

# QuickRelease

March - April 2009 • Volume 27, Issue 1



## Spring Is Coming!

Inside this Issue...

- The 2008 AGM Report
- Spring Ride Schedules
- Online Registration
- Toronto International Bike Show
- Ski & Skating Updates
- 2009 Bike Lane Updates



# TBN President's Message

## On-Line Membership Registration

IT'S UP... IT'S FINALLY UP

TBN now takes VISA and Mastercard for online memberships. Thank Owen Rogers, as he's been able to put together the last bit of code snippets to make our club a truly on-line experience. No more printing forms and writing cheques. Now, we just go online, sign-in and can renew or pay as a new member using our credit card processing. SO SIMPLE. The first new member called me and told me the process was so easy... it fit right into her busy day... she said she never would have become a member if she had to print the form, write the cheque, find a stamp and then mail it to us. Too much like last century.



Stay tuned for more.... We're putting our events on credit card as well. First the ski buses, then TNT and Cyclon. Later this year, all events will be credit card payable.

And it's perfectly secure. The security is run by our bank and TBN doesn't even see the credit cards... it merely passes the information straight to the bank which then tells us whether the transaction is good or not.

Again a big thanks to Owen and everybody else that had a hand in this.

**Brian Mclean**  
President  
Toronto Bicycling Network

## Renewing Your TBN Membership Online

Members who have provided the club with their email address will receive a membership renewal notice by email 45 days before the date their membership expires. A user account has been automatically created for each email address TBN has on file. Members who have posted to the TBN forums have had their forum accounts 'linked' to their membership records. Once logged into the site, the member can update their contact information, if needed and submit a renewal payment via TBN's secure server.

Members for whom TBN does not have an email address will still receive a paper renewal form in the mail and can continue to renew by mail. However, if an email address becomes available, then please feel free to renew online. Go to the TBN web site ([www.tbn.ca](http://www.tbn.ca)) and click 'Join' for further information or contact the TBN webmaster at [webadmin@tbn.ca](mailto:webadmin@tbn.ca)

At this time memberships can be renewed online by Visa, MasterCard or cheque/money order. Credit card payments are processed immediately. A successful payment will generate an email receipt to be used as proof of payment at TBN events until the member's renewal package arrives a week or so later. Should a member decide to use the "pay later" option (whereby they mail their payment to the TBN mailing address), they will not receive an email receipt until their cheque is received and will need to wait two to three weeks before receiving their membership card. We realize not everyone has Visa or MasterCard, however, if you do, we would appreciate your taking advantage of this payment method for ease and to expedite your renewal process.

The screenshot shows a web browser window with the URL <http://www.tbn.ca/>. The browser's address bar and navigation buttons are visible. Below the browser, the website header features the TBN logo, which includes a stylized cyclist and the text "Toronto bicycling Network". The main content area is divided into several sections:

- User login**: A section with a "Login/Register" link.
- Membership Information**: A section with two links: "Join" and "Membership Q & A".
- The Cycling Schedules**: A section with three links: "Ride Classifications", "Sunday + Holiday Rides", and "Saturday Rides".
- This Week's C**: A section with the heading "Notes: Check the TBN H" and "check the weather. Non-mandatory on all rides. If". Below this, it says "Wednesday, February" and "TBN SPINNING AT THE" followed by "in the current series of e" and "at 6:35 p.m. and a series" and "Adelaide Club at 416-367" and "have a look at our Spinni".

# Cross Country Skiing Update

**Linda Hamilton**  
VP of Skiing  
Toronto Bicycling Network



Cross country skiing is a very healthy and fun recreational activity. A sure way to get more fun out of your TBN membership and its numerous activities/programs is to get involved. I promised myself (for years) that I would volunteer to run the ski/snowshoe program, and this year I finally did it! Guess what? Its fun, a great way to make new friends, and it certainly sharpens up those organizational skills. I am always looking for people to take photographs, write articles, be a bus captain, and organize a trip. If you would like to volunteer, please send an email to [xcski@tbn.ca](mailto:xcski@tbn.ca).

Here is a summary of our ski trips to date:

- Nov.30 Hardwood Hills (18 skiers)  
Excellent snow conditions and pristine manicured trails
- Dec.7 Highlands Nordic (23 skiers)  
15cm of fresh powder atop the existing 20cm base made for mid-winter conditions
- Dec.14 Horseshoe Valley (19 skiers)  
Ideal trail conditions, rain held off until we boarded bus to come home
- Dec.21 Hardwood Hills (22 skiers)  
Perfect conditions, basically had the whole facility to ourselves
- Jan. 4 Horseshoe Valley (35 skiers)  
Fairly good conditions, rained by 3:00pm
- Jan.11 Mansfield (53 skiers)  
Excellent conditions and perfect weather. 10 skiers had to be put on a wait list
- Jan.18 Ganaraska (43 skiers)  
A huge dumping of fresh powder the previous night made for back country skiing.
- Jan.25 Wasaga Beach (45 skiers)  
Beautiful weather. Beautiful snow. Beautiful trails. Enough said.



