

QuickRelease

May/June 2005 • Volume 23, Issue 2



Toronto
bicycling
Network



Notes From the VP of Touring

John Burdett, VP Touring

By the time you get this, the cycling (and inline skating) season should be well underway. Hopefully the weather is warmer and sunnier than the spring of last year.

This year's first Ride Leader Clinic was a success, with 20 people attending. The second Clinic will be held on the evening of Tuesday, May 17, at the historic Ralph Thornton Centre, from 7-9 pm. The Ralph Thornton Centre is located at 765 Queen Street East, at the corner of Queen and Saulter Streets, two blocks east of Queen and Broadview. It is easily accessible by TTC, via either the Queen or Broadview streetcars, and on-street parking is available in the area.

Leading rides is a wonderful way to get to know other members and help out TBN. So, whether you have led rides in the past, or are just thinking about the possibility, email me at touring@tbn.ca or phone me at 905-881-9259, and I will reserve a spot for you at the clinic. Remember that attending the Ride Leaders' Clinic and leading just three other events will earn you a free membership renewal.

I would also like everyone to welcome Kevin Mount as our new InLine Skating Coordinator. He is replacing Martha Scott

who initiated the program and ran it for the past four years. On behalf of TBN, I would like to thank Martha for all of her efforts in making this a successful program.

Looking forward to some great rides!

Thanks to TBN Volunteers!

About 50 people attended the Volunteer Appreciation Night on Friday, April 8 at the Sports Centre Café. Door prizes, a trivia contest, and free food enlivened the event.

Thanks to Loreto Manni, TBN President, for organizing this opportunity for club members to renew friendships after a long winter.

TBN Who's Who

TBN Board of Directors

President	Loreto Manni	president@tbn.ca
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Social Director	Ron Fletcher	416.461.9695
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Friday Night Ride	Peggy McFarland	416.405.8307
Hiking	Terry Davison	905.453.1952
Ice Skating	Molly Cheung	iceskate@tbn.ca
Indoor Spinning	Lori Roth	spinning@tbn.ca
Inline Skating	Kevin Mount	416.757.4541 • inline@tbn.ca
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Membership Secretary	Eileen Harbinson	416.482.2157
Mtn. Biking, Trail Riding	Dan Roitner	mtb@tbn.ca
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Tourist, Sportif, Webmaster	Owen Rogers	info@tbn.ca
Tuesday Ravine Rides	David Peebles	416.534.7168
Wednesday Nights	Ron Fletcher	416.461.9695
Wednesday Wheelie	Bill Hannaford	416.482.2125

Wednesday Night Rides

We are always looking for new riders to join our regular group of cyclists for a relaxed 25 km social ride at 6:30 pm on Wednesday evenings.

Our start points include Bridgepoint Health on Broadview, the Beaches Boardwalk Cafe, Wilket Creek, and Alexander Park on the Danforth. Our rides are mostly on bike trails so you have fewer worries about traffic. A big bonus, besides our social après at local restaurants, is a standing invite to Ron Fletcher's pizza parties.

For details check out the ride listings in this newsletter, on the website or on the hotline.

Come join us!

Toronto Trailblazers Need You

The Trailblazers is a recreational cycling club with a twist. We give blind and vision impaired adults the opportunity to cycle with sighted volunteers (Captains) on tandems (bicycles built for two).

The club is currently in need of more Captains in the GTA (from Scarborough to Etobicoke to North York). If you can help us with even one or two outings during the cycling season, our members would greatly appreciate this.

We provide orientation sessions for all new Captains and club members (blind and vision impaired). Tandem bikes are provided by the Trailblazers. Club membership for Captains is free.

If you have any further questions or decide to volunteer as a Captain, please contact: Lynda Spinney at: lsinney@rogers.com or call (416) 247-7117. Visit the website at: www.torontotrailblazers.org.

Spinning Update

There will be another eight-class spinning session following the current session.

The last class of the current session is on Wednesday, April 20. The next session will commence on Wednesday, April 27 and the final class will be on Wednesday, June 15, at which point we will break for the summer and resume in September.

Weekend Cycling Trips

May 20-23 Allegany Amble

The tradition continues as TBN will again be visiting New York State over 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: TBA. Includes three nights' accommodation (last year it was about \$95 CAD). Please make cheque payable to the *Toronto Bicycling Network*.

**Contact: Dave Maclean,
416-482-8033.**

June 25-26 Wending Awenda

The Awenda weekend features camping in Awenda Provincial Park, lounging on the beach, and cycling the wonderful country roads of Midland-Penetanguishene. For details, see the TBN website.

June 18-19 Toronto-Niagara-Toronto Overnight

High Park to Niagara Falls: 168 km or Stoney Creek to Niagara: 90 km. For twelve 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. Added this year is a longer, sportif option on day one with more hills that crosses the Dundas Valley before lunch in Ancaster. Call Joe Hickey at 416-719-8439 and leave your mailing address or fax number to receive a registration form or download it from the TBN website. Prices (which include luggage transfer/sag support and motel accommodation) are: one person in a one double bed room: \$ 77.00, two people in a one double bed room: \$46.00 each, two people in a two double bed room: \$51.00 each. Non-members are welcome for an additional \$10.

No More Refunds on Multi-Day Trip Deposits

(Yes, we really mean it!)

The TBN volunteers who organize multi-day, overnight outings (such as ski trips to Silent Lake and cycling trips such as the Allegany Amble) have been frustrated over the years because of people who register, pay the trip fee, and then want to back out and get their deposit refunded. The Board has decided to get strict on this - no refunds on deposits.

The reason for the no-refunds policy is that trips are planned, and prices negotiated with the accommodation providers, on the basis of at least a minimum number of participants. TBN takes on the responsibility of helping the resort (or whomever is supplying the rooms) turn a profit on the event. If people back out, this causes problems for the organizers and everyone else involved.

So please show consideration for the people who make these trips possible, and accept the fact that TBN will not be offering refunds to people who change their minds about going on weekend trips sponsored by the club.

To quote the TBN Weekend Trips Policy as amended on August 13, 2002 and posted on the TBN website:

"No TBN financial losses due to participant cancellations will be allowed. If a participant is unable to attend, it is up to the participant to sell their spot subject to the approval of the organizer. If they are unable to find a suitable replacement they will be liable for the full cost of their participation, with no refund issued."



Bolton Hammer - March 27, 2005



Kettleby - Maple - December 5, 2004

Trail Riding Schedule

Sunday, May 1

RAVENSHOE - 10am start

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

Trail pass: Free Facilities: limited parking

Trailhead: From the west or central areas: 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 about 500 m, parking on the right

From the east- north 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, south 600m

Saturday, May 7

KELSO - 10 am start

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

Trail pass: \$7 Facilities: washrooms, snack bar, camping, swimming

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

Sunday, May 8

GREENWOOD - 10 am start

This 15 km trail system covers flat river paths, boardwalks, fields, valley hills and goes into a small gravel pit. An easy to moderate ride close to the east side of the city.

Trail pass: Free Facilities: washrooms, parking

Trailhead: Take the 401 east to Westney Rd. exit. go north through Ajax. Past Tauton Rd. is a road on the left - Greenwood Rd. Follow the Greenwood Conservation Area signs and park at the far end lot.



