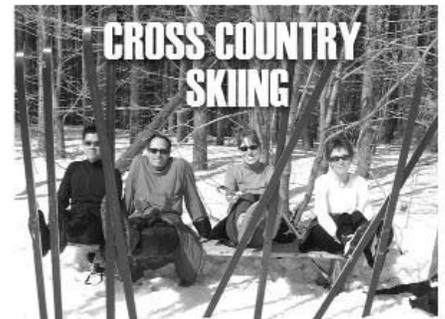
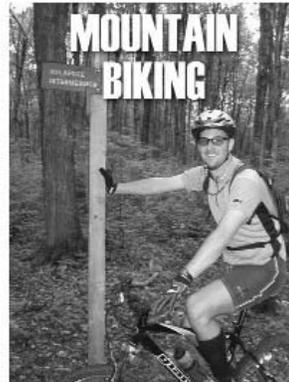


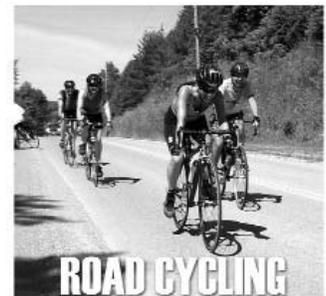
QuickRelease

March / April 2004
Volume 22, Issue 1



ALL THIS

and more...



Another TBN Season Begins

Spring Dinner Dance Saturday May 15

The Ashbridges Bay Yacht Club

\$30 for members (\$35 non-members)

Cash Bar Opens 6:30 pm

Dinner 7:30 pm

(See page 11 for details)

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 Loreto Manni, Managing Editor at 416-783-6953 or e-mail newsletter@tbn.ca.

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

Toronto Bicycling Network
Attn: Editor, Quick Release
131 Bloor Street West,
Suite 200, Box 279,
Toronto, Ontario,
M5S 1R8

Telephone 416 760-4191

Website www.tbn.ca

e-mail info@tbn.ca

(please specify intended recipient in the subject field of your e-mail)

Quick Release copy editor: Kathleen Ryan
Dan Engels

The May/June deadline is March 24, 2004.

Moving? Moved?

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

TBN Hotline

416-760-4191



Hotline Directory
From the main menu press

1. Nordic Ski Trips, Weekend and holiday rides.
2. Weekday events.
3. Social events & membership information.
4. Inline skating.
5. Weekend Trips & Cyclon Information.

TBN Who's Who

TBN Board Of Directors

President	Loreto Manni	newsletter@tbn.ca
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Vice President, Touring	Dan Engels	416-429-6088
Treasurer	Doug Innes	416-252-7073
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	Paul Price	
Cyclon Director	Vanessa Busch	416-422-3052
	Trevor Woerner	
Education Director	Dinsmore Roach	education@tbn.ca
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Weekend Trips Director	David Maclean	416-482-8033
Managing Editor QR	Loreto Manni	newsletter@tbn.ca

TBN Coordinators

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	Howard Chan	
Country Cruise & Saturday Shorts	Rowena Maclure	416-487-1474
	Barry Pinsky	
	Joshua Wolman	
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Friday Night Ride	Peggy McFarland	416-405-8307
Hiking	Terry Davison	905-453-1952
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Indoor Spinning	Lori Roth	spinning@tbn.ca
Inline Skating	Martha Scott	416-443-0619
Leisure Wheeler	Jamie Hauyon	416-537-8865
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Toronto Cycling Committee Rep.	Martin Koob	tcc-rep@tbn.ca
Tourist, Sportif & Webmaster	Owen Rogers	416-232-0243
Tuesday Java Jaunts	David Peebles	416-534-7168
Wednesday Nights	Ron Fletcher	416-461-9695
Wednesday Wheelie	Bill Hannaford	416-482-2125

VOLUNTEER OPPORTUNITIES

TBN has many volunteer opportunities available. The following positions will be available soon:

Newsletter Graphic Artist
Newsletter Layout
Easy Roller Coordinator

Contact: info@tbn.ca or newsletter@tbn.ca for details.



**ON
THE
COVER**

TBN begins another season with many activities. A big thank you to Partick Lam, Imtiaz Mawji, Dan Roitner, Martha Scott and Trevor Woerner for the fabulous photos of TBN members having a good time.



Let it Snow!

By Kathleen Ryan, V.P. Skiing

For TBN cross-country ski enthusiasts, the 2004 season got off to a great start in January with cold temperatures and good snow conditions in ski country. Along with a core group of dedicated skiers, this season even more TBNers have been trying out this fun and invigorating sport.

Every Sunday, a comfortable coach picks up skiers at four pick-up points and heads north to ski country. A day of cross-country skiing is a refreshing change of pace from city life. Meet other TBN members, improve your skiing skills, enjoy the great outdoors, and even relax with an on-board

video on the way home.

In March we're scheduled to ski at Wasaga Beach, Horseshoe Valley, Highlands Nordic, and Hardwood Hills, excellent ski centres with trails for skiers of all levels.

The bus fare is \$20 for TBN members who sign up in advance, plus the cost of the ski centre's trail pass (ranges from \$4 to \$17.50). Non-members are also welcome aboard the bus for \$25.

To reserve your spot on the TBN Ski Bus call the TBN Hotline (416-760-4191, line 1) and leave your name on the Ski Line by the Thursday evening

before the trip. Or register by email at: xcski@tbn.ca The trips have been filling up quickly this year, so register early!

Last year we skied until March 16th! Keep your fingers crossed for an even longer ski season this year!

Have a question? Leave a message on the Ski Line or send me an e-mail! Be sure to check the TBN Cross-country Skiing web page for more information: www.tbn.ca/nordic

Happy skiing!