Photos By Linda Hamilton and Patrick Lam



For the 2008-2009 seasons, we added "loyalty" incentive to our ski and snowshoe program to entice more people to ski with TBN more often. How does this work? If you are on the TBN ski bus ten times during the season, the trail pass for your eleventh trip is free. With our program starting much earlier this season, this will not be difficult to achieve. Ski with TBN every weekend and before you know it your ski day will be "on the house." As you can see from the numbers of skiers above, some people are very close to that free ski already, and it's only the end of January! Encourage your family, friends and acquaintances to ski with us; we welcome both novice and seasoned skiers.

Happy trails to you.

Linda



# So long 2008 - AGM and Festivus Recap

What do you get when you cross good food, cyclists, a dance floor and a mix of dance music? TBN's Annual General Meeting and Festivus Dinner Dance, that's what. This year's event was held on November 29, 2008 at the Days Inn in the heart of downtown Toronto. Members and their friends were treated to a delicious buffet meal including some scrumptious desserts and an evening of great tunes and dancing. It was great to see and catch up with everyone. Before taking to the dance floor a little business was attended to. Members reviewed the 2008 financial statements, thanked outgoing board members and welcomed in the new board for 2009. The annual TBN Volunteer of the Year Award was presented to Membership Secretary Eileen Harbinson in absentia. The festivities were enjoyed by all who attended. TBN would like to thank our generous donors of this year's door prizes;

RPM Spinning and Gravity Studios,  
Sporting Life  
VO2 Max Personal Training.

Your donations were greatly appreciated. Visit the TBN website for details on upcoming social events.

**Mel McGill-Manchulenko**  
Social Director  
Toronto Bicycling Network



## Thank you to all Volunteers!

A special thank you to all the dedicated volunteers who helped in 2008 and who continue to donate their time and energy to a great cycling club. If you are interested in getting more involved with TBN activities send an email to [info@tbn.ca](mailto:info@tbn.ca). TBN is always looking for enthusiastic volunteers and is currently recruiting volunteers for the positions described below.

### Open Board Positions.

Board positions are open to all TBN members in good standing. The Board meets the first Tuesday of every month.

**Publicity and Promotions Director.** Responsible for the overall promotion and publicity of the club within the community to enhance the club's profile, reputation and membership. Organize the TBN booth at the Bike Show and at other cycling events as well as the promotional aspect of TBN's involvement in the Ride for Heart each June. Coordinates the production of the TBN membership application and its distribution to bike stores.

**Social Director.** Coordinates the annual Spring and Fall Dinner Dances and the AGM including the arrangement of hall rentals, food, beverages, entertainment, ticketing, and door prizes. Also coordinates other TBN social events and activities including monthly socials, the annual Kick-off picnic and BBQ.

### Non-board positions.

**Ride Coordinators and leaders.** TBN is looking for new Ride Coordinators and Group Leaders. It's a chance to have fun, meet people, network, and put those great organizational skills to work. Being a Coordinator involves organizing routes and establishing Group Leaders for the weekly rides. Group leaders require a knowledge of routes and good communication skills. RSVP to Richard Anstett, Vice President of Touring, by email to [richardanstett@yahoo.com](mailto:richardanstett@yahoo.com) or phone 416-691-9415 by Mar 21, 09.

## TBN Financial Results Year Ending 09/30/08

### Balance Sheet as September 30, 2008

	2008	2007
Cash & Deposits	120,183	117,036
Inventory	3,060	4,275
Receivables	4,867	1,964
Prepaid expenses	-	6,833
Current Assets	128,210	130,107
Net fixed assets	3	4
<b>Total assets</b>	<b>128,213</b>	<b>130,111</b>
Accounts Payable	4,897	978
Deferred Income	-	14,558
Retained earnings b/f	114,576	116,185
Add surplus for year		
TBN	5,477	3,415
Cyclon	3,262	(5,024)
Retained earnings c/f	123,315	114,576
<b>Total liabilities &amp; equity</b>	<b>128,213</b>	<b>130,112</b>

### Income Statement

	2008	2007
<b>Revenues</b>		
Membership	42,928	29,745
Weekends	17,864	14,075
Cyclon	58,090	46,273
Day riders	1,737	2,780
Skating	9,558	
Events	8,200	16,389
T-shirts & Jerseys	6,046	2,845
Other	4,975	3,494
<b>Total revenues</b>	<b>149,328</b>	<b>117,401</b>
<b>Expenses</b>		
Weekends	16,068	10,234
Events	11,894	22,863
Cyclon event costs	54,828	51,297
Skating	9,987	
Newsletter	10,691	5,859
Promotion	5,450	3,834
Communications	0	6,634
T-shirts & Jerseys	5,953	2,792
Administration	12,766	8,780
Insurance	12,953	7,017
<b>Total expenses</b>	<b>140,588</b>	<b>119,010</b>
<b>Surplus (Deficit)</b>	<b>8,739</b>	<b>-1,609</b>

### Notes to the Financial Statements

- The Toronto Bicycling Network Inc. is a not-for-profit corporation
- Accounting policies  
These financial statements are the representation of management and are prepared in accordance with the following accounting policies:  
Results are stated using the accrual method of accounting  
A statement of changes in the financial position of the corporation is not included with these statements as it would add no material additional information to the statements as presented.
- No shares were issued or redeemed during the year.
- Deferred Income represent the value of memberships received in each year that apply to future fiscal period(s) and will be taken into revenue in those future period(s).