Hilton Falls, 2004 - Photo by Dan Roitner

Saturday, May 14

RAVENSHOE - 10 am start

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

Trail pass: Free Facilities: limited parking

Trailhead: From the west or central areas: 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 about 500 m, parking on the right

From the east- north 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, south 600m

Sunday, May 15

YORK FOREST - 10am start

Come out and explore the north of Stouffville - the Eldred King forest tract. 20 km of mixed pines and hardwood with logging roads and new single-track trails. Easy fast ride, sandy with a few hills. (watch for horses and paddies)

Trail pass: free Facilities: washrooms, parking
Trailhead: Take Hwy. 404 north, exit Aurora Rd. and head east, turn north on hwy. 48 Markham Rd., drive 2.5 km, parking lot entrance on left - Eldred King Woodlands

Saturday, May 21

MOSQUITO COAST - 10 am start

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

Trail pass: free Facilities: none

Trailhead: Take the 404 north to Stouffville Rd. go west to Bayview Ave., then north 1km, park north of bridge, on the east side, trails on right

Sunday, May 22

DON VALLEY - 10 am start

In the heart of the city this mainly 15+ km single-track hilly trail offers fun for all. Moderate to extreme, clay surface, gravel, sandy along river, logs, stunts, can be muddy or dusty

Trail pass: Free Facilities: none

Trailhead: park at Toronto Brick Works on Bayview Ave. 1 km south of Pottery Road. Après drinks and bites at Whistler's

Saturday, May 28

HILTON FALLS - 10 am start

Dual suspension heaven. 15 km of single & double track loops through hardwood forest and wetlands. Discover the new rocky trails beyond the falls. (avoid the Rim Bender trail) Easy to extreme, clay, gravel, limestone rocks
Trail pass: \$8 Facilities: washrooms, parking
Trailhead: 401 west to hwy 25, north to Regional Rd. 9 (Campbellville Rd.), west 6 km to entrance on right side. www.conservationhalton.on.ca

Sunday, May 29

ALBION HILLS - 10 am start

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

Trail pass: \$4 Facilities: washrooms, showers, snacks, camping, swimming

Trailhead: Drive north from Bolton on Highway 50 until you see the entrance to Albion Hills Conservation Area on your left. Park at far end by chalet. www.trca.on.ca

Saturday, June 4

ORONO FOREST - 10 am start

Ed will lead this NEW ride north of Newcastle. Easy to moderate, 15km of trails along the Wilmot Creek watershed through an old provincial tree nursery.

Trail pass: Free Facilities: parking

Trailhead: Drive east 401 past Bowmanville, take 35/115 north to exit at Orono, go west over the bridge to Main St., turn north on Main then west at Station St. to Ochonski Rd. parking at Station-Ochonski intersection
<http://www.oronocrownlands.com/index.html>

Sunday, June 5

HIGHLAND CREEK - 10 am start

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.

Trail pass: free Facilities: parking, washrooms

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

Saturday, June 11

DON VALLEY - 10 am start

In the heart of the city this mainly 15+ km single-track hilly trail offers fun for all.

Moderate to extreme, clay surface, gravel, sandy along river, logs, stunts, can be muddy or dusty

Trail pass: Free Facilities: none

Trailhead: park at Toronto Brick Works on Bayview Ave. 1 km south of Pottery Road. Après drinks and bites at Whistler's

Sunday, June 12

HARDWOOD HILLS – 10:30 am start

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

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. www.hardwoodhills.ca

Saturday, June 18

HILTON FALLS – 10 am start

Dual suspension heaven. With 15 km of single & double track loops through hardwood forest and wetlands. Discover the new rocky trails beyond the falls. (avoid the Rim Bender trail)

Easy to extreme, clay, gravel, limestone rocks

Trail pass: \$8 Facilities: washrooms, parking

Trailhead: 401 west to hwy 25, north to Regional Rd. 9 (Campbellville Rd.), west 6 km to entrance on right side. www.conservation-halton.on.ca

Sunday, June 19

GREENWOOD – 10 am start

This 15 km trail system covers flat river paths, boardwalks, fields, valley hills and goes into a gravel pit. An easy to moderate ride close to the east side of the city. clay, water, gravel

Trail pass: Free Facilities: washrooms, parking

Trailhead: Take the 401 east to Westney Rd. exit. go north through Ajax. Past Tauton Rd. is a road on the left - Greenwood Rd. Follow the Greenwood Conservation Area signs and park at the far end lot.

Saturday, June 25

KELSO – 10 am start

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

Trail pass: \$6 Facilities: washrooms, snack bar, camping, swimming

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

Sunday, June 26

GLEN MAJOR – 10 am start

20 km of tight technical single track, for beginner to advanced,

Drop offs, sandy areas, long runs and great scenery, south of Uxbridge.

Trail pass: Free Facilities: none

Trailhead : - 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.

Saturday, July 2

KOLAPORE UPLANDS – 10:30am start

Single track heaven on 50 km of trail which dissects this forest, a cross-country skiing network. Although there are some difficult sections and a few climbs, these trails are suitable for all levels. The difference will be in how fast you go and/or how much you walk. The farthest to drive (south of Collingwood) but some say our best ride!

Trail pass: free Facilities: outhouse

Trailhead: - From Toronto, Highway 10 north, it will join Highway 24 past Orangeville. Follow Highway 24 north, turn left onto Highway 4, then right on Gray Road #2. The parking lot is located about 10 min. up the road on the right hand side. The trail entrance is across the road.

Sunday, July 3

RAVENSHOE – 10am start

With 15 km of single-track trails, Ravenshoe offers lots of roots, logs and stunts to challenge the rider, one of our hardest/favorite rides

Moderate to extreme, hard packed surface, fairly flat but very twisty, can be muddy

Trail pass: Free Facilities: none, limited parking

Trailhead: From the west or central areas: 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 about 500 m, parking on the right

From east- north 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, south 600m

Saturday, July 9

DON VALLEY – 10am start

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.

Trail pass: Free Facilities: none

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



Horseshoe, 2004 - Photo by Dan Roitner

Sunday, July 10

WATERDOWN – 10:30am start

A great 30 km valley system near Hamilton with lot's of steep downhill, and uphill challenges. Many inter weaving trails to learn your way around, logs, mud, great scenery

Trail pass: Free Facilities: local stores and diners in Waterdown

Trailhead: QEW west, onto hwy 403, turn north on hwy 6, east briefly on hwy 5 (Dundas St.), right at Dennis Ave to parkette entrance on Rockcliffe Rd. Carpool, parking is limited]

Saturday, July 16

GREENWOOD – 10am start

This 15 km trail system covers flat river paths, boardwalks, fields, valley hills and goes into a gravel pit. An easy to moderate ride close to the east side of the city. clay, water, gravel

Trail pass: Free Facilities: washrooms, parking

Trailhead: Take the 401 east to Westney Rd. exit. go north through Ajax. Past Tauton Rd. is a road on the left - Greenwood Rd. Follow the Greenwood Conservation Area signs and park at the far end lot.

Sunday, July 17

DON VALLEY – 10am start

In the heart of the city this mainly 15+ km single-track hilly trail offers fun for all.

Moderate to extreme, clay surface, gravel, sandy along river, logs, stunts, can be muddy or dusty

Trail pass: Free Facilities: none

Trailhead: park at Toronto Brick Works on Bayview Ave. 1 km south of Pottery Road.

Après drinks and bites at Whistler's

Snow Many Great Winter Memories!

By Kathleen Ryan, VP Skiing

While some TBNers hibernated and lamented a winter that seemed like it would never end, TBN cross-country skiers and snowshoers couldn't believe their luck as they skied and snowshoed right up until Easter! The season ended on a high note at the Hardwood Hills Spring Fling, where we enjoyed balmy spring temperatures, sunshine, and soft snow scattered with lettuce (was it a trail for the Easter bunny or the remains of a salad on skis?).

This year, TBNers enjoyed 12 consecutive Sundays of excellent snow conditions, great conversation, and tasty treats on the bus! Always ready to test their limits and try something new, TBN skiers and snowshoers tried the trails at the newly-opened Scenic Caves resort and trekked up to Huntsville for a visit to the picturesque



Hardwood Hills - Photo by Patrick Lam

and tranquil Arrowhead Provincial Park. These two new destinations were so popular that we will return there next year.

Hearty thanks to bus captains Dave Moffat, Janet Guttsman, and Dorothy Garfinkel and to snowshoe leader Peter Macdonald. Thanks also to Ian Tytler for running the program for two weeks in January.

Enjoy the cycling season and see you on the Ski Bus next winter!

