

weekend trips

May 19 - 22: The Allegheny Amble - SOLD OUT!

June 30- July 3: Cruisin' Manitoulin

Same old island, exciting new route. Join us for the TBN's last Manitoulin trip of the millennium. Leaving our cars in Tobermory, we load up the bikes and take the ferry to the island. This year we head to the east end of the island, with lots of time to explore the many hidden bays and sandy beaches. Distances for the three days will be 55km/70km/35km, plus there will be a hike up the Cup and Saucer Trail. We will be camping each night and carrying all our own gear. Previous loaded cycle touring experience is not essential, but you do need proper gear (panniers etc.). Cost: \$50 covers three nights camping and the ferry
Contact: Paul Stockton, 416-469-0364; email: manitoulin@tbn.on.ca.

July 14-16: Presqu'île Promise

Come to Presqu'île Provincial Park, with its wonderful bird sanctuary and 7 km of beach on Lake Ontario. It is located South of Brighton, just 150km east of Toronto. This is the second year for this trip with TBN! The area has many wonderfully quiet rolling roads to explore. Campsites have been reserved in the woods not far from the lake. Saturday night dinner will be a pot luck. Pancakes & coffee will be provided for Saturday & Sunday breakfast with help from the hungry! By popular demand, the scavenger hunt returns, but with a NEW twist!
Cost: \$35.
For car pooling and other details, contact Tim or Celia Hope in Port Hope, 905-885-1946; email: thehopes@eagle.ca

August 4-7, Cyclon 2000

This year we'll be touring the beautiful, pastoral Guelph region. We will ride the quiet rolling roads of the surrounding countryside, through quaint towns and rural villages. There'll be several bicycle tours offered each day from Saturday to Monday, ranging in length from 40 to 180 km. Stay 3 nights at Guelph University with Saturday night dance, meals included.
Cost: \$210- 270
Contact: 416-760-4191, cyclon@tbn.on.ca, www.tbn.on.ca/cyclon

August 18 - 20: Awenda Camping Weekend

Come for two days of cycling around the magnificent Penetanguishene Peninsula of Georgian Bay. The Penetang-Midland area abounds with natural beauty and fairly easy riding. We'll be carpooling from Toronto on Friday evening, camping two nights at Awenda Provincial Park, one of the most scenic parks in Southern Ontario, with great beaches and hiking trails. Saturday dinner will be a group effort. Cost: \$30.
Contact: John Tytler, 416-445-6192;
e-mail: awenda@tbn.on.ca/awenda@tbn.on.ca

Sept. 1-4: MacGregor Pt. Pedal & Paddle

Enjoy a long weekend at MacGregor Point Provincial Park on Lake Huron near Port Elgin for some great riding. Groups will be split between trail and country road routes. On the second day, paddle down the Saugeen River in a canoe or kayak. On third day rides will be located near Sauble Beach & Falls. The group campsite has nearby trails and sandy beaches. Come out and relax in this hidden part of Ontario.
Cost: \$40 (includes buffet)
Contact: Dan Roitner 416-699-2728, droitner@idirect.com



Photo: Dan Roitner



Photo: Dan Roitner

QuickRelease



May / June, 2000
Volume 18, Issue 2

The University of Guelph is located on the southeast side of Guelph, with easy access to country roads suitable for cyclists of all fitness and energy levels. A great variety of ride routes will be offered each day, from fast-paced, hilly challenges to short, easy rides on quiet country roads. Lots of off-bike activities are also planned, including swimming at the University pool, a brewpub night featuring beers from local breweries, the annual banquet and dance (great door prizes!), and a waterside picnic. Accommodation consists of double rooms (with two single beds) in Lennox Addington Hall.

Cyclon 2000 is being widely publicized. To ensure a spot, register as soon as possible! To take advantage of the 'early bird' rates, make sure you've registered by June 15 — or come out that night for the Cyclon 2000 Sign-Up and Social Night. The 'early-bird' rate for members is only \$210; for non-members it is \$240. After June 15, the registration fee for members is \$240 and for non-members, \$270.

All 'early bird' registrants will receive a free Cyclon 2000 T-shirt. T-shirts can be picked up in advance at the Cyclon 2000 Sign-Up and Social Night. Otherwise, they will be available upon arrival at Cyclon. The Sign-Up and Social Night is scheduled for 7:30 to 10:00 p.m. on Thursday, June 15 at Ned Hanlon's, 173 Eglinton Avenue East (just a short walk east of Yonge St. from the Eglinton Subway Station, on the south side). Come out and meet your fellow cyclists and have your questions answered in person!

If you can't make it to the Sign-Up and Social Night, you can complete a registration form on the Cyclon 2000 webpage at www.tbn.on.ca/cyclon, or mail in the registration form you received earlier by mail. Check the webpage for Cyclon updates and FAQs too. If you don't have access to the Internet, call 416-694-3272, leave a message, and the FAQs and/or answers to your other questions will be sent to you.

Cyclon is a volunteer effort — TBN members like you help make it a great event. Why not volunteer some time before or during the weekend? We need ride leaders and sweeps, people to help with registration, co-ordinate lunch pick-up, etc. Contact Manuela Gobbato at 416-762-9846, mgobbato1@hotmail.com if you would like to help in making Cyclon 2000 an outstanding event.
— Jennifer Clark

CYCLON CHANGES GEARS: Goes to Guelph

Change is in the air! Instead of Belleville, Cyclon 2000 is off to Guelph! Loyalist College in Belleville has regrettably informed the Cyclon 2000 committee that it can no longer honour its commitment to provide accommodation, so we're off to another popular destination — peaceful, pastoral, picturesque Guelph. Same time (Civic Holiday weekend, August 4-7); different place (University of Guelph).

classy ads

Quebec Bicycle Trip
Join us for a summer adventure. Take in Canada Day celebrations in Ottawa, Jazz festival in Montreal, and the Summer festival in Quebec City. Experience a loaded bicycle tour, no support vehicle. Cover 600 km over a two-week period. Six to eight scheduled rest days allow time to enjoy the area. Combination of B+B,

motel, hostel and camping. Non-profit, everybody pays his or her own way as they go. Budget \$700 to \$1000. Organized by tour leader Howard Chan. Look for Howard Chan on TBN day rides. See my website, www.geocities.com/mymirar, for details, information about preparing for a bike tour, other exciting bike trips, and travel stories.
Three-weeks in Corsica!!
Departing September 9 or 10.