Notes from the VP Touring:

By Dan Engels, V.P. Touring

Welcome to the 2004 season of cycling and Inline skating! Please join me in thanking the Ride and Skating Coordinators, listed on page 2, who put all these events together each year. These TBN members do a tremendous amount of work in designing routes, scheduling the rides, and arranging for the ride leaders. When you see them, please thank them for their hard work!

Our first Ride Leaders' Clinic will be Saturday April 3rd, 9 am - 12 pm. This is a great opportunity to learn about leading rides, and ask questions

of experienced ride leaders. If you are curious about what is involved, and want to contribute to the club, this is the place to be! All Ride Leaders should have attended a clinic within the last 3 years. A second clinic will be held in mid-May. Stay tuned to the hotline or TBN web site for details closer to the date.

The TBN Board was approached about allowing young adults (high school students under 18) to participate on our programmes, without an accompanying adult. This gives young people an opportunity to try out - and enjoy - a new

physical activity. A life-long love of cycling could be the result! Think back to when you first went on longer rides... One idea is permitting 14- and 15-year olds to participate on city rides, and those 16 and older to participate on all rides. No decision has been yet been made, so we would like to hear your thoughts! Please e-mail touring@tbn.ca with your ideas, preferably before April 1st.

Have a great cycling season!

Holiday Dinner Dance

By: Ron Fletcher

Photos: Imtiaz Mawji

Thanks to our many volunteers, TBN carried off its first (in many years) totally self-run dinner dance. A huge thanks for a huge effort to Andrea Levon-Marcon for the wonderful food, to Chris Reid for the sound system, and to our many music providers, bartenders, setter-uppers and cleaner-uppers. I would say about half of the 75 participants helped in one way or another..much appreciated by the other half who are just dying to trade places with you next time.

A big thanks to Pedal Magazine, Velotique and Cycle Solutions for donating all of the door prizes.



See Us at the Bike Show

By Imtiaz Mawji, Director of Publicity & Promotions

Photos by: WD Lighthall

Whether you pedal through snow or anxiously await the thaw, get ready for the spring season at the Toronto International Bicycle Show. Looking for the latest carbon creation? Need the perfect bell for your commuter bike? The Bicycle Show offers great deals and information all under one roof. Drop by the TBN showcase to meet other members, share your ideas or renew your membership. To volunteer at the TBN showcase contact publicity@tbn.ca.



Place: National Trade Centre, Hall A, Exhibition Place, Toronto.
Date and Time: Friday March 5 Noon - 9 pm
Saturday March 6 10 am - 8 pm
Sunday March 7 10 am - 6 pm
Admission: Adult - \$11, Senior - \$8, Child 6 -12 \$8, Child 5 and under free, Family of 4 - \$32
Passes: 3 - Day Pass - \$25, 2 - Day Pass - \$20

Ride Leader Clinic

Date: Saturday, April 3rd, 2004.

Time: 9:00 am - 12:00 pm

Location: North Toronto Community Centre
200 Eglinton Avenue West,
2nd Floor

Please RSVP to Dan Engels at touring@tbn.ca,
or by phone at (416) 429 6088.

Great Niagara Freewheelin' Extravaganza

The Niagara Freewheelers Bicycle Touring Club presents its ninth annual Victoria Day weekend cycling trip to the lovely villages and quiet rural roads of Mennonite country (Elora, Elmira, St. Jacobs, etc.). There are routes for all riding categories, from novice (30 km) to experienced (160 km).

For further information and hardcopy application forms email: cycle@thefreewheelers.com. Incomplete applications will be rejected so please read carefully, supply all mandatory information and don't forget to initial and sign that waiver!

Advanced Easy Roller a little of this, a little of that

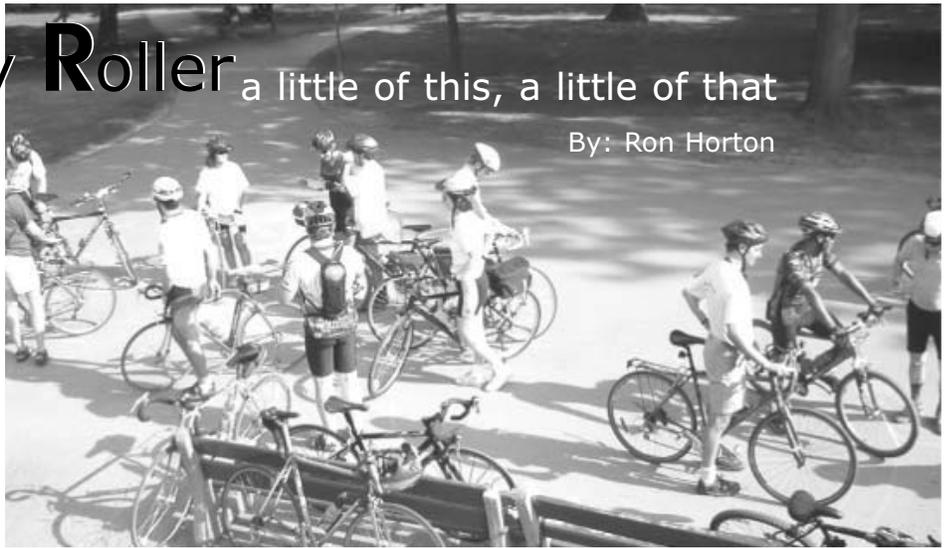
By: Ron Horton

One Sunday afternoon, near the end of the 2002 cycling season, a small group of dedicated Easy Roller (ER) regulars decided to go for coffee after our weekly ride. The conversation covered three topics: food, travel, and our favorite rides (do cyclists ever talk about anything else?).