Brian McLean, Treasurer 2447-2998 November 27, 2008

# 2008 TBN Volunteer of the Year

Mel McGill-Manchulenko  
Social Director  
Toronto Bicycling Network

The strong commitments and countless hours of dedication from our numerous volunteers are what make TBN so successful. Without each of you, TBN would not exist. Over the past few years, TBN has honoured one of its members with the TBN Volunteer of the Year Award. This award is presented to an outstanding TBN member who has contributed many hours of service, hard work and energy to the TBN cycling community, going above and beyond what is asked of a volunteer. This year at the 2008 Annual General Meeting, TBN recognized long time member (12 years) and current Membership Secretary Eileen Harbinson. Eileen's contributions to the club have reached each and every TBN member. Not only does she put in unlimited hours organizing new memberships and sending out renewals, she has (and is always) involved in helping with almost every TBN event. You will see her at picnics, the Ride for Heart, any booths we have at city events or the International Bike Show, social events, TNT, cyclon and the list goes on. Eileen always comes with a smile and helpful hands. Her positive and encouraging attitude will get anyone interested in cycling. Unfortunately Eileen was unable to attend the AGM to receive her award in person; however was presented with it the following week. Congratulations Eileen! Thank you for all your hard work.

I asked Eileen to give a little insight into how she became involved in cycling and some of her favourites about TBN. This is what she had to say.

My name is Eileen Harbinson, and I am TBN's volunteer Membership Secretary and have been since spring 2002. I am a TBN enthusiast and have the honor of being "Volunteer of 2008". Thank you.

Exercise and fitness have been amongst the greatest pleasures of my life. For a period of twenty years or more, I along with my two daughters and husband were active members and volunteers at the Central YMCA. We participated in, and lead various fitness classes. My daughters and I also became part of their long distance running group. I have completed two marathons. It was at the YMCA I learned the importance of volunteering, the importance of how to volunteer, and its importance in the community.

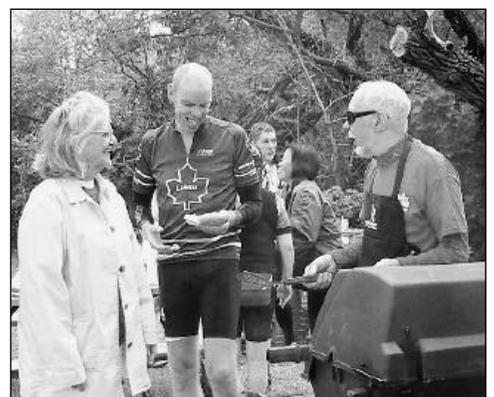
In the mid 1990s I felt a need for change. My body was not welcoming the long runs anymore. Early in my life I cycled in and around Toronto as a means of transportation, and had taken several long distance cycling trips. One of my longest trips was in the early 80's with my husband. We cycled from downtown Toronto to Manitoulin Island, around the island and home - no maps and I do not think water bottles had yet been invented.

We got off to the right start by purchasing new bikes and new outfits. Although not as "dapper" but more practical, my husband certainly did not look as striking as I standing on a narrow highway heading north covered in mud from head to toe having been run off the highway by truck drivers making lewd/rude finger signs. We discovered en-route the hatred truck drivers had for cyclists, especially old cyclists with new outfits. For some reason we were of the opinion that they would be happy to see us. Our life-savers were the "Bikers". Yes, that is right motorcyclists; always courteous, helpful and sympathetic. We were told the reason "bikers" were the "angels of the road" was the "two-wheeled brotherhood of bikers and cyclists" code. Something we will never forget.

When a friend, a TBN member, told me about TBN, I signed up. That was March 1997. The esprit de corps of my fellow cyclists soon saw me volunteering: leading rides, finding new cycling routes, helping out at various events, and once again, discovering the fulfillment I found helping others.

The Membership Secretary's position became available in the spring of 2002 and I jumped right in. I am a people-person: someone who really enjoys the day-to-day dealings with our members and would-be members. I have helped out over the years with many events, and I would be hard pressed to name my favourite. You see it is the people that count. And TBN has the greatest!!

I personally know the benefits of life-long fitness are priceless both physically and mentally. Why not do it the easy way - with TBN -- Meet people. Ride. Have fun. Lots and lots of fun.



# It's Not About the Ice

Borrowing from Lance Armstrong's book; "It's Not About the Bike", Friday night ice skating is not just about skating, but also the fun and the food.

