

Quick Release

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Ron Fletcher Takes the Lead at TBN

Ron Fletcher, longtime board member and Social Director with a flare for dance and a strong love for the club, agreed at the January board meeting to take the role of Acting President. Board members present enthusiastically accepted his offer.

The club had been without a president since Loreto Manni completed his term in late 2005. Ron will be in the Acting President role until his position can be decided by the membership.

Ron has had plenty of time to learn about the workings of TBN. Asked how he joined, here's what he had to say: "As I recall, the winter of 91-92 had been particularly harsh. I was doing post-grad work in Applied Psych when I came across references to the therapeutic effects of cycling. Also, I felt getting outdoors might help me develop some self-confidence by actually experiencing social situations. And then, of course, there were the hot TBN

chicks who might help me with my shyness problems (I hope, please)."

Favourite TBN activities? "Well, I like them all best, especially the variety. You know, cycling one day, in-line skating the next, then Nordic skiing the day after. But best of all I like the people you meet. They're from all walks of life, and many like hiking too."

Interests outside of TBN? "I'm into culture big. For example, contemporary art, hip hop dancing, and going for ice-cream on my Vespa, which is Ferrari Red."

One of Ron's fondest hopes for this year, he says, is that his annual Wednesday Night Ride to commemorate the Japanese Cherry Blossom Festival in High Park actually sees some people picnicing and some cherry blossoms on the trees instead of just sitting around in the dusk eating soggy sushi out of salt-encrusted panniers.

If it doesn't happen this year I'll have to sneak out the night before and tape on some branches and petals. In any case, this is the year for me to buy new panniers.

"Something else; I'd like to find out about this game of "hide the grapefruit" that Owen (Rogers) refers to. Wot up wi dat?

"On a personal level, I feel that this is also the year that I will beat David Weil at a hair-bopping contest at a TBN dance."

On a (slightly) more serious level, Ron would like TBN to have more members than Canada's largest cycling club. "I feel that, over the coming seasons, we should be able to accomplish this, if we all work together, perhaps by the end of the summer, or for sure by the AGM in the fall, or at the latest before the snow flies, what with global warming and all."

Notes from the VP of Touring

By John Burdett, V.P. Touring

We are gearing up for another wonderful summer season of cycling and in-line skating. As you may be aware, TBN is completely run by volunteers. So as usual, we are also looking for people to lead these events. If you have enjoyed TBN events in the past, you may want to consider helping out.

Leading events is a great way to meet people in the club. It is also fun and not difficult to do. Unlike many other things you may do, people will often thank you at the end of the ride, for providing them with an enjoyable experience. Also, as our way of saying thank you for helping out, leading four or more events (and sending in the Ride Leader Reports) will earn you a free membership renewal for the next year.

We ask people who are interested in leading events to attend a Ride Leaders Clinic. For those who have led rides in the past, we ask them to attend at least once every three years to stay current. At the

Clinic we will discuss what a Ride Leader needs to do before during and after a ride, as well as provide other information that may be of value. Water, coffee, and light snacks, such as muffins, will be available.

If you think you may be interested in leading one or more events this year, we will be holding two Ride Leader Clinics. This first will be held on Saturday, April 1 from 9:30 AM to 11:30 AM at Deer Park Library. The library is located at 40 St Clair Ave. East, one block east of Yonge, at Alvin St., on the north side of St. Clair. It is accessible by TTC from either the St. Clair subway station or the St. Clair streetcar. Paid parking is also available on Alvin St.. We will be meeting in the upstairs Program Room, which can be reached from the front of the building by stairs or elevator.

We will be holding a second Ride Leader Clinic on a weekday evening, in mid to late May, for those who are unable to attend this Saturday session. Further

details will be available on the website and in the next issue of Quick Release.

An additional reason for attending one of the Ride Leader Clinics is that it counts towards the four events that will earn you a free membership renewal. If you attend one of the Clinics, you only need to lead three other events this year.

If, because of work schedules, or other reasons, you are unable to commit leading rides on specific dates in advance, many coordinators appreciate having people they can contact on short notice when planned leaders become unavailable. If you are unsure about leading events, you can get involved for example by "sweeping" rides. Feel free to contact the coordinators listed in the "TBN Who's Who" in this newsletter if you decide to lend a hand.

If you are interested in attending, or have any questions, please contact me at tourng@bn.ca or phone me in the evening at 905-881-9259.

John Burdett

VP Touring

Come and Join Us for Skating on Fridays!

Every Friday from the beginning of December to middle of March (when weather allows) we can enjoy this wonderful winter sport with the TBN! We meet at 6:30, each time in a different location - which varies from the very well known and popular skating rinks like the Nathan Philips Square or the Harbourfront, to smaller and less known, like the Barbara Ann Scott skating rink located at College and Yonge or the Harry Gairey rink in the Dundas and Bathurst neighbourhood.

It is a great opportunity to get together, socialize, exercise and have a well deserved (after all the workout on the ice!) dinner at a local restaurant. The TBN skating on Friday nights is suitable for the more experienced skaters as well as for

those who feel less confident on the ice. There is always a chance to pick up more skills, since seasoned skaters are happy to share tips about skating and demonstrate more advanced techniques.

This year, to meet a popular demand, shinny hockey option is being introduced to the Friday night skating, whenever hockey rink is available on the location. So, if you are a hockey fan, check the TBN weekly chain of events update for details, so you can bring your hockey stick whenever there is opportunity to play shinny with other TBNNers!

