cyclon, if you've never attended, try to go this year. There isn't a better opportunity for riders of all the different categories to get together.

Treasured memories since joining TBN? The Manitoulin Island weekend trip featured quiet country roads and camping within earshot of the beach. I didn't want to come back! Also, the 2000 Toronto-Niagara-Toronto Overnight weekend—do you remember that James Taylor song about "fire and rain"? On Saturday we got baked and on Sunday we soaked! Worst breakdown? Halfway through the ride to



Saddington Park one Sunday, I broke my derailleur. With Howard Chan's assistance, I shortened the chain and finished the rest of the ride in the fixed gear (nothing uphill, fortunately). Well that's what cycling is all about, isn't it? It's got its ups and downs.

I'm looking forward to the upcoming riding season, as you are too, I imagine. If you are an Easy Roller rider and have some input regarding the rides, feel free to contact me. Happy riding!

—David Raine

Coldest Day of the Year Ride



Photo: Dan Engels

Peter, paul, Kevin, Bob, Tim, and Ursula feign indifference to the cold

Acertain Hotline announcer once said to me, "We could put a ride on the Hotline in the middle of winter, and we'd get some people showing up." I thought it would be

fun to put it to the test. After doing some research, I determined that, on average, February 2 was the coldest day of the year in Toronto.

Luckily, winter arrived two days earlier this year, and so on Saturday, February 2, 2002, I headed out in balmy -8 degree weather for the First Annual TBN Coldest Day of the Year Ride.

Eight hardy souls gathered in the icy parking lot of the Boardwalk BarBQ Pub for this historic ride. They were bundled up against the nip in the air.

With the bike path under a foot of freshly fallen powder, we took city roads to Leslie Street, and the Spit. The Spit was clear, and the bright blue sky made for a great cycling day.

We pushed our bikes through the drifts to reach the lighthouse at the top of the hill. The sun warmed us as we gazed across the city under its fresh blanket of snow.

Before our feet could freeze, we headed back to Tim Horton's for hot chocolate to warm our bellies.

—paul Stockton

FRIDAY NIGHT ICE SKATING

It's always hard to know whether to schedule skating in December or not. The rinks are ready and waiting, but it could be raining. Our skating season started with a bang on Dec. 14, 2001. Although mild weather prevailed through early December, a big snowstorm moved in on skate day. If I wasn't TBN Ice-Skating Coordinator, I wouldn't have shown up!

10 brave souls did show up. Big flakes of snow came down as we skated on 2-3 inches of snow already accumulated on the ice, while a thunder and lightning show raged over the arches of Nathan Phillips Square. I've never experienced thunder and lightning during a snowstorm before! At 7:00 p.m. the Zamboni tried to clear the ice, but couldn't. This ended



Photo: Molly's Sister

our skate. With many of us cold and wet, Howard Chan, of City Walks, led us through the underground system from City Hall to J.J. Mugs at Dundas and Yonge so we could keep dry.

And so it goes—every Friday we skate at a different ice rink, before heading to a local eatery for food and drink. Skating is a great way

to meet TBN people from ride categories other than your own or who do not ski. There are even a few non-TBNers coming out to keep things interesting. Happy skating everyone!

—Molly Cheung
TBN Ice Skating Coordinator

2001 Hiking Report

We began the season in the rain with 18 hikers at Silver Creek. After that the weather became spectacular and for the next 9 Sundays we were treated to some of the finest hiking days in years. Attendance ranged from 11 to 34 with a good mix of new hikers, old hands and non-member guests. A new route and some trail revisions added a note of variety to the programme. Look for more new routes in the 2002 season. Check Quick Release and the TBN web site in the fall for details. See you on the trails.

—Terry Davison

Ski Season Wrap-up

This ski season has been quite different than last year, yet despite the record warm temperatures through January, we have enjoyed some good ski trips! The season got off to a good start at Horseshoe Valley on January 6th followed by trips to Hardwood Hills and Lafontaine with the bus running near full capacity. The moonlight ski at Horseshoe on January 26th was a success with clear skies and a full moon to light the trails. I am hoping now that winter has arrived, that good skiing will continue through February and into March. As the season draws to a close, I would

like to extend my thanks to the bus captains and to Owen Rogers for their assistance with the program.

I will be stepping down at the end of this season having fulfilled a two-year commitment to run the ski program. I would love to hear from anyone who is interested in heading up the program next season. It's a great way to contribute something back to the membership and I have really enjoyed the opportunity to get to know people in the club. Thanks very much for your support!

