

# QuickRelease

May - June 2009 • Volume 27, Issue 2



## Are you ready for TNTO?

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# TBN President's Message



## Friends for Life Ride Share

This year TBN is doing something completely different. We're partnering with another great group of cyclists to give both clubs a better experience.

The Friends For Life Bike Rally is currently in its 11th year of operation, and they estimate they'll have over 300 riders raising approximately \$2,200 each. Last year they raised over \$1.6 Million! At the end of July, the Bike Rally will leave Toronto and over the course of 6 days wind its way to Montreal. Two nights of "camping" (5 star of course), a night at the dormitories of Queens University, two more camping nights and a final evening in the heart of Montreal. It promises to be a fantastic time for all. And because they've got such great volunteer support, ALL of the monies raised go directly to the People With AIDS Foundation. Check out their website at <http://www.bikerally.org>

Anyways, they have a program set up to help their riders get ready for the journey. Over the course of the next three months they run "training rides", where they get the cyclists ready for the average 100km per day. Every Saturday and Sunday, they run a progressively longer ride so that an Easy Roller caliber cyclist can build up their endurance to Long Tourist. The rides start around 30km and increase each week by a small amount. It's a fantastic way to train for any long ride, ie TNT, Hairshirt, Century or even the longer Cyclon rides. They are opening up all of their rides to TBN members that want to take advantage of this schedule and we'll be posting their rides on our Chain of Events so you know where and when they are. If you ever wanted to start a regimented training and endurance program, this would be a great place to start from. It might also give you more confidence to do our TNT Ride to Niagara Falls.

We've also offered to help their cause by letting them get additional training on our rides. If they miss one of their own or they just want more opportunities to get out, they can join up with our Wednesday Wheelies, the Saturday and Sunday morning tourist rides or the Country Cruises. All our rides are open to them while they train. Hopefully, we'll see a lot of them.

We encourage everyone to come out on these new rides and to welcome the Friends For Life that come out on ours.

**Brian Mclean**  
President  
Toronto Bicycling Network

## End of Season Skiing Report

Based on feedback from the end of season social at the Madison Pub, everyone thought it was a great ski season, but disappointing that it ended so abruptly. We went from 56 skiers plus 10 on a wait list for Feb.1st to 18 skiers in mid-February, and only one ski day in March. What happened? For the most part there were not enough sign-ups to cover the cost of the coach. Once the mild temps hit Toronto (taking away the snow), enthusiasm waned -- big time! It appears there are still those who think that if Toronto has no snow than there is no snow in ski country either. Not true!

Here is the breakdown for February and March:

Feb.1	56	(wait list +10) Mansfield	Spectacular	Mar.7	25	Arrowhead PP	Cancelled
Feb.8	35	Moonlight Ski Horseshoe	Rained out	Mar.15	25	Scenic Caves	Cancelled
Feb.15	18	Wasaga PP	Cancelled	Mar.22	N/I	Hardwood	Hills Cancelled
Feb.22	55	Highlands Nordic	Perfect	Mar.29	N/I	Hardwood	Hills Cancelled
Mar.1	35	Hardwood Hills	Perfect			(N/I = no interest)	

Please remember that by registration deadline (Thursdays 10:00pm) at least 35 confirmed skiers are needed; otherwise Coach Canada needs to be notified the next morning in order not to be charged for the bus. We cannot count on "walk-ons" to make up the numbers. I know that there were very good Spring ski conditions at Highlands Nordic and Hardwood Hills during March so don't let that prevent you from signing up. If there are members who do not have access to the internet to check the ski resort's website for snow conditions, please check the TBN hotline or ask me by sending an email to [xcski@tbn.ca](mailto:xcski@tbn.ca). I would be glad to help out.

Granted it was a quirky weather pattern in February and March; Horseshoe Valley had to cancel both of their scheduled moonlight ski dates due to freezing rain. The Arrowhead Provincial Park trip was cancelled due to only 25 sign-ups; (other Toronto ski clubs had to cancel their trip to Arrowhead for the same reason). I talked to another club's organizer about the possibility of combining our trips together, but due to the logistics and the time element, we decided against it. This is something we may consider doing next year.

I want to thank those who 'loyally' skied with us every Sunday since November 30th. Congratulations to those of you who got one complimentary trail pass this season. As for those (and you know who you are) who were just coming up to your free pass when the low sign-ups began, you will have your first complimentary ski at the beginning of next year's program. I plan to run the program again next winter, and hopefully we can start in late November (snow conditions permitting).

Have a great summer!

**Linda Hamilton**  
VP Skiing and Snowshoeing,  
Toronto Bicycling Network



# Toronto - Niagara - Toronto Overnight

## TBN's Best Kept Secret! - June 20-21, 2009

For 16 years now, we've cycled this lovely route that gets you to the heart of Niagara Falls on scenic and traffic-free back roads. From Toronto's High Park, 168 km one way. From Stoney Creek, 90 km one way. We provide maps, luggage transfer, sag support, and motel accommodation.

For those training for the Hairshirt (June 28th) or just looking for a challenge, optional "scenic" 187 and 200 km routes from High Park on the first day.

For details and registration refer to "Chain of Events" at [www.tbn.ca](http://www.tbn.ca). Register Online! Price includes maps, luggage transfer, sag support, and motel accommodation:

1 person in one room (one double bed): \$95.00

2 persons in double room (two double beds): \$62.00 each

2 persons in double room with Jacuzzi (one double bed): \$73.00 each.

Non-members are welcome for an additional \$10 each.

**Eileen Harbinson**  
TNTO Registrar  
Toronto Bicycling Network



Photos By Sandra Wennerstrom & Owen Rogers

## TBN Inline Skating

With the arrival of the good weather, we'll see fitness conscious people propelling themselves on wheels throughout the GTA. However, they won't all be on bicycles. Over the past decade the popularity of inline skating has grown tremendously. Once again TBN will offer its members an exciting program of inline skating starting in May and carrying right through until Thanksgiving weekend.

Inline skating is a great form of weight bearing, cardio-vascular exercise without the risk of joint stress caused by activities such as running. It can also serve as a great cross training activity for fit minded cyclists that want to add a little variety to their routine.

TBN inline skates are a great way to explore the city, as well as meet and socialize with great people who share your enthusiasm for an active outdoor lifestyle. This year our regular skates will be on Saturday mornings and Thursday evenings.

Saturday morning skates will be at a variety of places both in the GTA and outside of the GTA. Among the out of town venues we'll be visiting are the scenic, smooth and wide Hamilton Beach Trail, the Ajax waterfront trail and two new short loop courses at Brampton's Gage Park and Richmond Hill's Richmond Green.

Weeknight skates have been changed to Thursday for this year, with a common central start point (yet to be verified) in the Cherry Beach area of the Martin Goodman Trail.

We welcome all levels of skaters to come out and join us. You'll find the skate leaders and regulars are extremely helpful with the advice and patience they lend to the newer skaters. Nobody gets left behind as we will regroup every couple of kilometers and regroup points will be outlined on the route maps distributed prior to skates. Maps will also be available online soon. Although we are very helpful as a group, it should be noted that these skates do not serve as formal instruction.

