

QuickRelease

September / November 2003

Volume 21, Issue 4



Fun in the sun at

TBN's Annual BBQ Picnic

See page 6



Annual General Meeting & Dinner Dance

SATURDAY OCTOBER 18
Whistlers Bar & Grill, 995 Broadview Ave

Cash Bar Opens 6:30 pm

Members \$25.00

Dinner 7:30 pm

Non Members \$30.00

(See back page for more details.)

Quick Release is published five times a year. Members are encouraged to submit material for publication. Classified ads are free for members. To discuss a submission, call Loreto Manni, Managing Editor, at 416-783-6953 or e-mail newsletter@tbn.on.ca. We would prefer submissions be made digitally, so send ads/ stories/graphics to: newsletter@tbn.on.ca in one of the following formats: text.txt, word.doc, wordperfect.wp ... and your graphics/photos in these formats: .tif, .jpg, .eps, .gif Analog submissions may still be made by letter mail to:

Toronto Bicycling Network
 Attn: Editor, Quick Release
 131 Bloor Street West,
 Suite 200, Box 279,
 Toronto, Ontario,
 M5S 1R8

Telephone 416 760-4191
 Website www.tbn.on.ca
 e-mail info@tbn.on.ca
 (please specify intended recipient in the subject field of your e-mail)

The December - February newsletter deadline is November 5, 2003.

Moving? Moved?

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

TBN Hotline
 416-760-4191



Hotline Directory
From the main menu press

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

TBN Board Of Directors

President	David Weil	416-762-9846
Vice President, Skiing	Kathleen Ryan	xcski@tbn.on.ca
Vice President, Touring	Dan Engels	416-429-6088
Treasurer	Doug Innes	416-252-7073
Secretary	Richard Budic	416-531-6328
Social Director	Ron Fletcher	416-461-9695
Publicity & Promotions	Imtiaz A.Mawji	publicity@tbn.on.ca
Education Director	Celine Turgeon	416-694-4447
Weekend Trips Director	Joshua Wolman	416-780-1683
Director of Cyclon	Vanessa Busch	416-422-3052
	Trevor Woerner	
Managing Editor QR	Loreto Manni	newsletter@tbn.on.ca
QR Copy Editors	Dan Engels	
	Kathleen Ryan	

TBN Coordinators

Easy Roller	David Raine	easyroller@tbn.on.ca
Leisure Wheeler	Jamie Hauyon	416-537-8865
Tourist & Sportif & Webmaster	Owen Rogers	416-232-0243
Country Cruise & Saturday Shorts	Rowena Maclure	416-487-1474
Wednesday Wheelie	Bill Hannaford	416-482-2125
Wednesday Nights	Ron Fletcher	416-461-9695
Friday Night Ride	Kay Farrell	416-424-1463
	Peggy McFarland	416-405-8307
Saturday Morning Ride	Julie Willmot	416-696-9263
Inline Skating	Martha Scott	416-443-0619
Mountain Biking & Trail Riding	Dan Roitner	mtb@tbn.on.ca
Indoor Spinning	Lori Roth	spinning@tbn.on.ca
City Walks	Mark Brousseau	416-466-4979
	Howard Chan	
Hiking	Terry Davison	905-453-1952
Ice Skating	Molly Cheung	iceskate@tbn.on.ca
Toronto Cycling Committee Rep.	Martin Koob	tcc-rep@tbn.on.ca
Membership Secretary	Eileen Harbinson	416-482-2157