—Ian Tytler, VP Skiing

August 2-5, 2002



Reserve August 2-5 for TBN's annual extravaganza—Cyclon—happening in the Niagara Peninsula this year. Our committee is hard at work organizing a menu of routes, activities and food suitable for everyone from the novice to the experienced cyclist. We promise QUIET, AIR CONDITIONED rooms provided by our host, Brock University, St. Catherines.

We are looking for volunteers to help with leading rides, registration and hospitality. As well, we are looking for people to participate in "Talent Night" on Friday evening! If you can sing a song, play an instrument or tell a tall tale, contact Anne: 416-532-0364 or cyclon@tbn.on.ca



favourite destinations

Le Grand Tour 2001: Treize Fous de Toronto

Last August 13 TBNers joined 1,988 other participants on the 2001 Grand Tour in Quebec. Most of us were first-timers on the Tour, which is *the* cycle tour event in Quebec. It is organized by VéloQuebec, the same people who put together the Montreal Bike Fest, and the 30,000 participant Tour de l'Île. In spite of "The level of organization was amazing and so was the local hospitality" this, we still wondered how they would handle 2,001 cyclists travelling together for eight days over 660 kms in rural Quebec.

After a long drive from Montreal with a stopover in Quebec City, we pulled into the parking lot at the starting point right beside two other TBNers who were unloading their bikes. A few others were also just starting out on their rides. For the next eight days and despite the large crowd, we managed to check in with each other, sharing some rides, meals, beers and stories.

The 2001 Tour promised the beautiful scenery of the Charlevoix and Saguenay regions of Quebec, noted for small towns, La-Saint-Jean, and wild blueberries. The region is also known for its mountains—the price we would pay for the wonderful vistas. A few turns and one kilometre out of the parking lot, a short, steep hill caught a lot of people in the wrong gear and forced them to walk. It was a hint of things to come.

The first night put us in the Tour routine. Cyclists are limited to one large hockey bag for their tent, sleeping bag, clothing and whatever else they need. The organizers transport the bags

in six semi-trailers and offload them before the cyclists arrive at each campground. For a loonie, kids from local sports clubs help carry your bag to either the early or late risers tent areas.

The Tour stops at very large *polyvalent* high schools and camping is on the football fields—densely packed, but still comfortable. Showers are in the school; hot if you arrive early, cold if you do not. The schools also provide computer rooms for Internet access, auditoriums for the Tour's nightly films, and the dining areas. The daily Tour newsletter announces the evening menus along with suggestions for wine. I suppose Quebec cyclists talk about these things en route. There is loads of good food and the queues move very quickly. A bistro tent is set up every night, with live music until 11:00 p.m. But there is no partying until dawn

for this crowd, as most leave before 8:00 a.m.

each day.

We had been thinking about Day 2 since receiving the tour guide and maps a few weeks before—135 kms, climbing over 850 metres to the highest point. I'm not sure all the hills around Toronto even add up to 850 metres! We started out at an easy pace to save energy, but that did not matter too much halfway up the first mountain. The temperature soared to over 30 degrees Celsius and I was soon pushing the bike up the hill. It was the same story for the two

remaining mountains, but I had a lot of company—probably three-quarters of the riders had to walk. But not our Kevin—69 years old and "not a foot down before lunch"—that is, three mountains and 82 kms. (I promise to do a lot more Wednesday Wheelies this year!) It was mostly downhill after lunch and when we arrived at the campsite, Joe Lee had already visited the local dépanneur and returned with cold beers in hand—another routine picked up from Tour veterans.

The rest of the Tour did not disappoint. The level of organization was amazing and so was the local hospitality. People waved from their verandas, and provided impromptu showers and water stops as if we were riding Le



Barry, Joe, Ruth et *La Fin du Monde*

Tour du France. The organizers try to encourage the local economy by using local caterers, suppliers and even musicians. And, of course, it is nice to have 2001 tourists visiting your small town.

The route included the Véloroute des Bleuets, 256 kms of off and on road riding that circles Lac-Saint-Jean. The Quebec government and local municipalities take cycling seriously and this route is part of the province-wide, 4000 kms Route verte (see www.routeverte.com). The chocolate-covered wild blueberries (bleuets) were

Weekend Getaways

May 17 - 20: 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.

May 17 - 20: The Great Niagara Freewheelin' Extravaganza

The Niagara Freewheelers Bicycle Touring Club presents its seventh 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 web site. No TBN registrations processed prior to March 15. Price goes up \$15 after April 22.