(Please note: even if the skating is cancelled due to weather conditions, we still get together at a scheduled location and head to a restaurant for a dinner)



Skating Friday February 10

Skiing at Wigamog Inn

by Carl Friesen, Wigamog trip organizer

"Sure, we've got snow," the Marketing Director at Wigamog Inn told me the day before 15 TBNNers were planning to put their skis in their vehicles and drive 2.5 hours. Well, from no snow at all in Toronto, we started to see encouraging white patches on the roadsides around Peterborough, and then the joy of full snowbanks on the side of the roads as we drove in to Wigamog Inn in Haliburton.

On Saturday morning over breakfast, some of us decided to go even further north to the Frost Centre, where we found excellent conditions, even without track-setting. Some people skied or snowshoed around Wigamog. Some soaked in the hot tub and pool afterwards.

New snow on Saturday evening helped make for excellent times on Sunday – some went skiing, and some got enjoyably lost (well, sort of turned around) bush-whacking on snowshoes.

As ever, Wigamog provided excellent meals, accommodations and service.

Ride Leader Clinic

Date: Saturday, April 1, 2006

Time: 9:30 AM to 11:30 AM

Location: Deer Park Library

40 St. Clair Ave. East, on the north side of St. Clair, one block east of Yonge, in the upstairs Program Room, accessible by stairs or elevator from the front of the building

If you are interested in attending, please RSVP to John Burdett, VP Touring at touring@tbn.ca or 905-881-9259



Cyclon rides again in 2006

This year, we're celebrating Cyclon's 20th Anniversary! This three-day cycling weekend is the highlight of the TBN calendar, and will be held the weekend of August 4th to 7th in Kingston. As soon as the details (pricing, registration, etc) are available, they will be posted on the TBN website under the Cyclon link, the Chain of Events, and in the next issue of "Quick Release".

Volunteers are still needed to help plan a smooth and successful event. As the saying goes, "Many hands make light work". If you would like to help in the planning of any activities, registration, research, rides, etc. please send me an email: evelyn.bradley@rogers.com.

TBN Cross Country Ski and Snowshoe Program

Skiers of all levels and experience are welcome on the trips, from complete beginners to seasoned veterans.

If you have always wanted to try snowshoeing, most of the resorts we visit also offer snowshoeing trails. Once again this year, we will have guided snowshoe hikes for people who would like to give this popular winter sport a try.

How does it work? On Sundays the TBN ski bus picks up skiers at four convenient locations and we travel in a comfortable highway coach to ski country while you relax or chat with other TBNers. You enjoy a refreshing and exhilarating day on the trails with about 40 to 50 other TBNers. After working up an appetite on the trails buy your lunch at the resort or enjoy your lunch from home. At 4:30 p.m. the bus heads back to Toronto and you relax and unwind while watching an on-board movie.

New this year is our new bus company. Our bus company of the past few years, Penetang-Midland Coach Lines was bought up by Greyhound Canada. After inviting bids from four major bus lines in the Toronto area, Greyhound, Can-ar Coach Lines, Pacific Western Transportation and Coach Canada, the board of directors elected to use Coach Canada for our buses this year. All buses are 55-seat highway coaches with both VCR and DVD players, and are washroom equipped.

Also new this year: two Saturday trips. These will replace our Sunday trip on the week involved. The first Saturday trip was on 11 February.

On **Saturday, March 4** we will travel to Arrowhead Provincial Park. Due to the travel time to Arrowhead Provincial Park we have to leave the last pick-up point by 8:15 a.m. To accommodate members who rely on the TTC subway to get to the pickup points this trip will be moving to Saturday this year so members can make use of the subway. A stop for dinner on the way back may also be included on this trip.



Whether a long-time TBN member or a newcomer, join us! Call the Hotline (416-760-4191, line 1) to reserve your spot on the bus as well as get up-to-date information in case the schedule changes due to snow conditions. See the ski and snowshoe schedules below for details about the resorts we will visit during the season. See you on the trails!

SIGN UP:

New this year you can sign up by phone or e-mail in advance of each week's bus. If you want to plan your winter in advance, save time and phone calls or e-mails and sign up for buses early, you can do this now. Just be sure to include the dates of all the weeks you want to sign up for. If you need to cancel a reservation in advance, remember you must do so before the sign-up deadline for the week you want to cancel, otherwise a \$15 no-show penalty applies.

By Phone

Call the TBN Ski Hotline at 416-760-4191, line 1 before **Thursday at 10 p.m.** for **Sunday trips**, **Wednesday at 10 p.m.** for **Saturday trips**, and follow the directions.

By e-mail

Register by e-mail at xcski@tbn.ca before **Thursday at 10 p.m. for Sunday trips**, **Wednesday at 10 p.m. for the two Saturday trips**.

Include in your message, whether by e-mail or phone, the following:

- The trip date or dates you are signing up for
- Your name
- Your membership number, if you are a member, otherwise say you are a non-member
- Your pickup point
- Your telephone number
- If you need ski or snowshoe rentals



TO CANCEL:

If you must cancel a reservation, you must cancel **BEFORE** the end of registration for that week's bus, **otherwise you will be charged a \$15 no-show fine**.

Include in your message to cancel the following:

- The trip date or dates you want to cancel
- Your name
- Your membership number if you are a member
- Your phone number
- The pickup point you asked for
- If you had wanted ski or snowshoe rentals

COST:

Bus fare:

- TBN members who register before **10 p.m. on Thursday for Sunday buses or 10 p.m. Wednesday for Saturday buses**, **\$20.00**
- TBN members who register after the deadline or do not register at all, **\$25.00**
- Non-members, **\$25.00**

The bus fee should be paid by cheque, made payable to the **"Toronto Bicycling Network"**.