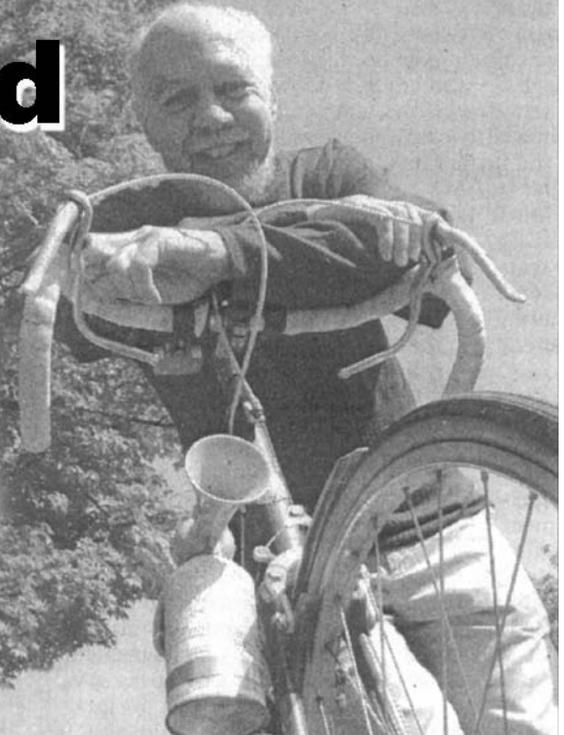
City Walks

Hello walkers! We are planning to continue our popular City Walk Program this year. As in prior years the walks will be between 8 and 14 kms long and will start close to a TTC stop. The tentative start date is November 2nd 2003. Please note that the walks are an official Club event, so all non-members will have to pay \$5.00 and sign a waiver. For more information feel free to call Mark Brousseau at 416-466-4979. A schedule of individual walks will be posted later.

Different kind of bikers visit Falls

By JOHN LAW

Review Staff Writer for The Falls Review



The Toronto Bicycling Network made its annual pedalling pilgrimage to Niagara Falls on June 14, 2003. Trip organizer Joe Hickey says the eight-hour ride is a great mix of scenery and exercise.

NIAGARA FALLS - It's a different kind of bike gang that rolls into town every June.

They arrive quietly - no police escort required. They prefer the backroads to the highway. And the only colours they wear are the occasional flashy set of sunglasses.

Getting to Niagara Falls is the hard part - and fun part - for members of the Toronto Bicycling Network. Over the weekend, the group marked its 10th straight year pedalling the 165-kilometre route from High Park in Toronto to the Maple Leaf Motel on Fallsview Boulevard.

Ride organizer Joe Hickey chuckles at some of the concerns motel owners sometimes have about the group.

"They have visions about grease and oil all over the place," he says. "But most of the bikes are worth more than any of the furniture in there. We don't want to scratch the bikes!"

Some of the finely-tuned two-wheelers are worth upwards of \$5,000, making them more expensive than some of the cars whizzing by them on the eight-hour trek.

The group departed Toronto Saturday

morning and arrived in Niagara Falls late in the afternoon. Not taking the highway means plenty of twists and turns, but a lot more scenery.

Each member carries a map with the route laid out in precise detail. "Actually, I've never driven here on the highway since I've had this map," says Hickey.

About 40 bike club members usually take the 'TNT' trip (Toronto to Niagara to Toronto), but that jumped to 58 this year.

The weather is a constant wild card - Hickey recalls hitting three different storms one year. But there's also sunburn and exhaustion to worry about.

Group member Bob Everett says a bicyclist should have several kilometres under the belt before attempting the trip. "One girl became sick overnight," he says. "I drove her [back home]."

Unlike the early years, the group now rides prepared. At least one member (or their spouse) takes a car, and most all carry cellphones or pagers.

"They didn't have communication (the first year)," says Hickey. "It was like every man

for himself. If you got stuck, you were stuck."

The ride is especially thrilling for Hickey, who recovered from a serious heart operation at 18. "I get a good night's sleep [after the trip]," says the 65-year-old. "The next day you feel good and alert."

Spinning

at the Adelaide Club

Spinning is starting up again on September 3.

New Price

\$75+GST for eight classes

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



Trail Riding Schedule

Albion Hills Sat Sept 6

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

Start: 10 am **Trail pass:** \$4

Facilities: washrooms, showers, snacks, camping, swimming

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

Humber River Sun Sept 7

Nobbie Newbie beginner ride

Come out on an instructional ride through the heart of Toronto.