Ravine Rides

The Ravine Rides are a series of 1-2 hour rides Tuesdays at 10:30 am. We can enjoy the paved paths through the city's parks, without the weekend crowds. The routes avoid busy streets as much as possible. All start points are accessible by subway. These relatively short rides at a moderate pace are a great way to introduce friends to TBN. Distances are approximate.

Tuesday, May 24

THE HUMBER YO-YO - A great way to warm up your cycling muscles after a long winter: a paved path with gentle grades along one of the nicest stretches of the Humber River. The route is virtually car-free.

Start: 10:30 a.m. in front of Old Mill subway station. Dist: 20 km

Tuesday, May 31

THE SECRET CIRCUIT - A half-hidden downtown route with a minimum of street riding. A short route, but the Poplar Plains hill will make sure you get a good cardio workout! Some unpaved paths.

Start: 10:30 am in Taddle Creek Park one block north of the Bedford exit of the St. George subway station. Dist: 14 km

Tuesday, June 7

UP-DOWN DOWNTOWN - Up Poplar Plains, along the Beltline, down Moore Park Ravine, then back through Rosedale. Some unpaved paths.

Start: 10:30 am in Taddle Creek Park one block north of the Bedford exit of the St. George subway station. Dist: 15 km

Tuesday, June 14

MIMICO CREEK AND THE HUMBER - Paved paths and a few blocks of street riding.

Start: 10:30 am Old Mill subway station. Dist: 21 km

Tuesday, June 21

MOOREVALE/DAVID BALFOUR PARK - Poplar Plains, a bit of the Beltline, Moore Park Ravine, then a (mostly) gradual climb back up from the Don Valley. Some unpaved paths.

Start: 10:30 am in Taddle Creek Park one block north of the Bedford exit of the St. George subway station. Dist: 18 km

Tuesday, June 28

SUNNYBROOK/DON VALLEY - Almost entire route is paved. Some streets, but two-thirds is on bike paths and half is in ravines. Come and see the amazing half-elephants!

Start: 10:30 am in Taddle Creek Park one block north of the Bedford exit of the St. George subway station. Dist: 26 km

TBN Retailer Discount Program

There are now 36 retailers, tour operators, and fitness centres offering discounts to TBN members upon presentation of a current membership card, subject to the terms and conditions laid out by each retailer. Please refer to www.tbn.ca/discount for changes and additions. This month we welcome:

Curbside Cycle

402 Bloor Street West

10 percent off parts, accessories and clothing



Photo by Dan Roitner

Ride Leader Clinic

Date: Tuesday, May 17, 2005

Time: 7- 9 pm

Location: Ralph Thornton Centre
765 Queen St. East
at Queen and Saulters Streets,
two blocks east of Queen
and Broadview

**Please RSVP to John Burdett,
VP Touring, at touring@tbn.ca
or 905-881-9259**

Wednesday Wheelie Rides

May 4 10:00 am

SCHOMBERG/ALLISTON/HOCKLEY

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

Dist: 72 & 88 km

May 11 10:00 a.m.

DURHAM COLLEGE TO PORT PERRY

Start: The north parking lot of Durham College. To reach Durham College, exit Hwy 401 east at Thickson Rd., go north to Conlins Rd, then east to the north parking lot.

Dist: 60, 72 & 85 km

May 18 10:00 a.m.

HORNBY TO ROCKWOOD

Start: Hornby Park. To get there, exit Hwy 401 at interchange 328, Trafalgar Rd. Go north to the lights, turn left to Hornby Park.

Dist: 70 & 81 km

May 25 10:00 a.m.

COURTICE TO BOWMANVILLE

Start: The Community Centre in Courtice. To get to Courtice, exit Hwy 401 eastbound at interchange 425, (C.R. 34/Courtice Rd.) Drive north just past Hwy 2 and turn left into the Courtice Community Centre.

Dist: 71 & 86 km

Jun 01 10:00 a.m.

CAMPBELLVILLE TO WATERDOWN

Start: The shopping centre west of 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 Trail Eatery.

Dist: 64, 74 & 114 km

Jun 08 10:00 a.m.

BRADFORD TO INNISFIL BEACH

Start: 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.

Dist: 70 & 78 km

Jun 15 10:00 a.m.

WATERDOWN ESCARPMENT ADVENTURE

Ride from Waterdown through the beautiful escarpment countryside.

Start: Waterdown, at the plaza at the corner of Hwy 5 and Hamilton St. To get there proceed west on Hwy 5 (Dundas St) to Waterdown.

Dist: 51, 71 & 83 km

Jun 22 8:30 a.m.

KING CITY TO SCHOMBERG ALTERNATIVE

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

Dist: 70 & 92 km

Jun 29 8:30 a.m.

ASHBURN TO ENNISKILLEN

Ride from Ashburn to Enniskillen Conservation Area. Bring lunch for this tour.

Start: Ashburn Community Park on the west side of Ashburn Rd, 200m north of the main intersection in Ashburn. To get there, go east on Hwy 401 to Brock Rd, north to Claremont and east on County Road 5 to Ashburn.

Dist: 57 & 84 km

Jul 06 8:30 a.m.

HORNBY TO GLEN WILLIAMS

Start: 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. For more information call Bill Hannaford 416-482-2125.

Dist: 73 & 87 km

Jul 13 8:30 a.m.

DURHAM COLLEGE/BOWMANVILLE

Start: North parking lot of Durham College. To reach Durham College, exit Hwy 401 east at Thickson Rd, go north to Conlins Rd, then east to the north parking lot.

Dist: 69 & 79 km

TBN Sunday & Holiday Ride Classifications

LEISURE WHEELER



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

EASY ROLLER



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

TOURIST

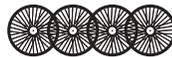


Tourist
Distances of 50-110 km, at speeds averaging 20-25 km/h, at a comfortable pace. "Short Tourist" designates rides in the 50-70 km range.

Advanced Tourist

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

SPORTIF



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

COUNTRY CRUISE



Rides of 40-120 km exploring the country roads of southern Ontario. Suited to cyclists of varying fitness levels. Participants set their own pace averaging from 18 km/h to 25 km/h. At least two routes are offered: a short route of 50-70 km and a longer route. Start points are typically within a 90-minute drive of Toronto. Carpoolers should offer \$5 to the driver for gas. Rides start at 10:00 am, unless otherwise stated.

OTHER RIDE PROGRAMS

WEDNESDAY WHEELIES



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

SATURDAY CRUISING SHORTS



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

Weekend and Holiday Ride Schedule

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

Sunday, May 1

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

Start: Finch 8:30 am

Dist: 110, 131 & 143 km

Class: Advanced Tourist, Tourist

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

Start: Old Mill Subway

Dist: 26 km

Class: Leisure Wheeler

Après: Coffee Time

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

Start: Etienne Brûlé Park

Dist: 35 km

Class: Easy Roller

MUSSELMAN LAKE/MT ALBERT -

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

Start: Finch

Dist: 70, 84 & 115 km

Class: Short Tourist, Sportif, Tourist

Après: Slug & Lettuce, NW corner Yonge/Finch

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

Start: North parking lot of Durham College. Exit Hwy 401 eastbound at Thicksen, north to Conlins Road and east to Durham College.

Dist: 62 & 76 km

Class: Country Cruise

Sunday, May 8

BLACK HORSE CENTURY - 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

Après: Slug & Lettuce, NW corner Yonge/Finch

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

Start: Boardwalk Pub

Dist: 26 km

Class: Leisure Wheeler

Après: Boardwalk Pub

GUILD INN - Shortened version of the ride to Guild Inn in Scarborough. Several lunch stop options nearby.

Start: Shoppers World, Danforth

Dist: 35 km

Class: Easy Roller

Après: Coffee Time

KETTLEBY SURPRISE - An undulating ride to the village of Kettleby.

Start: Finch

Dist: 70 & 90 km

Class: Short Tourist, Tourist

Après: Slug & Lettuce, NW corner Yonge/Finch

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

Start: Shoppers World in Brampton, Steeles and Hurontario (Hwy 10), in front of Tim Horton's. Take 401 west to Hurontario, then go north to Steeles.