TRAIL FEE:

The trail fee depends on the destination. See the chart below for more information. Trail fees must be paid in cash. **PLEASE BE KIND TO YOUR BUS CAPTAIN, BRING CORRECT CHANGE! THANK YOU.**

NO-SHOW PENALTY: A **\$15.00** no-show penalty will be charged to people who register and fail to cancel before the registration deadline or do not show up.

Make sure you call the Hotline on Friday for updates. Any changes will be stated at the beginning of the message.

TBN Cross Country Ski and Snowshoe Program (continued)

PICK-UP LOCATIONS:

PLEASE READ THE CHANGE TO THE LOCATION OF THE PICK-UP POINT AT YONGE STREET AND EGLINTON AVENUE!

**Victoria Park Subway Station,
9:00 a.m.**

Meet on the east side of Victoria Park Avenue at the exit from the subway station.

**Toronto Reference Library,
9:20 a.m.**

Meet at the corner of Yonge Street and Asquith Avenue, one block north of Bloor Street in front of the Toronto Reference Library.

**Yonge Street and Eglinton Avenue,
9:30 a.m.**

Please note that this pick-up point HAS MOVED. We will now meet **ONE BLOCK NORTH OF EGLINTON at the north-east corner of YONGE STREET and ROEHAMPTON Avenue in front of the Bell World store.**

**Yonge Street and York Mills,
9:45 a.m.**

Meet at the northeast corner of Yonge Street and York Mills Road.

Please remember that the above listed times are when the bus is scheduled to depart from the respective pickup locations. Skiers should arrive and be prepared to embark 10 minutes before the scheduled departure.

Note the following schedules will be in effect for Saturday, **February 11th** (moonlight skiing at Horseshoe Valley) and Saturday, March 4th(Arrowhead Provincial Park).

Saturday, March 4

Victoria Park Subway Station:	7:30 a.m.
Toronto Reference Library:	7:45 a.m.
Yonge and Eglinton:	8:00 a.m.
Yonge and York Mills:	8:15 a.m.

Ski/Snowshoe Schedule

Date (Sunday unless noted)	Destination	Trail Type	Trail Length	Facilities	Trail Fee	Trail Fee & Rental	Snowshoe Tour
February 26	Ganaraska	GC	35 km	PS	\$10.00	none	NO
SATURDAY March 4	Arrowhead	GCS, SS	33 km	PS, L	\$6.00	\$27/\$32	YES
March 12	Horseshoe Valley	GC, GCS, SS	35 km	FS, L	\$15.00	\$35.00	YES
March 19	Wasaga	GC, SK, SS	30 km	PS, L	\$6.00	\$18.00	YES
March 26	Hardwood Hills	GCS, SS	30 km	FS, L	\$17.50	\$42.50	YES

LEGEND

Facilities: FS = Full service, including waxing hut, food services and chalet

PS = Partial service, including waxing hut, warm-up area & snack bar

L = Lessons offered by the resort. Must be pre-booked by the individual and paid for at the resort

Trail Type: GC = Groomed classic trails

SK = Skating trails

GCS = Shared classic & skating trails

SS = Snowshoe trails

NOTE: This schedule is tentative only and may change depending on weather and snow conditions. Please listen to the TBN Hotline for weekly updates.

GET INVOLVED IN YOUR SKI/SNOWSHOE PROGRAM

A great way to get more fun out of your membership and the ski/snowshoe program is to get involved. We need bus captains, assistant bus captains, people to write articles for the newsletter, take photos and help with the administration of the program. If you would like to help and want more information, e-mail the vice-president of skiing, Peter MacDonald at xcski@tbn.ca



2006 Could be a Banner Year for Bikeway Network Expansion

The City Council has set its 2006 capital budget this year allocating \$3.0 million for Transportation Services Division to put bike lanes on roads and build trails in hydro and rail corridors. This is the largest amount that the City of Toronto has ever budgeted towards bikeway projects. This was thanks to the work of those who lobbied Councillors to accelerate the Bike Plan. Those funds should result in 28.4 kms of new bike paths, the installation of 3.2 kms of new trails and the design of a further 19.7 kms of trails.

With the challenge of getting a significant increase in funds dedicated to expanding the Bikeway Network successfully accomplished the next challenge is to get the projects approved so that the projects planned for 2006 get approved and built. The key to getting these projects approved lies in convincing the local Councillor to get behind the project. The best way to do that is for constituents contact them and let the Councillor know they want to see it happen.

I have listed below the proposed projects for 2006. The bike lane projects are the ones that are most in need of community support. These projects have to be approved by Councillors at the Community Councils and the Councillors on these Councils will defer to the wishes of the Ward Councillor so it is essential to get the Ward Councillor on board. I have listed the names of these Councillors next to the projects in their ward. If you live in these Wards you should contact the Councillor. Ask them when the public meeting on the bike lane project will be. Attend the meeting to show your support and give feedback on the plans. Ask the Councillor to support the bike lane. If you are not sure who your Councillor is you can go to www.toronto.ca/council/councillors.htm.

The Capital budget for the Parks Forestry and Recreation Division also included money for expanding the Bikeway Network.

\$500,000 was included to start initial work on the RailPath, a path that will one day run along the rail corridor from the Junction neighbourhood at Annette and Dundas St. West to Strachan Ave. south of King Street. There is also \$500,000 for other new trails and hopefully for installing Bike route signs along park paths. The details of the projects that this budget will fund have not been determined yet.

For more information on the progress on getting these projects approved check www.biketoronto.ca.