All in all, it looks to be an exciting season of inline skating with the TBN. So if you're looking to put a little more fun and excitement into your active outdoor lifestyle, come on out and give eight wheels a try. You might just end up having four times the fun!

**Marty Streeter**  
Inline Skating Coordinator  
Toronto Bicycling Network



July 31st - August 3rd



### Our Premiere Cycling Event

**Cyclon®** is the three day **premiere cycling touring event** hosted by The Toronto Bicycling Network, Canada's largest recreational cycling club. **Don't miss this FABULOUS event!**

Cyclon 2009 will be **July 31 to August 3** in **St. Catharines** - in the heart of the picturesque Niagara wine district. We will be at Brock University, staying in cozy townhomes, with a central courtyard, great for post-ride socializing! This year's Cyclon will include everything you've loved in previous years and more!

#### You'll love the:

- great riding on quiet country roads with spectacular scenery
- routes available for ALL levels
- great maps & information about local sights
- company and camaraderie of other cyclists

#### Rides:

- All Road
- Choose from several tours per day
- Distances vary from 30 to 180 km
- Detailed maps
- Experienced Ride Leaders/Sweeps
- Sag-Wagon on-route with on-road assistance
- Friday – Early-bird 30K ride

#### Accommodation:

at the Village Residences at Brock University. You will have your own room in a cozy townhouse with 4 bedrooms, two washrooms and a kitchen with a stove and fridge and a common room with a TV.

**All Early bird registrations and payments must be received by June 25th  
Registration Closes July 15th!!**

We encourage you to make payment using our new online system with Visa or Mastercard

Visit [www.TBN.ca/Cyclon](http://www.TBN.ca/Cyclon) to register and for more information



#### Need more information?

Frequently Asked Questions (FAQ), online registration, and more ... is available at [www.tbn.ca/cyclon](http://www.tbn.ca/cyclon)

#### New this year:

- Upgraded accommodations in cozy townhouses with kitchens, & an outside courtyard for post-ride get-togethers
- Post-ride socials on Saturday and Sunday with snacks
- A fun action-packed mini-Olympics on Friday night to meet your fellow cyclists
- Post-ride group stretches
- A choice of meal options to suit your needs

#### Meal Package Options:

##### Base Package includes:

- welcome reception on Friday night
- post-ride snacks on Saturday & Sunday
- delicious gala banquet dinner on Sunday night with dj and cash bar

##### Optional Add- Ons

- 2 sumptuous buffet lunches on Saturday at a golf & country club
- 3 buffet breakfasts in the cafeteria
- Saturday night buffet dinner in the cafeteria

**Full Package** includes all the above

#### Early Bird Sign Up and Social

**Date:** Thursday, June 19th, 2009

**Time:** 6:00 – 9:00 p.m.

**Place:** Willow Restaurant  
193 Danforth Avenue, between  
Broadview and Bowden St. on the south side, in  
Toronto. (416) 469-5315.

Come out to meet fellow cyclists, have your Cyclon questions answered in person and **reserve your spot at Brock!** Cash bar.

**Everyone welcome, even if you're not ready to sign up just yet!**

# Cyclon<sup>®</sup> 2009 Registration Form

Confirmation of registration will be sent via email prior to event. Cyclon reserves the right to limit registration. Cancellations made in writing by July 15 will be accepted subject to a \$50 fee. No refunds after July 16, 2009, but you may sell your registration package with the approval of the Cyclon Director. To qualify for the Early Bird discount, your registration and payment must be received on or before June 25, 2009. Registration closes July 15, 2009. **Please complete one form per registrant.**

**Cyclon Fees:** All fees listed in Canadian currency (please check the appropriate box below)

	<input type="checkbox"/> Option 1 – Meals All Inclusive	<input type="checkbox"/> Option 2 – Meal Planning Package	Payment Options
<b>Base Price:</b>	TBN Member <input type="checkbox"/> \$ 300 Non-Member <input type="checkbox"/> \$ 325	TBN Member <input type="checkbox"/> \$ 205 Non-Member <input type="checkbox"/> \$ 230 (Base plan incl: Friday & Sunday dinners only)	<input type="checkbox"/> Cheque
<b>Meals:</b>	Includes all meals: - 3 breakfasts - 2 buffet lunches (Sat & Mon) - 3 dinners; Friday - Pizza & Snacks, Saturday - Dinner Buffet, Sunday - Dinner Gala & Dance  Late Registration Fee <input type="checkbox"/> \$25 (after June 25 <sup>th</sup> ) <b>Total Amount Due:</b> \$ _____	Check meals to add: - Breakfasts (3 days) <input type="checkbox"/> \$ 30 - Lunches (Sat & Mon) <input type="checkbox"/> \$ 45 - Saturday Dinner Buffet <input type="checkbox"/> \$ 20  Late Registration Fee <input type="checkbox"/> \$25 (after June 25 <sup>th</sup> ) <b>Total Amount Due:</b> \$ _____	(please note that registration is not finalized until the cheque is received)  For <b>Visa</b> or <b>Mastercard</b> payments, please register for Cyclon online at <a href="http://www.tbn.ca">www.tbn.ca</a>

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ First Time at Cyclon? \_\_\_\_\_

Address: \_\_\_\_\_ # Cyclon events attended \_\_\_\_\_

City: \_\_\_\_\_ Province/State: \_\_\_\_\_ Postal Code/Zip: \_\_\_\_\_

Phone Number (Home): \_\_\_\_\_ Email Address: \_\_\_\_\_ Age as of July 1, 2009: \_\_\_\_\_

**Please check the appropriate boxes:** Gender: Male  Female  Meal Preference:  Non-Vegetarian,  Vegetarian

**Preferred Breakfast Time** (select one):  7:00-7:15am,  7:15-7:30am,  7:30-7:45am,  7:45-8:00am,  After 8:15am

**Allergies:** (please specify) \_\_\_\_\_

**Accommodations:**  
A suite with 4 bedrooms (single beds) with 2 shared 4pce bathroom and a kitchen.  
If you wish to share a suite with specific people (up to 3 others), please list their names below. We will do our best to honour your request.  
If no preferences are made, same gender singles will be grouped to fill suites.