An easy 15km route will take riders through the basics of technique and trail safety.

Start: 10 am **Trail pass:** none

Facilities: washrooms

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

Ravenshoe Sun Sept 14

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

Moderate to extreme, hardpacked surface, fairly flat but very twisty, can be muddy.

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

Whitchurch Sat Sept 20

Come explore this local woodlot's many criss-crossing dirt roads and trails as we ride it for the first time. Easy to intermediate, good for beginners. Some mud, logs and water, fast rolling terrain.

Start: 10 am **Trail pass:** free

Facilities: parking, outhouse

Trailhead: North on 404, west on Aurora Rd., Whitchurch Conservation Area parking lot is on the southside past Warden Ave.

Horseshoe Valley Sun Sept 28

Horseshoe is now offering MTB trails and we will be there to test them out. Over 40 km of x-ski loops and single track for all abilities.

Easy to extreme, hard pack surface, sandy, flat sections and monster hills.

Start: 10:30am **Trail pass:** yes

Facilities: washrooms, cafeteria

Trailhead: About 20 km north of Barrie on Hwy 400 take Exit 117 (Horseshoe Valley Rd) and head east to the resort. www.horseshoeresort.com

Kolapore Uplands Sat Oct 4

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 but some say our best ride!

Start: 10:30 am

Trail pass: free

Facilities: outhouse

Trailhead: South of Collingwood – From Toronto, Hwy 10 north, it will join Hwy 24 past Orangeville. Follow Hwy 24 north, turn left onto Hwy 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.

Ganaraska Forest Sun Oct 12

Ganaraska is a huge 100+ km forest, littered with x-ski loops and single track trails. Easy to moderate, sandy, large hills, a fast ride.

Start: 10:30am

Trail pass: \$ 5

Facilities: outhouse

Trailhead: Hwy 401 east of Toronto take 35/115 north to Kirby, go east on Ganaraska Road (County Road 9) for 10km then go north for 4km on Cold Springs Camp Road to The Ganaraska Forest Centre. www.grea.on.ca

Coulson Hill Sat Oct 18

Small mixed wood lot with winding 12 km of clay/gravel trails with logs, singletrack & fire roads

Start: 10am

Trail pass: none

Facilities: none

Trailhead: From Bradford, take Hwy 11/4 north to 11th Concession (Coulson Hill Rd). Turn west and follow for about 10 mins. [From the 400 exit#64 east towards Bradford, north on 10th sideroad, west 11th Concession.] York Regional Forest is on right side of road. Just before the bridge over Hwy 400.

Waterdown Sun Oct 26

A great 30 km valley system near Hamilton with lots of steep downhill and uphill challenges. Many interweaving trails to learn your way around, logs, mud, great scenery.

Start: 10:30 am

Trail pass: Free

Facilities: local stores and diners in Waterdown

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

Glen Major Sat Nov 1

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

Start: 10 am

Trail pass: Free

Facilities: none

Trailhead: Hwy 401 east to Brock Rd. in Pickering. North on Brock Rd. about 20 km to Claremont, 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.

Mosquito Coast (Wilcox Lake)

Sun Nov 9

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

Start: 10 am

Trail pass: Free

Facilities: none

Trailhead: Take the 404 north to Stouffville Rd. go west to Bayview Ave. north, just past bridge, park on east side by wooden pylons.

Hilton Falls Sat Nov 15

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

Start: 10 am

Trail pass: \$3.25

Facilities: washrooms, parking

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

Greenwood Sun Nov 23

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.

Start: 10 am

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.

Don Valley Sat Nov 29

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

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

Start: 10 am

Trail pass: Free

Facilities: none

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

Apres: drinks and bites at Whistler's

ADIOS AMIGOS!

