

QuickRelease

May / June 2004
Volume 22, Issue 2



Welcome to another Cycling Season



Spring Dinner Dance Saturday May 15

The Ashbridges Bay Yacht Club

\$30 for members \$35 non-members

Cash Bar Opens 6:30 pm

Dinner 7:30 pm

(See page 15 for details)

Quick Release is published five times a year. Members are encouraged to submit material for publication. Classified ads are free for members. To discuss a submission, call Loreto Manni, Managing Editor at 416-783-6953 or e-mail newsletter@tbn.ca.

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

Toronto Bicycling Network
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Suite 200, Box 279,
Toronto, Ontario,
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e-mail info@tbn.ca

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

Quick Release copy editor: Kathleen Ryan

The July/August deadline is May 25, 2004.

Moving? Moved?

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

TBN Hotline

416-760-4191



Hotline Directory
From the main menu press

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

TBN Who's Who

TBN Board Of Directors

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Weekend Trips Director	David Maclean	416-482-8033

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	Howard Chan	
Country Cruise & Saturday Shorts	Rowena Maclure	416-487-1474
	Barry Pinsky	
	Joshua Wolman	
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Wednesday Nights	Ron Fletcher	416-461-9695
Wednesday Wheelie	Bill Hannaford	416-482-2125

VOLUNTEER OPPORTUNITIES

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

Newsletter Graphic Artist
Newsletter Layout

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



**ON
THE
COVER**

TBN members are just dying to try out some of the new gear they've purchased in the off season and at the bike show. It's now time to get it out and go for a ride. Rein and Teresa wave hello to the camera as they depart on the Credit River Country Cruise.



What's New Prez?

By Loreto Manni, President

The cycling season is underway and the question everyone asks me is "What's new, Prez?"

Well, here's a look at what we've put together during the winter board meetings. Expect to see a Guest Pass with your membership renewal form. The TBN board decided to thank all the members by giving them a Guest Pass to invite a (not-yet-member) friend along to a TBN event free of the charge. The passes should be making their way into the mail shortly with your renewal form.

Dan Engels, VP Touring, and his coordinators have received several invitations to join rides with other clubs. They have accepted and reciprocated the goodwill gestures. TBN members will be able to enjoy exciting new routes and have an opportunity to mingle with other cyclists. Watch the website and hotline for these special rides.

Trevor and Vanessa decided a new location was in order for the 2004

edition of Cyclon. They chose Barrie for the August long weekend pilgrimage. Georgian College will be our resting place when we're not out enjoying the sights and sounds of Barrie, including a Sunday night dinner/cruise.

Webmaster Owen Rogers changed the web address for TBN from www.tbn.on.ca to www.tbn.ca. This should make it easier for everyone to remember and find the website.

Publicity and Promotions director Imtiaz Mawji has his plate full. One of his promo events was on television station Toronto 1(T1). T1 came out to Sunnybrook Park and interviewed members Owen Rogers, Dan Roitner and Imtiaz. The interviews were broken up into segments and done throughout the station's morning show. Topics discussed included the benefits of cycling and places to cycle in the city.

I'm trying something with new members who join the club and

indicated on their application forms that they want to volunteer to help TBN. Expect a phone call from me welcoming you to the club and taking you up on your offer. That's right--someone does read the membership form when you send it in! The response to this has been positive and many of the new members are eager to help in any way they can. If you're a long standing member and want to get involved with the club drop me a line or talk a TBN coordinators to find out how you can put your skills and talents to good use.

I can't believe I sat through all of the board meetings and lived to tell about it! All and all it was an eventful winter to make for a great summer.

"So, what's new you ask? Nothing much; the TBN board just come with more even more ways to ride and to ride, meet people and have fun!"

Ride Leader Clinic

Date: Tuesday, May 18th, 2004.

Time: 7:00 pm - 9:00 pm

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

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

Spinning

at the Adelaide Club

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

To register call (416) 367-9957

Letter to the Editor:

I would like to take this opportunity to thank you for the great job you are doing. The club has come a long way since the fall of 1982 when Richard Aaron, a few other cyclists, and I gathered at Jarvis Collegiate to decide where we wanted to ride in 1983. Richard had advertised the meeting and invited several people with whom he had ridden that summer. That winter we got together and began planning what was to become TBN's inaugural season. We had put together a few camping trips and rides when Richard got the idea to form a cycling club and named it the Toronto Bicycling Network. I still have the first badge that was made.

The first ride I led (the first of many I would lead over the next 10 years) started at Queen's Park by the King Edward statue. This ride finished in about two hours, after which the group decided to picnic at the University of Toronto. The start of this ride was quite memorable because Richard was also leading a camping tour starting from the same spot at the same time. As I approached the statue to meet everyone, I wondered how they planned to go camping without camping gear. As it turned out, many of the riders had come for the bike path ride! After a bit of discussion we were on our way to discover the bike paths of Toronto. As our group headed off, the camping cyclists followed along and never did go camping. This became the first of many Easy Roller rides.

I believe that the Easy Roller ride was key to the rapid growth and success of the TBN. For the first time there was a group that offered bicycle riding for regular people. Our first summer was a good one as we added more rides. In 1985 the club decided to add a little structure and the TBN board was created. That was the year I became President, an office I held until 1988. I remained on the board until 1994 when I relocated to the west coast.

TBN was a great part of my life that provided me with many happy memories and great friends, many of whom I still keep in touch with today. The skills I gained holding various board positions were an invaluable learning experience and a source of great joy. I don't get to ride much these days as Parkinson's has kept me off my bike, but I still try and ride four or five times a year. I enjoy reading the newsletter and seeing what the club is up to. I see by the latest newsletter that many of my friends are still helping the club.

Keep up the good work!

Best regards,

John Ryan

TBN President, 1985-1988



By Martha Scott
Inline Skating Coordinator

The inline skating program gets rolling in May with fun group skates for ALL levels of skaters at various parks and paths all over the city.

WEEKLY SKATES are on Tuesday evenings and Saturday mornings or afternoons. Whether you want a slower/shorter or faster/farther skate, these outings are for you as we'll split into two groups to suit skaters' varying skill levels.