We all liked the longer distances that had become part of the August/September calendar. The thing everyone liked was that we could keep to the ER pace that we all find comfortable, but still get in some kilometres. As the conversation continued, a central idea started to crystallize: Advanced Easy Roller (AdvER) rides.

These rides could be the same distance the Short Tourists do, but the pace would be a little more leisurely, and we would have re-grouping stops to socialize and let slower riders catch up. After a little more talk, we solved a few of the logistical problems, and said “somebody should do something about this.”

A few e-mails and a little bit of lobbying later, the first AdvER ride was scheduled



for June 22, 2003. The thinking at the time was, if we can get 15 riders out, we will consider it a success and schedule a few more. The first ride attracted 29 riders for a pretty (but little bit hilly) ride to Kleinburg. AdvER was a hit!

During the rest of the season, we scheduled several more AdvER rides, trying to do them on the days when the mainstream ER ride was predominantly on bike paths. Quite often, we simply used the Short Tourist map du jour, but kept the pace slow and easy. It turned out to be a bonus for newcomers who wanted to try a Tourist ride

- if they couldn't keep up, they could drop back and ride with us.

The longest of the season was ER105, a 105km ride from Queen's Park to the west end of Oakville. At the ER pace, it was a full day, but we compensated by having two lunch stops (a very popular idea).

So the 2004 season is about to begin, and we hope it will include a good selection of AdvER routes. Hope to see lots of riders out to give it a try.

TBN Board deems domain shrinkage “a good thing”

By Owen Rogers

It's been seven years since TBN first registered the domain name tbn.on.ca. But a few people have always had a problem with that name. Say it with me: “tee-bee-en-dot-oh-en-dot-see-aye.” Yes, “owen-dot-see-aye.” How exactly did the name of some aloof Sportif-rider come to be embedded in one of the club's most important promotional tools? Well, truth be told, it was all part of my evil plan to eventually migrate the name of

the club to “Owen.ca,” but it appears you can't put much past the TBN Board these days. When I broached the idea with them last fall, telling them that “owen.ca” would be easier to say and to remember than the cumbersome old tbn.on.ca, they were immediately suspicious and—after striking a committee and spending countless hours considering the proposal every Tuesday night for over three months—they eventually shot

back, “Ah yes, but it is almost as easy to say tbn.ca and a heck of a lot more relevant, too!”

My plans foiled, it is my duty to report that tbn.on.ca is now tbn.ca. Of course, the old domain will continue to work indefinitely, but we do plan to phase out the old email addresses over the next six months so please update your address books accordingly. Why are we really doing this? Uh,

well, because it's easier to say, to write, to remember, and therefore easier to promote. Also, losing those three characters will save loads of precious Internet bandwidth. Okay, maybe not. But one thing's for sure: you can't put anything past the TBN Board.

Your chastened and humble servant,

Owen Dotseeeye Rogers
TBN webperson

Leisure Wheeler

RIDE CLASSIFICATION - 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.

UNOFFICIAL LEISURE WHEELER RIDE Sun Apr 04

Jamie Hauyon has volunteered to lead these rides until the official start of the Leisure Wheeler season on April 18.

Start: King Edward's Statue 9:30 am **Dist:** 22 km
Class: Leisure Wheeler

UNOFFICIAL LEISURE WHEELER RIDE Sun Apr 11

Jamie Hauyon will lead these rides until the official start of the Leisure Wheeler season on April 18.

Start: King Edward's Statue 10:30 am **Dist:** 22 km
Class: Leisure Wheeler

TODMORDEN MILLS RIDE Sun Apr 18

Ease into the Leisure Wheeler season with a visit to historic Todmorden Mills via the Don Valley bike path.

Start: King Edward's statue 10:00 am **Dist:** 24 km
Class: Leisure Wheeler
Après: Arbour Room in Hart House

MARTIN GOODMAN TRAIL Sun Apr 25

Follow the Martin Goodman Trail along the shore of Lake Ontario to the Humber Bridge.

Start: Boardwalk Pub 10:00 am **Dist:** 26 km
Class: Leisure Wheeler
Après: Boardwalk Pub

MIMICO CREEK EXPEDITION Sun May 02

Cycle north along Mimico Creek to the Eglinton Trail, then west to the Humber and south to the Park.

Start: Old Mill Subway 10:00 am **Dist:** 26 km
Class: Leisure Wheeler

ASPHALT TRAIL RIDE Sun May 09

Explore the Martin Goodman, Don and Taylor Creek Trails after a brief start on the streets.

Start: Shoppers World 10:00 am **Dist:** 26 km
Class: Leisure Wheeler
Après: Boardwalk Pub

SCARBOROUGH BLUFFS Sun May 16

Enjoy the view from the edge of the Bluffs; return via the Martin Goodman Trail and some city streets. Pack a lunch.

Start: King Edward's Statue, Queen's Park 10:00 am **Dist:** 38 km
Class: Leisure Wheeler

MAPLE BAKERY RIDE Sun May 23

Head north for brunch at TBN's favourite bakery.

Start: Finch 10:00 am **Dist:** 35 km
Class: Leisure Wheeler
Après: Tim Horton's, east side of Yonge, north of Hendon/Bishop

HEAVENLY HOLIDAY Mon May 24

A two-hour exercise ride south on the Don Trail to the Martin Goodman Trail, across Queen's Quay, and then north past the Sky Dome. Return on holiday-quiet city streets. Refreshment stops along the way.

Start: King Edward's Statue 10:00 a.m. **Dist:** 22km

RANDY'S RAMBLE Sun May 30

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

Start: Old Mill Subway 10:00 am **Dist:** 48 km
Class: Leisure Wheeler

Weekend Getaways

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: To Be Announced

Make cheque payable to the Toronto Bicycling Network.