When skating at Withrow Park (south of the Danforth), the après after our skate is in Greek Town! Souvlaki, moussaka, lamb, and baklava... Opa! When skating at the North Toronto Community Centre near Eglinton & Yonge, we go out for pub food usually at Shoeless Joes'. Our favorite outdoor rink is the Natrel rink at Harbourfront. After our skate we usually go across the road to the Spice Thai where they can seat a large group of people, or sometimes to the Swiss Chalet for a change of taste.

It sounds like all we do is eat. But this is not so as we normally skate from 6:30 to about 8:00 pm working up an appetite before going to a late dinner. TBN seems to have a complete spectrum of skaters and abilities, from a lady who has performed in ice skating shows, hockey players, pleasure skaters, beginners, and those who just love to skate alone or together with friends. If you had dinner before coming out... not a problem! Come along and have a beer or some dessert to keep us company while we eat. Friday night ice skating is much like the TBN Friday night rides, an enjoyable physical activity followed by great night out. It's one of the few TBN activities you don't need a membership card to participate as we skate on public rinks and go to a public restaurant.

As for myself, I have been a TBN member since 1999 and have been coming out skating since 2000. Even though I play hockey, I just love to skate! A sheet of ice... a pair of blades... the wind and the sky... Winter Ecstasy!! If you have any friends you think would like to join a club where you "Ride/Skate, Meet People, Have Fun", bring them along. Check the website [tbn.ca](http://tbn.ca) for the rink location and the photos link. Someone always brings a camera and usually posts the pictures on the website sometimes as early as the same night.

Fred Lee



Photos By Ed Herage

## 23rd Annual Toronto International Bicycle Show March 13-15, 2009

See all the major retailers and manufacturers under one roof. Great deals on 2008 inventory and lots of show specials on the new 2009 models. Opens Friday from noon to 9:00 p.m., Saturday, 10:00 a.m. to 7:00 p.m. and Sunday, 10:00 a.m. to 6:00 p.m.

### Location:

Direct Energy Centre (formerly National Trade Centre), Hall A, just inside the Prince's Gate at the CNE, Lakeshore Blvd West at Strachan Ave. Free underground bike parking! More details at [www.bicycleshowtoronto.com](http://www.bicycleshowtoronto.com).

DATE	TIME	ADMISSION
Friday, March 13, 2009	Noon - 9 pm	Adults \$ 13.00
Saturday, March 14, 2009	10 am - 7pm	Ages 6-12 \$ 8.00
		Seniors \$ 8.00
Sunday, March 15, 2009	10 am - 6pm	Ages 5 and under FREE
		Family of 4 \$ 34.00 (min 1 adult, children 18 & under).
		3 Day Pass \$ 29.00
		2 Day Pass \$ 23.00

## RIDE LEADERS CLINIC

### Session 1

Date: April 4, 2009

Time: 9:30 - 11:30 am

### Session 2

Date: May 12th

Time: 6:30 - 8:00 pm

### Location:

Dear Park Library

40 St. Clair East on the northside of St. Clair one block east of Yonge in the upstairs Program Room. Accessible by stairs of elevator from the front of the building.

If you are interested in attending please RSVP to Richard Anstett VP Touring at [richardanstett@yahoo.com](mailto:richardanstett@yahoo.com) or 416.691.9415

# TBN Advocacy Report

## Bike Lanes in 2009

Efforts to make Toronto a better and safer place to cycle have been moving forward, perhaps not as fast as many of us would want, but nevertheless moving forward. In 2008 22.5 km of bicycle lanes were installed and a further 30.3 km were approved and are awaiting installation in 2009.

Here are some of the areas of progress to watch in 2009:

The Bike Network Plan to connect up areas of the city with continuous bike lanes is funded, with projects like the Annette Street route approved. For example, watch for the development of a 2.1 km trail along the abandoned rail corridor between Cariboo Ave (north of Dupont) and Dundas St West to be completed by the summer.

The City laid out its plans to get 70 km's of bike lanes approved in 2009 at its January Toronto Cycling Advisory Committee (TCAC) meeting. City staff are currently developing the list of streets to be included and will present the first batch of projects for approval on April 8th to the Public Works and Infrastructure Committee. That list would then go to City Council for approval on April 29th, 2009.

There may be public consultations on the bicycle lanes to be installed. The dates for these meetings haven't been announced yet but they will be in the February - March time frame. This will be a great opportunity to get involved and support more bike lanes in your neighborhood. Check [www.biketoronto.ca](http://www.biketoronto.ca) for further details on bike lane plans and announcements of any consultation meetings.

In 2009 many of our city buses will have bike racks on the front. Have you tried these?

More bike lockers are being installed. Have you used them?

The Queen's Quay revitalization is in phase 3 with expectations that the current southside of the road becoming the Martin Goodman Trail.