If you're a beginner, overcome your fears and join us for the NERVOUS

Snow Long Win

By Kathleen Ryan, VP Skiing





Bicycling Season Begin!

Saturday Shorts

NEWBIE skates, held once or twice monthly. You'll practise and learn the basics like stopping (yikes!), conquering slopes and rough pavement and even tracks (easier than you think once you learn how), and how to fall (safely). With a little effort and guidance, you'll be zooming along in no time!

The MONTHLY MARATHONS continue this year with the first marathon and half marathon (42/21km) set for Whitby-Oshawa on Sat. June 12. These self-supported events are suitable

for strong rec and fitness skaters, most of whom will finish the marathon in just 2-3 hours. With a little skating under your belt, it's easier than you think!

Find full details on all these events on the tbn website, in the weekly Chain of Events e-newsletter, and on the Hotline (416-760-4191), line 4. Also be sure to check out our recently-updated inline webpage at <http://tbn.ca/inline>. Lots of valuable info there!

See you on the trails!

HOLLAND MARSH May 15

Because of the rave reviews from "Wednesday Wheelies" and its close proximity to Toronto, this route seems an ideal one to start the 2004 season of "Saturday Shorts". So come and enjoy your first Saturday ride through the very pretty, surprisingly rural area just north of our megacity.

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

Dist: 60 km

STOUFFVILLE TO UXBRIDGE May 29

Follow the shady, rolling backroads of Durham Region to Uxbridge and back again.

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

Dist: 61 km

HORNBY/CAMPBELLVILLE Jun 12

A Saturday jaunt along some quiet roads in the Halton Hills without Rattlesnake!

Start: Hornby Park in Hornby. Take Hwy 401 west to Trafalgar Rd., then head north to Steeles and west to Sixth Line.

Dist: 55 km

COURTICE TO BOWMANVILLE Jun 26

Now here's a route we haven't done in ages! Not far east from Toronto, come out and enjoy a Saturday morning of country riding in Durham Region. There are several route options but all have manageable distances so you can be back in Toronto for the afternoon.

Start: Go east on Hwy 401. Exit at 425 (CR 34) Continue north to Courtice, junction of Hwy 2 and CR 34. Meet at the school in Courtice at Nash Rd. just west of CR 34.

Dist: 71 km

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After springlike conditions during the first week of January, Mother Nature cooperated and gave TBN skiers the winter we were hoping for. This season even more TBNers and guests joined the ski bus, either giving skiing a try for the first time or returning to a favourite winter pastime. We enjoyed excellent snow conditions for 11 consecutive Sundays at ski resorts such as Highlands Nordic, Horseshoe Valley, Hardwood Hills, Wasaga Beach, and Ganaraska Forest.

Whether equipped with tried and true ski equipment or the latest technology, TBN skiers enjoy the crisp, refreshing winter air and the opportunity to enjoy the peaceful environment of the ski trails while getting a great workout. Even signs at the top of hills that read "Warning: Remove Skis" do not stop the seasoned TBN skiers, who barrel down the hills confidently!

Special thanks go to ski bus captains Dave Moffat, Janet Guttsman, and Dorothy Garfinkel. Next winter when the snow flies, don't hibernate. Hop on the TBN ski bus and give cross-country skiing a try!





Notes from the VP Touring:

By Dan Engels, VP Touring

Greetings from VP Touring Dan Engels!

We have a GREAT year lined up, and the ride co-ordinators have been hard at work (as you can see in the newsletter) planning the rides and recruiting ride leaders. Let's aim for a safe, fun filled season!

Roberta Terzolo has agreed to co-coordinate the Easy Roller rides for 2004 with David Raine. Roberta led many Easy Roller rides last year, and has been a TBN member for 5 years. Her favourite ride is the Dim Sum ride to Mississauga. She is also active on the Cyclon Committee. Thanks Roberta! Easy Roller riders: Introduce yourself to Roberta when you see her on the rides!

Guest Passes: New this year we are introducing a Guest Pass. Each renewing TBN member will receive one Guest Pass, which allows a non-member to join one TBN ride. When you receive the Guest Pass, please "pass" it on to a friend or family member, and encourage them to join one of our events, without having to pay the non-member fee. This is an opportunity for you to share the benefits of TBN events with other people! (The Guest Pass must be given to the ride leader at the start of the ride.)

Young Adult Members: Thanks to all who responded to my request for comments about allowing Young Adult members (under age 18) on TBN rides. Generally people were in favour

of this change. As a result, on a trial basis we are allowing those under 18 to join TBN, and participate on our rides. So, if you see a "younger" member on a ride, please welcome them to the club!

2nd Ride Leaders Clinic: The final clinic this year will be held Tuesday May 18th, 7 - 9PM, North Toronto Community Centre, Activity Room, 2nd Floor, 200 Eglinton Avenue West (same location as first clinic). If you are thinking of leading rides, or would like a brush-up on what is involved, please attend! RSVP to Dan Engels at touring@tbn.ca, or by phone at 416 429 6088.

Have a good spring,
and good riding!

Weekend Getaways

The Allegany Amble

The tradition continues as TBN will again be visiting New York State for the Victoria Day long weekend. The destination for this popular trip will be Allegany State Park, about an hour's drive south of Buffalo.

Accommodation is in rustic self-serve cabins. The terrain is moderate rolling to hilly for road touring, and there is also mountain biking right from your cabin door. Meals will be a group effort. Cost: To Be Announced

Make cheque payable to the Toronto Bicycling Network. Contact: Dave Maclean at 416-482-8033.

BASIC RIDING SKILLS CLINIC

TBN's Basic Riding Skills Clinic is a one-day seminar covering the practical aspects of increasing your cycling enjoyment through an entertaining and informative blend of classroom discussion and demonstrations concluding with a practice session on the road. Conducted by Mr. Aubrey Bryce, former Olympic cyclist, certified coach, and personal trainer, the clinic caters to Leisure Wheeler, Easy Roller and Short Tourist class riders. Held annually since 1994, the course is a popular fixture in the TBN calendar. The clinic takes place on Saturday, June 5 from 9:00 a.m. until approximately 4:30 p.m. with a lunch break. Class size is limited to 30 people. Please bring a lunch, a pen and notepad, your bike and be prepared to ride. The venue is D'Ornella's Fitness Factory, located at 4544 Sheppard Ave East, west of McCowan. The registration fee is \$10 (non-members \$15) prepaid by cheque or money order made payable to the Toronto Bicycling Network. Mail your payment with a note including your name, membership number, if applicable, and phone number to: TBN Riding Skills Clinic, 131 Bloor St. West, Suite 200, Box 279, Toronto ON M5S1R8. If you have any questions about the clinic or wish to cancel, contact Eileen Harbinson 416-482-2157; email: memsec@tbn.ca.