**Suitemate(s):**  
(Please list the names of those who you wish to share accommodations with) \_\_\_\_\_

This information for planning purposes only					
TBN Ride Classifications:	Distance	Speed km/hr	TBN Ride Classifications	Distance	Speed km/hr
Leisure Wheeler <input type="checkbox"/>	20 –60 km	15-17	Short Tourist <input type="checkbox"/>	50 –80 km	18-22
Easy Roller <input type="checkbox"/>	20 –60 km	18-20	Tourist <input type="checkbox"/>	50-120 km	20-25
Advanced Easy Roller <input type="checkbox"/>	50 –70 km	18-22	Long Tourist/Sportif <input type="checkbox"/>	120-200 km	25-30

I would like to volunteer for Cyclon  I would like to be a tour leader and/or sweep for my ride class above

**Carpooling:**  N/A  I need a ride (will share expenses with driver)  I can provide a ride (Provide # of spaces and closest major intersection)

**In Case of Emergency:** Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**The following waiver must be read and signed:**  
I HEREBY RELEASE AND FOREVER DISCHARGE the Toronto Bicycling Network Inc., Cyclon, their officers, directors, employees, agents and other representatives ("Released Parties"), from all claims, demands, and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person, the registrant undersigned for whom I am the parent or guardian (The Registrant) or property however arising as a result of my participation or the participation of The Registrant in any activity organized and/or sponsored by Cyclon. I understand that this release includes the release of all claims, demands and causes of action, which may arise by reason of any intentional act, negligence, gross negligence, error or omission on the part of the Released Parties. I declare that this release is binding upon me, my heirs, executors, administrators, and assigns, and those of The Registrant. I FURTHER UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY the RELEASED PARTIES from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected to, my participation or the participation of The Registrant in any activity organized and/or sponsored by Cyclon. BY SIGNING THIS AGREEMENT I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREED to the above RELEASE AND INDEMNITY. I WARRANT that I am at least 18 years of age, physically fit to participate in Cyclon activities, and that all my equipment is mechanically fit and suitable for its intended use in such activities, and that I shall heed all traffic laws and wear a CPSC-, CSA-, SNELL-, or ANSI-approved cycling helmet.

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please make cheque or money order payable to: "Cyclon" (plain & simple – no exceptions please)  
Mail Cyclon Registration Form and payment to: **Cyclon**  
**30 Greenfield Ave, Suite #214**  
**Toronto, ON, M2N 6N3**

# TBN Kick-off Breakfast!

## Saturday, May 23rd

### Ashbridges Bay Park

**Free Breakfast: 9 am**  
**Bike rides leave at 10:30 am**  
**(rain or shine)**  
**Picnic Area 2 and shelter**

**Membership and event sign-up; Safe riding talks;**  
**Rides for all levels.**

**Bring your family and friends and spend a morning with TBN.**  
**Learn about TBN programs and upcoming events.**

For more information visit [www.tbn.ca](http://www.tbn.ca) or contact Mel at [social@tbn.ca](mailto:social@tbn.ca)



## Weekend Trips

### Allegany Amble

May 15 - 18, 2009

This popular weekend trip is at Allegany State Park in Upstate New York, USA. Located approximately one hour south of Buffalo, we will be staying in rustic four person, two bedroom cabins near the lake. Meals will be a cabin group effort. There will be a pot luck dinner on Sunday at the main lodge which over looks the lake. Rides vary from 40 to 120 km through scenic rolling to hilly terrain and are suitable for Country Cruise to Sportif riders. Mountain biking and excellent hiking are also available within the park. The cost this year is \$95.00 for members. Come and join in on the fun. Limited spaces are available on a first paid basis. Apply by email to [allegany@tbn.ca](mailto:allegany@tbn.ca) Please include your phone number(s) and any other pertinent information. You will need a passport to cross the border. Car pooling might be available.

### Presqu'ile Prescription

June 26 - 28, 2009

Cycle the scenic Prince Edward County area starting from Presqu'ile Provincial Park. In the evening enjoy a starlight walk to the lighthouse or just relax around the campfire. We will be camping on a group site Friday and Saturday night. Provided will be two pancake breakfasts and provisions for two light lunches. Saturday night dinner will be potluck.

Please book before June 21st. The cost is \$35 for TBN members and \$40 for non-members. Download the sign up sheet from the TBN website in pdf or word format. For more info email Paul & Brenda at [presquile@tbn.ca](mailto:presquile@tbn.ca) or call 905-567-1035 (no voice mail).

### Wending Awenda - July 17,18,19

Not yet confirmed. Please check website in May for further details on this event.

### Sifting Sandbanks - September 18,19,20

Confirmed for September this year. More information to follow.



# TBN Educational Corner

Marie Ferguson & Dinsmore Roach - TBN Educational Directors

## Was Cyclist at Fault?

From the **TORONTO STAR**, Saturday, March 28th, 2009

Q: While riding my bicycle on the road, a car traveling in the opposite direction turned left in front of me at an intersection, causing me to collide with it. At the hospital, police advised: "You're at fault because the law states that whenever a cyclist crosses an intersection, they have to get off their bicycle and walk. It doesn't matter if you're riding on the sidewalk or on the road." Even though I had the right of way on a green light, the officer insists that a cyclist is considered a pedestrian and not a vehicle. I feel I've been wronged and a careless driver escaped responsibility.

*Jim Yeh, Markham*

A: York Police *Sgt. Laurie Perks* replies:

In regard to this case, section 144(29) of the Highway Traffic Act prohibits riding a bicycle "across a roadway within or along a crosswalk at an intersection." The officer believed that the cyclist was riding "along" the edge of the crosswalk, not necessarily in it, but even if he was on the right edge of the roadway along the crosswalk, the law requires the cyclist to dismount and walk across the intersection. A charge of "Turn - not in safety" under Section 142(1) HTA would have been considered against the motorist. As a result of the investigation and due to the fact that there were no independent witnesses, it could be said that both parties were at fault. However, the officer was unable to identify who made the error that led to the collision and, therefore, used his discretion in not charging either party.

Toronto Cyclists' Union spokesperson *Yvonne Bambrick* replies:

This seems to be a misinterpretation of the spirit and letter of the law. The cyclist appears to have been acting in a reasonable manner and proceeding through an intersection as any vehicle would. Cyclists are courteous and often stay to the right of the roadway to allow faster motorized vehicles to pass. Regardless of the cyclist's position while proceeding through the active portion of the intersection, there's no excuse for the driver's carelessness in hitting him.

Ontario transportation ministry spokesperson *Bob Nichols* replies:

The following should not be taken as a legal opinion. It is our understanding that Section 144(29) of the HTA was written to require cyclists to dismount and become pedestrians when using the marked crosswalk area of a signalized intersection. The law aims to help keep pedestrians safe while also protecting cyclists, as drivers using the intersection wouldn't expect to see, or react to, bicycles ridden in crosswalks. To ensure cyclists can't circumvent the rule by simply riding just outside of the crosswalk lines, riding either in or "along" a crosswalk is prohibited. Changing path and moving to the right to ride within or along the crosswalk would be a strong indicator that Section 144(29) HTA was being violated by the cyclist.

*Eric Lai* adds:

A bicycle is considered a "vehicle" under Section 1(1) HTA. If he's anywhere (left, right or centre) within his proper lane as required by Section 154 HTA, then I believe the crosswalk is a non-issue. Basically, it hinges on this: Did he remain within the through-traffic lane (no violation in my opinion), or did he move outside of that lane and ride alongside the crosswalk?

Just when you think you are safe to ride your bicycle and know your rights, a curve ball is lobbed at you. What you will read below will surprise you and scare you, it does me. Check the Star's website for other's comments. [www.wheels.ca/article/524070](http://www.wheels.ca/article/524070)

**Dinsmore Roach**

## SEEKING NEW ICE SKATING COORDINATOR

It's been 10 years since I've taken on the role of Ice Skating Coordinator. It is time to pass the torch to someone else. Each week, the coordinator chooses the ice rink, contacts the webmaster to have the skate posted on the TBN website, and gathers the skaters to the restaurant after the 90 minute skate.