Another way to get notice of the meetings for these projects and other cycling news is to sign up for the Cyclometer, an e-mail newsletter that is sent out by the City. You can sign up at the following web site:

www.toronto.ca/cycling/cyclometer

Martin Koob

TBN Representative to the
Toronto Cycling Committee



Transportation Services - Proposed 2006 Bikeway Projects

BIKE LANES

Street	Between	km	Councillor	Ward
Toronto & East York				
Annette	Dundas to Jane	2.5	Bill Saundercook Sylvia Watson	13 Parkdale-High Park 14 Parkdale-High Park
Yonge	Queens Quay to Front	0.6	Pam McConnell	28 Centre-Rosedale
Carlaw	Riverdale to Colgate	1.0	Paula Fletcher	30 Toronto-Danforth
Logan	Gerrard to Dundas	0.4	Paula Fletcher	30 Toronto-Danforth
Wellesley	Queens Park to Parliament	2.0	Kyle Rae Pam McConnell	27 Toronto Centre-Rosedale 28 Toronto Centre-Rosedale

Etobicoke & York

Norseman	Royal York to Kipling	2.0	Peter Milczyn	5 Etobicoke-Lakeshore
Stephen	The Queensway to Berry	0.8	Peter Milczyn	5 Etobicoke-Lakeshore
Rogers	Kane to Oakwood	2.3	Cesar Palacio	17 Davenport
Mill	Rathburn to Bloor	2.0	Doug Holyday	3 Etobicoke Centre
Rathburn	East Mall to Renforth	1.3	Doug Holyday	3 Etobicoke Centre
Centennial Park	Eglinton Path to Rathburn	1.2	Doug Holyday	3 Etobicoke Centre
North York				
Elmridge - Roselawn	east of Allen to Salinas	1.0	Howard Moscoe	15 Eglinton-Lawrence
Scarborough				
Pharmacy	Gatineau Trail to Ellesmere	3.4	Michael Thompson	37 Scarborough Centre
Pharmacy	Danforth to Eglinton	3.9	Gerry Altobello	35 Scarborough Southwest
Orton Park	Ellesmere to Lawrence	2.1	David Soknacki	43 Scarborough East
Galloway	Guildwood to Lawrence	1.9	David Soknacki	43 Scarborough East

HYDRO AND RAIL CORRIDOR TRAILS

Project Name

	Activity	Km	Ward
North York	Design	12	8, 10, 23, 24
Finch HC-Black Creek to East Don	Installation	2	8
Finch HC-Keele to Dufferin			
Toronto & East York			
Greenwood Yard Trail Connector	Installation	0.4	30
Scarborough			
Kingston Rd. - 401 Ramp to Rouge Park	Installation	0.8	44
CP Scarborough Rail Spur	Design	3.5	42
Gatineau HC - upgrade Victoria Park to Kennedy	Design	4.2	37

Growing Up On (and with) a Bicycle

by Julie Wilmot

When I was a gawky, bookish eleven year old, my mother enrolled me in a string music program in a high school outside my area to avoid sibling rivalry with my older, feminine sister. I saved my pocket money for girdles by riding to Lisgar Collegiate by bicycle.

My first date was a bicycle trip to Pinks Lake in the Gatineau Hills. The teen magazines that I was studying for pointers counselled me to always appear stupider than my date. Since they did not say anything about pretending inferior lung capacity, I bluntly asked my new boyfriend the reason for the rest stops at the top of every hill. He admitted to his new hobby of cigarette smoking but our budding romance ended. I was a slow learner in the lessons of life. Shortly thereafter, I started to learn to smoke myself as part of my teen aged quest to be "normal". I stopped playing the violin and reading. For a few weeks, I even ceased riding my bicycle because all of the cool, rich kids arrived at school in cars. I secretly returned to my trusty steed. One morning, I was in such a hurry to get away from the incriminating evidence of my poverty and abnormality that I did not lock my steed and he was stolen.

I got another bicycle and kept riding after graduating to Carleton University. Even two concussions, caused by obstreperous cats and my lack of protective headgear did not sway me from my favourite mode of transportation.

At Osgoode Hall Law School, I was so shocked by the tedium involved in studying law that I continued to commute by bicycle in the more noisy and smelly streets of Toronto. Bicycle riding was viewed as a symptom of being a subversive or worse a "hippy chick" and potential illicit drug taker. Despite the damage to my reputation by being seen on such an anachronistic machine, I stayed calm and relaxed for three years by riding 30 kilometers per day, five days per week.

Even when I set up my law practice and my livelihood depended upon appearing staid and conventional, I still secretly adhered to my illicit addiction of bicycle riding. I just engaged in elaborate strategies for avoiding detection. One day, I rode to Scarborough Provincial Court in a white skirt. My chain fell off on the way but I found a stick and managed to manoeuvre it back into position without touching it. I thought that I had successfully weathered this unexpected threat to my respectability. When I walked to the cells to visit my client, the guard yelled out in

front of eleven middle aged male lawyers with pot bellies: "Hey. You. You've got a black ass, lady". The other lawyers snickered. I looked behind me and there was a black ring on my behind. The other lawyers burst into chortles of delighted laughter as my face turned beet red against my will. I couldn't go home and change: I might be cited for contempt and thrown in jail myself for failing to show up at court at the right time. By very clever footwork, I managed to avoid allowing my backside to appear to the important participants of that drama, namely my client and the presiding judge.

My disabled brother joined the TBN in its early years but he was so shy that he probably never spoke to any of the other members. From week to week, he told me about his enjoyment in his participation in various rides. When I decided to seriously battle my smoking addiction, I thought of the granola bars in the TBN as a possible solution. I signed up for a weekend trip with the TBN in the spring of 1992 with the avowed aim of quitting smoking. Three weeks before the scheduled trip to Prince Edward County, I smoked the last cigarette of my life. My strategy worked. No one at that weekend trip smoked and I was too preoccupied with trying to keep up with my new companions to even consider sneaking away for a cancer stick. Most important, I met four new friends who were fervent anti smokers on this weekend trip, all of whom are still my friends.