Leisure Wheeler

RIDE CLASSIFICATION -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. Start times 10:00 am. Midweek Java Jaunts every second Tuesday at 10:30 a.m.

MIMICO CREEK TOUR Sun May 02

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

Start: Old Mill Subway **Dist:** 26 km

ASPHALT TRAIL RIDE Sun May 09

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

Start: Shoppers World **Dist:** 26 km
Après: Boardwalk BBQ

SCARBOROUGH BLUFFS Sun May 16

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

Start: King Edward's Statue **Dist:** 38 km

THE SECRET CIRCUIT Tue May 18

A half-hidden downtown route with a minimum of street riding and only two hills (OK, so the first one is Poplar Plains). Some unpaved paths.

Start: 10:30 a.m. in the parkette one block north of the Bedford exit of the St. George subway station. **Dist:** 20 km

MAPLE BAKERY RIDE Sun May 23

Head north for brunch at TBN's favourite bakery.

Start: Finch **Dist:** 35 km
Après: Tim Horton's, east side of Yonge, north of Hendon/Bishop

HEAVENLY HOLIDAY Mon May 24

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

Start: King Edward's Statue **Dist:** 22 km

RANDY'S RAMBLE Sun May 30

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

Start: Old Mill Subway **Dist:** 48 km

THE HUMBER YO-YO Tue Jun 1

What goes up, must come back down. All paved paths and no traffic.

Start: 10:30 a.m. Old Mill subway station
Dist: 25 km

SCARBOROUGH TOUR Sun Jun 13

A scenic tour through the back streets of Scarborough.

Start: Shoppers World **Dist:** 33 km
Après: Tropical Nights

UP-DOWN-DOWNTOWN Tue Jun 15

Up Poplar Plains, along a bit of the Beltline, down Moore Park Ravine, then up from the Don Valley. Some unpaved paths.

Start: 10:30 a.m. in the parkette one block north of the Bedford exit of the St. George subway station. **Dist:** 25 km

UNIONVILLE BRUNCH Sun Jun 20

Visit pretty Unionville for a tasty brunch.

Start: Finch **Dist:** 35 km

SEE THE GEESE Sun Jun 27

Explore the asphalt trails of Morningside and Col. Danforth parks en route to the mouth of the Rouge River. Bring lunch.

Start: Kennedy Subway Park & Ride, south lot on Transway Crescent, south of Eglinton and east of Kennedy **Dist:** 40 km

MIMICO CREEK & HUMBER Tue Jun 29

Paved paths and only a few blocks of street riding.

Start: 10:30 a.m. Old Mill subway station.
Dist: 26 km

HEAVENLY HOLIDAY Thu Jul 01

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

Start: King Edward's Statue **Dist:** 22 km

EDWARDS GARDENS Sun Jul 04

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 **Dist:** 37 km
Après: Tim Horton's; east side of Yonge north of Bishop

EDUCATION Nights

Tue May 11
Should I Buy a Custom Bike?

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

Location:North Toronto Community Centre, 200 Eglinton Ave West

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

TORONTO - NIAGARA - TORONTO OVERNIGHT June 19-20, 2004

High Park to Niagara Falls: 168 Km, or Stoney Creek to Niagara: 90 km. For eleven years now we've cycled this lovely route that gets you to the heart of Niagara Falls on scenic and traffic free back roads. We've even added a short cut to the motel that misses the Falls, which you can see later anyway, and a return route that follows quiet industrial roads to Queenston, avoiding Sunday traffic on the Niagara Parkway. Call Joe Hickey at 416-719-8439 leaving an address or fax# to receive a registration form or download it from the TBN website. Prices includes luggage transfer, sag support and motel accommodation:

- 1 person in a one double bed room: \$ 75.00
- 2 persons in a one double-bed room: \$44.00 each
- 2 persons in a two double bed room: \$49.00 each
- Non-members are welcome for an additional \$10.

Wednesday Wheelies

RIDE CLASSIFICATION - Rides of about 75 km suitable for tourist riders. Start points are within a one-hour drive of Toronto and stick to the same quiet roads that characterize our Sunday Country Cruise rides. Start times vary, usually 8:30 a.m. during the hot summer months and 10:00 a.m. at other times.

DURHAM COLLEGE TO PORT PERRY May 12

60, 72 or 85 km ride from Durham College to Port Perry for lunch. Meet for a 10:00 am departure at the north parking lot of Durham College. To reach Durham College, exit Hwy 401 east at Thickson Rd., go north to Conlins Road, then east to the north parking lot at Durham College

HORNBY TO ROCKWOOD May 19

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

MOUNT ALBERT/ KESWICK -LAKE SIMCOE May 26

79 km ride from Mount Albert along Lake Simcoe to Keswick. Meet for a 10:00 am departure at the Community Centre on Main St. in Mount Albert. To get to Mount Albert go north on Hwy 404, east to Hwy 48 and north to Mount Albert.

CAMPBELLVILLE TO WATERDOWN Jun 2

64 or 74 km ride from Campbellville to Waterdown. Meet for a 10:00 am departure at the shopping centre west of the Guelph Line in Campbellville. To get to Campbellville go west on Hwy 401 to the Guelph Line, and south until you see the green parking sign for the entrance to the shopping centre. Park in the lot behind the Bruce Trail Eatery.

BRADFORD TO INNISFIL BEACH Jun 9

70 or 78 km ride from Bradford to Innisfil Beach on Lake Simcoe. Meet for a 10:00 am departure at the North Bradford Square Shopping Centre on Hwy 11, 1 km north of the town centre. To get to Bradford, exit Hwy 400 at Hwy 88 East.