I never attended a TBN skate before becoming coordinator. It has made me get out and skate. It's a fun role and will be easy to take over!!! I have all rinks documented with the possible restaurants for the apres including their phone numbers. I also have a list of volunteers that will help, so you won't have to lead every skate, every Friday night. Of course, I will still be around for any questions.

Being Ice Skating Coordinator was my first foray into TBN volunteering. This could be your start too. If you are already volunteering, this would be a good place to take on a coordinating role. Pls contact me, [iceskate@tbn.ca](mailto:iceskate@tbn.ca).

**Molly Cheung**  
Ice Skating Coordinator  
Toronto Cycling Network

## RIDE LEADERS CLINIC

### Session 2

Date: May 12th

Time: 6:30 - 8:00 pm

**Location:** Dear Park Library

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

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



# Tuesday Ravine Rides



Photo By Ania Poradzisz

Enjoy park paths without the weekend crowds. The Ravine Rides are a series of relatively short rides at a moderate pace, generally taking 1-3 hours. The rides start at 10:30 a.m. on Tuesdays from May to October. All start points are near subway stations, and the 10:30 a.m. start gives a full hour for travelling on the TTC with your bike. The routes avoid busy streets as much as possible. Optional coffee and sandwich stop after each ride.

Distances are approximate, and routes are subject to change due to weather and trail conditions.

## Tuesday, May 5

### 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 almost totally car-free. Start: 10:30 a.m. at Etienne Brule parking lot (down the hill behind Old Mill subway station) Dist: 20 km

## Tuesday, May 12

### THE SECRET CIRCUIT

The original - and shortest - ravine ride: a half-hidden downtown route with a minimum of street riding and enough hills to give you get a good cardio workout! Some unpaved paths. Start: 10:30 a.m. in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station Dist: 14 km

## Tuesday, May 19

### EAST END EXCURSION

This ride has a bit of everything: ravines, a cemetery, two cannons, an industrial park, quiet residential streets, and a stairway. All but 100 m on pavement. Start: 10:30 a.m. beside the elevator on the west side of the Kennedy subway station (on Transway Crescent). Dist: 22 km

## Tuesday, May 26

### CEDARVALE PROSPECTING

Cedarvale Park and the Bellline extension. Some unpaved paths and street riding. Start: 10:30 a.m. in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station. Dist: 19 km

## Tuesday, June 2

### HUMBER AND HIGH PARK

North along the Humber, then east to circle a pond, south through city streets and High Park to the lakeshore, then west back to the Humber. Two short unpaved sections. Start: 10:30 a.m. Etienne Brule parking lot (down the hill behind Old Mill subway station) Dist: 24 km

## Tuesday, June 9

### BALFOUR AND THE BELTLINE

David Balfour Park, Moore Park, the Beltline, and Cedarvale Park. Some unpaved paths. Start: 10:30 a.m. in Taddle Creek Park, one block north of the Bedford exit of the St. George subway station. Dist: 19 km

## Tuesday, June 16

### BOORDALE AND MIMICO CREEK

Explore the western edge of the city. A bit of street riding takes us to paths in two nice long ravines. One unpaved road. Start: 10:30 a.m. Kipling subway Park and Ride (north lot) Dist: 19 km

## Tuesday, June 23

### SUNNYBROOK/DON VALLEY

Almost all of the route is paved. Some street riding, but two-thirds of the route is on bike paths and half is in ravines. Come and see the amazing half-elephants (or maybe they're giant molars)! Start: 10:30 a.m. in Taddle Creek Park one block north of the Bedford exit of St. George subway station. Dist: 26 km

## Common TBN Start Locations

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

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

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

**Etienne Brulé Park** - The Etienne Brulé 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.

## Tuesday, June 30

### TAYLOR, MARTIN, AND DON

A water theme: the lakeshore, the Don River, and Taylor Creek. Paved paths with a few blocks of street riding.

Start: 10:30 a.m. Coffee Time at Shoppers World, one block south of Victoria Park subway station.

Dist: 26 km

# Wednesday Wheelies

## WEDNESDAY MAY 6

### SCHOMBERG TO ALISTON / HOCKLEY

72 or 88 km ride from Schomberg to the village of Hockley. Meet for a 10 A.M. departure at the arena in Schomberg, just south of Highway 9 west of Main Street. Schomberg is just west of Highway 27 and south of Hwy 9.

## WEDNESDAY MAY 13

### DURHAM COLLEGE TO PORT PERRY

60, 72 or 85 km ride from Durham College to Port Perry for Lunch. Meet for a 10 A.M. departure at Durham College. When you reach the lights at the entrance to Durham College, turn left past the College Tennis Centre and park in the arena parking lot. To reach Durham College, exit Highway 401 east at Thickson Rd., go north to Conlins Road, then east to Durham College.

## WEDNESDAY MAY 20

### HORNBY TO ROCKWOOD

70 or 81 km ride from Hornby through Rockwood. Meet for a 10 A.M. departure at Hornby Park. To get to Hornby Park exit Highway 401 at interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

## WEDNESDAY MAY 27

### KING TO SCHOMBERG ALT.

70 or 92 km ride from King through Holland Marsh to Schomberg. Meet for a 10 A.M. departure at the municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)

## WEDNESDAY JUNE 3

### CAMPBELLEVILLE TO WATERDOWN

64 or 74 or 114 km ride from Campbelleville to Waterdown. Meet for a 10 A.M. departure at the Campbelleville New Ball Park. To get to Campbelleville go west on Hwy 401 to Guelph Line, go just south of Hwy 401 and west on Reid Side Road. Park in the parking lot for the Ball Park on the south side of the road.

## WEDNESDAY JUNE 10

### BRADFORD TO INNISFIL BEACH

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

## WEDNESDAY JUNE 17

### MOUNT ALBERT TO LAKE SIMCOE

55 or 79 km ride from Mount Albert along

Lake Simcoe to Keswick. Meet for a 10 A.M. departure at the Community Centre on Main St. in Mount Albert. To get to Mount Albert go north on Highway 404, east to highway 48 and north to Mount Albert.

## WEDNESDAY JUNE 24

### KING TO SCHOMBERG – SUMMER HOURS

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

## WEDNESDAY JULY 1

### ASHBURN TOUR – SUMMER HOURS

57 or 81 km ride from Ashburn to Enniskillen Conservation Area. Meet for an 8:30 A.M.

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 Highway 401 to Brock Rd., north to Clairemont and east on County Road 5 to Ashburn. Bring a lunch for this tour.



Photo By Paul Min

## TBN Ride Classifications

### LEISURE WHEELER

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



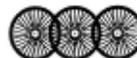
### EASY ROLLER

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



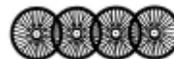
### TOURIST

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



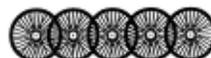
### ADVANCED TOURIST

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



### SPORTIF

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



### COUNTRY CRUISE

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



## OTHER RIDE PROGRAMS

### WEDNESDAY WHEELIES

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



### SATURDAY CRUISING SHORTS

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



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# Trail and Mountain Bike Rides

## Saturday, May 2

### GLEN MAJOR – 10 AM START

Get ready for 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: parking Leader- Mitch Trailhead : - Hwy 401 east to Brock Rd. in Pickering. North on Brock Rd. to about 20 km to Claremont, turn east on Durham Road 5. Travel to Balsam go north on Sideline #4. About 3 km north to parking lot on westside.