Once I was forced by TBN policy to wear a helmet, I stopped suffering any negative long term effects from my bicycling habit, other than numerous but minor scars on my legs and arms that I now sport with pride.

When Leo Charbonneau was the organizer, I visited Manitoulin Island one year when leather clad motorcyclists were having a convention. Unfortunately, I missed the famous demonstration by a voluptuous female motorcyclist of the naughty tattoo on her bum. Her audience of TBN male virgins apparently turned bright red and ran the other direction (Arlene Smith is my source for this incident and might remember the identity of the other participants and more salacious details, if pressed). Another year, I visited Awenda for a weekend with Leo as the organizer. Twice, I have visited Point Pelee on weekend trips organized by my friend Carmelle Renaud. Last year at Point Pelee, I renewed my friendship with Jennie Piekos who had been pursuing other interests since

the time that we were both on the Board at the same time. For five years in a row, I went to Cyclon and only ceased attending because my dog and my father were getting too old to be left behind together. On Sundays, I have cycled through most of the small towns bordering Toronto with the TBN. I still occasionally see some of the old cycling companions from Sunday cruises years ago.

My biggest adventure was traversing France alone on my bicycle to join other TBN members led by Anthony Chung and Harve Sokoloff in Provence.

In 1994 while Allan Burke was president, he asked me if I would take over as TBN secretary. Since I could type, I had the basic qualifications. No one objected when I slipped the occasional silly joke into the minutes.

In 1996, I decided to try something different by being Easy Roller coordinator. This job turned out to be a bit more onerous. I had difficulty finding tour leaders for all of the rides and had to give up some of my favorite rides, the Country Cruises, to lead some of the Easy Roller tours myself.

When my friend David Gretton was Saturday morning coordinator, I started to lead Saturday morning rides. These rides attract a very diverse and lively assortment of people some of whom do not come to other TBN rides. The speed is slow enough that one can carry on a good conversation while riding but brisk enough that one gets a workout. The regulars do not mind waiting for other riders on Saturday morning, unlike Sunday country cruises, and actually show themselves to be interested in other topics than their rpm and kilometres cycled per season.

In early February when I was dreaming of Austrian double black down hill ski runs, I received a message from Dan Engels that Martha Scott had volunteered my name as a potential Saturday morning coordinator. I was so complimented by a recommendation from Martha! She did such an excellent job last year that it is a hard act to follow.

Recently, I managed to persuade my oldest childhood friend that we should become buddies in a battle against overweight and hypertension (I do not really have a problem with either condition due to forty years of cycling). So far, we have only gone on power walks together with Louie. But, my aim is to gradually start bicycling with her and then persuade her to join the TBN just as my brother inspired me in 1992.

My life has come full circle. My lovely teenaged body and mind have degenerated dramatically over the years but I can enjoy life again occasionally without being preoccupied by a tight girdle and my relative lack of success, riches, femininity, conventionality, and normality.

Saturday, Sunday and Holiday Rides

Note: all rides start at 10:00 a.m. unless otherwise indicated.

Sunday, March 19

KETTLEBY/MAPLE - Ride to the village of Kettleby, with lunch at Centro Bakery on the return trip. Longer and shorter routes possible.
Start: Finch
Dist: 75 & 87 km
Class: Advanced Tourist, Tourist

Sunday, March 26

BOLTON HAMMER - Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.
Start: Finch
Dist: 85 & 107 km
Class: Advanced Tourist, Tourist

Sunday, April 2

TODMORDEN MILLS TOUR - Visit Todmorden Mills, then return via the Don Valley bike path.
Start: Queen's Park
Dist: 20 km
Class: Easy Roller
Aprés: Tim Hortons

MEANDERING MAPLE BAKERY - Three routes to a terrific lunch stop at Centro Bakery in the town of Maple.

Start: Finch
Dist: 65, 84 & 96 km
Class: Advanced Tourist, Short Tourist, Tourist

THE PRE-SEASON LEISURE

WHEELER RIDE - Shape-up for the regular start of the LW season on 4/16 by doing this ride to the Don Trail and waterfront. Distance may vary depending on weather. Members and prospective members are welcomed.
Start: Queen's Park 10:30 am
Dist: 22 km
Class: Leisure Wheeler
Aprés: Second Cup

Sunday, April 9

TAYLOR CREEK RIDE - Come & enjoy the bike paths in and around Taylor Creek Park.
Start: Shoppers World
Dist: 26 km
Class: Easy Roller
Aprés: Tim Hortons

KLEINBURG CAPPUCCINO RIDE - An undulating ride to lunch in Kleinburg.
Start: Finch
Dist: 62 km
Class: Short Tourist
Aprés: Slug & Lettuce

BOLTON HAMMER - Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.
Start: Finch

Dist: 85 & 110 km
Class: Advanced Tourist, Tourist

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

Start: Hornby Park. Exit Hwy 401 westbound at Trafalgar Rd, then head north to Steeles Ave and west to Sixth Line.
Dist: 55, 67 & 75 km
Class: Country Cruise

THE PRE-SEASON LEISURE

WHEELER RIDE - Shape-up for the regular start of the LW season on 4/16 by doing this ride to the Don Trail and waterfront. Distance may vary depending on weather. Members and prospective members are welcomed.