Contact: Dave Maclean at 416-482-8033.

Spinning

at the Adelaide Club

New Price

\$75+GST for eight classes
\$40+GST if you join the fifth class of
an eight-class series.

To register call (416) 367-9957

Wednesday Wheelies

RIDE CLASSIFICATION - 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 vary, usually 8:30 a.m. during the hot summer months and 10:00 a.m. at other times.

KING TO BRADFORD Mar 24

A 59 km ride from King through the Holland Marsh to Bradford. Meet for a 10:00 am departure at the municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road).

HORNBY TO CAMPBELLVILLE Mar 31

A 66 km ride from Hornby through Campbellville. Meet for a 10:00 am departure at Hornby Park. To get to Hornby Park exit Hwy 401 at interchange 328, Trafalgar Rd.. Go north to the lights, turn left and proceed to Hornby Park.

KESWICK ALONG LAKE SIMCOE Apr 07

A 63 km ride from Keswick past Sibbald Point Provincial Park. Meet for a 10:00 am departure at the plaza on the east side of County Road 12 at the south end of Keswick. To get to Keswick, go north on Hwy 404 to the end, go left on Davis Drive in Newmarket until you see the sign for Keswick. Turn right on C.R. 12 and continue north to Keswick.

UNIONVILLE TO MOUNT ALBERT Apr 14

A 70 or 86 km ride from Unionville to Mount Albert & Musselman Lake. Meet for a 10:00 am departure at Toogood Pond in Unionville. To get to Toogood Pond go north on Hwy. 404, east on Hwy. 7, north on Kennedy Rd., left on Carlton Rd., right on Main St. and left on Toogood Pond Rd. (Next road) into the parking lot.

SCHOMBERG TO CALEDON EAST Apr 21

A 74 or 93 km ride from Schomberg to Caledon East. Meet for a 10:00 am departure at the Arena in Schomberg, just south of Hwy 9, west of Main St. Schomberg is just west of Hwy 27 and south of Hwy 9.

STOUFFVILLE TO GOODWOOD Apr 28

A 61 or 76 km ride north from Stouffville with lunch at Mrs. Wideman's Bakery. Meet for a 10:00 am departure in Stouffville at the North Stouffville Free Park. To get to Stouffville go north on Hwy. 404 to Stouffville Rd. Go east to the Stouffville Free Park on the north side of Main St. past the train tracks & before Market St.

SCHOMBERG TO ALLISTON / HOCKLEY May 05

A 72 or 88 km ride from Schomberg to the village of Hockley. Meet for a 10:00 am departure at the arena in Schomberg, just south of Hwy 9 west of Main Street. Schomberg is just west of Hwy 27 and south of Hwy 9.

Wednesday Wheelies
Start at 10 am

Common TBN Start Locations

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

Edwards Gardens - Edwards Gardens Parking Lot is located on the southwest corner of Lawrence Ave E and Leslie Street.

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

Finch - Finch Subway Park and Ride is on the northwest corner of Yonge and Hendon Ave, one block north of Finch.

King Edward's Statue - at the north end of Queen's Park, just north of Wellesley Street.

Kipling - Kipling Subway Park and Ride, North Lot on Subway Crescent, south of Dundas St W and west of Kipling. Look for the signs.

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

Tourist Sportif

RIDE CLASSIFICATION

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

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

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

NOTE: While we've scheduled the season to officially start on March 28, Sunday Tourist rides will begin as soon as weather and riding conditions permit. Please check the web site and Hotline for information on early season rides.

KETTLEBY/MAPLE Sun Mar 28

An undulating ride to the village of Kettleby, with lunch at Centro Bakery on the return trip. Longer and shorter routes possible.

Start: Finch 10:00 am **Dist:** 75 & 95 kms

Class: Advanced Tourist, Tourist

MEANDERING MAPLE BAKERY Sun Apr 04

New, improved routes to a terrific lunch stop at Centro Bakery in the town of Maple.

Start: Finch 10:00 am **Dist:** 65, 84 & 98 kms

Class: Advanced Tourist, Short Tourist, Tourist

UNIONVILLE BRUNCH Fri Apr 09

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. Please note new starting location.

Start: Finch 10:00 am **Dist:** 55 & 80 kms

Class: Short Tourist, Tourist

BOLTON HAMMER Sun Apr 11

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

Start: Finch 10:00 am **Dist:** 85 & 110 kms

Class: Advanced Tourist, Tourist

KING CITY RIDE Sun Apr 11

Pleasant tour in and around King City.

Start: Finch 10:00 am **Dist:** 70 km

Class: Short Tourist

LAKERIDGE PANCAKE RIDE Sun Apr 18

Head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich or have brunch at the annual Durham Kiwanis Pancake Weekend.

Start: Edwards Gardens 8:30 am **Dist:** 119 & 134 kms

Class: Advanced Tourist

NEW STOUFFVILLE RAMBLER Sun Apr 18

Enjoy a spot of lunch the Lion of Whitchurch pub in Stouffville. Long route via Claremont.

Start: Edwards Gardens 10:00 am **Dist:** 75 & 93 kms

Class: Short Tourist, Tourist

CAMPBELLVILLE CLASSIC Sun Apr 25

Follow the quiet backroads to the Trail Eatery in Campbellville.

Start: Kipling 8:30 am **Dist:** 110 & 130 kms

Class: Advanced Tourist, Tourist

KELSO CRUISE AND SCHMOOZE Sun Apr 25

We'll head out to Milton for lunch, but not before a climb up Bell School Line (yes, there is a shortcut).