Après: Applebee's 155 Kingston Rd. Ajax

## Sunday, May 3

### DON VALLEY - KNOBBY NEWBIE BEGINNER RIDE – 10AM START

Come out on an instructional ride. We take riders through the basics of technique and trail safety. Then ride an easy 15km route through the ravines in the heart of Toronto.

Trail pass: free Facilities: none Leader – Doug Trailhead: DVP to Bayview / Bloor exit and north on Bayview Ave. about 400 m.

If you are coming from the north, or east travel 500 m south of Pottery Road on Bayview at Toronto Brick Works parking lot.

## Saturday, May 9

### HILTON FALLS – 10AM START

Dual suspension heaven. 33 km of single & double track loops through rocky hardwood forest and wetlands. Discover the new trails beyond the falls & NE. (Rim Bender trail is Advanced). Easy to extreme, clay, gravel, limestone rocks.

Trail pass: \$7 Facilities: washrooms, parking

Leader: Doug & Dmitriy

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](http://www.conservation-halton.on.ca)

## Sunday, May 10

### SHORT HILLS – 10:30AM - ADVANCED RIDE

A rolling, scenic, hilly 30km ride through forests trails over a dam, by falls, and historical sites. Not that technical but you need to be in shape.

Trail pass: free Facilities: limited parking

Leader - Ed

Trailhead: East past Hamilton on the QEW.

Take exit 51 just before St. Catharines. Head south on 7th Louth St. 5km, turn left on St. Paul St W. for just a 1km then right down 5th Louth St. 4km (heading south again) finally go left on Pelham Rd. Gravel parking lot is 500m down Pelham on the south side.

Après: local winery

## Saturday, May 16th

### RAVENSHOE – 10AM START

With 18 km of single-track trails, Ravenshoe offers lots of roots, logs and stunts to challenge the rider, one of our hardest and favorite rides. Moderate to extreme, fairly flat but very twisty, can be muddy.

Trail pass: Free Facilities: limited parking

Leaders- Doug

Trailhead: 404 north, exit Green Lane, east to Woodbine Ave, north 5 km to Ravenshoe Rd, east 9 km to McCowan Rd., turn south 600 m, parking lot on the right

Après: Shoeless Joes 18947 Woodbine Ave.

## Sunday, May 17th

### DON VALLEY - KNOBBY NEWBIE BEGINNER RIDE – 10AM START

Come out on an instructional ride. We take riders through the basics of technique and trail safety. Then ride an easy 15km route through the ravines in the heart of Toronto.

Trail pass: free Facilities: none

Leaders – Steven

Trailhead: DVP to Bayview / Bloor exit and north on Bayview Ave. about 400 m.

If you are coming from the north, or east travel 500 m south of Pottery Road on Bayview at Toronto Brick Works parking lot.

## Saturday, May 23rd

### DURHAM FOREST – 10AM START

We start the season with the traditional Durham. 25 km of single and double track trails. With mixed forest and thick pines this fat-tire playground is sure to please. Moderate to moderate, clay, sandy areas and white stuff

Trail pass: Free Facilities: parking

Leaders- Mitch & Doug

Trailhead: 401 to Brock Road exit, Pickering, north up Brock Rd about 23 kms to Durham Rd. 21 (Coppins Corners), east 5 km to 7th Concession – Goodwood Rd., turn right, entrance is 1 km south on east side.

Après: Annina's Bake shop Goodwood

## Sunday, May 24th

### PUSLINCH 10:30AM ADVANCED RIDE

Rolling hills in among pines and hardwood, sand, gravel base, roots, and it's all winding single track! A favorite, worth the drive- 25km

Trail pass: Free Facilities: parking

Leaders- Dan

Trailhead: Head west on the 401 past Guelph. Take Townline Rd 35 exit, go south over the bridge, left at the light onto Lake Rd 32 for 3km. Left at the stop sign and park up the road on the right before the bridge over the hwy.

Après: Cambridge Pub

## Sunday, May 31st

### KELSO – 10AM START

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 with mud holes, limestone boulders.

Trail pass: \$7 Facilities: washrooms

Leaders: John

Trailhead: meeting at top, Summit Gatehouse: 401 west to Hwy 25, south towards Milton, west on hwy. 8 (Steeles Ave.) 4km, parking north side at Old Bell School Line [www.conservationhalton.on.ca/kelso.html](http://www.conservationhalton.on.ca/kelso.html)

Après: Tim Horton's in Milton

## Saturday, June 6th

### DON VALLEY -- 10AM START

We will ride this popular loop plus go beyond into Taylor Creek/Eglinton ravine to ride new trail with bridges and river crossings - 20km Will be muddy, steep and scary. Moderate to Advanced.

Trail pass: free Facilities: none

Leaders- Dan & Doug

Trailhead: Bayview Ave & Pottery Road parking lot by the train tracks.

Après - BBQ

## Saturday, June 13th

### 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: parking

Leader- Jon & Mitch

Trailhead: - Hwy 401 east to Brock Rd. in Pickering. North on Brock Rd. to about 20 km to Claremont, turn east on Durham Road 5.

Travel to Balsam go north on Sideline #4.

About 3 km north to parking lot on westside.

Après: Appleby's Hwy 2 Ajax

## Sunday, June 14th

### DON VALLEY - KNOBBY NEWBIE BEGINNER RIDE – 10AM START

Come out on an instructional ride. We take riders through the basics of technique and trail safety. Then ride an easy 15km route through the ravines in the heart of Toronto.

Trail pass: free Facilities: none

Leaders- Albert & Hana

Trailhead: DVP to Bayview / Bloor exit and north on Bayview Ave. about 400 m.

If you are coming from the north, or east travel 500 m south of Pottery Road on Bayview at Toronto Brick Works parking lot.



TBN - Ganaraska - April 17 05

### Saturday, June 20th

#### COULSON'S HILL - 10:00AM START

A twisty, hilly 15 km fun ride on single track clay, sand, trails & gravel fire roads with logs & mud to keep you awake.

Trail pass: free Facilities: none

Leaders: Dan & Doug

Trailhead: From the 400 exit 64 east towards Bradford, north on 10th side road, west 11th Concession. OR from Bradford, take hwy 11/4 north to 11th Concession (Coulson Hill Rd). Turn west and follow for about 10 mins. Forest is on north side of road just before the bridge over Hwy 400.

Après: Pub in Bradford

### Sunday, June 21st

#### HARDWOOD - 10:30AM START ADVANCED RIDE

With 70 km of x-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 advanced.

Trail pass: (Group \$10.50) Facilities: washrooms, showers, cafeteria, bike rental  
Leaders: Mitch

Trailhead: Hwy 400 north past Barrie to exit 111 Forbes Rd, travel east 10 km, entrance on north side. [www.hardwoodskiandbike.ca](http://www.hardwoodskiandbike.ca)

### Saturday, June 27th

#### ALBION HILLS - 10AM START

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

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

Leaders: Eleanor & Steven

Trailhead: Drive north 9km past Bolton on Highway 50 until you see the entrance to

Albion Hills Conservation Area on your left. Follow signs, park at far end by chalet.