Start: Queen's Park
Dist: 22 km
Class: Leisure Wheeler
Friday, April 14

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

Start: Finch
Dist: 55 & 80 km
Class: Short Tourist, Tourist

Sunday, April 16

CAMPBELLVILLE CLASSIC - Follow quiet back roads to the Trail Eatery in Campbellville.

Start: Kipling 8:30 am
Dist: 110 & 130 km
Class: Advanced Tourist, Tourist

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

Start: Queen's Park
Dist: 24 km
Class: Leisure Wheeler
Aprés: The Second Cup

MAPLE BAKERY RIDE - A shortened version of the ride to Centro Bakery in Maple. Mostly on quiet streets.

Start: Finch
Dist: 35 km
Class: Easy Roller
Aprés: Tim Hortons

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).

Start: Kipling Subway
Dist: 85, 93 & 110 km
Class: Sportif, Tourist

HOLLAND MARSH - Come and enjoy a ride through the pretty, surprisingly rural area just north of our megacity.

Start: Municipal parking lot on the northwest corner of King Road and Keele Street in King City. Parking lot entrance is on Keele St.
Dist: 56, 68 & 79 kms
Class: Country Cruise

Sunday, April 23

LAKERIDGE PANCAKE RIDE - 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 Garden 8:30 am
Dist: 119 & 134 km
Class: Advanced Tourist

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

Start: Boardwalk Pub
Dist: 26 km
Class: Leisure Wheeler
Aprés: Boardwalk Pub

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

Start: Etienne Brûlé Park
Dist: 35 km
Class: Easy Roller

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

Start: Edwards Gardens
Dist: 75 & 93 km
Class: Short Tourist, Tourist
Aprés: Jack Astor's, Don Mills Shopping Centre.

CREDIT RIVER CRUISING - 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 2nd road north of Hwy 7).
Dist: 47, 66 & 90 km
Class: Country Cruise

Sunday, April 30

MT. ALBERT/UXBRIDGE - Two routes to lunch in Uxbridge. Short tour heads to Goodwood.

Start: Finch

Dist: 110, 131 & 143 km

Class: Advanced Tourist, Tourist

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

Start: Shoppers World

Dist: 26 km

Class: Leisure Wheeler

Après: Coffee Time

SEE THE GEESE - Explore the asphalt trails of Morningside and Colonel Danforth parks en route to the mouth of the Rouge. Bring lunch. Start: Kennedy Subway Park & Ride (south lot on Transway Crescent, south of Eglinton and east of Kennedy)

Dist: 40 km

Class: Easy Roller

Après: Tim Hortons

MUSSELMAN LAKE/MT ALBERT - Choice of three routes and three lunch stops: Musselman Lake, Mt. Albert or Stouffville (different route from last week).

Start: Finch

Dist: 70, 84 & 115 km

Class: Short Tourist, Sportif, Tourist

Après: Slug & Lettuce

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

Start: North parking lot of Durham College.

Exit Hwy 401 eastbound at Thickson, north to Conlins Road and east to Durham College.

Dist: 62 & 76 km

Class: Country Cruise

Sunday, May 7

BLACK HORSE CENTURY - A hilly century exploring the northernmost reaches of Caledon and New Tecumseth with lunch in Alliston. 135 km option lunches in Tottenham. Short tour settles for lunch in Bolton.

Start: Finch 8:30 am

Dist: 105, 135 & 165 km

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: Old Mill Subway

Dist: 26 km

Class: Leisure Wheeler

Après: Coffee Time

LESLIE SPIT - Cycle to the lighthouse at spit's end to view the spectacular Toronto skyline, then return via the Don & Taylor Creek trails.

Start: Boardwalk Pub

Dist: 40 km

Class: Easy Roller

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

Start: Finch

Dist: 70, 90 & 105 km

Class: Short Tourist, Sportif, Tourist

Après: Slug & Lettuce

TERRA COTTA RAMBLE - The closest country cruise to Toronto before urban sprawl takes over. We will pick up our lunch at Glen Oven Bakery in Glen Williams and enjoy it by the Credit River in Terra Cotta. A "well worth the effort" long tour lunches in Belfountain followed by a ride on Forks of the Credit Rd.

Start: Shoppers World, Brampton, Steeles and Hurontario (HWY 10), in front of Tim Hortons. 401 west to Hurontario, then north to Steeles.

Dist: 62 & 82 km

Class: Country Cruise

Sunday, May 14

QUEENSVILLE/MT ALBERT RIDE - A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert.

Start: Finch 8:30 am

Dist: 120 & 141 km

Class: Advanced Tourist, Tourist

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

Start: Queen's Park

Dist: 38 km

Class: Leisure Wheeler

Après: Tim Hortons

MISSISSAUGA DIM SUM - Try out fantastic dim sum in Mississauga. For those who don't like Dim Sum, there's a Tim Hortons just around the corner.

Start: Etienne Brûlé Park

Dist: 43 km

Class: Easy Roller

THORNTON BALES/NEWMARKET - A hilly but scenic route to Newmarket for lunch on the shore of Fairy Lake. Long tour takes in the Marsh.

Start: Finch

Dist: 79 & 104 km

Class: Short Tourist, Tourist

MT. ALBERT/KESWICK TO LAKE SIMCOE

A scenic jaunt along the cottage-lined shore of Lake Simcoe and surrounding countryside. Bring your lunch for picnic by the lake. Please check Hotline or web site to confirm starting point(s).

Start: Mount Albert Community Centre, Main Street in Mount Albert. From Hwy 401, go north on Hwy 404, east on Davis Drive to Hwy 48 and north to Mount Albert.

Dist: 53, 65 & 82 km

Class: Country Cruise

Common TBN Start Locations

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

Edwards Gardens - The Edwards Gardens parking lot is located on the southwest corner of Lawrence Avenue East and Leslie Street.