Start: Kipling 10:00 am **Dist:** 85, 93 & 110 kms

Class: Sportif, Tourist

MT. ALBERT/UXBRIDGE Sun May 02

Two routes to lunch in Uxbridge. Short tour heads to Goodwood.

Start: Finch 8:30 am **Dist:** 110, 131, 143 kms

Class: Advanced Tourist, Tourist

MUSSELMAN LAKE/MT ALBERT Sun May 02

Choice of three routes and three lunch stops: Musselman Lake, Mt. Albert or Stouffville.

Start: Finch 10:00 am **Dist:** 70, 84 & 115 kms

Class: Short Tourist, Sportif, Tourist

BLACK HORSE CENTURY Sun May 09

A hilly century exploring the northernmost reaches of Caledon and New Tecumseth with lunch in Alliston. Short tour settles for lunch in Bolton.

Start: Finch 8:30 am **Dist:** 105 & 165 kms

Class: Advanced Tourist, Tourist

KETTLEBY SURPRISE Sun May 09

An undulating ride to the village of Kettleby.

Start: Finch 10:00 am **Dist:** 70 & 90 kms

Class: Short Tourist, Tourist

Country Cruise

RIDE CLASSIFICATION - Rides of 40 - 120 kms exploring the country roads of southern Ontario. Suited to cyclists of varying fitness levels. Participants set their own pace averaging from 18 km/hr to 25 km/hr. At least two routes are offered: a short route of 45-70 km and a longer route. Start points are typically within a 90 min. drive of Toronto. Carpoolers should offer \$5 to the driver for gas.

HORNBY/CAMPBELLVILLE Sun Apr 11

Explore some of the quietest roads in Halton with lunch in Campbellville and a descent of Bell School Line, on the longer rides.

Directions: Meet for a 10:00 am departure at Hornby Park. Exit Hwy 401 westbound at Trafalgar Road, then head North to Steeles Avenue and west to Sixth Line.

Distances: 55, 67 & 75 Kms

DUNDAS & APOLLO VALLEYS Sun Apr 18

The nooks and hollows west of Hamilton conceal some of the prettiest roads in Southern Ontario.

Directions: Meet for a 10:00 am departure at the school on Harvest Road, just East of Hwy 504 in Greenville. To get there, take the QEW & Hwy 403 West to Hwy 6, North to Hwy 5, then West to Hwy 504 and South to Greenville.

Distances: 50 & 75 Kms

CREDIT RIVER CRUISING PART 1 Sun Apr 25

An undulating ride through the wilds North of Brampton.

Directions: Meet for a 10:00 am departure at Alloa School, on the North side of Mayfield Road, just East of Mississauga Road (Mayfield Road is the second Road North of Hwy 7).

Distances: 42 & 64 Kms

BEELINE TO BOWMANVILLE Sun May 2

A quiet undulating route from Oshawa to Bowmanville.

Directions: Meet for a 10:00 am departure in the North parking lot of Durham College. Exit Hwy 401 Eastbound at Thickson, North to Conlins Road and East to Durham College.

Distances: 66 & 79 Kms

Easy Roller

RIDE CLASSIFICATION - 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.

TODMORDEN MILLS Sun Apr 04

Visit Todmorden Mills, then return via the Don Valley (bike path).

Start: King Edward's Statue 9:00 am

Dist: 20 km

Class: Easy Roller

Après: Hart House, University of Toronto

TAYLOR CREEK RIDE Sun Apr 11

Come and enjoy the bike paths in and around Taylor Creek Park.

Start: Shoppers World 9:00 am

Dist: 26 km

Class: Easy Roller

Après: Tim Hortons

TOUR OF EDWARDS GARDENS Sun Apr 18

Head on up the Don Valley trail to Edwards Gardens in Don Mills. (Bring lunch)

Start: King Edward's Statue 10:00 am

Dist: 30 km

Class: Easy Roller

Après: Hart House

TOUR OF THE RICH AND FAMOUS Sun Apr 25

Meander through the residential streets of Rosedale and Forest Hill. Enjoy the shady streets and quiet avenues.

Start: King Edwards Statue 10:00 am

Dist: 30 km.

MEANDERING MAPLE BAKERY Sun Apr 25

Wind your to a terrific lunch stop at Centro Bakery in the town of Maple.

Start: Finch 10:00 am

Dist: 65 kms

Class: Advanced Easy Roller

MAPLE BAKERY RIDE Sun May 02

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

Start: Finch 10:00 am

Dist: 35 km

Class: Easy Roller

Après: Slug and Lettuce Pub, northwest corner Finch and Yonge

KINGSWAY RIDE Sun May 09

Wander the lovely neighbourhood back streets of Etobicoke.

Start: Etienne Brûlé Park 10:00 am

Dist: 35 km

Class: Easy Roller

Après: The Fan

LESLIE ST. SPIT Sun May 16

Take the Martin Goodman Trail out to the end of the Leslie St. Spit.(Bring lunch)

Start: Boardwalk Pub 10:00 am

Dist: 40 km

Class: Easy Roller

Après: Boardwalk Pub

MISSISSAUGA DIM SUM Sun May 23

Try out fantastic dim sum in Mississauga.

Start: Etienne Brûlé Park 10:00 am

Dist: 43 km

Class: Easy Roller

Après: Bert and Ernie's



Durham Forest Sun, Apr 4

We start the season with the traditional Durham snow ride. 25 km of single and doubletrack trails. With mixed forest and thick pines this fat-tire playground is sure to please. Easy to moderate, clay, sandy areas and white stuff.