A mountainous island surrounded by the eternal blue of the Mediterranean. Superb beaches, breathtaking panoramas, the best environmentally preserved region of France. On a \$3000 all-inclusive budget. If interested, call Anthony 416-934-9243. Bicycle Tour New Zealand
Tip to Tip
3 and 6 week tours available Celia & Tim Hope 905-885-1946
thehopes@eagle.ca
www.eagle.ca/~thehopes

Interested in cycling in France in August/September? Ron Fletcher is reserving a house in the Dordogne region that will accommodate up to 10 people. This is a beautiful cycling area, and we will do day trips from the house. Picnics, cafe lunches, dinners in quaint medieval villages, and some of the most beautiful landscape on earth await you. For more information call Ron at 416-461-9695.

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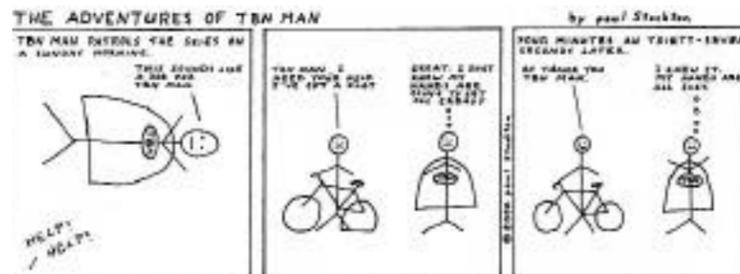
Everyone else		
Leisure Wheeler	Alan Gordon	447-6586
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Tourist & Sportif	Owen Rogers	925-5035
Country Cruise	Rowena Maclure	487-1474

& Saturday Shorts	Bill Hannaford	482-2125
Wednesday Wheelie	Ron Fletcher	461-9695
Wednesday Nights	John Tytler	445-6192
Friday Night Ride	David Gretton	---
Saturday Morning Ride	Ed Clark	531-0974
Civic affairs	Rob Long	322-6199
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Indoor Spinning	Alan Gordon	447-6586
Membership Secretary		

Quick Release		
Managing Editor	Dan Roitner	699-2728
Copy Editor	Chen Chih-Pien	465-8726
Inferior Decorator	David Young	535-0389

In the last QR we asked:
what is wrong with this picture?

Answer:
the cyclist isn't wearing a helmet



Bikes are boss

On Saturday February 5, 2000, a group of concerned cyclists from across Ontario gathered at Metro Hall to meet, greet, exchange ideas and discuss the formation of a new, province-wide cycling advocacy group. Most of us in attendance feel there is a real need for a strong, unified voice to represent the interests of the transportation/recreational cyclist to government and business, to educate cyclists and other road users on cyclists' rights and to provide a forum to discuss issues.

While there is the Ontario

Cycling Association, many of us (including several OCA members) feel that the OCA has not been doing enough for the transportation/recreational cyclist. Lately the OCA seems to have focussed its energy towards racing (which generates revenue) while doing little to further the interests of the cycle-commuter. It has become apparent to those in attendance that someone must step in where the OCA has left off.

The day proved to be a productive one. We managed to christen the new organization,

draft a Constitution, come up with an organizational structure and select nine board members. We heard from several groups, including the Ontario Trails Council (Rails to Trails), the MOT and the OCA, whose President, Jim Cross, had to endure some criticism. Our mandate follows...

The objective of this organization is to promote cycling in Ontario for transportation and recreation.

Detailed Objectives:

- To provide a province-wide body for advocacy and lobbying for cyclists and their issues.
- To promote and facilitate education of cyclists on safe and effective cycling practices, and of others on awareness of cyclists and their rights.
- To monitor the policies and practices of all levels of government, and to make recommendations on their appropriateness for cyclists.
- To provide a provincial forum for communication among cyclists, and a mechanism to elevate issues within the organization.
- To promote the environmental and health benefits of cycling.

Velo-Ontario should have a website in the near future. Watch this newsletter for announcements. To everyone who cares about cycling in this province, we need you!

Many thanks go out to all who attended, but especially to the following for their hard work and dedication:

Organizers	Issie Chackowicz, Jannette Porter, Nina Koskenoja
Chair	Martyn Olenick
Recording Secretary	Mike Rooks

Some of the organizations with members in attendance were:

- Hamilton-Wentworth Regional Cycling Committee
- Dundas Bikeways
- Toronto City Cycling Committee
- London Bicycle Advisory Committee
- Burlington Bikeway Committee
- Toronto Bicycling Network
- Citizens for Safe Cycling
- Regional Niagara Bicycling Committee
- Niagara Freewheelers
- Great Canadian Bicycle Tours
- Waterloo Regional Cycling Committee
- Ontario Cycling Association
- Haldamin-Norfolk Advisory Group
- City of Toronto Transportation Services
- Advocacy for Respect for Cyclists
- Mississauga Cycling Advisory Committee
- City of Mississauga Cycling Advisory committee
- City of Toronto Urban Development Services
- Toronto and Regional Conservation Authority
- Human Powered Vehicles of Southern Ontario
- Braunstorm (of Braunis Cycling; formerly Cyclone)

Editor's Notebook

As one of my duties as editor, I attend monthly board meeting to give input and report on Quick Release (QR) issues. After many meetings, I wish to mention that the board has agreed make the newsletter free of advertising.

Here is the reason: As you may have noticed, ad placement in QR has been diminishing over the last few issues, and the last issue had none. Doug Innes informed the board of a tax exemption available to QR if we ran our newsletter on a non-profit basis; doing so, we can save about \$65 an issue. No one has volunteered to solicit ads for us, though we did consider giving a 15% commission to motivate someone. The board opted, after much debate, to cover the cost of an advertising-free club newsletter.

For QR staff, that route is an easier one. We also need not run our two 16-page issues; more savings. Of course, I now have to turn around and ask you for more copy. So, grab that pencil and tell me all about it.

It is certainly time to mention some of the many 'invisible' QR volunteers who help to get the newsletter out on time. After David, Pien and I get QR to the printer, John Tytler jumps into action. He arranges a 'stuffing party' of a group of eight or so people, and picks up the 850 copies of the newsletter. The group meets at someone's house to fold and stuff the latest hot news into envelopes, stamps them, says a prayer, and drops the shipment off for Canada Post. All this is done on short notice, but has a social element (the pizza & beer help).