I just want to take this opportunity to say a big good-bye to everyone I have met over the past few years in TBN. After thinking, dreaming and talking about it for years, I have finally taken the plunge and will be going to live in Spain for a year at the end of September. (However, I came here for six months and that was twenty years ago, so who knows when/if I'll be back!) Of course, I'll be taking my bike and enjoying biking in the alleged 360 days of sunshine of southern Spain, between eating tapas and drinking sangria. Riding my bike to work along the Mediterranean as opposed to Bloor Street will be a big adjustment, but one I'm sure I can adapt to it in ...oh... five seconds!

But I will REALLY miss being able to just find a group to ride with so easily and of course all the crazy, wonderful people I have made friends with. Of course, the highlight of my TBN life has been sharing the role of Friday Night Ride Coordinator with Peggy McFast, (whom I will miss DREADFULLY) for the past two years. We always hear the cliché about how volunteering is rewarding, fulfilling etc., but I've found that getting involved is more fun and you get to meet way more people. So get involved: one FNR coordinator position is now open! Hasta luego amigos.

Kay Farrell

TBN's Annual BBQ Picnic 2003



We had another perfect day of cycling weather for TBN's annual BBQ Picnic on Sunday August 10th. Our thanks go to Joe Hickey, Bob Everett, Eileen Harbinson, Ron Fletcher, Derek Wu, all of the ride leaders and everyone who pitched in along the way to make the BBQ such a great success.

Owen Rogers

Ride Classification

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

Ride Schedule (See page 7 for directions to common start locations.)

<p>UNIONVILLE BRUNCH Mon Sep 01 Visit the quaint village of Unionville for a tasty brunch. Start: Finch Dist: 55 km</p>	<p>DON MILLS BRUNCH Sun Oct 12 Explore York Region and stop for Brunch in the homestretch. Start: Finch Dist: 65 km</p>
<p>TRAILS OF THE HUMBER Sun Sep 07 Explore the trails and side roads of Etobicoke north of Bloor St. Start: Etienne Brûlé Park Dist: 63 km Après: Bert & Ernies</p>	<p>TORONTO ISLANDS Mon Oct 13 We were detoured from taking the ferry by the “Dragon Boat Race” spectators in June so it’s being scheduled again in the “off” season. Start: Shoppers World Dist: 47 km Après: Tropical Nights</p>
<p>EASY ROLLER 100 Sun Sep 07 If you can handle the distance but not the pace, this ride is for you. One hundred and five of the flattest kilometres we could find at an Easy Roller pace. Added bonus - two lunch stops! Start: Queen's Park 10:00 am Dist: 105 km Class: Advanced Easy Roller</p>	<p>UNIONVILLE BRUNCH Mon Oct 13 A leisurely ride north to this historic village to enjoy a bit of pub fare at Jake’s Pub & Grille. Please note new starting location. Start: Finch Park and Ride Dist: 55 km Class: Advanced Easy Roller</p>
<p>PETTICOAT CREEK CONSERVATION AREA Sun Sep 14 From the east end of Toronto to a quiet park in Pickering along the Rouge Valley. Bring lunch. Start: Shoppers World Dist: 56 km</p>	<p>DIM SUM MISSISSAUGA Sun Oct 19 Try out the fantastic and always popular dim sum in Mississauga. Starts at 10:00 a.m. sharp! Start: Etienne Brûlé Park Dist: 43 km Après: The Fan</p>
<p>THE ALAN GORDON METRIC CENTURY Sun Sep 28 Please see the description in the Leisure Wheeler schedule. Start: Boardwalk BBQ 10:00 am Dist: 100 km</p>	<p>TRAILS OF THE HUMBER Sun Oct 26 See the beautiful autumn colours of the Humber Arboretum! Bring lunch. Start: Etienne Brûlé Park Dist: 45 km</p>
<p>KING CITY Sun Sep 21 Visit Kleinburg and King City before stopping in Maple for lunch. Start: Finch Dist: 65 km Après: The Firepit</p>	<p>MEANDERING MAPLE BAKERY Sun Oct 26 Ride to a terrific lunch stop at Centro Bakery in the town of Maple. Start: Finch Dist: 65 km Class: Advanced Easy Roller</p>
<p>FOUR CITY TOUR Sun Oct 05 Visit Vantastic Vaughan, Marvellous Maple, Cool King City and Rock’n Richmond Hill before returning to Thrilling Toronto for lunch. Start: Finch Dist: 65 km Après: Slug and Lettuce, NW corner, Yonge and Finch</p>	<p>SEE THE GEESE Sun Nov 02 This one got rained out in June so we are trying it again to close out the season. Start: Kennedy Subway Park & Ride, south lot on Transway Crescent, south of Eglinton and east of Kennedy. Dist: 40 km</p>