Dist: 62 & 82 km

Class: Country Cruise

Sat May 14 2005

HOLLAND MARSH - Our traditional first ride of the "Saturday Shorts" season is close to Toronto and combines some up and downs over the drumlins north of our mega-city with a close-up view of vegetable production starting in the Marsh.

Start: The municipal parking lot on the northwest corner of King Road and Keele Street in King City. Parking lot entrance on Keele St.

Dist: 60 km

Class: Saturday short

Start time: 9:00 am

Sunday, May 15

QUEENSVILLE/GOODWOOD RIDE - 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

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

Start: Finch

Dist: 35 km

Class: Leisure Wheeler

Après: Tim Horton's, east side of Yonge, north of Hendon/Bishop

LESLIE SPIT - 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 Pub

Dist: 40 km

Class: Easy Roller

Après: Boardwalk Pub

THORNTON BALES/NEWMARKET - A hilly, scenic route to Newmarket, lunch on the shore of Fairy Lake. Long tour visits the Marsh.

Start: Finch

Dist: 75 & 105 km

Class: Short Tourist, Tourist

SCHOMBERG TO CALEDON EAST - A ride in lovely countryside north of Schomberg with lunch in Caledon East. Rolling terrain.

Start: The arena in Schomberg. Take exit 55 off Hwy 400 and head west on C.R. 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.)

Dist: 74 & 93 km

Class: Country Cruise

Sunday, May 22

CALEDON-KING CONUNDRUM - A scenic and hilly route to lunch in Caledon East.

Start: Finch 8:30 am

Dist: 110 & 135 km

Class: Advanced Tourist, Tourist

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

Start: Queen's Park

Dist: 38 km

Class: Leisure Wheeler

Après: Tim Horton's

MISSISSAUGA DIM SUM - Try out fantastic dim sum in Mississauga. (Alternative lunch stop 1 block north).

Start: Etienne Brûlé Park

Dist: 45 km

Class: Easy Roller

KING CITY RIDE - Pleasant tour in and around King City.

Start: Finch

Dist: 70 km

Class: Short Tourist

Après: Slug & Lettuce, NW corner Yonge/Finch

BOLTON HAMMER - Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.
Start: Finch
Dist: 85 & 105 km
Class: Advanced Tourist, Tourist
Après: Slug & Lettuce, NW corner Yonge/Finch

MT. ALBERT/KESWICK TO LAKE SIMCOE - A scenic jaunt along the cottage-lined shore of Lake Simcoe and surrounding countryside. Bring lunch for picnic by the lake.
Start: Long: From Hwy 401, go north on Hwy 404, east Hwy 48 and north to Mount Albert. Meet at Mount Albert Community Centre, Main Street in Mount Albert.

Start: Short/Medium: Price Choppers Plaza, between Tim Horton's and the Beer Store. Go to the northernmost end on Hwy 404, then west on Green Lane to Leslie St. and then north on Leslie. At Ravenshoe Rd, Leslie St becomes the Queensway. The plaza is located one light north of Ravenshoe on the northeast corner of Queensway and Glenwoods Ave. Enter off Glenwoods Ave.

Dist: 53, 65 & 82 km

Class: Country Cruise

Monday, May 23

HEAVENLY HOLIDAY - 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.

Start: Queen's Park

Dist: 22 km

Class: Leisure Wheeler

Après: The Second Cup

HUMBER RIVER TRAIL - Quiet ride on bike trails to Humber College. Bring lunch.

Start: Etienne Brûlé Park

Dist: 45 km

Class: Easy Roller

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

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Sportif, Tourist

Sat May 28

STOUFFVILLE/UXBRIDGE - Follow the shady, rolling back roads of Durham region to Uxbridge and back again.

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

Dist: 61 km

Class: Saturday short

Start time: 9:00 am

Sunday, May 29

LAKERIDGE-PORT PERRY - 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

HUMBER TRAIL & BEYOND - Enjoy the sights and sounds of the Humber Trail. This time the route goes north to Steeles Avenue.

Start: Old Mill Subway

Dist: 54 km

Class: Leisure Wheeler

LAKE WILCOX PICNIC - Visit Lake Wilcox in Richmond Hill. Bring a lunch or pick something up along the way. (Bring your swimsuit if you dare!)

Start: Finch

Dist: 52 km

Class: Easy Roller

Après: Tim Horton's, east side of Yonge, north of Bishop.

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

Start: Finch

Dist: 75 & 93 km

Class: Short Tourist, Tourist

Après: Jack Astor's, Don Mills Shopping Centre.

THE NEW SHELTER VALLEY SHUFFLE

- Explore wonderful rolling hills and views north & east of Port Hope. Ride along some favourite tree lined roads including Shelter Valley. The lunch spot overlooks a pond. Note: Bring your own lunch. Snacks & drinks available at general store just before the lunch spot.

Start: Port Hope Town Hall. Hwy 401 east to exit #461, follow Hwy 2 to downtown Port Hope. The Town Hall is located at 56 Queen St.

Dist: 70 & 97 km

Class: Country Cruise

Saturday, June 4

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

BALLINAFAD-BELFOUNTAIN - Splendid route to an old favourite via the backroads of Halton. Note, 1.5 of smooth dirt road enroute. Shorter tours head to Glen Williams. New: optional century route for RLCTers.

Start: Kipling 8:30 am

Dist: 95, 115, 135 & 161 km

Class: Advanced Tourist, Tourist

Après: Tim Horton's, NW corner Dundas St. W at Aukland

Common TBN Start Locations

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

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

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

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

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

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

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

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

Sunday, June 5

BECEL HEART & STROKE RIDE FOR HEART

- Once again, all TBNers are invited to participate as Ambassadors of the Road. Check the Hotline and website for details on how to get involved.

TOUR OF UTOPIA/CREEMORE - Come & find Utopia in Ontario followed by Creemore beer or tea at the Mad River Teashop. Now that's heaven!! Three routes offered. Medium has optional lunch stop at a conservation area.
Start: The liquor store parking lot off Church Street in Alliston, which is north of Highway 89. (Church St. may be hard to find. It is located at a set of traffic lights in midtown Alliston.)

Dist: 66, 90 & 101 km

Class: Country Cruise

Saturday, June 11

HORNBY/CAMPBELLVILLE - A Saturday jaunt along some quiet roads in the Halton Hills without Rattlesnake!

Start: Hornby Park. Exit Hwy 401 westbound at Trafalgar Rd., then head north to Steeles Ave. Hornby Park lies just west at the corner of Sixth Line and Steeles Ave.

Dist: 67 km

Class: Saturday Short

Start time: 9:00 am

Sunday, June 12

QUEENSVILLE/GOODWOOD RIDE - 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

RANDY'S RAMBLE - 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

Class: Leisure Wheeler

ETOBICOKE MEANDER - Round trip of beautiful Etobicoke. Different start location.

Start: Etienne Brûlé Park

Dist: 52 km

Class: Easy Roller

THORNTON BALES/NEWMARKET - A hilly, scenic route to Newmarket, lunch on the shore of Fairy Lake. Long tour visits the Marsh.

Start: Finch

Dist: 75 & 105 km

Class: Short Tourist, Tourist

PORT PERRY PEDLAR (VERSION 2) -

An undulating scenic ride up and down the drumlins of Durham County.

Start: Go east on Hwy 401. Exit at Oshawa (Simcoe St./CR#2), go north to Conlins Rd. Meet for a 10:00 a.m. departure in the North Parking lot of Durham College, located off of Conlins Rd. just west of County Rd. #2 in Oshawa.

Dist: 72 & 85 km

Class: Country Cruise

Sunday, June 19

CALEDON-KING-HOCKLEY - A scenic, hilly route to lunch in Caledon East; extra long option for those preparing for the Hairshirt.