So, here is a short list of some of the regulars. Many thanks, guys:

Agnes Cooke	John & Ian Tytler
Alan Gordon	John McQuigley
Carmelle Renaud	Uwe Mader
David Foster	Martha Scott
Farida Karim	Susan Maskery

If you wish to help out, call John at 416-445-6192

Quick Release is published five times a year. Members are encouraged to submit material for publication. Classified ads are free for members. To discuss a submission or for advertising information call Dan Roitner, Managing Editor at 699-2728.

For the May/June issue the deadline for submissions is April 1.

Send your Ads/Stories/graphics to:

Toronto Bicycling Network
Attn: Editor, Quick Release
131 Bloor Street West, Suite 200, Box 279, Toronto, Ontario, M5S 1R8
or e-mail your stuff to newsletter@tbn.on.ca

We need your text to be in one of the following formats:

text.txt, Word.doc,
Wordperfect.wp
... and your graphics/photos in these ones:
.jpg, .eps, .gif
fax: 416 363-9111

Moving? Moved?

Is the address on your mailing label not quite right? Leave a message in the Social & Membership mailbox of the Hotline or send an e-mail to membership@tbn.on.ca

Telephone 416 760-4191
Website www.tbn.on.ca
e-mail info@tbn.on.ca

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

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

Dial 760-3909 to get detailed instructions on how to use the voice mail system, or



760-4191
to go directly to the main menu.

From the main menu press...

- 1 for Saturday and Sunday cycling
- 2 for weekday and evening cycling
- 3 for social events & membership information
- 4 for weekend trips

Hotline tips:

When in the Main Menu you can make a selection at any time, and you don't have to wait for the message to finish.

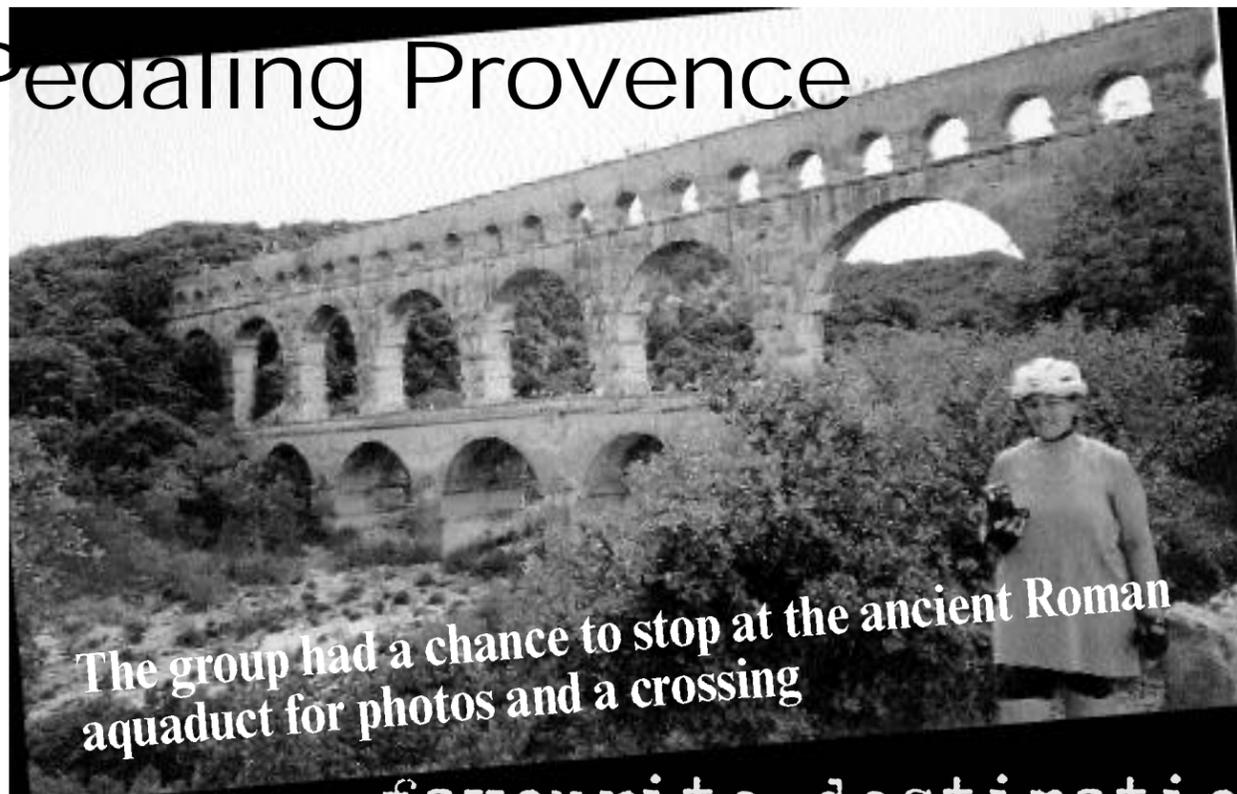
You can return to the main menu after making a choice, by pressing 2 at any time

After making a selection from the main menu, you can press 1 to leave a message related to your Main Menu choice.

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

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

Pedaling Provence



The group had a chance to stop at the ancient Roman aquaduct for photos and a crossing

favourite destinations

Imagine a dry, sun-drenched countryside, sometimes a flat expanse, sometimes hilly terrain adorned with coniferous forests, where the scent of lavender growing wild by the roadside has a bewitching effect, where the modulated drone of cicadas reverberates in field and forest.

We arrived in Paris in mid-July for a connecting flight to Avignon, where we lodged on the outskirts of the town (advisable during the madness of the annual Avignon festival). On the first day we assembled and adjusted our bicycles, venturing that evening into the pandemonium of the event to get a taste of wall-to-wall tourists. Happily, the rest of the vacation in Provence was under more relaxed circumstances.

Being newcomers to cycle touring, we were anxious to embark on our journey the following day. Our water bottles were quickly depleted, but we were relieved to discover that almost

every village in the region offered potable water from a public fountain. We also quickly learnt that we had to time our lunch break so that it did not coincide with that of the grocery-store owners.

After a challenging introduction to the joys of loaded cycling, we were delighted to arrive just in time for a festival organized for vacationers by the village of Mazan. We happily participated in a communal dinner in the square, where local performers entertained us, some singing in English. Quelle surprise!