[www.trca.on.ca](http://www.trca.on.ca)

Après: Pub in Bolton

### Saturday, July 4th

#### DURHAM FOREST - 10AM START

Ride 25 km of single and double track trails. With mixed forest and pines this fat-tire playground is sure to please. A popular spot for all. Moderate to moderate, clay, sandy areas.

Trail pass: free Facilities: parking  
Leaders: Dan & Mitch

Trailhead: 401 to Brock Road exit, Pickering, north up Brock Rd about 23 kms to Durham Rd. 21 (Coppins Corners), east 5 km to 7th Concession Rd., turn right, entrance is 1 km south on east side.

Après: Annina's Bake shop Goodwood

### Sunday, July 5th

#### DON VALLEY - KNOBBY NEWBIE BEGINNER RIDE - 10AM START

Come out on an instructional ride. We take riders through the basics of technique and trail safety. Then ride an easy 15km route through the ravines in the heart of Toronto.

Trail pass: free Facilities: parking  
Leaders: Doug

Trailhead: DVP to Bayview / Bloor exit and north on Bayview Ave. about 400 m.

If you are coming from the north, or east travel 500 m south of Pottery Road on Bayview at Toronto Brick Works parking lot.

## MTB Rides Don Valley Wed. (Advanced) Thurs. (Beginners) 6 pm

There is a little known secret for city bound mountain bike riders, a weekly Wednesday night ride for advanced riders and now a Thursday night ride for beginners in the Don Valley. Thursday rides starting April 16th, Wed. rides starting May 6th

We will explore the inner city trails of the Don Valley. Included are trail names like the "Upper Don", "Lower Don", "Skunks Tail", "Catalyst", "Party Atmosphere", to name a few. Beginners be aware most of the trails are intermediate to advanced. There are a lot of hills that you need to ride up, but you get to enjoy the downhill's as well; repeatedly! If the group size and mix of rider skills warrants, then a split advanced and intermediary group will be arranged for the Wednesday rides. Group sizes are typically 5 to 15+ The Don can be very tricky to ride if it has previously rained due to it's slick off-camber nature in sections.

Facilities: Free parking. Trail pass: Free  
Non mem = \$5, 5:45pm for paperwork  
Leaders - Ron (Wed.) & Doug (Thurs.)  
Trailhead: Meeting place is at the Brick Works parking lot, 550 Bayview Ave. 1st light south of Pottery Road

## TBN Custom Jersey

The TBN custom jersey, made by ATAC Sportswear is now available exclusively at Cyclepath located at 2106 Yonge St, on the west side of Yonge just south of Eglinton. TBN Members, cost \$60, non-members \$89. Please remember that payment is by cheque only, made payable to the Toronto Bicycling Network. Note: the old yellow/blue Garneau design is still available at Cyclepath in extremely limited quantities for \$60 -- instant collector's item!



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# Sunday and Holiday Rides

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

## Sunday, May 3, 2009

### BLACK HORSE CENTURY

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

Start: Finch 8:30 am

Dist: 105, 135 & 165 km

Class: Advanced Tourist, Tourist

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

Start: Queen's Park

Dist: 38 km

Class: Leisure Wheeler

Après: Tim Hortons

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

Start: Finch

Dist: 35 km

Class: Easy Roller

Après: Tim Hortons

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

Start: Finch

Dist: 72, 108 & 116 km

Class: Short Tourist, Sportif, Tourist

**SUTTON/LAKE SIMCOE TOUR** - Take

Hwy 404 north, Davis Drive east, Hwy 48 north. Go left on High St. into Sutton. Right on Dalton Rd. Left on Black River Rd. to the Peter Gzowski Library.

Start: The Peter Gzowski Library in Sutton.

Take Hwy 404 north, Davis Drive east, Hwy 48 north. Go left on High St. into Sutton. Right on Dalton Rd. Left on Black River Rd. to the Peter Gzowski Library.

Dist: 64 & 84 km

Class: Country Cruise

## Sunday, May 10, 2009

**LAKERIDGE PANCAKE RIDE** - Head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich or have brunch at the annual Durham Kiwanis Pancake Weekend.

Start: Finch 8:30 am

Dist: 123 & 137 km

Class: Advanced Tourist

**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

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

Start: Etienne Brule Park

Dist: 35 km

Class: Easy Roller

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

Start: Finch

Dist: 79, 97 & 108 km

Class: Short Tourist, Tourist

**TRIPLE H - HORNBY HALTON HILLS (TO LOWVILLE)** - True to form the hills of Halton loom. Enjoy this route as it takes you to Lowville for a picnic lunch in the park.

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

Dist: 67, 85 & 98 km

Class: Country Cruise

## Sunday, May 17, 2009

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

Start: Finch 8:30 am

Dist: 120 & 140 km

Class: Advanced Tourist, Tourist

**MAPLE BAKERY RIDE** - Head north for brunch at TBN's favourite bakery. New route!

Start: Finch

Dist: 35 km

Class: Leisure Wheeler

Après: Tim Hortons

**CENTENNIAL PARK - DIM SUM RIDE** - North on Humber Trail. West on Eglinton Trail, through Centennial Park and quiet industrial streets. Lunch in famous Dim-sum Restaurant or Tim Horton's for those who prefer coffee and donuts. This Ride is mostly on Trails and quiet industrial streets.

Start: Etienne Brule Park

Dist: 47 km

Class: Easy Roller

**SCHOMBERG TO CALEDON EAST** -

A ride in the 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

**HOLLAND MARSH/NEWMARKET** - A hilly but scenic route to Aurora for lunch. Long tour takes in the Marsh.

Start: Finch

Dist: 79 & 104 km

Class: Short Tourist, Tourist

## Monday, May 18, 2009

**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: 32 km

Class: Leisure Wheeler

Après: The Second Cup

**MAPLE BAKERY** - Wend your way to a terrific lunch stop at Centro Bakery in the town of Maple.

Start: Finch

Dist: 35 km

Class: Easy Roller

Après: Tim Hortons

**VANDORF/SNOWBALL** - 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 Hortons, east side of Yonge, north of Hendon

## Sunday, May 24, 2009

**BALLINAFAD-BELFOUNTAIN** - Splendid route to an old favourite via the backroads of Halton. Short tour heads to Glen Williams.

Start: Kipling 8:30 am

Dist: 115, 135 & 161 km

Class: Advanced Tourist, Sportif, Tourist

**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 8:30 am

Dist: 95 & 115 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 Hortons

**SCARBOROUGH BLUFFS** - Visit the World Famous Scarborough Bluffs. Lunch at Coffee Time.

Start: Boardwalk Pub  
Dist: 50 km  
Class: Easy Roller

### **THE SHELTER VALLEY SHUFFLE** -

Explore the wonderful rolling hills and views north and east of Port Hope. This ride travels along some favourite, tree lined roads of the area, including Shelter Valley. The lunch spot is on the grounds of the Baltimore Community Centre. Note: Bring your own lunch. Snacks and drinks available at general store just before the lunch spot.