Start: Finch 8:30 am

Dist: 110, 135 & 202 km

Class: Advanced Tourist, Tourist

SCARBOROUGH SEE THE GEESE

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

Class: Leisure Wheeler

Après: Tim Horton's

CYNTHIA'S SCENIC STREETS - PART 2

- Tour the east & west wings of Humber Trail, & the residential streets of York & Etobicoke. As always, "Cynthia" will serve Tim Bits at lunch.

Start: Grenadier Café, High Park

Dist: 57 km

Class: Easy Roller

Après: Grenadier Café

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

Start: Finch

Dist: 85 & 105 km

Class: Advanced Tourist, Tourist

Après: Slug & Lettuce, NW corner Yonge/Finch

STOUFFVILLE TO UXBRIDGE - Follow the shady, rolling backroads of Durham region to Uxbridge and back again.

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

Dist: 61 & 89 km

Class: Country Cruise

Saturday, June 25

COURTICE TO BOWMANVILLE - Not far east of Toronto, enjoy a Saturday morning country ride in Durham region. There are several route options, all with manageable distances so you can be back in Toronto for the afternoon.

Start: Town of Courtice. Exit Hwy 401 eastbound at interchange 425 to C.R. 34 (Courtice Rd). Continue north to Courtice, junction of Hwy 2 an C.R. 34. Meet at the school in Courtice at Nash Rd., just west of C.R. 34.

Dist: 50 & 71 kms

Class: Saturday short

Start time: 9:00 am

Sunday, June 26

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, 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 web site for complete information.

Start: Mississauga Square One, green parking post #5, SE corner Duke of York & Rathburn Rd. 6:00 a.m.

Dist: 322 km

Class: Advanced Tourist

MT. ALBERT/UXBRIDGE/UTICA - Three routes to lunch in Uxbridge.

Start: Finch 8:30 am

Dist: 110, 125 & 155 km

Class: Advanced Tourist, Tourist

DIM SUM RIDE - Join Fred Lee for Dim Sum in Markham. Other foods available. Ride skips Cummer Hill.

Start: Finch

Dist: 40 km

Class: Leisure Wheeler

PETTICOAT CREEK - From the east end of Toronto to a quiet park in Pickering along the Rouge Valley. Bring lunch.

Start: Shoppers World, Danforth

Dist: 56 km

Class: Easy Roller

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

Start: Finch

Dist: 65 km

Class: Short Tourist

Après: Slug & Lettuce, NW corner Yonge/Finch

MUSSELMAN LAKE/GOODWOOD - 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

Dist: 80 & 95 km

Class: Advanced Tourist, Tourist

CONESTOGA/MILE HILL RIDE - Once again an old chestnut is resurrected from Cyclon '91 with three routes into Brant County with lunch stops in Paris and Ayr or a quiet conservation area along the way.

Start: Conestoga College, Kitchener. Take Highway 401 west to Kitchener. Exit at Exit #275, North Homer Watson Blvd & Fountain St.

Dist: 47, 74 & 84 km

Class: Country Cruise

Friday, July 1

HEAVENLY HOLIDAY - 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.

Start: Queen's Park

Dist: 22 km

Class: Leisure Wheeler

Après: The Second Cup

Why CAN-BIKE?

Ever swerved around a right-turning car or snaked your way to the front of a long line of right-turning cars? Ever had about one foot between you, parked cars on one side and traffic on the other? Ever come close to a "door-prize?"

If you have ever second-guessed your actions in those situations (come on, be honest!) or wondered who really had the right of way a few blocks back, where did you turn for answers?

For more than 10 years experienced cyclists, new cyclists, couriers, police officers and TBN members have turned to

CAN-BIKE to increase their safety and discover how their decisions on the road affect fellow cyclists and drivers. CAN-BIKE is the definitive Canadian cycling course that prepares cyclists of ALL levels for safe, legal and confident cycling in accordance with the Highway Traffic Act. We rely on drivers' education, so why not national cycling education?

The City of Toronto offers CAN-BIKE courses at a Parks and Recreation facility near you. Kids CAN-BIKE, Adult Learn to Ride, CAN-BIKE 1, Cycling Freedom for Women (a course for women only, taught

by women) are all essential starting levels that make cycling safe and fun for the future TBN member. CAN-BIKE 2, which is most suitable for current TBN members, offers classroom training and discussion as well as extensive on-road scenarios that will surprise even the most experienced cyclist.

Take your passion for cycling one step further and teach it! As an instructor, your enthusiasm and experience on long and short rides will help build confidence and skill in areas that students never knew existed. What a great way to increase the number of cyclists and members!

The 2005 course schedule is available online at www.toronto.ca/cycling or call 416-392-1311 to get involved.

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

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Sportif, Tourist

Après: Tim Horton's, east side of Yonge, north of Hendon

Sunday, July 3

FORKS OF THE CREDIT - A hilly but beautiful ride to Belfountain & Forks of the Credit Rd. Short tour heads to Glen Williams.

Start: Kipling 8:30 am

Dist: 115 & 151 km

Class: Advanced Tourist, Tourist

NORTH BY NORTHWEST - Cycle the asphalt trails of five (!) parks and then stop for a picnic. Bring lunch; no stores en route.

Start: Finch

Dist: 32 km

Class: Leisure Wheeler

Après: Tim Horton's; east side of Yonge north of Bishop

HORNBY-HERITAGE - Visit Hornby and Huttonville. Bring lunch for a picnic.

Start: Kipling

Dist: 75 km

Class: Short Tourist

Après: Tim Horton's, Dundas West at Aukland

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

Start: Kipling

Dist: 95 & 115 km

Class: Advanced Tourist, Tourist

ASHBURN TOUR - Another Wednesday Wheelie favourite added to the Country Cruise schedule. Like all tours in the Durham area, this is a lovely ride along quiet roads with undulating terrain. Lunch in Enniskillen Conservation Area or picnic area near Enniskillen store. Bring a lunch for this tour.

Start: Ashburn Conservation Area. To get to Ashburn, go east on Hwy 401 to Brock Road, north to Claremont and east on County Road 5 to Ashburn. Departure at Ashburn Community Park on the west side of Ashburn Road, 200 m north of the main intersection in Ashburn.

Dist: 57 & 84 km

Class: Country Cruise

Saturday, July 9

GEORGETOWN-EQUISING

HYSTERICAL TOUR - Get a head start on the September 25 version of this ride by trying a short route on a Saturday. Enjoy the Halton Hills from a different perspective.

Start: Stewarttown Public School in Georgetown. Go west on Hwy 401 to Trafalgar Rd. Travel north to 15th Sideroad. Meet at Stewarttown Public School on the SE corner of Trafalgar Rd and 15th Sideroad. (Make sure you do NOT go to Pineview School!)

Dist: 62 km

Class: Saturday short

Start time: 9:00 am



Unionville Brunch, March 25, 2005

Sunday, July 10

HAIL CENTURIONS! CLASSIC

CENTURY - Our 22nd annual club century. A commemorative patch will be presented to those completing the metric century to Waterdown or the imperial century to St. George. Watermelon and beverages courtesy of TBN at the finish.

Start: Mississauga Square One, green parking post number five, at the corner of Duke of York Blvd and Rathburn Rd. 8:30 am

Dist: 100 & 162 km

Class: Advanced Tourist, Tourist

LESLIE STREET SPIT - 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 Pub

Dist: 30 km

Class: Leisure Wheeler

Après: Boardwalk Pub

SCHOMBERG - HOCKLEY COUNTRY

ROADS - Ride in the lovely countryside north of Schomberg to the town of Hockley for lunch.

Start: The arena in Schomberg. 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.

Dist: 61, 72 & 88 km

Class: Country Cruise



Meandering Maple Bakery, April 10, 2005

Celebrate Bike Week 2005

May 30 to June 12

By **Martha Krzic and Imtiaz Mawji**,
TBN Publicity & Promotions

The 16th annual celebration of bicycle culture features events for cyclists of every stripe, from family-friendly group rides to fast-paced racing. Come on out and enjoy events by the City of Toronto, TBN, and other great Toronto organizations. Here is short list of events. For a full listing visit www.toronto.ca/cycling/bikeweek, contact bikeweek@toronto.ca, or call 416-392-7592.