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

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

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

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

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

Grenadier Café, High Park - Follow the signs south from the intersection of High Park Avenue and Bloor Street West.

Trail Rides

All rides start at 10:00 a.m. unless otherwise noted.

Saturday, Apr 1

Nobbie Newbie Ride: Don Valley - 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. PLUS a 2 pm ride - for the new riders and anyone else. Trail pass: Free

Terr: Easy

Facils: none

Start: Toronto Brick Works parking lot on Bayview Ave. south of Pottery Road. Take the DVP to Bayview/Bloor exit and north on Bayview about 400 m. to Toronto Brick Works parking lot. If you are coming from the north, or east then it is 500 m south of Pottery Road.

Sunday, Apr 2

Durham Forest - 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. Trail pass: free

Terr: Easy to moderate, clay,sandy areas and white stuff

Facils: none, limited parking

Start: Parking lot of Durham Forest. 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.

Saturday, Apr 8

Albion Hills - Ride north of Bolton on 25km of hilly, forested xc-ski trails. Trail pass: \$4.

Terr: Easy to moderate. Single track, some sand, roots and logs.

Facils: washrooms, snacks, camping, swimming

Start: Albion Hills Conservation Area. Drive north on Highway 50 past Bolton until you see the entrance to the conservation area on your left. Park at far end by chalet.

Sunday, Apr 9 10:30 a.m.

Mansfield - Come out and enjoy 40 km of single & doubletrack trails at Mansfield. Trail pass: approx. \$8.50

Terr: Easy to extreme, hard pack surface, sandy sections, a few steep hills, training stunts

Facils: washrooms, bike rentals, snacks, drinks

Start: 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 the Mansfield web site to confirm the centre is open.

Saturday, Apr 15

Glen Major - 15 km of tight technical single track, for beginner to advanced. Drop offs, sandy areas, long runs and great scenery, south of Uxbridge. Trail pass: Free

Terr: Easy to extreme

Facils: none

Start: Hwy 401 east to Brock Rd. in Pickering. Then north on Brock Rd about 20 km to Claremont, turn east on Durham Road 5. Travel to Balsam go north on Sideline #4. About 3 km north you will see large rocks blocking the entrance on the west side of the road. There are no signs. If you pass a white Methodist church on the left then you have gone too far.

Sunday, Apr 16

Ravenshoe - The 15 km of single-track trails at Ravenshoe offer lots of roots, logs and stunts to challenge the rider--one our hardest/favourite rides. Trail pass: free.

Terr: Moderate to extreme, hardpacked surface, fairly flat, but very twisty, can be muddy

Facils: limited parking

Start: Parking lot at Ravenshoe. Hwy 404 north, exit at Green Lane, east 300 m to Woodbine Ave, north 5km to Ravenshoe Road, east 9km to McCowan Rd. and then south for about 500 m, parking on the right. From the east: north on Hwy 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, then south 600m.

Saturday, Apr 22 10:30 a.m.

Waterdown - This 30 km valley system near Hamilton offers lots of steep downhill, and uphill challenges. Logs, mud, great scenery, and plenty of interweaving trails to learn your way around. Trail pass: Free

Terr: Moderate to extreme

Facils: local stores, diners

Start: Parking lot off Rockcliffe Rd in Waterdown. Take QEW west, continue onto Hwy 403, turn north on Hwy 6, then east briefly on Hwy 5 (Dundas St), right at Dennis Ave to parkette entrance on Rockcliffe Rd. Please try to carpool as parking is limited.

Sunday, Apr 23 10:30 a.m.

Ganaraska Forest - Ganaraska is a huge 100 km forest, littered with xc-ski loops and single track trails. Trail pass: \$7

Terr: Easy to moderate, sandy, large hills - a fast ride.

Facils: out house

Start: Hwy 401 to 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.

Saturday, Apr 29 10:30 a.m.

Puslinch Trail - 20km of mixed riding there are lots of tight and twisty trails with some switch backs and a few hills. Trail pass: Free

Terr: Moderate

Facils: None. Reasonable amounts of parking.

Start: From Toronto head on the 401 West to Guelph exiting at County Rd 33 which is just west of HWY 6 North off of the 401. Head south on county rd 33 to County rd 32 (first rd south of the HWY) turn left heading east. You'll pass Puslinch lake keep going. The road comes to a stop and veers off to the North (Left) follow it north. Parking lot is just south of the 401 on the east side.

Sunday, Apr 30

Nobbie Newbie Ride: Don Valley - 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. PLUS a 2 pm ride - for the new riders and anyone else. Trail pass: Free

Terr: Easy

Facils: none

Start: Toronto Brick Works on Bayview Ave. south of Pottery Road.

Saturday, May 6

Durham Forest - 25 km of single and doubletrack trails. With mixed forest and thick pines this fat-tire playground is sure to please. Trail pass: free

Terr: Easy to moderate, clay,sandy areas and white stuff

Facils: none, limited parking

Start: Parking lot of Durham Forest. Take 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.

Sunday, May 7 10:30 a.m.

Hardwood Hills - With 70 km of single & doubletrack trails, Hardwood Hills is an industry benchmark offering trails for all abilities. Don't miss this superb mountain bike centre. Trail pass: \$12.00

Terr: Easy to extreme, hard pack surface

Facils: Full service: washrooms, showers, cafeteria, bike rental

Start: Parking lot of Hardwood Hills. Exit Hwy 400 northbound at interchange 111 (Forbes Rd), travel east 10km, entrance on left side.