After the first week, most of the members of our group discovered that the map, road signs and our itinerary descriptions provided directions that were so accurate and easy to follow that they would venture without fear ... even those with no knowledge of French! And often, the fellow cyclist that we met around the corner of a country road was one of

our own group.

Though we had to contend with temperatures hovering around 35 or 40 degrees, the heat was not unbearable. Nevertheless, we thought it advisable to make a lengthy mid-day meal in the shade a tradition.

To minimize the amount of loaded cycling, we designed the tour around a series of one or two-star hotels that served as the departure point for daily excursions. During this 'self-organized' trip we covered 1000 km over 16 cycling days and four rest days.

We passed through many a town whose name recalled a 'Côtes du Rhône Villages' wine bottle: Châteauneuf-du-Pape, Rasteau, Gigondas. The town of Carpentras was a delight but most memorable were the villages such as Roussillon and its ochre-coloured houses, or Gordes perched on the top of a hill whose ascent was well worth the effort. Other places were blessed

with special attributes :

Saintes-Maries-de-la-Mer and the surrounding Camargue marshlands, or the photogenic Roman aqueduct of the Pont du Gard.

Souvenir hunters among us showed a preference for tablecloths with a Provençal motif, lavender, perfume diffusers and, of course, wine (from a co-operative in the Gard). My most lasting memories undoubtedly relate to gastronomic experiences in Provence: the traditional pastries of the village of Lourmarin, the exquisite 'sand wine' of the Camargue, the chocolate dessert of the hotel 'L'Esquielle'.

On many a hot summer day, I reminisce and imagine myself transported once more to this region of seductive odours, sounds and tastes.

— Anthony Chong

Sunday and Holiday Ride Schedule

SUNDAY, MAY 14

UNIONVILLE BRUNCH RIDE - Visit pretty Unionville for a tasty brunch.

Start: Finch Subway Kiss & Ride (NW corner Yonge & Hendon)

Dist: 33 km

Class: Leisure Wheeler

Après Slug & Lettuce, NW corner of Yonge & Finch

UNIONVILLE BRUNCH – Vists pretty Unionville for a tasty brunch on Mother's Day!

Start: Shopper's World, Danforth & Victoria Park (one block south of Victoria Park subway station)

Dist: 55 km

Class: Easy Roller

Après Tropical Nights on Danforth, east of Victoria Park

VIVIAN-VANDORF PICNIC - Two routes exploring the quiet sideroads of Whitchurch-Stouffville with a picnic lunch in the town of Vidorf.

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

Dist: 80 & 100 km

Class: Tourist, Sportif

Après Jack Astor's, Don Mills Shopping Centre

GOODWOOD GETAWAY - We venture into Durham region for lunch at Mrs. Wideman's Bakery in Goodwood.

Time: 8:30 a.m. sharp

Start: Edwards Gardens' parking lot, Lawrence Ave E & Leslie

Dist: 120 km

Class: Advanced Tourist

MOUNT ALBERT/LAKE SIMCOE - A scenic jaunt along the cottage-lined shore of Lake Simcoe and surrounding countryside. Note that for this ride there are two starting points:

Short: Meet at the municipal building on the southwest corner of Highway 48 and county road (CR) 18, across from the restaurant.

Long: Go north on Hwy 404, east on Hwy 48 and north to Mount Albert. Meet at Mount Albert Community Centre, Main Street in Mount Albert.

Dist: 51 & 79 km

Class: Country Cruise

SUNDAY, MAY 21

LESLIE ST. SPIT/TOMMY THOMPSON PARK - Cycle to the lighthouse at the end of the Spit to view the spectacular Toronto skyline; then return via the Don and Taylor Creek Trails.

Start: Boardwalk Café, Coxwell & Lakeshore

Dist: 30 km

Class: Leisure Wheeler

Après Boardwalk Café

SCARBOROUGH SCENIC SAFARI - Cycle the wilds of Scarborough – round trip out to the Zoo.

Start: Scarborough Town Centre, the rock garden near Progress Ave in front of the former Eatons

Dist: 47 km

Class: Easy Roller

Après TBA

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

Start: Finch Subway Kiss 'n Ride

Dist: 85 & 115 km

Class: Tourist, Advanced Tourist

Après Slug & Lettuce, NW corner of Yonge & Finch

SCHOMBERG COUNTRY ROADS - A ride in the lovely countryside north of Schomberg.

Start: Take exit 55 off Highway 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy. 27) and head south on 20th Side Road to the arena in Schomberg.

Dist: 58, 67, 74 & 93 km

Class: Country Cruise

MONDAY, MAY 22

LAKE WILCOX PICNIC - Four routes rendezvous in shady St. George Conservation area overlooking Lake Wilcox. Bring a picnic lunch or pick something up along the way.

Start: Finch Kiss & Ride, Yonge St. just north of Finch

Dist: 70, 85 & 115 km

Class: Short Tourist, Tourist, Sportif

SATURDAY, MAY 27

KELSO CONSERVATION AREA - We are heading to Milton for another fun day of riding. Kelso features a nest of 13 km of singletrack trails that intertwine the woods and fields of the area. Kelso is considered moderately challenging. Come and enjoy the scenic views of the countryside and Escarpment.

Time: Meet at the chalet at 10:00 a.m. (Note: cars parked on nearby roadways are ticketed – the park is close to Hilton Falls Conservation Area.)

Start: Take Hwy 401 west, take Hwy 25 north (Exit 320) to Campbellville Rd, go west to Tremaine Rd, south to Kelso Rd, west to park entrance (look at www.trilife.com for directions to Kelso).

Facils: Bike wash, snack bar and washrooms. Man-made lake and beach close by.

Cost: About \$5.00 for the day

Info: Tourism info – Milton Chamber of Commerce, 905-878-0581

Class: Saturday Mountain Biking

HOLLAND MARSH - Because of the rave reviews from "Wednesday Wheelies" and its close proximity to Toronto, this route seems an ideal one to start the 2000 season of "Saturday Shorts". So come and enjoy your first Saturday ride through the very pretty, surprisingly rural area just north of our megacity.

Time: 9:00 a.m. sharp

Dist: 60 km

Start: Meet at the Municipal parking lot at the northwest corner of King Road and Keele Street in King City (north of Toronto).

Class: Saturday Cruising Short

SUNDAY, MAY 28

MAPLE BAKERY RIDE - Head north for brunch at TBN's favourite bakery.