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

We have more trips planned including TNT Overnight, Pele Wheelie. If you'd like to help organize a trip contact Joshua Wolan, trips @tbn.on.ca, 416-780-1683

Photo: Yvonne de Bulnes



Les fous near Lac-Saint-Jean

one of the many treats in the area and what better way to reward oneself at the end of a ride.

Our fellow cyclists were also terrific—no language issues here! They seemed very surprised that people would come “all the way from Toronto”—like we lived on the moon—but also very pleased. They put up with my attempts to practice rusty French and almost everyone spoke enough English, if not fluent English, to converse with the Anglos. We were dubbed “les fous de Toronto” (affectionately, the crazies from Toronto) in the newsletter when they interviewed TBNer Yvonne de Bulnes.

The Tour ended with applause for the final group of sweeps—part of the 60 volunteers

that rode the Tour every day. We should also have cheered the mechanics, first aid people and sag wagon drivers. The last night's party went later than usual, so it was nice to be bussed back to the starting point the next morning. It was sad to say goodbye to our new friends, but there is another Tour this year and I am sure we will meet them again. The Tourists are very loyal and many have done numerous Tours.

The 2002 Tour info is already out—see www.velo.qc.ca. If you intend to join in, let me know, as it's great to ride with a group of friends.

—Barry Pinsky (barry@rooftops.ca)

Hollyburn, continued from page 16

Did the men really think they stood a chance? We danced in groups, in lines, in circles—any way we could think of—there were even salsa and merengue lessons! Finally it was midnight and the champagne flowed as we hooted and hollered with our noisemakers and everyone hugged as we wished each other a Happy New Year. Outside there were incredibly long moonshadows cast on the snow-covered lake, which made the night even more enchanting. It was 3:00 a.m. before the last of the revellers went to bed.

The next morning we all met for a final brunch and an awards ceremony. Our trip

organizer, Dave MacLean, gave valuable prizes to the best-dressed man (John Tytler for his tux), best dressed woman (Eve Lucchetta, in a dress she made herself), and the person with the most spirit (Bill Prest).

All too soon we were packing our bags and it was like leaving a big happy family. Everyone had enjoyed themselves immensely; we'd had great food, great weather, great company and lots and lots of laughs. It was a wonderful way to start a New Year. Great job, Dave—thanks.

—Pauline & Rick Upton

Trip Reports

Winter Weekend in Wigamog

When Eugenia Dimag and I set out for TBN's Haliburton Highlands Ski Weekend, there was no snow on the ground in Toronto. The lack of snow was of such concern that I decided to leave my brand new skis at home, rather than ruin the bases on poorly covered trails.

Then, as we motored north past Orillia, snow started falling lightly. In thirty minutes, it was coming down so heavily we could barely see the road ahead of us. We had to slow to 40 kph, as snow began accumulating on the road. Eventually, a giant snowplow came to our aid, pulling ahead and clearing the way. By the time we arrived at the Wigamog Inn, located near Haliburton, the skies were clear again. In the parking lot, we found fellow TBNer Sam Bootsma already stepping into his skis to head out to the trails; we soon did likewise.

As evening descended, the rest of the group began arriving in Wigamog's elegant lobby and soon sat down to an excellent dinner. Twenty TBNers in all enjoyed the fare around a long



Mark Pomerantz

table with a great view of Lake Kashagawigamog. We each recounted our own experiences with the driving conditions, and white outs, but Carl Friesen's tale was the best—with a late start, and some wrong turns, Carl's car ride from Toronto took five hours!

Saturday morning, we met for a delicious buffet breakfast, and discussed plans for the day ahead.

Jhann Murphy had come to Wigamog primarily for relaxation. She did not bring any gear with her, but Carl offered her his snowshoes and she was soon seen with Eugenia, also on snowshoes, bushwhacking through the neighbouring woods.

Jennie Piekos, Carmelle Renaud, Brenda Porter and Carl headed into the deep powder on the North Slipper Trail. I tried following them, but was unable to keep up on snowshoes. Sam, Dan Roitner, Brian Hedney, and Murray Cleland

had tabled the most ambitious itinerary, planning to ski the Jim Beef trail, 10 km or so, to Glebe Park, where there were several trails to choose from. Dan made it over there fine, but then his ski binding broke. Faced with the choice of returning on one ski, or calling a taxi, Dan chose neither, instead persuading an obliging staff member of Wigamog Inn to drive over and pick him up! I guess Dan never met up with Paul and Rochelle Dennis. After breakfast, they very sensibly drove the 20 km to Glebe Park, where they skied around before returning to the Inn.