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

Dist: 58, 70 & 99 km  
Class: Country Cruise

### **Sunday, May 31, 2009**

**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

**SECRETS OF SCARBOROUGH** - Some hidden treasures of this suburb, as revealed by a long-time resident.

Start: Shoppers World, Danforth  
Dist: 32 km  
Class: Leisure Wheeler  
Après: Coffee Time

**HUMBER RIVER TRAIL** - Follow the trails of the Humber.

Start: Etienne Brule Park  
Dist: 52 km  
Class: Easy Roller

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

Start: Finch  
Dist: 75, 97 & 108 km  
Class: Short Tourist, Tourist

**ABC TOUR - ALLISTON, BORDEN, CREEMORE** - Revised routes, avoiding Angus and Utopia. A fairly easy ride with some gently rolling hills near Alliston and near Creemore. The long route has a scenic and hilly loop through Glen Huron. Bring a picnic lunch for the short ride. Medium and long rides have lunch in Creemore.

Start: Town of Alliston, at the public parking lot at end of Mill St. Take Hwy 400 north to exit 75, Cookstown. Go west on Highway 89 about 18 km to Church St. - the second intersection with traffic lights west of the train

tracks. Mill St. is the next street west of Church St. Do not park at the Beer Store. Allow sufficient travel time - this is about 80 km from Yonge St and Highway 401. No washrooms at the starting point, so stop at the MacDonalds at exit 75, or at Tim Hortons in Cookstown or Alliston.

Dist: 65, 93 & 106 km  
Class: Country Cruise

### **Saturday, June 6, 2009**

**TOTTENHAM TRAILBLAZER** - Ride through the marsh to Beeton & Tottenham, followed by a rolling return route via Bolton and Kleinburg. Short tour lunches in Schomberg. Optional century route for RLCTers.

Start: Finch 8:30 am  
Dist: 113, 135 & 165 km  
Class: Advanced Tourist, Tourist

### **Sunday, June 7, 2009**

**PORT PERRY PEDLAR (VERSION #1)** - An undulating scenic ride up and down the drumlins of Durham County.

Start: In the North Parking lot of Durham College, located off of Conlin Rd. just west of County Rd. #2 in Oshawa. Go east on Hwy 401. Exit at Oshawa (Simcoe Street/CR#2) and continue north to Conlin Rd.

Dist: 72 & 85 km  
Class: Country Cruise  
Sunday, June 14, 2009

**MT. ALBERT/BALDWIN/UXBRIDGE/UTICA** - A new spin on an old favourite, including visits to Sutton, Pefferlaw and Udora. Lunch in Uxbridge. Short tour does lunch in Mt Albert.

Start: Finch 8:30 am  
Dist: 115, 131, 161 & 181 km  
Class: Advanced Tourist, Tourist

**HIGH PARK TO PORT CREDIT** - Parks and river banks is the theme of this scenic ride. Ride through two parks (High Park and Centennial park), two river banks (Humber and Credit Rivers). Lunch in Mississauga and cruise home with the prevailing wind on the waterfront trail.

Start: Grenadier Café, High Park  
Dist: 54 km  
Class: Easy Roller  
Après: Grenadier Café

**NORTH BY NORTHWEST** - Explore the asphalt trails of five parks and followed by a stop for a picnic. Bring lunch; no stores en route. Helmets mandatory. \$5 ride fee waived for Bike Month.

Start: Finch  
Dist: 34 km  
Class: Leisure Wheeler  
Après: Tim Hortons

### **MUSSELMAN LAKE/MT ALBERT** -

Do the Musselman Lake run to lunch in Ballantrae, or keep going north to Mt. Albert.

Start: Finch  
Dist: 85 & 102 km  
Class: Advanced Tourist, Tourist

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

Start: 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

### **Sunday, June 21, 2009**

**CALEDON-KING-HOCKLEY** - 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: 121, 139 & 201 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

**MAPLE BAKERY** - Wend your way to a terrific lunch stop at Centro Bakery in the town of Maple. Start: Finch

Dist: 52 km  
Class: Easy Roller  
Après: Tim Hortons

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

Start: Finch  
Dist: 76, 96 & 118 km  
Class: Short Tourist, Sportif, Tourist

**BEAVERTON CANALS, CAUSEWAYS AND COTTAGES** - A flat ride around Beaverton. Explore farmland, the Trent-Severn Waterway, and the shores of Lake Simcoe. On the short ride there is no restaurant at the lunch stop, so you must bring a lunch.

Start: Beaverton Community Centre. Take Hwy 404 north, Davis Drive east, and Hwy 48 north. Turn left on Durham Road 23 at Port Bolster (just past the drive-in theatre). In Beaverton, turn left on Bay St. (at the Sunys gas station). Turn left on Main St. to the Beaverton Community Centre.  
Dist: 69, 86 & 117 km  
Class: Country Cruise

## Sunday, June 28, 2009

### 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. Please contact Owen Rogers, email: [hairshirt@tbn.ca](mailto: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).

Time: 6:00 a.m.

Start: Mississauga Square One, green parking post #5, SE corner Duke of York and Rathburn Rd.

Dist: 322 km

Class: Advanced Tourist

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

Start: Finch 8:30 am

Dist: 120 & 140 km

Class: Advanced Tourist, Tourist

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

Start: Finch

Dist: 37 km

Class: Leisure Wheeler

Après: Tim Hortons

### CENTENNIAL PARK TO PORT CREDIT

Ride through scenic Port Credit and lunch at Clarkson. The way back home will be on the waterfront trail. Lunch in Clarkson. This ride is a good challenge and is expected to be at the top end of the Easy Roller pace.

Start: Etienne Brule Park

Dist: 52 km

Class: Easy Roller

**HOLLAND MARSH/NEWMARKET** - A hilly but scenic route to Aurora for lunch. Long tour takes in the Marsh.

Start: Finch

Dist: 79 & 104 km

Class: Short Tourist, Tourist

**ASHBURN TOUR** - 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

## Wednesday, July 1, 2009

**ETOBICOKE MEANDER** - Cycle through Etobicoke on the bike paths. Optional side trip to Centennial Park for Ribfest!

Start: Coronation Park - East of Princess Gates entrance, Lakeshore and Strachan Ave

Dist: 54 km

Class: Easy Roller

**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: 32 km

Class: Leisure Wheeler

Après: The Second Cup

**VANDORF/SNOWBALL** - Short route heads to lunch at Jake's in Unionville. Long routes lunch in Maple!

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Sportif, Tourist

### Sunday, July 5, 2009

**FORKS OF THE CREDIT** - A hilly, beautiful ride following the backroads to Belfountain. Short tour heads to Glen Williams.

Start: Kipling 8:30 am

Dist: 112, 127 & 147 km

Class: Advanced Tourist, Tourist

**TORONTO ISLAND TOUR** - Follow streets and trails to the ferry and then steam over to the Island. Ferry fare is \$4.00 return.