However, we may be falling behind many other cities that are moving much faster than Toronto to adopt green transit. Montreal, for example, will have hundreds of public bikes on their streets. The question of e-bikes is currently being debated, as is the potential problem of motorists pulling into bike lanes to use their cell-phones. Your opinion?

If you wish to be more informed about cycling advocacy issues, sign up at [tbn-civic@tbn.ca](mailto:tbn-civic@tbn.ca)

**Ron Fletcher**  
TBN Advocacy Director

## Bike Lanes & Paths included in Downsview Secondary Plan

The Downsview Area Secondary Plan holds potential for an uninterrupted north-south bike trail from Sheppard Avenue in the north to the Kay Gardiner Beltline Trail, just north of Eglinton Avenue. The trail would be parallel to the CN Rail tracks and would go under the 401.

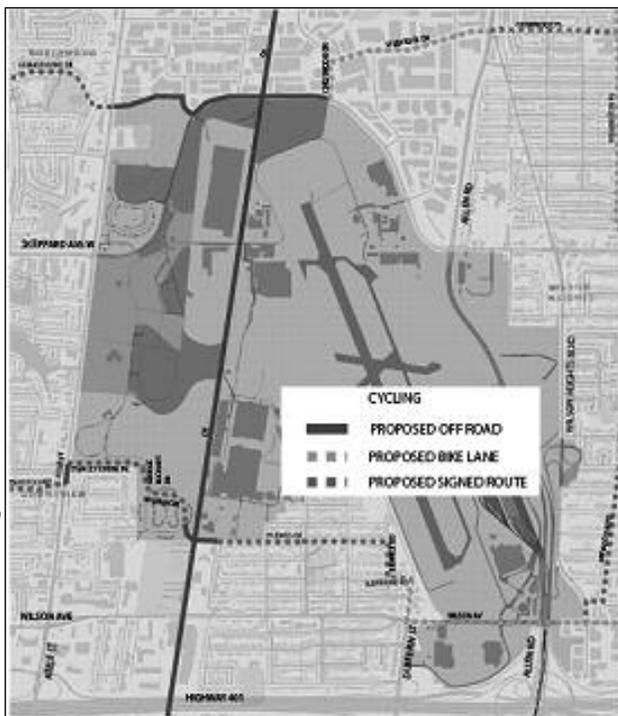
This map was part of a presentation at community meet-ing on Dec. 8 2007. You can see the full map at [www.toronto.ca/planning/pdf/panel6transportation.pdf](http://www.toronto.ca/planning/pdf/panel6transportation.pdf)

There are plans for a community meeting in March to discuss the Secondary Plan, and in June the Plan is scheduled to go to Toronto City Council for approval. I expect there will be opportunities for advocacy prior to this vote.

There will also be pressure to build a north-south link through Downsview Park for motorized traffic. It is my hope that such a link will not be in the Downsview Area Secondary Plan.

You can find out more on this project including details on upcoming consultation meetings at [www.toronto.ca/planning/downsview.htm](http://www.toronto.ca/planning/downsview.htm)

**Sam Bootsma**



## CAN BIKE JOB OPPORTUNITIES

### GET CERTIFIED TO TEACH CYCLING WITH THE CITY OF TORONTO

What better place to recruit cycling instructors than the TBN, Toronto's premier cycling club?

Get paid for what you love doing - cycling! Here are the positions available:

#### **CAN-BIKE Instructor (\$19.63 - \$21.66 per hour)**

Empower your fellow cyclists to ride safely and confidently. Run weekend and evening courses ranging from most basic learn-to-ride to the most advanced on-road cycling techniques. The first step is to get your CAN-BIKE 2 certification. Visit <http://www.toronto.ca/cycling/canbike/canbike.htm> or call 416-392-1311 for schedule and further details.

#### **Kids CAN-BIKE Camp Counsellor (\$15.96 per hour)**

Get the dream camp job this summer (full-time, June 15 - August 21): spend your days sharing your love of cycling with kids. Under your guidance, the campers, age 9 - 13, will gain cycling skills and road smarts, with an exciting Bike Hike Adventure at the end of each week. Apply before March 13. CAN-BIKE 2 certification is a prerequisite. Visit <http://www.toronto.ca/parks/hiringnow/hotjobs.htm#rec02> or call 416-392-4524 for more information.

Please pass this information along to anyone you think might be interested.

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# Sunday and Holiday Rides

ALL RIDES START AT 10:00 A.M.  
UNLESS OTHERWISE STATED.

## Sunday, March 15, 2009

### KETTLEBY-MAPLE

Short ride goes through Kettleby while the long route includes a loop through the marsh with an optional assault on the Weston Wall before we all stop for a tasty lunch in Maple.

Start: Finch  
Dist: 76 & 91 km  
Class: Tourist

## Sunday, March 22, 2009

### BOLTON HAMMER RELOADED

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

Start: Finch  
Dist: 83, 104 & 112 km  
Class: Advanced Tourist, Tourist

## Sunday, March 29, 2009

### KETTLEBY-MAPLE

Short ride goes through Kettleby while the long route includes a loop through the marsh with an optional assault on the Weston Wall before we all stop for a tasty lunch in Maple.