I hooked up with Eugenia, Chris McGlynn



Photo: Digital Dan Roitner

New Year's Eve at Hollyburn Lodge

The grey Toronto skies gave way to a winter wonderland as we drove through a blizzard on our way north to Hollyburn Lodge on Lake Rousseau for New Year's Eve.

An enormous roaring fire greeted us at the



Ron, Doris, Peggy and Rick model the latest in winter outerwear

Photo: Pauline Upton

Lodge, and before long a game of "Men are from Mars, Women are from Venus" was underway. The players immediately recruited new arrivals into the game and the never-ending TBN quest to understand the opposite sex continued. I'm not sure it helped.

A few of us decided to go for a short walk before dinner and we set off to hike around the lake. As dusk and then darkness fell, our fearless leaders, the Two Ronnies, assured us we were quite safe—even as we scrambled up slippery hills and slid down rocky paths in the dark. We made it back to the Lodge just in

time for the lasagna and pizza for supper.

New Year's Eve found us snowshoeing through the pristine snow under a vivid blue sky and brilliant sunshine. Meanwhile, the table tennis never stopped and the Mars/Venus games continued. The hot tub was in full use, with hors d'oeuvres and wine personally delivered to the occupants—life doesn't get much better!

The Lodge took on a festive look as we hung streamers around the room and decorated the tables. A 'creative' balloon-blowing group filled the balloons with grapes, a Ping-Pong ball, raisins, crackers, cheese and salami—handy for a midnight snack when they popped.

Although we were out in the country, everyone dressed up for New Year's Eve dinner. Plentiful food and wine was followed by more Mars/Venus (what else?) and a hilarious game of charades with teams of women against men.

Hollyburn, continued on page 15

and Dennis Sylvasy later that afternoon, just in time to take a complementary Wigamog horse drawn sleigh ride. Along with us on the sleigh was a boisterous group of women on their annual weekend with the gals. The woman sitting beside me was drinking a Bloody Caesar, which she was spilling most of - on herself.

At 4:00 p.m., TBNers started gathering for a complementary wine & cheese reception. Abe Gottesman and Terrie Miller arrived on their way to the Wigamog sauna. Ian Tytler, delayed with other commitments in Toronto, just checked in to the Wigamog in time to meet us at the reception and hear the lively chatter about the day's activities. Eventually we all settled at our table in the dining room.

About 10 minutes later, the other boisterous group, all women, came down to dinner - dressed up as policewomen! Another gourmet dinner was followed by a quick visit to a bonfire on the beach (too cold for roasting marshmallows) enroute to the Moose Bar and Grill, a two-minute walk from the Inn. For the rest of the night, a local band regaled us with tunes from the 60's, 70's, and 80's; Jim and Sue Sargeant couldn't resist getting into the act with their air guitars.

The following morning, there was a fresh layer of snow on the ground and most of us went for a ski before heading home. After everyone else had gone, Ian stayed behind to ski the Slipper loop one more time since the conditions were so terrific.



They managed to find winter: Carl, Brenda, Ian, Carmelle, Dennis and Chris enjoy a day on the trails

Dan Roitner, equipped with his digital camera, graciously snapped scores of photos throughout the weekend. Visit Dan's website (<http://danopix.tripod.com>) to have a look at some of the photos.

Brenda Porter single handedly organized the entire trip. Prior to the weekend, she communicated with us periodically via email, telling us about the accommodations, the snow

conditions, how to get there and more. During the weekend, she checked out the accommodations to see if everybody was happy and negotiated behind the scenes to make sure that we got great value for our money. The weekend was a great success. Thank you Brenda!

—Mark Pomerantz



Happy New Year from Hollyburn (or Mars, or Venus...)

Photo: Jennie Piekos

Photo: Pauline Upton with thanks to Erica Morse

New Web Site!

BIKETORONTO

bikeToronto.ca is a new web site devoted to getting the word out about cycling issues in Toronto. It continues the work of TBN member and Toronto Cycling Committee representative, Martin Koob who began writing about the activities of the Toronto Cycling Committee back in early 2001 on the TBN web site. In the months and years ahead, we hope to keep the cycling public abreast of the latest developments at the Toronto Cycling Committee and to track the progress of its new ten year Bike Plan. More importantly we



Martin Koob

want you to become involved, by letting you know when it is time to take action to ensure every facet of the Bike Plan is implemented. If you have something to add to the discussion, please feel free to use the comment facility found at the bottom of each article.