WATERDOWN ESCARPMENT ADVENTURE Jun 16

A hilly 51, 71, or 83 km ride from Waterdown through the beautiful escarpment countryside. Meet for a 10:00 am. departure in Waterdown at the plaza on the corner of Hwy 5 and Hamilton St. To get to Waterdown proceed west on Hwy 5 (Dundas St.) to Waterdown.

KING TO SCHOMBERG Jun 23

67, 80 or 96 km ride from King through the Holland Marsh to Schomberg. Meet for an 8:30 am departure at the municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)

ASHBURN TOUR Jun 30

57 or 84 km ride from Ashburn to Enniskillen Conservation Area. Meet for an 8:30 am departure at Ashburn Community Park on the west side of Ashburn Rd., 200 m north of the main intersection in Ashburn. To get to Ashburn, go east on Hwy 401 to Brock Rd., north to Claremont and east on County Road 5 to Ashburn. Bring a lunch for this tour.

Saturday Morning Rides

Rain or shine, an intrepid group of cyclists gather every Saturday morning for a 35-40 kilometre ride. We start one half hour earlier than the Sunday rides so that the ride finishes in time for lunch and an afternoon of other activities. We are a sociable group and enjoy fraternizing with other riders of different ability levels and age groups. We pride ourselves on being fast-paced but there is always a sweep as well as a leader and the group stops frequently to wait for the slower members and to chat. To ensure the most diverse group of riders, we vary the start-point from the Beaches, Grenadier Pond, Etienne Brûlé Park and Edwards Gardens. All the routes are scenic and follow the ravines of Toronto or the lakefront trail.

See you then!

Julie Willmot

Saturday Morning Ride coordinator

Hairshirt Classic Double Century

Sunday, June 27, 2004

Test the limits of your endurance with this now classic double century challenge. The group departs Square One at sunrise and you 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, contact Owen Rogers 416-232-0243; email: hairshirt@tbn.ca to pre-register. A set of lights is mandatory for those participants who expect to finish after dusk (past the 13.5 hour mark). Check out the Hairshirt web page: www.tbn.ca/hairshirt for info. Start: Meet for a 6:00 a.m. sharp departure at Mississauga Square One, green parking post #5, SE corner Duke of York & Rathburn Rd.

Class: Advanced Tourist

Dist:322 km

Tourist Sportif

RIDE CLASSIFICATION

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

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

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

BLACK HORSE CENTURY Sun May 09

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

Start: Finch 8:30 am **Dist:** 105, 165 km

Class: Advanced Tourist, Tourist

KETTLEBY SURPRISE Sun May 09

An undulating ride to the village of Kettleby.

Start: Finch 10:00 am **Dist:** 70, 90 km

Class: Short Tourist, Tourist

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

QUEENSVILLE/GOODWOOD Sun May 16

A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert or Goodwood.

Start: Finch 8:30 am **Dist:** 120, 140 km

Class: Advanced Tourist, Tourist

THORNTON BALES/NEWMARKETS Sun May 16

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

Start: Finch 10:00 am **Dist:** 75, 105 km

Class: Short Tourist, Tourist

CALEDON-KING CONUNDRUM Sun May 23

A scenic and hilly route to lunch in Caledon East. New route!

Start: Finch 8:30 am **Dist:** 110, 135 km

Class: Advanced Tourist, Tourist

BOLTON HAMMER Sun May 23

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

Start: Finch 10:00 am **Dist:** 85, 105 km

Class: Advanced Tourist, Tourist

KLEINBURG KRUNCH Sun May 23

An undulating ride to lunch in Kleinburg.

Start: Finch 10:00 am **Dist:** 62 km

Class: Short Tourist

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

VANDORF/SNOWBALL Mon May 24

Short route heads to lunch at Jake's in Unionville. Long route lunches in Maple!

Start: Finch 10:00 am **Dist:** 70, 85, 96 km

Class: Short Tourist, Sportif, Tourist

LAKERIDGE-PORT PERRY Sun May 30

A new ride to Port Perry. Short routes head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!

Start: Finch 8:30 am **Dist:** 121, 136, 145 km

Class: Advanced Tourist

STOUFFVILLE CRUISE Sun May 30

Cycle up to Stouffville for a spot of lunch at the Lion of Whitchurch pub.

Start: Finch 10:00 am **Dist:** 75, 93 km

Class: Short Tourist, Tourist

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

BALLINAFAD-BELFOUNTAIN Sat Jun 05

Splendid route to an old favourite via the backroads of Halton. Note: 3 km of smooth dirt road en route. Short tour heads to Glen Williams.

Start: Kipling 8:30 am **Dist:** 115, 135 km

Class: Advanced Tourist, Tourist

GLEN WILLIAMS TOUR Sat Jun 05

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 8:30 am **Dist:** 95, 115 km

Class: Advanced Tourist, Tourist

Après: Tim Horton's, Dundas West at Aukland

MT. ALBERT/UXBRIDGE/UTICA Sun Jun 13

Three routes to lunch in Uxbridge.

Start: Finch 8:30 am **Dist:** 110, 125, 155 km

Class: Advanced Tourist, Tourist

MUSSELMAN LAKE/GOODWOOD Sun Jun 13

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

Start: Finch 10:00 am **Dist:** 80 & 95 kms

Class: Advanced Tourist, Tourist

STOUFFVILLE CRUISE Sun Jun 13

Head up to Stouffville for lunch, then swing by Main St. in Unionville on the way back for ice cream.

Start: Finch 10:00 am **Dist:** 65 km

Class: Short Tourist

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

CALEDON-KING-HOCKLEY Sun Jun 20

A scenic and hilly route to lunch in Caledon East, with an extra long option for those preparing for the Hairshirt.

Start: Finch 8:30 am **Dist:** 110, 135, 206 km

Class: Advanced Tourist, Tourist

BOLTON HAMMER Sun Jun 20

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

Start: Finch 10:00 am **Dist:** 85, 105 km

Class: Advanced Tourist, Tourist

KLEINBURG KRUNCH Sun Jun 20

An undulating ride to lunch in Kleinburg.