Start: Finch  
Dist: 76 & 91 km  
Class: Tourist

## Sunday, April 5, 2009

### 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

### 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 4/12 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

## Friday, April 10, 2009

### 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 12, 2009

### MT. ALBERT/UXBRIDGE

Two routes to lunch in Uxbridge. Short tour lunches in Mt. Albert.

Start: Edwards Gardens 8:30 am  
Dist: 108 & 135 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  
Après: The Second Cup

### STOUFFVILLE RAMBLER

Ride up to the Lion of Whitchurch pub in Stouffville, long route via Claremont.

Start: Edwards Gardens  
Dist: 75 & 93 km  
Class: Short Tourist, Tourist

### HOLLAND MARSH

A "Wednesday Wheelie" favourite, this route just north of the megacity is an ideal one early in the cycling season. See the Marsh come alive in the spring and enjoy a few training hills on the way.

Start: King City at the arena parking lot, located on Doctor's Dr., first south street, east of the intersection of King Road and Keele Street.

Dist: 56, 68 & 79 km  
Class: Country Cruise

## Sunday, April 19, 2009

### CALEDON-KING CONUNDRUM

A scenic and hilly route via Palgrave to lunch in Caledon East.

Start: Finch 8:30 am  
Dist: 121 & 139 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, Danforth  
Dist: 25 km  
Class: Leisure Wheeler  
Après: Coffee Time

## LAKESHORE

A brisk ride to the edge of Mississauga along the Lakeshore. Lunch at Tim Hortons.

Start: Grenadier Café, High Park  
Dist: 30 km  
Class: Easy Roller  
Après: Grenadier Café

### BOLTON HAMMER RELOADED

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

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

### CREDIT RIVER CRUISING #1

An undulating ride through the wilds north of Brampton.

Start: Alloa School, on the north side of Mayfield Rd, just east of Mississauga Rd (Mayfield Road is the second road north of Hwy 7).

Dist: 47, 66 & 90 km  
Class: Country Cruise

## Sunday, April 26, 2009

### CAMPBELLVILLE CLASSIC

Follow the quiet backroads to the Trail Eatery in Campbellville.

Start: Kipling 8:30 am  
Dist: 110 & 130 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: Etienne Brûlé Park  
Dist: 26 km  
Class: Leisure Wheeler  
Après: Coffee Time

### MIMICO CREEK

Ride mostly on trails before stopping for lunch at Tim Horton's, across from Sherway Gardens. From there, it's a short ride to connect with the trails again, head down to the Lakeshore then back to the start.

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

### GLEN WILLIAMS TOUR

Two routes to the town of Glen Williams for lunch at Glen Oven Bakery or a picnic in the park by the Credit River.

Start: Kipling  
Dist: 95 & 115 km  
Class: Advanced Tourist, Tourist  
Après: Tim Hortons, Dundas West at Aukland

## WEEKEND TRIPS - Winterlude 2010?

The TBN Board is considering running a trip to Ottawa for Winterlude 2010. This would take place over the 3 day Family Day weekend arriving in Ottawa on Friday February 12th and departing on Monday February 15th. This is the second of the three Winterlude weekends. We would stay in hotel accommodation. Activities include the ice carving and snow sculpture competition, skating on the 7.8 km of groomed Rideau Canal Skateway, outdoor concerts and other festivities, great places to eat, enjoying a traditional Beaver Tail, X-C in the Gatineau Park and the various museums and cultural activities in Ottawa and Hull area. Winterlude is a lot of fun!



Please email us at [allegany@tbn.ca](mailto:allegany@tbn.ca) with your comments/ideas about this trip idea or any other that you may have. Your input helps us plan for trips and events. This year, the TBN will be running its popular trip to Allegany State Park in Upstate New York, USA from Friday May 15th to Monday May 18th. For many of us, it is the start of our cycling season so, mark the dates on your calendar. Check the TBN web site for updates as well as the next issue of QuickRelease or contact us at [allegany@tbn.ca](mailto:allegany@tbn.ca)

## CYCLING IN ITALY (Apr 25 to May 5, 2009)

Please join Dinsmore and Marie for their second cycling trip to Riccione, Italy. We will be staying on the Adriatic coast for ten days of glorious cycling with guides and residing at the fabulous Belvedere Bike Hotel (<http://www.tbn.ca/link/riccione>) with great food and routes for five levels of cycling. Cost is 890 Euros (approx. \$1,450) double occupancy per person.



Triple room is 747 Euros per person. Includes accommodation and all meals with wine for supper. Airfare is not included. Hotel booking is done directly with the hotel and airfare with your favourite travel agent (Toronto to Ancona), then a short trip by train to Riccione. Carbon fibre Da Rosa bikes can be rented at 130 euros per week/ 23.50 euros per day. If interested please contact Dinsmore at [riccione@tbn.ca](mailto:riccione@tbn.ca) for more information.