We hope bikeToronto becomes a valuable asset for cycling advocacy in Toronto.

And yes, bikeToronto is a work in progress. Lots of other swell stuff coming soon.

—Owen Rogers

Bike Week is Coming

Bike Week, now in its 13th year, is coming the first week of June. Be a part of the fun & festivity! Come to the launch event with City Councillors, Monday May 27, starting with an 8:00 a.m. group ride from Bay and Bloor Streets to City Hall - Nathan Phillips Square, for a free pancake breakfast. Join the following Monday June 3, in the traditional Group Commute & Free Pancake Breakfast at Nathan Phillips Square where cyclists come together from five 7:30 am start points.

If you'd like to help organize a TBN-sponsored Bike Week event or work at our display booth get in touch with Brenda Porter, publicity@tbn.on.ca, 416-694-3272 by April 1.

You can also help support Bike Week by volunteering or getting a T-shirt for just \$20.

Bike Week 2002 will run June 1 through to June 9. Exciting events are planned all across the City. Watch for the Bike Week calendar, visit www.city.toronto.on.ca/cycling, call 416-392-7592 or e-mail bikeweek@city.toronto.on.ca to find out more about Bike Week, the events planned, and how you can participate or get involved.

CLASSY ADS

Norco Cape Cod mountain-style tandem for sale. Size approx 19/18". Many upgrades and additions including Shimano Mega range 7-speed rear cluster, captain's handlebar, brake levers, grips, tires w/ Kevlar liners, computer, rack and fenders, etc. Very roadworthy; we toured fully loaded from Toronto to Kingston and back on it! Asking \$500. Call Tim, 416-288-6441.

Two Tandems for Sale - Trailblazer Tandem Cycling Club will have two tandem bicycles for sale this spring. Both bikes are older, three speed, cruiser-style bikes that have received a tune up. The club is asking \$300 for one of these "starter" bikes. Please call Tim Landon at 416-288-6441.

CIVIC

Safety and Education: Another Spoke in the Bike Plan Wheel

For a while I have been writing about the Bikeway Network and the cycling budget. As I write this in early February, the budget still is not finalized. Check our new web site: bikeToronto.ca for updates. There is, however, more to the Toronto Bike Plan than building more bike lanes and paths. The bike plan uses the metaphor of a six-spoked wheel. The Bikeway Network is just one of those spokes. One of the other spokes is cycling Safety and Education. In fact, underlying every thing that the Toronto Cycling Committee (TCC) does is the concern for the safety of cyclists.

The City of Toronto has several safety programs to educate cyclists and other road users in formal and informal ways. If City Council approves the full budget for these programs, they will get underway this spring.

The City offers CAN-BIKE courses that teach you practical riding skills so you can ride safely on the streets. The City offers the courses through the Parks and Recreation Department of the City of Toronto, which publishes the course schedules in the "Toronto Fun" guides.

The City also runs publicity campaigns, which focus on various safety issues. Planned for this year is a poster campaign to discourage cyclists from riding on the sidewalk. The City also tries to educate drivers, letting them know how to share the road. Last year, the City mounted the "Pass Bikes Safely" ad campaign on transit shelters and on sidewalk garbage/recycling bins. In addition, the TCC is trying to convince the Ministry of Transportation of Ontario to include bicycle safety information in their Driver Handbook, so that learning to share the road with bikes becomes an integral part of new driver education.

The Road and Trail Safety Ambassadors program hires young cyclists to deliver cycling safety messages directly to cyclists at events across the city throughout the summer. The program will not go forward this year unless City Council approves its funding. (At the time of this writing funding for this was not included in the 2002

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budget. Check the biketoronto.ca web site for the final status.)

Bike Week is an event hosted by the City of Toronto that promotes cycling and has safety and education events. This year it is happening from June 1 to June 9, 2002. One of the recommendations of the Bike Plan is to expand Bike Week.

The Bike Plan envisions expanding and enhancing all of these safety programs in future years.

"There are some cyclists who ride with no respect for other road or trail users. They may be in the minority, but they are the ones other road users remember."

"rules of the path" pertaining to the paths and trails in parks and in corridors.

The City has many good safety programs, but it cannot spread the safety message alone. The TBN can play a role in educating its members and modelling it to non-members.

TBN ride leaders start off their ride with a pre-ride talk explaining the use hand signals, reminding people to stop at stop signs, ride in single file where appropriate, etc. It is important that we continue and improve upon this practice. Their advice, at times however, goes unheeded.