Start: Finch Subway Kiss & Ride (NW corner Yonge & Hendon)

Dist: 35 km

Class: Leisure Wheeler

Après Slug & Lettuce, NW corner of Yonge & Finch

Ride classifications

LEISURE WHEELER - Distances of 20-60 km, at speeds of 15 km/h or less, at a "leisurely" pace. Designed as a series of entry level rides for novices, those returning to cycling after a long absence, and senior riders.

EASY ROLLER - Distances of 20-60 km, at speeds of 15-20 km/h, at a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas.

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

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

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

RIDE SCHEDULE NOTES:

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

WEDNESDAY – SATURDAY RIDES: Starting soon. Check the hotline or website for details.

LESLIE ST. SPIT/TOMMY THOMPSON PARK - Cycle to the lighthouse at the end of the Spit to view the spectacular Toronto skyline; then return via the Don and Taylor Creek Trails.
Start: Boardwalk Café, Coxwell & Lakeshore
Dist: 40 km
Class: Easy Roller
Après Boardwalk Café

PORT CREDIT HARBOUR TOUR - A pleasant cycle out to a picnic lunch at Saddington Park, Port Credit, with the opportunity to explore the new bikepaths along the lakeshore west of the Humber on the return trip.
Start: Grenadier Restaurant, High Park
Dist: 60 km
Class: Short Tourist
Après Grenadier Restaurant

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 Subway Park & Ride, north lot
Dist: 95 & 115 km
Class: Tourist, Sportif

EDEN MILLS CENTURY - A beautiful tour of the quiet, rolling roads of Halton.
Time: 8:30 a.m. sharp
Start: Kipling Subway Park & Ride, north lot
Dist: 115 & 162 km
Class: Advanced Tourist

COBOURG-RICE LAKE RAMBLE- Formerly the Shelter Valley Shuffle, this is one our prettiest Country Cruises! Over hill and dale you will be spinning throughout the Northumberland countryside. Lunch (picnic style) on the shores of Rice Lake.
Start: Cobourg Harbour parking lot at the foot of Division Street. (County Rd. 45 in Cobourg).
Dist: 56 & 80km
Class: Country Cruise

SATURDAY, JUNE 3

We've scheduled three special Saturday rides especially for those of you who plan to help out on tomorrow's Ride for Heart.

SIXTEEN MILE CREEK - Short Tourists will head out to lunch in Streetsville.
Start: Kipling Subway Park & Ride, north lot
Dist: 80 km
Class: Short Tourist
Après Country Style Donuts

CEDAR SPRINGS SOJOURN - A little fun in the hills around Lowville.
Start: Kipling Subway Park n' Ride, north lot.
Dist: 115 km
Class: Tourist

FORKS OF THE CREDIT - A hilly but beautiful ride to Belfountain & Forks of the Credit Rd. Great last minute training for TNT Overnight!
Time: 8:30 a.m. sharp
Start: Kipling Subway Park & Ride, north lot
Dist: 151 km
Class: Advanced Tourist

SUNDAY, JUNE 4

BECEL RIDE FOR HEART - Once again, all TBNers are invited to participate as Ambassadors of the Road. Check the website and Hotline later in May to find out how you can volunteer to help out and ride the event at the same time!

GEORGETOWN-EQUESING HYSTERICAL TOUR - Another jaunt around the Halton Hills. One of the original Country Cruises, the route passes through the picturesque little town of Eden Mills.
Start: Stewarttown Public School at the southeast corner of Trafalgar Rd. and 15th Side Rd. (Make sure you go to Stewarttown not PineviewSchool!)
Dist: 43 & 81 km
Class: Country Cruise

SATURDAY, JUNE 10

PIGCICLE CYCLE - The Ride For Ribs (Conestoga College to the Canadian Pork Barbecuing Championships in Ayr.) Do You Ride to Eat? Do You Eat to Ride? Do you understand the craving that drove Hawkeye to order gourmet takeout from Adam's in Chicago and have it shipped half way around the world to MASH 4077 under the guise of medical supplies? If you answered "yes" to one or more, then plan to attend.
Time: 9:00 a.m. sharp
Dist: 47 & 74km
Start: Conestoga College in Kitchener - Take Highway 401 west to Kitchener. Exit at Exit #275, North Homer Watson Blvd and Fountain Street.
Class: Saturday Cruising Short

SUNDAY, JUNE 11

SCARBOROUGH BLUFFS - Enjoy the view from the edge of the Bluffs; return via the Martin Goodman Trail and some city streets.
Start: King Edward's statue in Queen's Park (SE of St. George subway station; south of the ROM)
Dist: 43 km
Class: Leisure Wheeler
Après TBA

TOUR OF TORONTO – 75% of this loop around Toronto is comprised of bike paths of the Humber Valley, Lakeshore, Taylor's Bush and Don Valley.
Start: Etienne Brulé Park, Humber River & Old Mill
Dist: 52 km
Class: Easy Roller
Après Future Bakery, Bloor West at Kennedy, just east of Runnymede

STOUFFVILLE CRUISE - Head up to Stouffville for lunch, then swing by Main St. in Unionville on the way back for ice cream.
Start: Finch Subway Park & Ride
Dist: 65 km
Class: Short Tourist
Après Slug & Lettuce, NW corner Finch & Yonge.

MUSSELMAN LAKE/MT ALBERT - Our classic run to Musselman Lake, with a few hills thrown in. Lunch in Ballantrae.
Start: Finch Subway Park & Ride
Dist: 80 & 110 km
Class: Tourist

MOUNT ALBERT EXPEDITION - A shady Mt. Albert park provides a perfect place to eat a picnic lunch from a nearby restaurant or store.
Time: 8:30 a.m. sharp
Start: Finch Subway Park & Ride
Dist: 110 km
Class: Advanced Tourist

CAMPBELLVILLE COUNTRY CRUISER - A ride through the rolling countryside around Campbellville. This year offering four distance options.
Start: Take exit 312 off Hwy. 401; go south on Guelph Line into Campbellville. Look for green "P" parking sign; park in gravel parking lot across from plaza.
Dist: 50, 85, 114 &164 km
Class: Country Cruise