Start: Shoppers World, Danforth

Dist: 32 km

Class: Leisure Wheeler

**UNIONVILLE** - Ride north to this historic village for lunch at Jake's on Main.

Start: Finch

Dist: 55 km

Class: Easy Roller

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

Start: Kipling

Dist: 95 & 115 km

Class: Advanced Tourist, Tourist

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

Start: Kipling

Dist: 75 km

Class: Short Tourist

**HOCKLEY HILLRAISER** - A ride in the lovely countryside north of Schomberg to the town of Hockley for lunch.

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

Beaverton Canals Ride - June 22, 2008

Photo by Paul Min



the arena.

Dist: 61, 72 & 88 km

Class: Country Cruise

### Sunday, July 12, 2009

**TOTTENHAM TRAILBLAZER** - Ride through the marsh to Tottenham, followed by a rolling return route via Bolton and Kleinburg.

Short tour lunches in Bolton.

Start: Finch 8:30 am

Dist: 113 & 135 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

### CENTENNIAL PARK - COOKSVILLE

This is a mixed trail and road ride. North on Humber trail. West on Eglinton trail. Then change to a brisk street ride, mostly on Matheson Blvd. Lunch in Mississauga then follow the waterfront trail home. Ideal for riders looking for a brisk work out! Expected to be at the top end of the Easy Roller pace.

Start: Etienne Brule Park

Dist: 56 km

Class: Easy Roller

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

Start: Finch

Dist: 87, 108 & 116 km

Class: Advanced Tourist, Tourist

**PORT HOPE HILL HOP** - A return to the ever-popular area around Port Hope. Enjoy undulating roads with awesome scenery including gorgeous vistas of Lake Ontario. Three loops and Bickle Hill may prevail!

Start: Port Hope Town Hall. Exit Hwy 401 eastbound at Hwy 2 (interchange #461), then follow Hwy 2 to downtown Port Hope. The Town Hall is at 56 Queen St.

Dist: 51, 71 & 97 km

Class: Country Cruise

# TBN Advocacy Report

## We Want Your Input!

Perhaps you just want to ride your bike in peace and not think about conditions for cyclists. However, many people in Toronto are advocating for improved conditions and your feedback on best practices in our city would be helpful. Please take a moment to consider;

- (1) What part of the Bike Network is most important to work towards? (The Martin Goodman Trail across the waterfront, once one of our most dangerous routes, is heading towards approval at City Hall after years of study.)
- (2) How would you design a perfect bike trail in our city? (The Martin Goodman will be dedicated to cyclists, 4 M wide, and have a treed buffer zone on both sides).
- (3) How would you design an intersection, both with cars, and with pedestrians. (There is talk of bicycle signals on the Martin Goodman).
- (4) Which of the following web sites do you find most informative?  
www.toronto.ca/cycling      www.ibiketo.com      www.bikeunionto  
www.torontocat.ca      www.bikingtoronto.com      www.biketoronto.ca      Other?
- (5) Do you use your cell phone to report vehicles parked in bike lanes?  
The number. is 416-808-6600
- (6) Have you been successful in reporting dangerous potholes? The number is 416-338-9999
- (7) Have you formed or joined a BUG? (Bicycle User Group) The number is 416-338-5091
- (8) Have you put your bike on a bus bike rack?
- (9) Do you plan to take the Toronto Niagara Bike Train? [www.biketrain.ca](http://www.biketrain.ca)
- (10) Have you joined a Critical Mass ride on the last Friday of every month?
- (11) Have you seen the films "You Never Bike Alone" or "Tales of a Yellow Bike"?
- (12) Do you attend bike get togethers such as Cinq a Sept or Velo Social?
- (13) Have you registered to use the new Bike Station opening in York West Teamway by Union Station? Note that there is an open house May 26th from 7AM to 7PM with refreshments at 8-9 AM. See [www.toronto.ca/cycling/bicycle-station](http://www.toronto.ca/cycling/bicycle-station)
- (14) What do you think about sharrows, ebikes on bike trails, elephant feet and bike boxes?
- (15) Do you use bike lockers?
- (16) If you have a car, does your sideview mirror have the city decal warning drivers to watch for bikes when opening your door?
- (17) In your travels have you seen any wonderful cycling innovations in other cities?
- (18) Would you like to attend a City Meeting to advocate for improved cycling?
- (19) Have you read issue one of Dandy Horse and are eagerly anticipating issue two?
- (20) Have you signed up to receive TBN's advocacy emails? You can have updates sent automatically to you. Contact [tbn-civic@tbn.ca](mailto:tbn-civic@tbn.ca) or visit the website for more information.

Lots to think about isn't there? Please **share your opinions** on these and other issues by emailing Ron Fletcher at [ron.fletcher@sympatico.ca](mailto:ron.fletcher@sympatico.ca).



**Ron Fletcher**  
Advocacy Director  
Toronto Bicycling Network



*Queen's Quay Linear Park with dedicated Martin Goodman cycling trail.*

The Transformation of Queens Quay with the creation of a beautiful linear park on the south side of the street that would include a generous new pedestrian promenade and an expanded Martin Goodman Trail. This was part of the winning design for revitalizing the central waterfront selected by Waterfront Toronto in 2006 after an international design competition. Waterfront Toronto's goal is to finish construction along Queens Quay by 2012.

## Introduction to Country Cruise Newbie Clinics

These clinics are a great place for riders who want to begin doing Country Cruise rides. The clinics will provide tips on how to ride, read maps, what you should/shouldn't bring, how to prepare, and what to expect when you get on a TBN Country Cruise club ride.

The route will give the rider an opportunity to experiment riding longer distances, and build the confidence necessary to do Country Cruise rides.

The clinics will be held in April, May and June. Watch the TBN web site for upcoming dates.

**Loreto Manni**  
Spinning Coordinator  
Toronto Bicycling Network

# TBN Who's Who

## TBN Board of Directors

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

## Others

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

City Walks	Mark Brousseau	416-466-4979
Country Cruise, Saturday Shorts	Rowena Maclure Barry Pinsky	416-487-1474 416-928-0503
Easy Roller	Roberta Terzolo	easyroller@tbn.ca
Friday Night Ride	Peggy McFarland	fridays@tbn.ca
Hiking	Ed Herage	hiking@tbn.ca
Ice Skating	Molly Cheung	iceskate@tbn.ca
Spinning Coordinator	Loreto Manni	spinning@tbn.ca
Inline Skating	Michael Lin	inline@tbn.ca
Leisure Wheeler	Jamie Hauyon	416-537-8865
Mtn. Biking, Trail Riding	Dan Roitner	mtb@tbn.ca
Saturday Morning Ride	Julie Willmot	416-696-9263
Tourist, Sportif, Webmaster	Owen Rogers	info@tbn.ca
Tuesday Ravine Rides	David Peebles	416-534-7168
Wednesday Nights	Ron Fletcher	tbn@tbn.ca
Wednesday Wheelie	Bill Hannaford	416-482-2125

# TBN Hotline!

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

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

From the main menu press...

- 1 Cross-country skiing and snowshoeing day trips (January-March)
- 1 Weekend and holiday rides (April-December)
- 2 Weekday events
- 3 Social events & membership information
- 4 Inline skating
- 5 Weekend trips & Cyclon 2008 information

## Hotline tips:

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

# MOVING?

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



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