Start: 10:00 am **Trail pass:** Free **Facilities:** Parking
Trailhead: Hwy 401 to Brock Road exit, Pickering, north up Brock Rd. about 23 kms to Durham Rd. 21 (Coppins Corners), east 5 km to 7th Concession Rd., turn right, entrance is 1 km south on east side.

Coulson's Hill Sat Apr 10

Small mixed woodlot north of Bradford. Winding 12 km of clay/gravel trails with logs, singletrack & fire roads.

Start: 10:00 am **Trail pass:** none **Facilities:** none
Trailhead: From Bradford, take Hwy 11/4 north to 11th Concession (Coulson Hill Rd). Turn west and follow for about 10 mins. [From Hwy 400 exit#64 east towards Bradford, north on 10th sideroad, west 11th Concession.] York Regional Forest is on right side of road, just before the bridge over Hwy 400.

Don Valley Sat Apr 17

Nobbie Newbie Beginner Ride

Come out on an instructional ride through the heart of Toronto. An easy 15km route will take riders through the basics of technique and trail safety.

Start: 10:00 am **Trail pass:** Free **Facilities:** none
Trailhead: DVP to Bayview / Bloor exit and north on Bayview about 400 m. Toronto Brick Works parking lot. If you are coming from the north, or east travel 500 m south of Pottery Road.

Mansfield Sun Apr 18

Come on out and enjoy the 40 km of single & doubletrack trails at Mansfield. Easy to extreme, hard pack surface, sandy sections, a few steep hills, training stunts.

Start: 10:30 am **Trail pass:** approx. \$7
Facilities: washrooms, bike rentals, snacks & drinks
Trailhead: Hwy 400 north to 89, travel west past Alliston & Rosemont, north on Dufferin Rd. 18 (Airport Rd.) go 10 km. Turn right at Mansfield Outdoor Centre, (don't go to the ski hill on the left)
Note: check hotline 416 760 4191 to confirm ride.

Ganaraska Forest Sat Apr 24

Ganaraska is a huge 100+ km forest, with x-ski loops and single track trails. Easy to moderate, sandy, large easy hills, a fast ride.

Start: 10:30 am **Trail pass:** \$7 **Facilities:** outhouse
Trailhead: Hwy 401 east of Toronto take 35/115 north to Kirby, go east on Ganaraska Road (County Road 9) for 10km then go north for 4km on Cold Springs Camp Road to The Ganaraska Forest Centre. www.grca.on.ca

Ravenshoe Sun May 2

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

Start: 10:00 am
Trail pass: Free **Facilities:** none, limited parking
Trailhead: From the west or central areas: Hwy 404 north, exit Green Lane, east 300 m to Woodbine Ave, north 5 km to Ravenshoe Road, east 9 km to McCowan Rd. and then south for 500 m, parking on the right. From the east north 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, south 600m.

2003 Hiking Report

Once again, TBN returned to the woods for 8 hikes on the Bruce Trail. This year we started with a brand new route and worked our way south to our traditional season finale in the Dundas Valley. Thanks to all of our member and guest hikers for making the programme a success for another year. See you on the trails in October 2004.

Terry Davison and Wally Lem

Spring Dinner / Dance Saturday May 15

Our next big event is the SPRING DINNER/DANCE which will be at a new venue: the Ashbridges Bay Yacht Club on Saturday May 15. Take the TTC to Coxwell and Lakeshore then walk in, or drive for free parking (gates open). Cost \$30 for TBN members and \$35 for non-members before May 8. Price after deadline is an additional \$5. Cash bar at 6:30, dinner at 7:30. To reserve send cheque payable to Toronto Bicycling Network, C/O Ron Fletcher 121 Victor Ave, Toronto M4K 1A7. Your co-operation in reserving by cheque promptly is appreciated. A great chance to renew friendships and meet new people!

See you there. *Ron Fletcher*

Inline Skating Adventures

By Martha Scott
Inline Skating Coordinator



Okay, so the inline skating season is still several weeks off. But it's not too early to start planning - or dreaming about - your rolling adventures, is it? Here's a taste of things to come this season.

Weekly Skates: From May to October, fun weekly group skates will take place on Tuesday evenings and Saturday mornings or afternoons. There will usually be two groups of skaters - a faster/farther group and a slower/shorter one. Routes will vary for each outing and will be on multi-use paths in and around Toronto.

Nervous Newbie Skates: Held once or twice monthly, these NN skates will help you improve your skating skills and confidence. In no time, you'll be ready to join the regular weekly skates!

Monthly Marathons: From June to September, there will be a series of fun, self-supported marathons and half marathons (42/21km). Strong rec and fitness skaters can put their skating skills and fitness level to the test, with most finishing the marathon in 2-3 hours. Routes will be on various multi-use paths in the Toronto area.

Finally, be sure to check out the inline web page, www.tbn.ca/inline. There are tips for newbies, a skate buying guide, maintenance tips, a listing of special skating events, and lots more.

Hope to see you out there rolling along!

PS: We're always looking for more enthusiastic tour leaders. If interested, email me for more info at inline@tbn.ca.



Chris' Cycling Tips....

by Chris Reid

Gear Changers

Most gear changers on modern bikes are conveniently placed within reach of the rider and should be used. Gears make riding rough roads, hills and head winds easier. Always change to a lower gear before a hill or a very rough surface, lower than what you think you need. It is very difficult to change and keep your balance while slowing down and struggling to climb a hill. Most falls and accidents occur during climbs even for the best riders.