COMMON TBN STARTING LOCATIONS

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

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

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

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

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

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

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

Ride Classification

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

Ride Schedule

HALTON HILLS/LOWVILLE Sept. 07

Description: Enjoy the Halton Hills with the challenging option of mounting the escarpment (or not!) via Rattlesnake.

Directions: Go west on Hwy 401 to Trafalgar Rd. Travel north to 5th Side Rd. Meet at Pineview (not Stewarttown, further north) Public School at the south-east corner of Trafalgar Rd. & 5th Side Rd.

Start: 10 am

Dist: 66.8, 91.6km

Directions: Take QEW west to Exit 57, Victoria Avenue. Go south to Vineland. Park in the town. Continue on your bicycle past stop light; then turn right on Moyer Road. The route instructions begin at entrance to the winery on Moyer Rd.

Start: 10am

Dist: 61, 89km

ESCARPMENT ADVENTURE Sept. 14

Description: Experience all the escarpment has to offer including a possible trip to the Royal Botanical Gardens if you like just outside Dundas. A fairly hilly, somewhat demanding ride.

Directions: Town of Waterdown; IGA Plaza at the corner of Hwy. 5 and Hamilton Street.

Start: 10 am

Dist: 52, 72km

STOUFFVILLE TO UXBRIDGE Sept. 28

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

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

Start: 10am

Dist: 61km, 84km

NIAGARA WINE LOVER'S TOUR Sept 21

Description: Oenophiles unite! Tour picturesque wine country then return to "the most scenic winery in Niagara". A complimentary wine tour and tasting at Vineland Estates Winery may follow the ride. Parking can be tricky outside the winery estates if there are a lot who attend, so it is advisable to park in Vineland, about 2k from the winery and cycle to the start point on Moyer Road.

CREDIT RIVER CRUISING II Oct 5

Description: The Revenge- Explore the wilds north of Brampton to mark Thanksgiving and the end of another great summer of Country Cruises!

Directions: Go west on Hwy 401 to Mississauga Rd. Continue north to Mayfield Rd. (first road north of Hwy. 7). Meet at Alloa School on the north side of Mayfield Rd., just east of Mississauga Rd.

Start: 10 am

Dist: 63km, 93km

Wednesday heelies

Ride Classification

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

Ride Schedule

SCHOMBERG TO CALEDON EAST Sep 3

74 or 93 km ride from Schomberg to Caledon East. Meet for a 10 A.M. departure at the Arena in Schomberg, just south of Hwy 9, west of Main St. Schomberg is just west of Hwy 27 and south of Hwy 9.

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

CAMPBELLVILLE TO WATERDOWN Sep 10

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

STOUFFVILLE TO MRS. WIDEMAN'S BAKE SHOP Oct 1

61, 76 or 84 km ride north from Stouffville with lunch at Mrs. Wideman's Bakery. Meet for 10 A.M. departure in Stouffville at the North Stouffville Free Park. To get to Stouffville go north on Hwy. 404 to Stouffville Rd. Go east to the Stouffville Free Park on the north side of Main St. past the train tracks & before Market St.

BRADFORD TO INNISFIL BEACH Sep 17

75 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 Highway 88 East.

MOUNT ALBERT TO LAKE SIMCOE Oct 8

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.