Start: Finch 10:00 am **Dist:** 62 km

Class: Short Tourist

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

QUEENSVILLE/GOODWOOD Sun Jun 27

A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert or Goodwood.

Start: Finch 8:30 am **Dist:** 120, 140 km

Class: Advanced Tourist, Tourist

THORNTON BALES/NEWMARKET Sun Jun 27

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

Start: Finch 10:00 am **Dist:** 75, 105 km

Class: Short Tourist, Tourist

VANDORF/SNOWBALL Thu Jul 01

Celebrate Canada Day with lunch at Jake's in Unionville. Long routes lunch in Maple!

Start: Finch 10:00 am **Dist:** 70, 85, 96 km

Class: Short Tourist, Sportif, Tourist

Country Cruise

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

BEELINE TO BOWMANVILLE **May 2**

A quiet undulating route from Oshawa to Bowmanville.
Directions: Meet for a 10:00 a.m. departure in the north parking lot of Durham College. Exit Hwy 401 eastbound at Oshawa (Simcoe Street/CR#2) and continue north to Conlins Rd. The parking lot is located on the south side of Conlins Rd. just west of County Rd. #2.
Distance: 62, 76 km

TERRA COTTA RAMBLE **May 9**

New route northwest of Brampton to Glen Oven Bakery in Glen Williams. Pick up your lunch there and enjoy it by the Credit River in Terra Cotta. Long tour lunches in Belfountain and is more hilly than short route.
Directions: Shoppers World in Brampton, Steeles and Hurontario (Hwy 10), in front of Tim Hortons. (Apres option: Kelseys, across from Tim Hortons).
Distance: 61, 82 km

SCHOMBERG TO CALEDON **May 16**

A ride in the lovely countryside north of Schomberg with lunch in Caledon East. Rolling terrain.
Directions: Take exit 55 off Hwy 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. (The arena is just west of Main Street.)
Distance: 74, 93 km

MOUNT ALBERT/LAKE SIMCOE **May 23**

A scenic jaunt along Lake Simcoe and surrounding countryside. Bring your lunch for picnic by the lake.
Directions: Short/Medium Tours: Meet at the IGA Plaza in Keswick. From Hwy 401, go north on Hwy 404 to Hwy 48. From Hwy 48, go west on Ravenshoe Road/C.R.32 to Keswick and north on The Queensway/C.R.12 to the IGA Plaza (near intersection of Glenwoods Avenue and The Queensway). Long Tour: From Hwy 401, go north on Hwy 404, east on Davis Drive, and north on Hwy 48 to Mount Albert. Go east on Mount Albert Sideroad, north on King St., and east on Main St. Meet at the Mount Albert Community Centre, Main Street in Mount Albert.
Distance: 56, 63, 79 km

THE SHELTER VALLEY SHUFFLE **Sun May 30**

Description: Explore the wonderful rolling hills & views north & east of Port Hope.
Directions: Meet for a 10:00 a.m. departure at Port Hope Town Hall. Take Hwy 401 east to exit #461, follow Hwy 2 to downtown Port Hope. The Town Hall is at 56 Queen St.
Distances: 70, 97 km

CAMPBELLVILLE COUNTRY CRUISER **June 06**

A ride through the rolling countryside around Campbellville.
Directions: Meet at the commuter parking lot at Guelph Line & Reid Sideroad. (Lot is small) Take Hwy 401 west to exit 312 and go south on Guelph Line towards Campbellville. Parking lot is on the right immediately after crossing over Hwy 401. If lot is full, turn right on the Reid sideroad. Go approx. ½ km until past the last "No Stopping" sign on top of the "80 KPH Begins" sign. Park on shoulder. Ride back to commuter parking lot to begin ride.
Distance: 55, 88 km

PORT PERRY PEDLAR **June 13**

An undulating scenic ride up and down the drumlins of Durham County. Note: there are two versions of this route. Listen to the Hotline to see which version is being run. The other version has 72 and 85 km routes. The tourleader may provide maps for all options, too.
Directions: Go east on Hwy 401. Exit at Oshawa (Simcoe Street/CR#2) and continue north to Conlins Rd. Meet at Durham College North Parking lot, located off of Conlins Rd. just west of County Rd. #2 in Oshawa.
Distance: 60, 72, 85, 90 km

GOODWOOD WANDER **June 20**

Goodwood Wander - A beautiful, although sometimes hilly ride over the Oakridges Moraine from Stouffville to Mrs. Wideman's Bake Shop in Goodwood for lunch.
Directions: To get to Stouffville, go north on Hwy. 404 to Stouffville Road. Go east on Stouffville Rd. to the Free Park on the north side of Main St. past the train tracks/"Go Station" and before Market St.
Distance: 61, 89 km

CONESTOGA-NEW DUNDEE TOUR **June 27**

A lovely ride along the Waterloo County Roads through peaceful Mennonite country. No doubt a tea shop will be found en route!
Directions: Take Hwy 401 West and exit at Homer Watson Blvd. 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.
Distance: 60, 80 km

Easy Roller

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

MAPLE BAKERY RIDE Sun May 02

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

Start: Finch **Dist:** 35 km
Après: Slug and Lettuce Pub, northwest corner Finch and Yonge

KINGSWAY RIDE Sun May 09

Wander the lovely neighbourhood back streets of Etobicoke.

Start: Etienne Brûlé Park **Dist:** 35 km
Après: The Fan

LESLIE ST. SPIT Sun May 16

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

Start: Boardwalk Pub **Dist:** 40 km
Après: Boardwalk Pub

MISSISSAUGA DIM SUM Sun May 23

Try out fantastic dim sum in Mississauga.

Start: Etienne Brûlé Park **Dist:** 43 km
Après: Bert and Ernie's

LAKE WILCOX PICNIC Mon May 24

Join our annual Victoria Day Ride up to Lake Wilcox.

Start: Finch Subway **Dist:** 50 km

MILL POND PICNIC Sun May 30

Enjoy a pleasant ride out to the Old Mill Pond in Richmond Hill. Start point can now be reached by subway! Call hotline for directions to meeting in Fairview Mall

Start: Fairview Mall **Dist:** 42 km

HUMBER RIVER TRAIL Sun Jun 13

Explore the trails and side roads of Etobicoke north of Bloor Street.