If you are pushing too hard for too long, you are probably in the wrong gear and will tire out before the end of the ride. You may also do damage to the your joints, ligaments and cartilage. Change to a lower gear and save valuable energy. Make your next ride comfortable and efficient, **USE YOUR GEARS!**



BikeToronto.ca News

By Martin Koob TBN Representative, Toronto Cycling Committee

As I write this it is the start of the City of Toronto's budget process. We are again in the annual struggle to get the Bike Plan fully funded. As always, you can track the progress at the BikeToronto.ca web site. The final budget votes are at the end of March 2004 so if you haven't called your Councillor yet there may still be time for you to let them know you want them to support the Bike Plan. You can see all of the details of the status of the budget and how to contact your Councillor and the Mayor at the website: www.BikeToronto.ca

However, getting funding for the Bike Plan is only half the battle. The other half is getting bike lanes approved for a particular street, and getting them approved soon enough so that construction can start before the end of the construction season. Again, the key person in this situation is your local Councillor.

The first step in approving a bike lane is for the local Councillor to hold a community meeting where city staff present the proposal to the community and get their feedback. If the Councillor feels there is enough support the proposal goes to the Community Council for a vote, and then to the full City Council for final approval. Only then can the painting of bike lanes begin.

In the first two years of the Bike Plan there have been routes delayed because of resistance from the Councillor or perceived resistance in the community. A recent report to the Works Committee lists several bike lane projects that have been delayed or deferred due to some sort of resistance: Senlac Rd., Willowdale

Ave., Wilmington Ave., Cosburn Ave., Dawes Rd. and Dundas Street East. The resistance can be overcome if people in the area of the project express their support. The best example is the bike lanes on Dundas Street East. Cyclists and other residents concerned about making the street safer slowly won over the Councillors first and then the local residents to the cause. This show of support is what got the Dundas lanes in place and hopefully will keep them there.

So as we find out how much money will be budgeted to build bike lanes we have to prepare the ground for the approval process. During the municipal election we did a candidate survey asking the candidates several questions. You can see the results on the Biketoronto.ca web site. One question was if they would host a community meeting to start the approval process for a bike lane that is proposed in their ward in the first six months of their term. Many Councillors responded positively. Now would be a good time to call your Councillor and ask them when they are planning to call that meeting. Look at the Bikeway Network Map for your ward and see the routes that are proposed and suggest one that you would like to see them support. (See Related Links at the end of this article.)

A recent report from the City of Toronto lists some projects that are being considered for 2004:

- Dawes Road, between Danforth Avenue and Victoria Park Avenue
- Cosburn Avenue, between Broadview Avenue and Woodbine Avenue

- Richmond-Adelaide, between Bathurst Street and Spadina Avenue
- Simcoe Street, between Front Street and Queens Quay West
- Birmingham-Elder, between 30th Street and 22nd Street, and between Islington Avenue and Dwight Avenue
- Stanley Avenue, between Royal York Road and Superior Avenue
- Sentinel Road, between Grandravine Drive and the Finch Hydro Corridor
- Conlins Road, between Sheppard Avenue East and Military Trail
- Military Trail, between Conlins Road and Kingston Road

Another under bike lane project under consideration is Pharmacy Ave. from Ellesmere to Denton

Whether or not these plans go ahead will depend on the support of the community and the local Councillor. If you live in the area of these projects call your local Councillor, express your support, and ask when the Community Consultation meeting is. The sooner we get these approval processes started the better the chance we have of getting the various bike lane projects off the drawing board and onto the streets.

Related Links

Councillor responses to election candidate survey and Bikeway Network Ward Maps: <http://biketoronto.ca/vote2003/show/newcouncil>

Find out who your Councillor is: <http://app.toronto.ca/wards/jsp/wards.jsp>

2004 Bike Budget Information and other cycling news: www.BikeToronto.ca

Friday Night Skating with the TBN

By Mark Cheung



Having been a TBN member for almost 9 years, I decided this winter, that I would try skating with the club for the first time. It's never too late to start. I'm quite impressed with the venues for skating in Toronto. After the skate we go to an après dinner not far from the rink. I've attended many après dinners where I've had the opportunity to sample different cuisines: Greek on the Danforth, Thai at Harbourfront, pub fare in mid Toronto.

Okay, this article is supposed to be about my TBN Friday Skating experience not the good food. I didn't know that I could skate in the opposite direction until Molly said they sometimes switch directions for some excitement and a change of pace. Other skaters tend to follow the direction of the majority. Why is it that most rinks have skaters going in a counter clockwise direction? I find that changing directions on the ice is great for coordination

and even wear on my blades. Ever wanted to learn to skate



backwards? There's a friendly group of regulars who'll give you some pointers. Want to try those fancy figure skating moves you see on TV? Or, if you're a novice skater, just take it easy? It is possible, on many an occasion the majority of skaters on the ice are TBN members.

On my third skate of the season we met at

the Riverdale Park rink on the coldest night of the year, in

this temperature. There was almost zero wind at the time, and smiling faces that made a difference. There was a good turnout and we were the only ones on the ice. Afterwards we went up the street for some socializing, hot Mexican food, and cold beer, brrrr.

I find that skating can be meditative and Zen like. It's most enjoyable after a hectic work week. With proper clothes layering and headgear, skating in sub-zero temperatures is fun.

See you on the ice!

January. The temperature was minus 35 Celsius. Even car windshield anti-freeze ices up at



TBN Retailer Discount Program

There are now 37 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/discount for changes and additions.

Badrockbikes.com
Sales@badrockbikes.com
10% off website, advise membership # by e-mail, fax, or phone.

Bayview Cycle Centre
3335 Bayview Ave, Tor
10% off regular priced merchandise.

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

Bicycles at St. Clair
625 St. Clair Ave W, Tor
5% off on parts and bicycles and a free tune up on purchased bicycles.

Bike Zone
239 Lakeshore Road E, Miss
10% off all parts, accessories and service.