ASHBURN TOUR Sep 24

57 or 84 km ride from Ashburn to Enniskillen Conservation Area. Meet for a 10 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

WATERDOWN ESCARPMENT ADVENTURE Oct 15

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

KING CITY TO SCHOMBERG Oct 22

67, 80 or 96 km ride from King City through the 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)

HORNBY TO ROCKWOOD Oct 29

An 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.

SCHOMBERG TO ALLISTON / HOCKLEY Nov 5

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

STOUFFVILLE TO UXBRIDGE Nov 12

A 61, 76 or 85 km ride from Stouffville to Uxbridge and return. Meet for a 10 A.M. departure in Stouffville at the North Stouffville Free Park. To get to Stouffville go north on Hwy. 404 to Stouffville Rd. Go east to the Stouffville Free Park on the north side of Main St. past the train tracks & before Market St.

KING CITY TO BOLTON / KLEINBURG Nov 19

A 74 km ride from King City to Bolton returning through Kleinburg. 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)

UNIONVILLE TO MUSSELMAN'S LAKE Nov 26

A 70 km ride from Unionville to Musseman Lake. Meet for a 10 A.M. departure at Toogood Pond in Unionville. To get to Toogood Pond go north on Hwy. 404, east on Hwy. 7, north on Kennedy Rd., left on Carlton Rd., right on Main St. and left on Toogood Pond Rd. (Next road) into the parking lot.

Tourist Sportif

Ride Classification

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

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

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

Ride Schedule (See page 7 for directions to common start locations.)

VANDORF/SNOWBALL Mon Sep 01

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

Start: Finch 10:00 a.m.

Dist: 70, 85 & 96 kms

Class: Short Tourist, Sportif, Tourist

EDEN MILLS CENTURY Sun Sep 07

A beautiful tour of the quiet, rolling roads of Halton with lunch at the annual Writer's Festival in Eden Mills. Short tour goes to Glen Williams.

Start: Kipling 8:30 a.m. **Dist:** 110 & 162 kms

Class: Advanced Tourist

GLEN WILLIAMS TOUR Sun Sep 07

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 10:00 a.m. **Dist:** 95 & 115 kms

Class: Advanced Tourist, Tourist

HORNBY-HERITAGE Sun Sep 07

Bring lunch for a picnic in Hornby.

Start: Kipling 10:00 a.m.

Dist: 75 km

Class: Short Tourist

Après: Tim Horton's, Dundas West at Aukland

LAKERIDGE RIDE Sun Sep 14

Head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!

Start: Edwards Gardens 8:30 a.m.

Dist: 119 & 134 kms

Class: Advanced Tourist

STOUFFVILLE-GOODWOOD Sun Sep 14

Two routes to lunch in Stouffville and Goodwood, respectively.

Start: Edwards Gardens 10:00 am

Dist: 80 & 110 kms

Class: Short Tourist, Tourist

HOCKLEY ROAD HURRICANE Sun Sep 21

Now in its eighth year, this big looping route covers a lot familiar territory, plus the scenic part of the Hockley Road sandwiched in between. We've even got a silver Double Metric Century Patch for all those who complete the ride.

Start: Finch 8:30 a.m.

Dist: 205 km

Class: Advanced Tourist

HOLLAND MARSH-SCHOMBERG Sun Sep 21

We'll ride among the vegetable fields in the Holland Marsh before heading to Schomberg for brunch. Long tour continues along a new route to Bolton.

Start: Finch 8:30 a.m.

Dist: 105 & 130 kms

Class: Advanced Tourist, Sportif

KETTLEBY/SCHOMBERG Sun Sep 21

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

Start: Finch 10:00 a.m.

Dist: 70, 90 & 105 kms

Class: Advanced Tourist, Short Tourist, Tourist

MT. ALBERT/UXBRIDGE Sun Sep 28

Two routes to lunch in Uxbridge. Short tour heads to Goodwood.

Start: Finch 8:30 a.m.

Dist: 110, 131 & 143 kms

Class: Advanced Tourist, Tourist

(Tourist Sportif continued on page 10)

MUSSELMAN LAKE/MT ALBERT Sun Sep 28

Our classic run to Musselman Lake, with a few hills thrown in. Lunch in Ballantrae or Mt. Albert.