Saturday May 14

Ride for the Rouge

9:30 am to 2:00 pm @ Rouge Valley Conservation Centre (1749 Meadowvale Rd)
The 12th annual Ride supports the education and rehabilitation work of the Rouge Valley Foundation. 25 or 50 km. Lunch, entertainment, and prizes! www.rivernen.ca, 416-282-8265

May 24 to June 11

Women & Cycling Art Showcase

May 24 - May 27, Metro Hall (55 John St.)
May 30 - June 11, Mountain Equipment Co-op (400 King St. W)
Women & Cycling explores the means of expression that springs from individuals who make cycling their passion. Celebrating women, this project intends to create, inspire and change perceptions. www.communitybicyclenetwork.org/bikeweek, 416-504-2918

Monday May 30

16th Annual Group Commute & Free Pancake Breakfast

hosted by the Toronto Cycling Committee

Pick up a free t-shirt and participate in the City of Toronto's marquee Bike Week event by meeting at one of three points around the city. Converge at Yonge & Bloor for a ride to Nathan Phillips Square for breakfast at 8:30 am. There are four traditional City of Toronto start points that depart from various areas of the City (listed below) to converge at Yonge and Bloor for 8 am. These rides are staffed by Cycling Ambassadors, Emergency Medical Services, and Police. Pick up your free Bike Week t-shirt at one of the City start points, or when you get to City Hall!

- A. Bloor & High Park @ 7:30 am.
- B. Yonge & Lawrence @ 7:30 am.
- C. Danforth & Woodbine @ 7:30 a.m.
- D. Dundas & Kingston @ 7:30 am.

E. Bloor & Yonge @ 8 am.

For more information,
www.toronto.ca/cycling/bikeweek,
bikeweek@toronto.ca, 416-392-7592

Lunchtime Cycling Festival and Fair

11:30 am. to 2:30 pm @ Toronto City Hall, Nathan Phillips Square
Come and find out what Toronto's thriving bicycle culture has to offer at this interactive celebration of the city's cycling community. Visit with over 20 community organizations on Nathan Phillips Square. Bring your lunch and enjoy the entertainment as you get your bike tuned up. Learn about the City's numerous cycling groups and clubs.
www.toronto.ca/cycling/bikeweek,
bikeweek@toronto.ca, 416-392-7592

May 30 to June 3

Bike Art Showcase at City Hall

The City Hall Rotunda will be transformed into an art gallery featuring photography, painting, sculpture and video installations with a cycling theme.
www.toronto.ca/cycling/bikeweek,
bikeweek@toronto.ca, 416-392-7592

Tuesday May 31

North York Civic Centre BUG Breakfast

8:00 to 10:00 am @ North York Civic Centre (5100 Yonge St.)
Come join the North York Civic Centre Bicycle User Group (BUG), and City Staff for a free breakfast on the square. Free bicycle tune-ups, doughnuts and coffee.
www.toronto.ca/cycling/bikeweek,
bikeweek@toronto.ca, 416-392-7592

TBN's The Secret Circuit (Toronto Bicycling Network)

10:30 am to 12:00 pm @ Taddle Creek Park, one block north of the Bedford exit at St. George subway
A half-hidden downtown route with minimal street riding. A short 14 km route, but the Poplar Plains hill will give you a good cardio workout! Helmets mandatory.
www.tbn.ca, 416-760-4191

Bikeway Network Information System (B.N.I.S.) Group Ride

4:00 pm. @ Allen Gardens (Gerrard & Sherbourne)

Join City staff for a ride to explore the City's new signage system. Bikeway Network Route Signs are a common set of signs to identify all bikeways.

www.toronto.ca/cycling/bikeweek,
bikeweek@toronto.ca, 416-392-7592

Wednesday June 1

Walking/Wheeling Wednesday

The City of Toronto invites you to kick off June by riding your bike to work or school. Find out what more than 950,000 Toronto residents already know - walking or wheeling (by bicycle) to school, work or play is better for your health and the environment. Contact City Staff for tips on commuting by bicycle.
www.toronto.ca/getyourmoveon, 416-338-7600

Hart House Breakfast, University of Toronto

7:30 to 9:00 am @ the Arbor Room (7 Hart House Circle - College & University)
Whether you walked or bicycled to work, you are welcome to enjoy breakfast (while supplies last) and musical entertainment. 416-978-2447

Celebrating Bikes - Free Film Night

6:00 to 9:00 pm @ the Bloor Cinema (506 Bloor St. W.)
Enjoy a screening of Vittorio De Sica's classic film "The Bicycle Thief" - on us! Come check out cycling displays and chat with City Staff, then grab some popcorn and join us for the movie at 7:00 p.m. Free!
www.toronto.ca/cycling/bikeweek,
bikeweek@toronto.ca, 416-392-7592

TBN's Wednesday Night Ride

6:30 to 8:30 pm @ Boardwalk Barbeque Pub (Coxwell and Lakeshore)
Enjoy TBN's "oh-so-popular and not-too-strenuous" social ride. Helmets mandatory.
www.tbn.ca, 416-760-4191

Thursday June 2

20 years and 15,000 Post and Rings Later

8 am @ College & Bellevue
Join City Councillors, Staff, Cycling Committee Members and VIPs as we install the 15,000th post making Toronto North America's leader in short-term bike parking. Enjoy a coffee and muffin as we celebrate the post and ring's 20th anniversary. www.toronto.ca/cycling/bikeweek,
bikeweek@toronto.ca, 416-392-7592

Friday June 3

Bicycles and the TTC

10:30 am @ Bathurst Subway station

Learn about multi-modal commuting by bringing your bicycle on transit. The City of Toronto will provide information to cyclists and other commuters. 416-392-7592 or visit www.ttc.ca.

TBN's Friday Night Ride

6:30 to 8:30 pm @ Bridgepoint Health (Broadview & Gerrard)

Join the Friday Night Riders on this popular social ride ending at a local eatery. Helmets mandatory. www.tbn.ca, 416-760-4191

Saturday June 4

TBN's Saturday Morning Ride

9:30 a.m. to 12:00 p.m. @ Boardwalk Barbeque Pub (Coxwell and Lakeshore)

Complete this ride before noon in time to run your regular Saturday errands! Helmets mandatory. www.tbn.ca, 416-760-4191

Sunday June 5

Becel Heart & Stroke Ride for Heart

Own the road as cars take a backseat to bikes. Ride in Canada's largest charity cycling and in-line skating event in support of heart and stroke research. Register today! www.heartandstroke.ca/rideforheart

Monday June 6

TBN's Humber Bridge

10:00 am to 12:00 pm @ Kensington Market (park on Augusta Street)

Leisurely ride to the Humber Bridge along the bike path. Après ride: enjoy the sights, sounds and smells of this historical part of the city. Helmets mandatory. www.tbn.ca, 416-760-4191

Tuesday June 7

TBN's Up-Down Downtown

10:30 am to 12:00 pm @ Taddle Creek Park, one block north of the Bedford exit at St. George subway

Up Poplar Plains, along the Beltline, down Moore Park Ravine, then through Rosedale. Moore Park Ravine is one of the longest downhill glides in Toronto. Helmets mandatory. www.tbn.ca, 416-760-4191

Wednesday June 8

TBN's Wednesday Night Ride

6:30 to 8:30 pm @ Boardwalk Barbeque Pub (Coxwell and Lakeshore)

Enjoy TBN's "oh-so-popular and not-too-strenuous" social ride. Helmets mandatory. www.tbn.ca, 416-760-4191

Thursday June 9

TBN's Neighbourhoods of Davisville

6:30 to 8:30 pm @ Tennis courts in Davisville Park (Davisville and Mt. Pleasant)