Bloor Cycle & Sports
950 College St., Tor
15% to 25% off selected items

Brown's Sports & Cycle
2447 Bloor St. W, Tor
10% off regular priced bicycles & cycling related parts and accessories.

Chain Reaction Bicycles
4231 Dundas St. W, Etobicoke
10% off regularly priced parts & accessories.

Cycle Solutions (2 locations)
615 Kingston Rd., Tor
444 Parliament St., Tor
15% off regular priced parts, accessories, & clothing.

Cyclemania (Danforth)
113 Danforth Ave., Tor
15% discount on purchases, except on repairs.

Cyclepath
1170 Burnhamthorpe Rd W, Miss
10% off non-sale items.

Cyclepath
2106 Yonge St, Tor
10% off parts and accessories.

Cyclepath
1204 Bloor Street W, Tor
10% discount on parts, accessories, clothing & repairs.

Cyclepath
500 Speers Rd., Oakville
15% off parts, 25% off labour, and bikes discounted on an individual basis.

D'Ornellas Bike Shop
1894 Lawrence Ave E, Tor
15% off on cash or debit card purchases of regularly-priced parts, clothing, helmets, shoes and accessories. 10% off if paid by Visa. 10% off any regularly-priced bike.

Detour Publications
www.detourpublications.com
10% off all regularly priced books on website, excluding shipping.

Duke's Cycle
625 Queen St. W, Tor
10% off all accessories.

Fitfix Health and Wellness
2409 Yonge St, Suite 201, Tor
Signup discount 10% plus free nutritional assessment & fitness test.

Gears Bike & Ski Shop
176 Lakeshore Rd. W, Miss
10% off regularly priced items. (Does not apply to spin classes!)

Gear Up Ontario Cycling Expeditions
www.gear-up.ca
15% off price of one of the tours

Georgian Shores Cycling Tours
www.bmts.com/~gsct
\$15 off weekend tours, \$25 off 3-day tours, \$40 off 5-day tours

High Park Cycle & Sports
2878 Dundas St. W., Tor
Parts, accessories, clothing, labour: 5%. Used & demo bikes: 15%. New bikes: 10%. With cash payment: additional 5%

L & J Cycle
1144 Davenport Rd, Tor
10% discount off all regularly priced parts and accessories.

MBS Tandems
2694 Keynes Ct, Miss
10% off parts, accessories & labour, 5% off bicycles

McBride Cycle
2923 Dundas St W, Tor
15% off all regularly priced instock items

Pavan Cycles
2601 Matheson Blvd E, Unit #24, Miss
10% off all products.

Pedlar Cycles
152 Avenue Rd, Tor
10% off regularly priced parts, accessories & service. Does not apply to bicycles or special order items.

Racer Sportif
2214 Bloor St. W, Tor
10% off all regularly priced items, including bikes.

Recumbent Trikes - Canada
www.recumbenttrikes.ca
15% off regular price of Mueller Windwrap fairings 5% off regular price of recumbent, trikes

Sandy's Cycle Shop
115 Laird Dr, Tor
15% off parts and accessories.

Scholz Adventure Travel
www.kanutrip.com
5% off any trip

Set Me Free (3 locations)
653 College St, Tor
381 Roncesvalles Ave, Tor
2130 Queen St E, Tor
15% off regularly priced parts, accessories & clothing
5% off regularly priced bikes

Urbane Cyclist
180 John St, Tor
10% off parts and accessories.

Wheel Excitement
5 Rees St, Tor
10% off: rentals; all non 'sale' items; major tune ups.

EDUCATION Nights

Tue Feb 17 - Bike Preparation & Clean up

Eugene of Urbane Cyclist explains the importance of inspecting and cleaning your bike after a ride. Eugene will discuss proper tire inflation, cleaning and lubrication. Discover why a clean bike will work better and save money.

Location:Urbane Cyclist

Time: 7 p.m. - 8:30 p.m.

Mon Mar 08 - Wheel Truing and Building

Most cyclists attempt to straighten or true a wheel, but have a hard time doing it. 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 it straight. Sandy's experiences as a bike mechanic should de-mystify the ancient secret of wheel building.

Location:North Toronto Community Centre, 200 Eglinton Ave West

Time: 7 p.m. - 9 p.m.

Tue Apr 13 - Cycling Apparel

Dress for cycling comfort. Choose the right cycling shorts, jersey, gloves, and shoes. Saul Goldman will also talk about new fabrics and challenges of rain and commuting. See the latest fashions. It is important to call Velotique to register 416-466-3171.

Location: Velotique, 1592 Queen St. East

Time: 7 p.m. - 9 p.m.

Tue May 4 - Should I Buy a Custom Bike?

Mike Barry of Bicycle Specialties will answer your questions and explain why a custom bike is best and how affordable it really is for the kilometres you do.

Location:North Toronto Community Centre, 200 Eglinton Ave West

Time: 7 p.m. - 9 p.m.



1 pair \$4.00 2 pair \$7.00 3 pair \$10.00
Contact Joshua Wolman at (416)780-1683 to get
your TBN socks with club logo.



March Ski Schedule

<u>Date</u>	<u>Destination</u>
March 7	Wasaga Beach
March 14	Horseshoe Valley
March 21	Highlands Nordic
March 28	Hardwood Hills

\$20 for TBN members who sign up in advance, plus the cost of the ski centre's trail pass (ranges from \$4 to \$17.50). Non-members are also welcome aboard the bus for \$25. To reserve your spot on the TBN Ski Bus call the TBN Hotline (416-760-4191, line 1) and leave your name on the Ski Line by Thursday evening before the trip. Or register by email at: xcski@tbn.ca



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M5S 1R8