Note: This is not an official TBN excursion and is open to all cyclists.

### BEELINE TO BOWMANVILLE

A popular, 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 3, 2009**

### 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: Finch 8:30 am

Dist: 123 & 137 km

Class: Advanced 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

### MAPLE BAKERY

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

Start: Finch

Dist: 35 km

Class: Easy Roller

Après: Tim Hortons

### STOUFFVILLE/GOODWOOD

Two routes cycle up to Stouffville for a spot of lunch at the Lion of Whitchurch pub. The third lunches in Goodwood.

Start: Finch

Dist: 79, 97 & 108 km

## Common TBN Start Locations

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

**Bridge Point Health** - Meet at the park behind Bridge Point Health at the corner of Broadview & Langley. Parking is on Broadview.

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

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

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

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

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

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

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

## New Location - TBN Custom Jersey

The TBN custom jersey, made by ATAC Sportswear is now available exclusively at Cyclepath located at 2106 Yonge St, on the west side of Yonge just south of Eglinton. TBN Members, cost \$60, non-members \$89. Please remember that payment is by cheque only, made payable to the Toronto Bicycling Network. Note: the old yellow/blue Garneau design is still available at Cyclepath in extremely limited quantities for \$60 -- instant collector's item! TBN jerseys are no longer available from Urbane Cyclist. We'd like to thank Urbane for their support over the last 8 years selling the TBN club jerseys.



# Wednesday Wheelies

## WEDNESDAY, MARCH 25

### KING TO BRADFORD

The Wednesday Wheelie ride for March 25 is a 60 or 65 km ride from King through the Holland Marsh to Bradford. Meet for an 10 A.M. departure at the municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)

## WEDNESDAY, APRIL 1

### HORNBY TO CAMPBELLEVILLE

The Wednesday Wheelie ride for April is a 66 km ride from Hornby through Campbellville. Meet for a 10 A.M. departure at Hornby Park. To get to Hornby Park exit Highway 401 at interchange 328, Trafalgar Rd.. Go north to the lights, turn left and proceed to Hornby Park.

## WEDNESDAY, APRIL 8

### KESWICK ALONG LAKE SIMCOE

The Wednesday Wheelie ride for April 8 is a 63 or 75 km ride from Keswick past Sibbald Point Provincial Park. Meet for a 10 A.M. 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 Green Lane in Newmarket. Turn right on C.R. 12 and continue north to Keswick.

## WEDNESDAY, APRIL 15

### UNIONVILLE TO MOUNT ALBERT & MUSSELMAN'S LAKE

The Wednesday Wheelie ride for April 15 is a 70 or 86 km ride from Unionville to Mount Albert & Musselman's Lake. Meet for a 10 A.M. 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.

## WEDNESDAY, APRIL 22

### SCHOMBERG TO CALEDON EAST

The Wednesday Wheelie ride for April 22 is a 74 or 93 km ride from Schomberg to Caledon East. Meet for a 10 A.M. 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.

## WEDNESDAY APRIL 29

### STOUFFVILLE TO GOODWOOD

The Wednesday Wheelie ride for April 29 is a 61 or 76 km ride north from Stouffville with lunch at Mrs. Wideman's Bakery. Meet for a 10 A.M. departure in Stouffville at the North Stouffville Free Park. To get to Stouffville go



Royal Botanical Gardens - Oct 15, 2008  
Photo By: Dave Mader

north on Hwy 404 to Stouffville Rd. Go east to the Stouffville Free Park on the north side of Main St. past the train tracks & before Market St

## WEDNESDAY MAY 6

### SCHOMBERG TO ALISTON / HOCKLEY

The Wednesday Wheelie ride for May 6 is a 72

or 88 km ride from Schomberg to the village of Hockley. Meet for a 10 A.M. departure at 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.

## TBN Ride Classifications

### LEISURE WHEELER



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

### EASY ROLLER



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

### TOURIST



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

### ADVANCED TOURIST



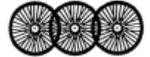
Distances of 120-200 km at speeds averaging 25-30 km/h at a brisk pace. These rides generally start at 8:30 am from late April to early October.

### SPORTIF



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

### COUNTRY CRUISE



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

## OTHER RIDE PROGRAMS

### WEDNESDAY WHEELIES



The riders are a very diverse group, from Tourist to Sportif. At least two distances are offered each day, varying from 60 to 100 km. Start points are within a 90 minute drive from Toronto and stick to quiet country roads. Start times vary, with 8:30 am during the hot summer months and 10:00 am at other times.

### SATURDAY CRUISING SHORTS



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

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# TBN Educational Corner

Marie Ferguson & Dinsmore Roach - TBN Educational Directors

## Trek introduces chainless bicycles

### *Technology similar to snowmobiles.*

Pedalers of the world, untie! You have nothing to lose but your chains.