SATURDAY, JUNE 17

MANSFIELD OUTDOOR CENTRE – The location for tight twists, tricky switchbacks and drop-offs. Don't worry--there are also easier routes. Mansfield offers 40km of singletrack and doubletrack. They rate the trails from easy to extreme. All routes fully marked and mapped out.
Time: Meet in parking lot for 10:00 a.m.
Start: Take Hwy 400 to Hwy 89 west past Alliston and Rosemont, turn north on Dufferin Rd 10 (Airport Rd), go 10 km.
Facils: Limited rentals, bike wash, snack shop and washrooms.
Cost: \$7.00 for the day
Info: 705-435-4479 or <http://www.mansfield-outdoors.com>
Class: Saturday Mountain Biking

SUNDAY, JUNE 18

ON THE WATERFRONT - Follow the Martin Goodman Trail along the shore of Lake Ontario to the Humber Bridge and then continue to the tip of Humber Bay Park west for a picnic. Bring lunch.
Start: Boardwalk Café at Coxwell and Lakeshore
Dist: 40 km
Class: Leisure Wheeler
Après Boardwalk Café

SCARBOROUGH BLUFFS – Vist the World Famous Scarborough Bluffs (Be careful where you walk!) return for a Father's Day beer at Hart House!
Start: King Edward's statue in Queen's Park (SE of St. George subway station; south of the ROM)

Dist: 50 km
Class: Easy Roller
Après Hart House
ETOBICOKE MEANDER - Ride along the Eglinton bikepath, the Humber Trail and the Mimico Lakeshore Promenade.
Start: Etienne Brulé Park, Humber River & Old Mill

Dist: 50 km
Class: Easy Roller
Après Future Bakery, Bloor West at Kennedy, just east of Runnymede

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

CAMPBELLVILLE CLASSIC - Follow the shady backroads to the Bruce Trail Eatery in Campbellville. The long tour is for those of us preparing for the Hairshirt next Sunday!
Time: 8:30 a.m. sharp
Start: Kipling Subway Park n' Ride, north lot.
Dist: 130 & 220 km
Class: Tourist, Advanced Tourist

PORT PERRY PEDLAR - An undulating scenic ride up and down the drumlins of Durham County. (Note: there are two versions of this route -versions 1&2. Listen to the Hotline to see which version is being run.)
Start: Durham College North Parking lot, located off of Conlin Rd. just west of County Rd. #2 in Oshawa.
Dist: Version 1: 72 & 85 km
or: 60 & 90 km
Class: Country Cruise

SATURDAY, JUNE 24

HORNBY/CAMPBELLVILLE - A Saturday jaunt along some quiet roads in the Halton Hills without Rattlesnake!
Time: 9:00 a.m. sharp
Dist: 55km
Start: Hornby Park in Hornby. Take Hwy 401 west to Trafalgar Rd., then head north to Steeles and west to Sixth Line.
Class: Saturday Cruising Short

SUNDAY, JUNE 25

TORONTO ISLAND TOUR - Cycle the Martin Goodman Trail to the ferry and then steam over to the Island. Ferry fare is \$4.00 return.
Start: Shopper's World, Victoria Park & Danforth (one block south of the Victoria Park Kiss & Ride)
Dist: 40 km
Class: Leisure Wheeler
Après Tropical Nights on Danforth, east of Victoria Park

MAPLE BAKERY – Another trip to the Maple Bakery. This time we will traverse a little further west.

Start: Finch Subway Kiss & Ride
Dist: 52 km
Class: Easy Roller
Après: Slug & Lettuce, NW corner Yonge & Finch

KLEINBURG KRAWL - Lunch at the Molisana Bakery in Bolton via Kleinburg.
Start: Wilson Subway Park & Ride, on Wilson Heights Blvd north of Wilson Ave, east of W.R. Allen Rd.
Dist: 80 km
Class: Short Tourist
Après: TBA

SPIN TO SCHOMBERG - This popular classic heads to lunch at Sheena's Kitchen in the quaint village of Schomberg.

Start: Wilson Subway Park & Ride, on Wilson Heights Blvd north of Wilson Ave, east of W.R. Allen Rd.
Dist: 99 km
Class: Tourist

CALEDON-KING CONUNDRUM - A scenic and hilly route to a late lunch in Caledon East.
Time: 8:30 a.m. sharp
Start: Wilson Subway Park & Ride, on Wilson Heights Blvd north of Wilson Ave, east of W.R. Allen Rd.
Dist: 130 km
Class: Advanced Tourist

TORONTO-NIAGARA-TORONTO HAIRSHIRT CLASSIC - Test the limits of your endurance with this now classic double century challenge. The group departs Square One at sunrise and you'll have until midnight to complete the ride. Physical, mental and mechanical preparation are essential for a successful ride. If you've never done this before, call Owen Rogers 416-925-5035 to pre-register. A set of lights is mandatory for those participants who expect to finish after dusk (past the 13.5 hour mark).
Time: 6:00 a.m. (sunrise)
Start: Mississauga Square One, green parking post #5, SE corner Duke of York & Rathburn Rd
Dist: 322 km
Class: Advanced Tourist, Sportif

NEW DUNDEE TOUR - A lovely ride along the Waterloo County Roads through peaceful Mennonite country. With high tea at a teashop in Plattsville, this new route for Country Cruises is bound to be a treat!

Start: Conestoga College, Kitchener. Take Hwy 401 West to Homer Watson Blvd. exit. Turn right at this exit/intersection. Turn right again at the first/next set of lights onto Conestoga College Blvd.. Turn right into Parking Lot #10, Conestoga College.
Dist: 60 & 80 km
Class: Country Cruise

SUNDAY, JULY 2

EDWARDS GARDENS PICNIC - The most popular LW ride ever! Bring a lunch or buy something there as you enjoy the flowers and sights; asphalt trails and some streets.

Start: Finch Subway Park & Ride (NW corner Yonge & Hendon)
Dist: 37 km
Class: Leisure Wheeler
Après: Tim Horton's; east side of Yonge north of Bishop.

TORONTO ISLAND TOUR - Cycle the Martin Goodman Trail to the ferry and then steam over to the Island. Ferry fare is \$4.00 return.

Start: Shopper's World, at Danforth & Victoria Park (one block south of the Victoria Park subway Park & Ride).
Dist: 47 km
Class: Easy Roller
Après: Tropical Nights on Danforth, east of Victoria Park

STOUFFVILLE RAMBLER - A new quieter route through Stouffville with lunch at the Whitchurch Pub, of course!