Trail Rides (continued)

Saturday, May 13

Don Valley - In the heart of the city, +15 km of hilly, mainly single-track trail offers fun for all that ride it. Trail pass: Free
Terr: Moderate to extreme, clay based surface, gravel, sandy along river, logs, stunts, can be muddy
Facils: none
Start: Toronto Brick Works on Bayview Ave. south of Pottery Road.

Sunday, May 14

Albion Hills - North of Bolton, 25km of hilly, forested xc-ski trails. Trail pass: \$4.
Terr: Easy to moderate. Single track, some sand, roots and logs.
Facils: washrooms, snacks, camping, swimming
Start: Albion Hills Conservation Area. Drive north on Highway 50 past Bolton until you see the entrance to the conservation area on your left. Park at far end by chalet.

Wednesday Wheelies

Mar 22

KING CITY/BRADFORD

Start: The municipal parking lot located at the northwest corner of King Road and Keele St. The entrance is off Keele St, north of King Rd.
Dist: 59 km

Mar 29

HORNBY/CAMPBELLVILLE

Start: Hornby Park. Exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.
Dist: 66 km

Apr 5

KESWICK ALONG LAKE SIMCOE

Start: 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.
Dist: 63 km

Apr 12

UNIONVILLE/ MT. ALBERT/MUSSELMAN LAKE

Start: 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.
Dist: 70 & 86 km

KING CITY/SCHOMBERG ALTERNATE

Start: Meet in the municipal parking lot located at the northwest corner of King Rd and Keele St. (Entrance off Keele St north of King Rd).

Dist: 70 & 92 km

Apr 19

SCHOMBERG/CALEDON EAST

Start: The arena in Schomberg, just south of Highway 9 west of Main Street. Schomberg is just west of Highway 27 and south of Highway 9.

Dist: 74 & 93 km

Apr 26

STOUFFVILLE/GOODWOOD

Start: North Stouffville Free Park. To get to Stouffville drive north on Hwy 404 to Stouffville Rd and then east to the Stouffville Free Park on the north side of Main St past the train tracks and before Market St.

Dist: 61 & 76 km

May 3

SCHOMBERG/ALLISTON/HOCKLEY

Start: 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.

Dist: 72 & 88 km

May 10

DURHAM COLLEGE/PORT PERRY

Start: Meet in the north parking lot of Durham College. To reach Durham College, exit Hwy 401 east at Thickson Rd, go north to Conlin's Rd, then east to the north parking lot at Durham College.

Dist: 60, 72 & 85 km

May 17

HORNBY/ROCKWOOD

Start: 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.

Dist: 81 km

TBN Ride Classifications

LEISURE WHEELER



Distances of 20-60 km, at speeds of 15-17 km/h, at a "leisurely" pace. Designed as a series of entry-level rides for novices, those returning to cycling after a long absence, and senior riders. Rides start at 10:00 am.

EASY ROLLER



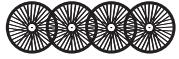
Distances of 20-60 km, at speeds of 15-20 km/h, at a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Rides start at 10:00 am.

TOURIST



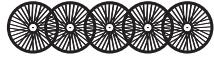
Distances of 50-110 km, at speeds averaging 20-25 km/h, at a comfortable pace. "Short Tourist" designates rides in the 50-70 km range.

Advanced Tourist



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

SPORTIF



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

COUNTRY CRUISE



Rides of 40-120 km exploring the country roads of southern Ontario. Suited to cyclists of varying fitness levels. Participants set their own pace averaging from 18 km/h to 25 km/h. At least two routes are offered: a short route of 50-70 km and a longer route. Start points are typically within a 90-minute drive of Toronto. Rides start at 10:00 am. unless otherwise stated.

OTHER RIDE PROGRAMS

WEDNESDAY WHEELIES



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 am during the hot summer months and 10:00 am at other times.

SATURDAY CRUISING SHORTS



TBN presents short, scenic country rides with start points far enough removed from the city yet still within easy driving distance. Start time 9:00 am.

TBN Who's Who

TBN Board of Directors

Acting President	Ron Fletcher	
Past President	Loreto Mani	
Director, V.P. Skiing & snowshoeing	Peter MacDonald	xcski@tbn.ca
Director, V.P. Touring	John Burdett	905.881.9259
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Social Director	Ron Fletcher	416.461.9695
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Cyclon Director	Evelyn Bradley	

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Membership Secretary	Eileen Harbinson	416.482.2157

TBN Coordinators

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Friday Night Ride	Peggy McFarland	416.405.8307
Hiking	Terry Davison	905.453.1952
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Saturday Morning Ride	Julie Willmot	416.696.9263
Tourist, Sportif, Webmaster	Owen Rogers	info@tbn.ca
Tuesday Ravine Rides	David Peebles	416.534.7168
Wednesday Nights	Ron Fletcher	416.461.9695
Wednesday Wheelie	Bill Hannaford	416.482.2125

TBN Hotline!

To best use TBN's voice mail system, follow these easy steps:

Dial 416-760-4191 to go directly to the main menu.

From the main menu press...

1 Cross-country skiing and snowshoeing day trips (January-March)

1 Weekend and holiday rides (April-December)

2 Weekday events

3 Social events & membership information

4 Inline skating

5 Weekend trips & Cyclon 2005 information

Hotline tips:

- From the main menu you can make a selection at any time, and you don't have to wait for the message to finish. You can return to the main menu after making a choice, by pressing 2 at any time. After making a selection from the main menu, press 1 to leave a message related to your main menu choice.

- Please be sure to select the appropriate mailbox in which to leave your message.

- If you're not sure where to leave your message, please leave it in the Social & Membership mailbox (i.e. press 3 from the main menu, then press 1).

MOVING?

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



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