Leisurely 20 km ride through the streets and parks north of Davisville. Families welcome. Please arrive 10 to 15 minutes prior to ride start time. Helmets mandatory. www.tbn.ca, 416-760-4191

Friday June 10

TBN's Friday Night Ride

6:30 to 8:30 pm @ Bridgepoint Health (Broadview & Gerrard)

Join the Friday Night Riders on this popular social ride ending at a local eatery. Helmets mandatory. www.tbn.ca, 416-760-4191

Saturday June 11

TBN's Saturday Morning Ride

9:30 am to 12:00 pm @ Boardwalk Barbeque Pub (Coxwell and Lakeshore)

Complete this ride before noon in time to run your regular Saturday errands! Helmets mandatory. www.tbn.ca, 416-760-4191

Sunday June 12

TBN's Ride to Unionville

10:00 am @ Shopper's World (Danforth Avenue and Victoria Park)

Join us for this leisurely ride north to this historic village! Helmets mandatory. www.tbn.ca, 416-760-4191

TBN Volunteer Opportunity

If you want to grow your publicity and promotions skills and help a great cause, consider volunteering for the position of **TBN Director, Publicity & Promotions**. The work involves helping more people become aware of what TBN offers and promoting TBN events. You'll be helping people connect with TBN and give them an opportunity to (as the TBN slogan says) "meet people, ride, have fun."

If you're interested, write to info@tbn.ca.



Bolton Hammer, November 21, 2004

TBN Hotline!

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

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

From the main menu press...

- 1 Cross-country skiing and snowshoeing day trips (January-March)
- 1 Weekend and holiday rides (April-December)
- 2 Weekday events
- 3 Social events & membership information
- 4 Inline skating
- 5 Weekend trips & Cyclon 2005 information

Hotline tips:

- From the main menu you can make a selection at any time, and you don't have to wait for the message to finish. You can return to the main menu after making a choice, by pressing **2** at any time. After making a selection from the main menu, press **1** to leave a message related to your main menu choice.
- Please be sure to select the appropriate mailbox in which to leave your message.
- If you're not sure where to leave your message, please leave it in the Social & Membership mailbox (i.e. press **3** from the main menu, then press **1**).

Charity Rides

These rides are not organized by TBN, but we're providing a listing of events in case you want to combine fun and exercise with a chance to build a better world.

Saturday, May 14

11TH ANNUAL RIDE FOR THE ROUGE

Ride to benefit the Rouge Foundation starts at 10:00 am, registration at 9:00 am at the Rouge Valley Conservation Centre (opposite entrance to the Metro Toronto Zoo). Ride distances are 25 or 50 km around the Rouge Valley. Fabulous prizes. Lunch is provided. More info: www.rivernen.ca/ride_mr.htm or 416-282-8265.

Sunday, June 5

18TH ANNUAL BECEL HEART & STROKE RIDE FOR HEART

- Cycle the Gardiner Expressway and D.V.P.!

Join more than 10,000 cyclists and in-line skaters for the annual Ride For Heart event. Cycle the 25km, 50km or 75 km route. Blade the 5 km, 10 km or 20 km route. This is a fundraiser for the Heart and Stroke Foundation of Ontario so participants are encouraged to collect pledges. Early registration is encouraged. www.tbn.ca/rfh2005 or 416-486-RIDE (7433).

VOLUNTEER! - TBN volunteers needed! If you want to assist at the event by providing BASIC assistance to cyclists, then this is for you. Ambassadors of the Road (as we are called) usually work in pairs helping cyclists in need, e.g. mechanical breakdowns (flat tire, loose bolt), crashes (comfort them while waiting for the first aid team to arrive) or general information (where the next rest stop is). You will need some mechanical ability—at least able to repair a flat—and should bring along a pump, patch kit, tire irons and any other bike tools you think you might need. Rewards for volunteering? T-shirt, lunch, entry to the event and loads of thankful smiles!!

Volunteer Instructions: Meet Joe Hickey from 6:45 to 7:30 am at the TBN Tent, Health & Fitness area, near the west/Dufferin gate of the CNE grounds. Bring your TBN membership card. T-shirts & walkie-talkies to be distributed there. Cycling event takes place rain or shine. Non-member volunteers should call Joe Hickey in advance of the event at 416-414-8310.

Sunday, June 19

ZAREINU MOVEATHON

A full-day annual fundraiser featuring a variety of athletic events, followed by a giant picnic and carnival. Proceeds support the Zareinu Educational Centre, which provides daily care for children with disabilities. It features 100 km and 50 km rides with a minimum sponsorship requirement of \$1,000 for cyclists over 18 years

of age, and \$500 for those under 18. There is a 20 km family ride and boys-only and girls-only rides, all with a minimum sponsorship requirement of \$250. www.moveathon.com

June 25 -26

GEAR UP FOR HEALTH BEYOND THE BODY

Psychosocial Oncology & Palliative Care

Two-day back-to-back century rides from Toronto to Blue Mountain and back raising funds to provide "Blankets of Hope" for over 6,000 patients receiving treatment at Princess Margaret Hospital. Minimum fundraising commitment: \$2,500. www.gearupforhealing.ca

July 24-29

FRIENDS FOR LIFE BIKE RALLY

Six-day ride to raise funds for Toronto People with AIDS Foundation. Pedal over 100 km a day along the shores of Lake Ontario and St. Lawrence River. Supported by a crew of able volunteers providing meals, snacks, camping beside lakes and rivers, evening activities and entertainment. Arrives in Montreal in time for Divers-Cité gay pride celebrations! This event has raised over \$2 million since its inception. Complete information available at the Friends for Life website. Riders must generate \$2000 each in donations by June 30, 2005 to participate for free. \$50 non-refundable registration for riders. Volunteer crew positions available. More info: www.bikerally.org

August 11-14

TOUR FOR KIDS

A cycling adventure for adults to support camps for children with cancer. 400-840 km in 4 days. One-day and weekend packages also available. All-inclusive registration fee: \$200 before June 1, \$250 after. Minimum fundraising requirement: \$750. Includes meals, jersey, sag support, showers and campground accommodations (motel at additional cost.) www.tourforkids.com

Saturday, August 20

PEDAL 100 FOR HEART AND STROKE

Five routes to choose from: 30, 60, 100, 160 and 200 km. More info next issue.

RONA MS BIKE TOURS

1- or 2-day rides through scenic and spectacular parts of Ontario for multiple sclerosis research.

Aug 20-21: Brampton to Waterloo 150 km (two-day event)

Aug 28: Niagara 75km

Sep 11: Toronto 40-50km

Routes are of varying difficulty with rest and refreshment checkpoints every 15km. Minimum fundraising requirement \$200. More info: www.ms biketours.com or 416-922-6600 ext. 2354 (toll-free at 1-800-268-7582)

Sunday, August 28

22ND ANNUAL SCUGOG CIRCLE CENTURY

60/80/100/161 km: Scenic tours around Lake Scugog, starting and ending at Durham College, Oshawa. The main food stop at finish promotes a convivial après-ride atmosphere. Food and refreshments included. Mechanical support and first aid available. Entry limit of 400 riders. Pre-registration fee: \$20 before August 4, \$25 after. www.oshawacyclingclub.org; 905-725-1888.

Saturday September 10

KAWARTHA LAKES CLASSIC TOUR

The second annual Kawartha Lakes Classic is a fund raising cycling event for *A Place Called Home*, an organization that provides temporary shelter for the homeless in the Kawarthas. Last year's ride raised \$3,200 for the organization.

This year's event will feature more routes, to better accommodate both upcoming and experienced riders. A special guided tour of 50k will feature a ride through the Mennonite area of the Kawarthas, with a stop at their own bake shop and a tail gate lunch at a secret location.