Start: Edwards Gardens' parking lot, Lawrence Ave E & Leslie
Dist: 70 km
Class: Short Tourist
Après: Jack Astor's, Don Mills Shopping Centre

STOUFFVILLE/GOODWOOD - Sort tour heads to the Whitchurch Pub in Stouffville while the long tour continues on to Mrs. Wideman's in Goodwood (that extra 15 km is all hills!)

Start: Edwards Gardens' parking lot, Lawrence Ave E & Leslie
Dist: 90 & 105 km
Class: Tourist, Advanced Tourist

UXBRIDGE/UTICA - Ride the quiet, rolling roads of Durham region to a satisfying lunch in Uxbridge with the return route via Utica and Ashburn.

Time: 8:30 a.m. sharp
Start: Edwards Gardens' parking lot, Lawrence Ave E & Leslie
Dist: 105 & 135 km
Class: Advanced Tourist

TOUR OF KAWARTHAS - Experience the Trent-Severn Waterway and view the lift locks in Peterborough.

Start: Millbrook Parking lot across from the liquor store. Millbrook is south of and west of Peterborough at the junction of County Rds. 28 & 10.
Dist: 60, 91 & 134 km
Class: Country Cruise



Sunday, June 4 Becel ride for heart

Big Bike for Stroke

Is ready to roll through the GTA in the month of May. Book your team to help fight Canada's #1 killer — heart disease and stroke. The Big Bike Ride is being held at three different locations in Toronto:

May 10 from 9 a.m. to 3 p.m. at University and College
May 10 from 6 p.m. to 9 p.m. at Bloor and Runnymede
May 11 & 12 from 9 a.m. to 3 p.m. at Front St. and Scott St. (across from Hummingbird Centre)

A course has been laid out that will take approx. 30 minutes to ride. The team is required to book a riding time. Each rider is required to provide a minimum of \$50. Upon registering the team, donation booklets are sent out for the contributions. Each team member will receive a hat with the "Big Bike Ride" logo and a copy of a team photo.

If interested, contact Brian Seipp as soon as possible, either via e-mail at: bseipp@utoronto.ca; or by phone at 416-255-2084, evenings. Give your preferred location, and, if possible, a second choice.

TNT overnight 2000

The best-kept secrets in the TBN are the TNT Overnight rides: High Park to Niagara -168 km; or Stony Creek to Niagara - 90 km. Started by Howard Chan in 1994, this ride uses a lovely route that gets you to the heart of Niagara Falls, on scenic and traffic-free back roads.

This year we hope to add a short cut to the motel that misses the Falls (which you can see later anyway) and a return route that (if you want to avoid tourists) will bring you from the motel to the park at Brock's Monument through an industrial area that is quiet on Sunday.

Mark your calendar for June 10 & 11, and call Joe Hickey at 416-719-8439 leaving an address or fax # to receive an application.

Prices, which include luggage transfer, sag support and motel:



- 1 person in a one double-bed room \$ 64.00
- 2 persons in a one double-bed room \$40.00 each
- 3 persons in a two double-bed room \$45.00 each

Once again, all TBNers are invited to participate as Ambassadors of the Road. Check the website and

Hotline to find out how you can volunteer to help out and ride the event at the same time!

Wed.- Sat. rides

Check the hotline 416-760-4191, or website at www.tbn.on.ca for details.

Wednesday Wheelie Day Ride

Rides of about 75 km, suitable for Tourist riders. Start points are within a one-hour drive of Toronto and stick to the same quiet roads that characterize our Sunday Country Cruise rides. Start times may vary, usually 8:30 a.m. during the hot summer months, and 10:00 a.m. at other times. Listen to the hotline (press 2) each week for details.

Wednesday Night Ride

6:30 p.m. is the start time to this oh-so-popular and not-too-strenuous social ride. Check the hotline weekly for the start point and apres-ride stop. BRING LIGHTS.

Friday Night Ride

These very popular 30-km rides to local eateries offer a different dining experience each week, so don't forget to bring your appetite! Check the hotline weekly for the start point and restaurant. BRING LIGHTS!

Saturday Morning Ride

Meet at 9:30 a.m. for a 30-km ride suitable for Easy Rollers and Tourists. The usual start is at the Boardwalk Cafe at Lakeshore and Coxwell. (Parking is available.) Complete the ride before noon, in time to do the Saturday errands, or, if you're in a more leisurely mood, join us for a snack outside the Boardwalk Cafe.

Saturday Cruising Shorts

Meet biweekly this summer at 9:00 a.m. for short, scenic rides in the country, leaving from departure points far enough removed from the city, yet still within easy driving distance.

Note:

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

Yvonne de Bulnes

Joined TBN 1995

Bicycles: Road Bike -
Bianchi Eros; Hybrid Bike
- Bianchi Advantage

Longest Day Ride: 171 km
Toronto to Niagara Falls
1997

Favourite Ride:
Holland Marsh -
Schomberg

Favourite Ride stop: The
Feed Mill, Schomberg



Member's profile

My love for riding started when I was about six or seven years old; my Dad used to take my brother and me cycling along Consumers Road to watch the drive-in movie and get a chocolate éclair at Tim Horton's. When we were older, he took us through the park system, all the

way to the Lakeshore! I loved riding and wanted to go further. Bike-a-Thons provided a safe environment to rack up those kilometres. I rode on the Variety Village Bike-a-Thon for nine years, and the Ride for Heart for about just as long. It was through the latter that I discovered TBN.

My first ride with TBN was a tough 75-km ride. I wore jeans that day, not knowing that I would get too hot and uncomfortable. People were friendly and encouraging, and

suggested that I wear more comfortable clothes. So I returned the following week, wearing brand new cycling shorts.

After my second ride, I followed Howard Chan's suggestion to sign up for the Manitoulin Island trip, my first 'fully loaded' ride. It included a 35-km ride from the ferry to our base camp, after-dinner relaxation by a campfire, hiking in a park, and swimming in smaller lakes. After lunch on the second day, Susan Pozner and I were so tired we thought we couldn't continue.

Howard kept encouraging us, saying that camp was 'only five more kilometres'. We stopped for some ice cream, and the camp was still 'only five more kilometres' away. I don't know how many 'five more kilometres' went by before we got to camp, but we made it. We had a great trip. Thanks, Howard!