Start: Finch 10:00 a.m.

Dist: 80 & 110 kms

Class: Sportif, Tourist

CAMPBELLVILLE CLASSIC Sun Oct 05

Follow the shady backroads to the Bruce Trail Eatery in Campbellville.

Start: Kipling 8:30 a.m.

Dist: 110 & 130 kms

Class: Advanced Tourist, Tourist

KELSO CRUISE AND SCHMOOZE Sun Oct 05

We'll head out to Milton for lunch, but not before a climb up Bell School Line (yes, there is a shortcut).

Start: Kipling 10:00 a.m.

Dist: 85, 93 & 110 kms

Class: Sportif, Tourist

Après: Tim Horton's, Dundas West at Aukland

LAKERIDGE RIDE Sun Oct 12

Head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!

Start: Edwards Gardens 8:30 a.m.

Dist: 119 & 134 kms

Class: Advanced Tourist

NEW STOUFFVILLE RAMBLER Sun Oct 12

A new improved route up to the Lion of Whitchurch pub in Stouffville.

Start: Edwards Gardens 10:00 a.m.

Dist: 75 & 93 kms

Class: Short Tourist, Tourist

UNIONVILLE BRUNCH Mon Oct 13

Our traditional Thanksgiving excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jake's Pub & Grille. Please note new starting location.

Start: Finch 10:00 a.m.

Dist: 55 & 80 kms

Class: Short Tourist, Tourist

GLEN WILLIAMS TOUR Sun Oct 19

Two routes to the town of Glen Williams for lunch at Glen Oven Bakery. (Please note if the weather is too nippy we will substitute an 80k ride to Streetsville and 110 km ride to Campbellville where everyone will be able to eat indoors for lunch.)

Start: Kipling 10:00 a.m.

Dist: 95 & 115 kms

Class: Advanced Tourist, Tourist

Après: Tim Horton's, Dundas West at Aukland

MEANDERING MAPLE BAKERY Sun Oct 26

New, improved routes to a terrific lunch stop at Centro Bakery in the town of Maple.

Start: Finch 10:00 a.m.

Dist: 65, 84 & 98 kms

Class: Advanced Tourist, Short Tourist, Tourist

BOLTON HAMMER Sun Nov 02

Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg. Note: Tourist class rides will continue into late December, as always, weather permitting.

Start: Finch 10:00 a.m.

Dist: 85 & 115 kms

Class: Advanced Tourist, Tourist

Leisure Wheeler

Ride Classification

Distances of 20-60 km, at speeds of 15 km/h or less, at a "leisurely" pace. Designed as a series of entry-level rides for novices, those returning to cycling after a long absence, and senior riders. New midweek coffee rides every second Tuesday at 10 a.m. If there is sufficient interest, we will add more routes in the fall

Ride Schedule (See page 7 for directions to common start locations.)

Picnic in the Park Mon Sep 1

Description: Take the Martin Goodman Trail to Humber Bridge, and then continue to the lighthouse at the tip of Humber Bay Park West for a picnic. Bring lunch.

Start: Boardwalk BBQ Pub 10 a.m.

Distance: 42km

Scarborough Bluffs Sun Sep 7

Description: Enjoy the view from the edge of the Bluffs; return via the Martin Goodman Trail and some city streets. Bring lunch.

Start: King Edward's Statue 10 a.m.

Distance: 38 km

Leisure Country Cruise Sun Sep 7

Description: A pretty ride along the shores of Lake Simcoe from Keswick to Sibbald Point Park. Bring lunch and a swim suit.

Start: Meet for 10:00 a.m. departure in Keswick. Please note that St. Thomas Aquinas School, the previously announced meeting point, is under re-construction. For parking go past the school and cross Metro Road, turn right onto First St. and park. Meet at the school with your bikes, ready to ride.