When someone starts riding with the TBN, they open themselves up to unsolicited, but helpful advice from fellow cyclists. "You need to raise that seat" and "You should get some bike shorts, they will be a lot more comfortable", are some of the more common bits of wisdom passed on to new cyclists. We should also feel comfortable reminding each other about the rules of the road, and the path—reminding each other when we are not mindful of other road and trail users and blocking the road or the path while riding.

Invariably, when one is trying to lobby on behalf of cyclists for improved cycling routes or facilities, someone will counter your arguments with stories of cyclists who don't obey traffic laws, run through stop signs, run red lights. They might recount a confrontation they had with a cyclist who

was riding dangerously on the bike paths or on a sidewalk. It is hard for me to challenge these comments, because I know they are true. There are some cyclists who ride with no respect for other road or trail users. They may be in the minority, but they are the ones other road users remember.

This kind of cycling bothers me enough when I see it on the streets and the paths; it upsets me more when I see it on a TBN ride. When we are on a group ride, we are representatives of cyclists in general and representatives of the TBN in particular. At all times, we should ride obeying the rules of the road and observing proper etiquette on the paths.

2002 is the first year of the ten-year Toronto Bike Plan. The Bike Plan has six spokes and six essential principles. The Safety and Education principle is 'Through education, create an environment where people can cycle on Toronto streets without the fear of injury.' I think we, as members of TBN, should take this to heart as we head into this cycling season.

—Martin Koob
TBN TCC Representative

Useful Resources on the World Wide Web

biketoronto:

www.biketoronto.ca

Toronto Cycling Committee:

www.city.toronto.on.ca/cycling

Toronto Bike Plan:

www.city.toronto.on.ca/cycling/bikeplan.htm

Bike Safety Information:

www.city.toronto.on.ca/cycling/education.htm

CAN-BIKE courses:

www.city.toronto.on.ca/cycling/canbike.htm

Bicycle Safety Hotline: 416-392-1311

Road and Trail Safety Ambassadors

www.city.toronto.on.ca/cycling/ambassadors.htm

Bike Week

www.city.toronto.on.ca/cycling/bikeweek.htm

Phone: 416-392-7592

Velo-Ontario

www.velontario.ca

TBN retailer discount program

There are now 31 retailers offering discounts to TBN members upon presentation of a current membership card subject to the terms and conditions laid out by each retailer. Please refer to www.tbn.on.ca for changes and additions.

badrockbikes.com

sales@badrockbikes.com

10% off web site, advise TBN # by e-mail, fax, or phone

Benjamin Sports

393 Donlands Ave., Toronto

35% off everything in store

BicyclesAt 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

Brown's Sports & Cycle

2447 Bloor St W., Toronto

10% off regular priced bicycles and cycling related parts and accessories

Chain Reaction Bicycles

4231 Dundas St. W., Etobicoke

10% off regularly priced parts, accessories, & repairs

Cycle Solutions (2 locations)

615 Kingston Rd., Toronto

444 Parliament Street, Toronto

15% off regular priced parts, accessories & clothing

Cyclemania (Danforth)

113 Danforth Ave., Toronto

15% discount, except on repairs

Cyclepath

1170 Burnhamthorpe Rd. W., Mississauga

10% off, does not apply to sales items

Cyclepath

500 Speers Rd., Oakville

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

Cyclepath

2106 Yonge St., Toronto

10% off parts and accessories

Detour Publications

www.detourpublications.com

10% discount on all regularly priced titles on website (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

Fitfix Health and Wellness

2409 Yonge Street, Suite 201

Signup discount 10% plus free nutritional assessment & fitness test.

Gears Bike & Ski Shop

176 Lakeshore Blvd. W., Mississauga

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

L & J Cycle

1144 Davenport Rd., Toronto

10% off all regularly priced parts and accessories

MBS Tandems

2964 Keynes Cres., Mississauga

10% off parts, accessories & labour, 5% off bicycles

McBride Cycle Power Sports

2923 Dundas St West, Toronto

15% off all regularly priced in stock items

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

Recumbent Trikes - Canada

www.recumbenttrikes.ca

1415 Cunningham Cres., Orillia

15% off regular price on Mueller Windwrap fairings

5% off regular price on recumbent trikes

Sandy's Cycle Shop

115 Laird Dr., Toronto

15% off parts and accessories

Set Me Free (3 locations)

2130 Queen St East

381 Roncesvalles

653 College St

15% off regularly priced parts, accessories & clothing

5% off regularly priced bikes

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