If you've ever been riding down the street and had your pants cuff ripped asunder, there may be a revolution at hand. Trek Bicycle is part of a movement to bury the finger-pinching, pants-munching, rust-prone sprocket and chain, and usher in an era of belt-driven bikes that might have the inventors of the self-propelled transportation Schwinning in their graves.



Trek District - Vintage Grey

Wisconsin-based Trek is introducing two models this season that are chainless, instead using technology most often found in things like motorcycles and snowmobiles. While some smaller custom bike makers have used them before, Trek is the first to use the technology for mass-produced bicycles.

The U.S. largest domestic bike manufacturer is hoping to capitalize on a new group of urban pedal-pushers who are trading their cars for a more low-tech way to get around because of gas prices as well as health and environmental concerns.

The U.S. bicycle industry was a \$5.4 billion industry in 2007, including the retail of bicycles, related parts and accessories through all channels of distribution, according to research funded by the National Sporting Goods Association. More than 43 million Americans age 7 and older were estimated to have ridden a bike six times or more in 2005, the industry group said.

"People are really finding bicycles to be a very simple solution to some very complex problems that they face every day," said Eric Bjorling, Trek's lifestyle brand manager. "Anything we can do in our design to really help them and help them live that lifestyle is probably better for both the consumers and us."

Bjorling said the new belts are a low-maintenance solution to a chain, which has roughly 3,000 parts including all the links and connectors.

Aside from the whisper-quiet ride, the lighter and longer-lasting carbon-fibre composite belts won't rust or slip and won't leave grease marks around your ankles. The guard over the belt-drive and the construction of the system makes getting your pants stuck an unlikely scenario, Bjorling said.

One version of the chainless bike, called the District (\$930 USD), is a single-speed, complete with a silver body, orange accents and brown leather seat and handles.

The other, called the Soho (\$990 USD), is an eight-speed bike that uses an internal hub to adjust the speed rather than gears.

Bicycles have come a long way from the "bone-shakers in the 19th century," said Orin Starn, a professor at Duke University who teaches a course on anthropology of sports. Some companies have used direct drive or drive shaft bikes that provide some of the same benefits as Trek's chainless bikes, but those models have yet to replace the age-old chain.

"Certainly for the last 40 or 50 years we have this iconic image of the traditional bicycle that includes the chain," Starn said. "We've seen this evolution in different styles and stuff, but the chain has been a cultural constant."

Bjorling admits chain-driven bikes are still efficient, but said urban riders won't have to worry about grease or cleaning the chain. The belt can be cleaned with a normal cleaning agent and rag, and the bike sprocket is designed to push through any snow, dirt or grime. And one belt will typically last three years—the life span of three chains.



**This article reprinted courtesy of the Associated Press..**

## TBN Who's Who

### TBN Board of Directors

President	Brian Mclean	president@tbn.ca
Past President	Ron Fletcher	tbn@tbn.ca
Director, V.P. Skiing & snowshoeing	Linda Hamilton	xski@tbn.ca
Director, V.P. Touring	Richard Anstett	touring@tbn.ca
Treasurer	Karen Bota	tbn@tbn.ca
Secretary	Brenda Sweet Paul Price	tbn@tbn.ca
Newsletter	Noel Manchulenko Mel McGill-Manchulenko	newsletter@tbn.ca
Education Director	Dinsmore Roach Marie Ferguson	education@tbn.ca
Publicity & Promotions	Vacant	publicity@tbn.ca
Social Director	Vacant	social@tbn.ca
Weekend Trips Director	David Maclean	416-482-8033
Advocacy Director	Ron Fletcher	tbn-civic@tbn.ca
Cyclon Director	Arlene Smith	cyclon@tbn.ca

### Others

Membership Secretary	Eileen M Harbinson	memsec@tbn.ca
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### TBN Coordinators

City Walks	Mark Brousseau	416-466-4979
Country Cruise, Saturday Shorts	Rowena Maclure Barry Pinsky	416-487-1474 416-928-0503
Easy Roller	Roberta Terzolo	easyroller@tbn.ca
Friday Night Ride	Peggy McFarland	fridays@tbn.ca
Hiking	Ed Herage	hiking@tbn.ca
Ice Skating	Molly Cheung	iceskate@tbn.ca
Spinning Coordinator	Loreto Manni	spinning@tbn.ca
Inline Skating	Michael Lin	inline@tbn.ca
Leisure Wheeler	Jamie Hauyon	416-537-8865
Mtn. Biking, Trail Riding	Doug McCorquadale	mtb@tbn.ca
Saturday Morning Ride	Julie Willmot	416-696-9265
Tourist, Sportif, Webmaster	Owen Rogers	info@tbn.ca
Tuesday Ravine Rides	David Peebles	416-534-7168
Wednesday Nights	Ron Fletcher	tbn@tbn.ca
Wednesday Wheelie	Bill Hannaford	416-482-2125

## 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 2008 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](mailto:memsec@tbn.ca) or leave a message on Line 3, the Social & Membership Mailbox of the Hotline



Toronto  
bicycling  
Network

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