One summer, since I had some spare time on the weekdays, I joined the Wednesday Wheelies on their 70 — 90-km rides outside the city. Their pace was faster than one I was used to, but there were always one or two people who stayed back to ensure the slower riders made it. (Thanks to Kevin Hughes, Dave

Milne, Wally Lem and Bill Hannaford, who took turns keeping an eye on me at the beginning, to make sure I was okay.) Each week I grew stronger, until I was finally riding at the group's speed. That summer, I changed from a weak, Short Tourist rider, to an Advanced rider.

Since joining the club, I have gone distances and speeds I never would have thought of doing. The night before the Toronto-Niagara-Toronto ride, I was so nervous that I couldn't sleep well. As it turned out, I needn't have worried. Although at one stage it was raining so hard that several

riders stopped in the Tim Horton's to warm up and dry off, we eventually rode an extra ten kilometres so that we could say we rode to the Falls. The next morning my legs were stiff, but eased after a few kilometres. After lunch, a group of about five of us got together and drafted each other all the way to Toronto. We rode an average of 35 km per hour over a few hours. — a good ride that was!

Thanks to all the volunteers, drivers, and riders at TBN who make group riding an enjoyable challenge.

Basic riding skills clinic, Saturday July 8, 2000

TBN's Basic Riding Skills Clinic, conducted by Mr. Aubrey Bryce, a certified coach and instructor, is being offered again this year.

This one-day seminar covers the practical aspects of improving cycling enjoyment, through an entertaining and informative blend of classroom discussion and practice, concluding with a practice session on the road. It is aimed at Leisure Wheelers and Easy Rollers.

The clinic will be held on Saturday, July 8 from 9:00 a.m. until approximately 5:00 p.m., with a lunch break. The registration fee this

year will be \$5.00 payable the day of the clinic. Class size is limited to 30 people, and there is a no-show penalty of \$10.00. Please bring a lunch, a pen and notepad, your bike, and be prepared to ride. The venue is the campus of the Canadian College of Naturopathic Medicine, at Sheppard Ave E and Leslie St.

You must pre-register for the clinic by calling Alan Gordon at 416-447-6586. Speak to him personally, or leave a recorded message including your name, membership number and phone number.

Tentative clinic programme:

- Morning Afternoon Introductions
- Bike Set
- Positioning on Bike
- Basic Maintenance
- Fixing Flats/Changing Tires
- Gear Changing Skills
- LUNCH**
- Basic Riding Techniques
- Safety Checks on Bike
- Braking Skills
- Road Etiquette
- One Hour Road Ride
- Wrap-up

Spring Dinner Dance, May 26

Balmy Beach Club, 10 Ashbridges Bay Park Rd.
Members: \$23. Non-members: \$28
Cash Bar opens at 7 p.m., dinner at 8 p.m.



VOLUNTEER TOUR LEADERS

Volunteer Tour Leaders wanted, especially for Easy Roller Rides. Lead rides of 25-60 km, starting at various points in Toronto. Meet people, lead the group, and have fun! Also, design new rides for this very amiable bunch. Enthusiasm is the only prerequisite. For further information, call Dan Engels at 416-429-6088.

Education nights

Thursday May 11, 2000: VIDEO NIGHT — Two races, two legends. Feel the agony and the glory of two racers as they overcome enormous personal and professional challenges to become world champions. The first video follows Lance Armstrong of the U.S. on the Tour de France in 1999. The other follows Fausto Coppi of Italy who won the Giro d'Italia in the '40s and '50s.

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

Thursday, June 1, 2000: PREVENTION AND TREATMENT OF CYCLING INJURIES -- Pamela

Frank, a licensed Naturopathic Doctor and triathlete, will discuss traditional and non-traditional approaches to dealing with knee pain, road rash, hand numbness and more.

Cost: Free.
Location: North Toronto Collegiate, 70 Roehampton Ave. (just north of Eglinton Station), Room 114
Time: 7:00 p.m.

One Sunday in June or July 2000: MOUNTAIN-BIKING CLINIC — Dave Scovell, a long-time club member and mountain-biking enthusiast, will informally discuss how to handle your mountain bike on off-road trails for maximum enjoyment and safety, and then lead a ride at Hardwood Hills.

Cost: Free.
Exact date, time and location: Check the TBN Hotline.

I have audited the statement of financial position of the Toronto Bicycling Network as at September 30, 1999 and the statement of operations for the year then ended. These financial statements are the responsibility of the organization's management. My responsibility is to express an opinion on these financial statements based on my audit.

I conducted my audit in accordance with generally accepted auditing standards. Those standards require that I plan and perform an audit to obtain reasonable assurance whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the

financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation.

In my opinion, these financial statements present fairly in all material respects, the financial position of the organization as at September 30, 1999 and the results of its operations for the year then ended, in accordance with generally accepted accounting principles.

—Susan Mikulicic, CGA
March 23, 2000
Toronto, Ontario

Tips & Tricks

Lock 'em Up

Thinking about buying a new bike? -Or perhaps you just bought new wheels. Now the question is, how do you keep it in your possession, and not become a victim to thieves? Yes, it's time to consider a lock that suits your needs.

There are two broad categories of locks: the U-lock or the cable. Each comes in various sizes, weight, degree of resistance to breakage, and cost.

Let's begin with the U-lock. Smaller is better, as less space prohibits the access of tampering tools. The downside of the small lock is the reduced number of places where you can attach the bike. The U-lock tends to be heavy, offsetting the benefits of oh-so-lite bicycles. For long distance riding, the extra weight is a serious consideration. The more expensive the lock, generally the more difficult it is to break. Some locks have an anti-theft guarantee. Remember to register your bike with both the police and lock manufacturer. File an official report if your bike is stolen.

Cable locks come in various shapes and sizes, and are lighter than U-locks. They are easier to break, but are more malleable. With cable locks, it's an uncomplicated process finding places to secure your bike. Unless you buy the kind with a carrying bracket, cable locks tend to slide around, and sometimes cover the rear light. It's possible to carry them in a fanny or backpack, but this can be cumbersome, and too hot for summer and long distance riding.

So, what to buy? The rule of thumb is: buy an expensive lock if you have an expensive bike. If you plan to leave your bike unattended for long periods, or are in an area where your bike is at greater risk, it's recommended that you use a combination of U-lock and cable. Thieves will either use cutters, or...
—Lynn D.