Start: Etienne Brûlé Park **Dist:** 45 km
Après: Bert and Ernie's

TORONTO ISLAND Sun Jun 20

Cycle primarily on recreational trails on a round trip to Toronto Island.

Start: Shoppers World **Dist:** 47 km
Après: Tropical Nights, Danforth Ave. just east of Victoria Park.

MAPLE BAKERY Sun Jun 27

Taking the longer route than earlier in the season, wind your way to Centro Bakery in the town of Maple.

Start: Finch Subway **Dist:** 52 km
Après: Slug and Lettuce Pub, northwest corner Finch and Yonge.

ETOBICOKE MEANDER Thu Jul 1

Explore the bike trails and backroads of Etobicoke.

Start: Coronation Park **Dist:** 54 km

CYNTHIA'S SCENIC CITY Sun Jul 4

An opportunity to see the city at its best. Ride around Toronto through the city's park systems and quiet residential streets. "Cynthia" will provide Tim Bits at the lunch stop.

Start: Etienne Brûlé Park **Dist:** 65 km

Common TBN Start Locations

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

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

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

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

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

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

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

Tuesday Java Jaunts Return

Last year's Java Jaunts return with another series of 1-2 hour ravine rides every second Tuesday at 10:30 AM.. Enjoy park paths without the weekend crowds. The routes avoid busy streets as much as possible. All start points are easily accessible by subway. Check the Hotline or the website for more details in May.



Ravenshoe Sun May 2

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

Start: 10:00 am **Trail pass:** Free

Facilities: None, Limited Parking

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

Kelso Sat May 8

Kelso Conservation Area features 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill- tough going up, a blast going down. Fabulous views.

Moderate, clay based hard pack with mud holes, limestone boulders

Start: 10:00 am **Trail pass:** \$6

Facilities: Washrooms, Snack Bar, Camping, Swimming

Trailhead: NEW meeting location, Summit Gatehouse: Hwy 401 west to Hwy 25, south towards Milton, west on Hwy 8 (Steeles Ave.) parking at Old Bell School Line. <http://www.conservationhalton.on.ca/kelso.html>

Highland Creek Sat May 15

Nobbie Newbie beginner ride

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

Start Time: 10:00 am **Trail Pass:** Free **Facilities:** Parking

Trail Head: Just north of Kingston Rd. (near the GO station) take Celeste Dr. at the light then turn left on Greenvale Terrace, park at end of street.

York Forest Sun May 16

Come out and explore this new location east of Aurora. Mixed pines and hardwood with logging roads and soft trails. A fast ride with few hills.

Start Time: 10:00 am **Trail Pass:** Free

Facilities: Parking, Washrooms

Trail Head: Take Hwy 404 north, exit Aurora Rd. and head east, turn north on Hwy. 48 Markham Rd., parking lot entrance on left Hollidge Tract (1623 Markham Rd.).

Mosquito Coast Sat May 22

This central location close to Toronto south of Aurora is a fun ride. Terrain is sand and clay with lots of long windy descents and hills plus logs, stunts.

Start Time: 10:00am **Trail Pass:** Free **Facilities:** Free

Trail Head: Take Hwy 404 north to Stouffville Rd. go west to Bayview Ave. north ~2km to parked cars, trail on right. Note: because of the ongoing construction this ride may have last minute changes check the website.

Albion Hills Sun May 30

Ride just north of Bolton in this hilly-forested area on 25km of xc-ski trails with side single track, some sand, roots and logs.

Start Time: 10:00 am **Trail Pass:** \$4

Facilities: Washrooms, Showers, Snacks, Camping, Swimming

Trail Head: Drive north from Bolton on Hwy 50 until you see the entrance to Albion Hills Conservation Area on your left. Park at far end by chalet.

<http://www.trca.on.ca>

Dagmar Sat Jun 05

The forested hills and ravines beckon you to ride the 20 km of single track and xc-ski trails. Easy to extreme, hilly, twisty, roots, stunts.

Start Time: 10:00 am **Trail Pass:** \$7

Facilities: Washrooms, Vending Machines

Trail Head: Hwy 401 east to Harwood Ave in Ajax, north to Hwy 2, east 5 km to Lakeridge Rd. North 19 km, entrance is on west side.

http://www.skidagmar.com/mountain_biking.htm

Humber River Sun Jun 06

Nobbie Newbie beginner ride

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

Start Time: 10:00 am **Trail Pass:** Free **Facilities:** Washrooms

Trail Head: Meet at the Old Mill Rd. parking lot in the valley just north of Bloor St. W.

Hardwood Hills Sun Jun 13

With 70 km of xc-ski loops and lots of single track trails, Hardwood Hills is an industry benchmark offering trails for all abilities. Don't miss this superb mountain bike centre. Easy to extreme, hard pack surface

Start Time: 10:30 am **Trail pass:** \$12

Facilities: Full service -Washrooms, Showers, Cafeteria, Bike Rental

Trailhead: Hwy 400 north past Barrie to exit 111 Forbes Rd, travel east 10 km, entrance on left side. <http://www.hardwoodhills.ca>

Hilton Falls Sat Jun 19

Enjoy the scenic rolling hills of Hilton Falls Conservation area and its 15 km of single & double track loops through hardwood forest. The Rim Bender is one of the toughest trails for dual suspension bikes. Easy to extreme, clay, gravel, limestone rocks.

Start Time: 10:00am **Trail Pass:** \$6

Facilities: Washrooms, Parking

Trail Head: Hwy 401 west to Hwy 25, north to Regional Rd. 9 (Campbellville Rd.), west 6 km to entrance on right side.

Glen Major Sun Jun 27

15 km of tight technical single track, for beginner to advanced. Drop offs, sandy areas, long runs and great scenery, north of Uxbridge.

Start Time: 10:00 am **Trail Pass:** Free **Facilities:**None

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



Directors' Notes Cyclon 2004:

By Trevor Woerner & Vanessa Busch

Spring is in the air and I'm sure most of you are looking forward to getting on your bikes (if you haven't done so already). With the many events being planned, it looks like this year is shaping up to be a great one for cycling in and around Toronto. One of the events to look forward to this summer is Cyclon 2004 taking place the August long weekend July 30 to August 2.