For complete information please visit <http://www.aplacecalledhome.org> contact is George Skerratt, Event Chair; 1-705-324-4481 home; 1-800-507-9280 office mail to: skerrattgl@sympatico.ca

Sunday, September 11

4TH ANNUAL RIDE FOR KAREN

Two course lengths: 25 km for intermediate and 160 km for advanced riders. On-course feed stations and lunch (160km event only) provided, plus BBQ & draw prizes afterwards. Start/finish in Maple. Entry fee is \$50 (\$40 before August 21) plus \$5 for one-day license unless you hold a valid racing license or are a member of the OCA. Raise \$175 in pledges and the entry fees are waived. Event day registration: \$60. Certified bike helmets mandatory. www.rideforkaren.com, 416-356-5173.



Bolton Hammer, March 27, 2005

biketoronto.ca

Cycling News Notes

By Martin Koob
TBN Rep to the Toronto Cycling Committee

Bike Budget

Toronto's City Council has boosted spending on cycling infrastructure in its 2005 budget, from \$1 million to \$2 million. While this is \$200,000 more than last year, it is still well short of the \$4.5 million recommended in the Bike Plan. The money will be spent on new bike lanes, bike route signs and bike parking facilities.

The project list is not final, but proposed projects include bike lanes on Dawes Road, Brimorton Drive and Sentinal Road, contra flow bike lanes on Dixon Ave. and Logan Ave., and continued upgrading of the Eglinton West Path.

The Works capital budget also includes \$200,000 to improve road crossings of the Gattineau Hydro corridor bike path, adding traffic signals at Birchmount, Warden and Pharmacy, making it much safer and easier for cyclists to ride this path.

However, there was no significant support from councillors to increase staff implementing the Bike Plan or delivering cycling programs. Although the Plan envisions accelerating work on the Bike Network and expanding cycling safety and promotions programs, this has not worked out as staff working on these programs has not increased since Plan was approved in 2001.

The Toronto Cycling Committee has asked Council to review the human resources needed to implement the Plan, and this report will help the TCC formulate its budget request for 2006.

Royal York Road Bike Lanes

Reconstruction of Royal York Road has meant an opportunity to add a bike lane, which is already in place between Lake Shore Blvd. and Cavell, and is now being added to Delroy Drive. These will connect to existing bike lanes north of Ashley Park. Community consultation meetings on the next phase, from Mimico Creek to Usher Avenue, have just wrapped up.

Area residents are split on the issue of road design. The City's highest-rated design has a 9.6 metre wide road,

including a full traffic lane and a bike lane in each direction. Some residents support this, while others oppose the bike lane and advocate the narrowest possible road. Area Councillor Peter Milczyn has said he favours a 9.1 metre width, which would preclude a bike lane as part of this project.

Because of the community split, Milczyn has referred the issue to a 27 April meeting of the Works Committee, and from there to City Council.

This is not the first time that bike lanes in this area have been opposed. A group of area residents managed to block the addition of bike lanes on Prince Edward Drive in 1999. Ironically at the time they said that a bike lane through the area should run along Royal York Road.

If this project is to go ahead it is important for Etobicoke residents to contact their councillor and express their support. It is especially important for cyclists who live in Ward 5 (Etobicoke-Lakeshore) to contact their Councillor, Peter Milczyn, and convince him that the road design should include a bike lane. You can call him at (416) 392-4040 or e-mail him at councillor_milczyn@toronto.ca.

Bike Route Signs

New blue "Bike Route" signs have sprouted along streets in parts of the former City of Toronto, indicating designated bike lanes and 'shared roadways.' In this first phase, signs have been erected along 70 km. of routes. The goal is to have an interconnected city-wide network, with street routes connecting to park paths. Unfortunately the Parks department would not include funds to erect the bike route directional signs in their 2005 budget. That will have to wait until 2006.



Installation of the bike routes signs along paths in parks, like this one, have been delayed until 2006.

Later this year the second phase will see an additional 50 to 75 kms of on-street routes with their signs installed, in a yet-undetermined part of the city.

The 2005 bike map will include the first phase routes, to help cyclists navigate these routes more easily. This map should be available during Bike Week.

Bike Week

Speaking of Bike Week, it will run from Monday, May 30 to Sunday, June 12. It will kick off with the group commute on the morning of May 30th, which will have three main starting points and new this year, several feeder routes. Check the Bike Week website for details on this and other events. www.toronto.ca/cycling/bikeweek.

Bike racks on buses

Toronto will soon join most major transit systems in North America by putting bike racks on busses, allowing cyclists to take their bike along with them. On April 6, 2005 the Toronto Transit Commission approved a pilot project that will see bike racks installed on the fronts of buses on the following routes: 7 Bathurst, 29 Dufferin, 47 Lansdowne, 98 Willowdale-Senlac, 161 Rogers Rd, and 310 Bathurst. This service should start in June or July 2005.

For updates and other cycling news check www.biketonto.ca.



Bike routes signs are popping up all over Toronto like this one at Sherbourne and Gerrard.

Cyclon Moves Ahead! Mark Your Calendars: July 29 to August 1

By Carl Friesen
Cyclon 2005 Coordinator

Many people enjoyed Cyclon in Barrie in 2004, so we've decided to take TBN's signature summer event back there again in 2005. We'll be staying at the Summer Suites accommodation at Georgian College, and enjoying some of the wonderful cycling roads north of Toronto.

The participation fee for Cyclon 2004 was approximately \$270 and I want to leave the price in about that same range again this year. We are still figuring out our costs for accommodation, meals, and other items, and the price is based on that. Once the details for this year's Cyclon are finalized I will announce the price for Cyclon 2005. I'll post the price on the website and make an announcement on the TBN Hotline when details are available.

Cyclon depends on a host of volunteers for its success every year. Like all of TBN, it's entirely volunteer-run. This includes people to work on registration, handle the finances, plan social events, design meals appropriate for cyclists, make first-timers feel welcome, lead rides...the list goes on.

This is my first time organizing Cyclon, so I'll be relying on advice from TBN Board members, previous organizers, and others for advice. I'm far from being an event organizer by trade - I'm a home-office-based writer/consultant, and while I like to think I'm good at managing projects, this is a pretty big one. So, for this to succeed, we'll need support. Some people have volunteered already, but we'll need more - some for up-front planning and some for the weekend itself.

When I first joined TBN I was amazed that there's so much happening in this club.

I was even more impressed to learn that it all happens through the generosity of people who have other lives and other work, but who like to contribute.

Volunteering is a two-way street, of course. You can gain a lot from it too. Getting involved in Cyclon is an excellent way for anyone to get to know other club members. You'll also have the satisfaction of helping a LOT of people have a good time of simultaneous exercise and relaxation, and a whole lot of fun.

If you're interested in getting involved, please contact me at cyclon@tbn.ca or at (416) 410-4527.

For updates on Cyclon between issues of this newsletter, check the TBN website: www.tbn.ca.

For people who do not have easy access to the Internet, please contact our Membership Secretary, Eileen Harbinson, at (416) 482-2157 and she will mail you a Cyclon registration form.

Cyclon 2005 Sign-up Night

To learn what's in store for you at Cyclon this year, meet old Cyclon friends and grab your last chance to register at the early-bird price, come to the annual Sign-up Night!

When: Thursday, June 16, 2005,
6:00 pm

Where: The Bow and Arrow, 1954
Yonge Street (just north of
Davisville Avenue; close to
the Davisville subway stop)

WIN A \$50 GIFT
CERTIFICATE!

TBN's T-shirt Design Contest

Your chance to contribute to the next generation of TBN t-shirts is here! Enter your idea for a t-shirt design by filling out the t-shirt design submission form available for download at www.tbn.ca, by sending an email to publicity@tbn.ca, or by calling 416-569-6439.

We are looking for designs that are eye-catching, informative, and even a little sexy. Submissions will be judged according to the ideas behind the design rather than your artistic skills. A graphic artist will recreate the winning design.

Rules: The TBN logo, web site address, and slogan must appear somewhere on the t-shirt. Please see the submission form for a complete set of contest rules and submission instructions. All entries must be received by May 31, 2005. Email questions to Imtiaz Mawji at: publicity@tbn.ca.

MOVING?

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



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