Cyclon has a history of looking to the east, west, and even south (St. Catharines) for its adventures. This year we're trying something new by going north to the beautiful city of Barrie. Nestled on the shores of Lake Simcoe's Kempenfelt Bay, Barrie is a vibrant and attractive city with swimmable beaches and an abundance of parkland. Totalling over 300 hectares, Barrie has 90 parks scattered throughout the city. Several of these parks line beautiful Kempenfelt Bay with extensive biking, roller blading and walking trails. Cultural attractions include the renowned Gryphon Theatre, the Barrie Molson Centre, and the MacLaren Art Centre.

This year's Cyclon will be a great ont to attend especially if you want to bring a non-cycling partner, you like taking a day off, or you're looking for a great place to find things to do after cycling. In and around Barrie you'll find art centres, Casino Rama, Georgian Downs Raceway, a vibrant waterfront, Base Borden Military Museum,

bars, pubs, and fine dining. Also taking place the same weekend as Cyclon is Barrie's annual Kempenfest Waterfront Festival -- a fantastic weekend-long celebration of music, food, entertainment, and over 400 arts, crafts, and antique dealers.

In Barrie we'll be staying at the Summer Suites and Conference Services of Georgian College. Each suite contains two bedrooms and a bathroom as well as a kitchenette area with a full-size fridge, microwave/convection oven, cupboard and counter space with sink, table and chairs. Also included in each unit is internet connectivity (computer not included) and a television with satellite service. The apartment-style facilities have common areas on each floor, and they'll allow us to bring our bikes into our rooms.

The price of your on-site Cyclon package includes your accommodation, breakfast for three mornings, a BBQ dinner on Saturday, route maps, the availability of a sag wagon, parking, availability of a bike mechanic, weekend-long use of the gym facilities, all in-suite amenities, and lunch at the Barrie Country Club on Monday. As a special bonus and surprise this year, Sunday evening we'll be taking a cruise on Lake Simcoe and holding a gala evening dinner party on the Serendipity Princess. A shuttle bus will be provided allowing our guests to enjoy themselves as much as they like without

wondering how they're going to get back to the college afterwards.

In addition to all the above, let's not forget the main reason for Cyclon in the first place... great riding! Everyday there will be a variety of rides to choose from; everything from rides classified as leisure wheeler [distances of 20-60 km at speeds of 15 km/h or more] to rides classified as sportif [distances of 120-200 km at speeds averaging 25-30 km/h]. Barrie and its surroundings provide a backdrop for some of the best riding Ontario has to offer.

Sign up before June 3 and pay the Early Bird price of \$267.00 for members and \$282.00 for non members. Prices are in Canadian funds and include taxes. Please note we'll only be accepting 150 guests this year. Registration closes on June 29, 2004. If you need more details or want to register, do it online at <http://www.tbn.ca/cyclon>. Come join us for the *Social & Sign Up Night Thursday June 3 at the Bow & Arrow Pub, 1954 Yonge St.*

Cyclon's purpose isn't head-down hard-core cycling. It's about getting together with good people and having fun! Hope to see you in Barrie!



TBN & Bike Week 2004

By Imtiaz Mawji, Director Publicity & Promotions

Every year the City of Toronto brings the bicycling community together to celebrate Bike Week. Bike Week events provide an opportunity to introduce family and friends to the joys of bicycling and to meet other riders. So come on out to this year's exciting events. For a complete listing and links, visit the TBN website (<http://tbn.ca>), call the TBN Hotline (416-760-4191), or visit the City of Toronto's website at <http://www.toronto.ca/cycling>. Want to volunteer? Send a message to publicity@tbn.ca.

15th Annual Group Commute & Free Pancake Breakfast - Tuesday May 25

Hosted by the Toronto Cycling Committee. Meet at 7:30 am at Bloor & High Park, Yonge & Lawrence or Danforth & Woodbine for a group commute through the streets of Toronto. All rides converge at 8 am at Yonge & Bloor and ride to Nathan Phillips Square for a free and delicious breakfast.

Lunch Time Cycling Festival and Fair. Come on down to Nathan Philips Square from 11:30 am to 2:30 pm to find out what Toronto's thriving bicycle culture has to offer the bicycling community. Bring your lunch and enjoy the entertainment, get your bike tuned up, see the latest gear and accessories and learn about the City's numerous cycling groups and clubs.

Bike Plan Open House - Thursday May 27

Join the City's Cycling Committee from 7 to 9 pm at Toronto City Hall's Rotunda for refreshments and an update on the City's Bike Plan. Have something to say? This is your chance to offer your opinion to the City's Cycling Committee.

TBN's Friday Night Ride. - Friday May 28

Join the Friday Night Riders for this fast, furious and too hot for words social ride. Cool down after a night of riding at a local hot spot. Meet at Bridgepoint Health (Broadview & Gerrard) for a 6:30 pm departure. Non-members ride free on this special Bike Week ride. Ride classification: Easy Rollers.

BikeToronto.ca Network Connections Ride. - Sunday May 30

Ride Bikeway Network routes and hear commentary about the latest developments you've been reading about on www.biketoronto.ca. Meet at Boardwalk BBQ Pub (Coxwell and Lakeshore) for a 10:00 am departure. Non-members ride free on this special Bike Week ride. Ride classification: Leisure Wheelers.

TBN's Backroads and Bikepaths of Etobicoke. - Tuesday June 1

Enjoy a two-hour group ride through the Humber Valley and Mimico Creek areas. Meet at the Old Mill Subway Station for a 6:30 pm departure. Non-members ride free on this special Bike Week ride. Ride classification: Easy Rollers.



Wednesday June 2

Hart House University of Toronto

Breakfast. - Whether you walk or bicycle to work, enjoy breakfast and musical entertainment at the Arbor Room from 7:30 to 9 am. 7 Hart House Circle (Queen's Park & Wellesley).

Wednesday June 2

TBN's Neighbourhoods of Davisville

A leisurely evening ride through the scenic streets and parks north of Davisville. Meet at Davisville Park (Davisville & Mt. Pleasant) for a 6:30 pm departure. Non-members ride free on this special Bike Week ride. Ride classification: Leisure Wheelers.

Be a part of BIKE WEEK



BikeToronto.ca News

By Martin Koob Toronto Cycling Committee

Bike Week is coming! This year it will run from May 24th and June 6th. This is the City of Toronto's major event to promote cycling in the city. Last year there were over 100 events hosted by more than 50 organizations and community groups, including TBN. This year TBN is running some rides to celebrate Bike Week. The City of Toronto will also host some events such as the 15th Annual Group Commute and Free Pancake Breakfast starting at 7:30am on Tuesday May 25th. The events promote different aspects of cycling and the Bike Plan. For a complete listing of all the Bike Week events visit the City of Toronto's Bike Week website:

http://www.toronto.ca/cycling/bikeweek/bikeweek_2004.htm. Brochures advertising the event will soon be available, or you can call 416-392-7592 for more information.

I have written a lot in the TBN newsletter and on the BikeToronto.ca website about the Bikeway Network projects that have been completed in the City of Toronto during the first two years of the Toronto Bike Plan. Sometimes I have included some pictures or maps to give readers a better understanding of what the new projects look like or how they can find them and ride them themselves. Yet I feel these actions still don't provide a true feeling of how the new projects tie in to the city's greater bike network and how cyclists can connect from one path to another. That is the purpose of the BikeToronto.ca Network Connections ride.

TBN will host this ride during Bike Week on Sunday, May 30th at 10:00 am. We will meet at the Boardwalk BBQ Pub (at Coxwell and Lakeshore) and ride through the downtown to Christie Pits and back following bike paths, bike lanes and signed routes. There will be stops along the way to explain various features of the Bikeway Network that have been completed during the first two years of the Bike Plan and point out future projects. Seeing the Bikeway Network on your bike is the best way to appreciate what has been done so far and what still needs to be done. I hope you will join me!

Many great events will happen during Bike Week. Come out and have some fun and show your support for cycling in Toronto.

Friday June 4

TBN's Hanging Out in Rosedale - Enjoy a scenic ride through the quiet streets of Rosedale. Meet at Davisville Park (Davisville & Mt. Pleasant) for a 6:30 pm departure. Non-members ride free on this special Bike Week ride. Ride classification: Leisure Wheelers.

Sunday June 6

Becel Ride for Heart - This is your opportunity to cycle or inline skate along the DVP and Gardiner Expressway while raising funds for Heart & Stroke research. Keep an eye out for fellow TBN riders and make this an event to remember! Call 416-486-RIDE or visit www.heartandstroke.ca/rideforheart.

Spring Dinner / Dance Saturday May 15

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

See you there. *Ron Fletcher*

Thank TBN it's Friday!

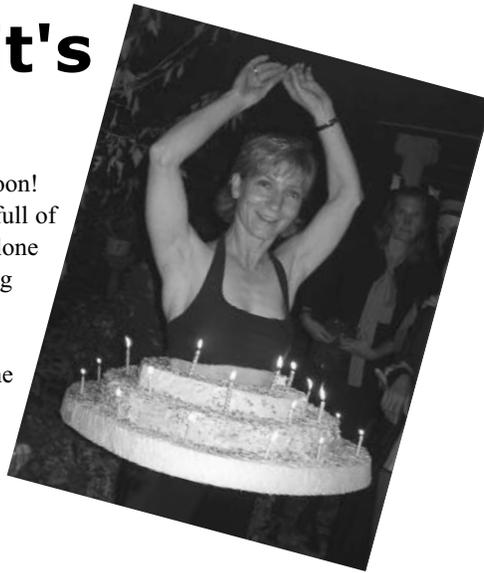
Friday night rides (FNRs) will be starting soon! Block your Friday nights off for a summer full of fun!! No more boring Friday nights home alone on the couch watching TV or out on a boring date! Start the weekend off right with some exercise (a 30-50 km faster paced ride) followed by a night on the town at one of the hottest spots in the city!

The FNRs are guaranteed fun and incredibly social events! So, be prepared to:

- Wear a "Hello My Name is" sticker!
- Engage in ridiculous ice-breaker games
- Check out some of the coolest patios & hottest bars in T.O.
- Break from the ordinary: picnic on the island; have pizza delivered to the Scarborough Bluffs, visit Little India, check out Harbourfront's great food & free entertainment.

If you're ready for the fun and excitement, check out our website and the TBN Hotline for the latest ride info. (Stay tuned - the rides will start mid to late May.)

P.S. For those wondering how Kay [our former (and much-missed!) co-coordinator of the FNRs] is doing in Spain - she's loving it!! She's been doing some cycling - apparently the rides start with kisses all around - which she highly recommends! - and end with the guys paying for everything! (Not sure why, but she doesn't appear to be any hurry to come back to TO!)



Ride for Heart

Volunteers Needed!



If you are willing to assist at the event by providing BASIC assistance to cyclists in need, then this opportunity is for you. Ambassadors of the Road (as we are called) usually work in pairs offering assistance to cyclists in need, or providing general information. Your team of two will need some mechanical ability--at least be able to repair a flat--and should bring along a pump, patch kit, tire irons and any other useful bike tools you think you might need. Rewards for volunteering? T-shirt, lunch, entry to the event and loads of thankful smiles!

Volunteers should meet Joe Hickey at 7:00 a.m. at the TBN Tent, (location to be announced via Hotline, weekly e-mail and TBN website as the event approaches.) Bring your TBN membership card to show Joe. T-shirts, walkie-talkies and goodie backpacks will all be distributed there. Cycling event takes place rain or shine. Non-members are welcome to volunteer, but should phone Joe Hickey in advance of the event at 416-269-8947.

TBN JERSEYS ARE HERE



The TBN jersey shipment has arrived in all sizes (S, M, L, XL and XXL). If you would like to purchase one visit Urbane Cyclist, (180 John St just north of Queen, west of University, 416-979-9733), the exclusive vendor of TBN cycling jerseys. Please remember that payment is by cheque only, made payable to the Toronto Bicycling Network and the price is a very reasonable \$55 each.



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