Don't forget a bathing suit and lunch for our 1-hour lunch stop at the beach, with facilities, in Sibbald Point Park. To reach the start point go north on the 404 to Davis Dr and east to Woodbine Ave. Turn left and drive 20 minutes north to Keswick. North of the town turn left onto Old Homestead Road (garden centre on the right, and church on the left marks the corner), school is on the right as you see the water.

Distance: 46 km

Pre-Century Ride Sun Sep 14

Description: Prime yourself for the Alan Gordon Metric Century ride on 9/28 by doing this 60-75 km ride that follows parts of the Waterfront Trail in an easterly direction

Start: Shoppers World 10:00 a.m.

Distances: 60 & 75 kms

Humber Trail & Beyond Sun Sep 21

Description: Enjoy the sights and sounds of the Humber Trail. This time the route goes north to Steeles Avenue.

Start: Old Mill subway 10 a.m.

Distance: 35 km

The Alan Gordon Metric Century Sun Sep 28

Description: Travel along the lakeshore from Toronto into Oakville. Mostly level trails and quiet streets, many exit points if you get tired. Bring snack foods. Special commemorative metric century patch awarded to all those who complete the ride.

Start: Boardwalk BBQ Pub 10 a.m.

Distance: 100 km

Autumn Colours Sun Oct 5

Description: This final LW ride of 2002 will follow the Beltline Trail and some quiet residential streets.

Start: Meet for 10:00 a.m. departure at Davisville Tennis Courts at Millwood Rd & Mt. Pleasant.

Distance: 23 km

HAIRSHIRT RIPPED

Photo by: Bradley Pigeon

RESULTS

Participant	Time
Larry Optis	10:08
Katharine Sodek	10:45
Martin Derlacki	10:45
Robert Chen	10:45
Eric Atkins	10:45
Ernie Derushie	10:45
Ron Clark	11:05
Owen Rogers	11:16
Bob Tomsic	11:24
Gordon Duck	12:10
David Weil	12:15
Carolyn Hail	12:15
Joris Melchior	12:16
Arnold Goertzen	12:24
Jeff Heyworth	14:00
Meghan Dillon	14:00
Paul Dicks	14:01
Ed Herage	14:05
Tim Theiss	14:08
Marino Vanin	14:30
Carlo Obillos	14:30
Andrew Maleckyj	15:41
Ostap Mojsiak	15:41



Left to Right: Ron Clark, Owen Rogers, Larry Optis

On June 22, 2003 at 6 a.m. a group of twenty-four cyclists (including fifteen rookies) started out on the 25th Annual Toronto Niagara Toronto Hairshirt Double Century. It was a beautiful, amazing day as new records were set while the group rode what is beginning to look like a rather benign and scenic 322km ride.

Congratulations to the 23 riders who completed the event successfully, six in under eleven hours and especially to Larry Optis who now holds the overall fastest recorded time and to new TBN member Katharine Sodek who posted the fastest recorded women's time ever.

A MATCH MADE IN HEAVEN

It was an overcast, rainy Canada Day in 2001 and I was leading my first ever TBN ride. For moral support I begged my friend Lenore to come along, while secretly praying that no one would show up and we could just go back home. I was ready to do just that when a cute guy, Paul, showed up and the ride was back on! It turned out to be a fantastic day in every way with more than just friendships being formed. Two soul mates found each other on that ride and the rest, as they say, is history. So, I'd like to send out my warmest congratulations to TBN members Lenore Juan and Paul McIlwaine on their engagement and

upcoming wedding this December.

THE MORAL OF THIS STORY?

1. Ride leaders shouldn't take cute friends along for support
2. At least show up for a ride even on the greyest of days... you never know what's in store!
3. Just because you don't have out-of-town plans for the long weekend doesn't mean you can't be a winner!

HAPPY TRAILS TO LENORE AND PAUL, from your friend Kay

GET INTO THE GROOVE

The cycling season is going strong, but we need new and former Weekend Trip Leaders for the fall. TBN has a system that makes leading weekend hiking and cross country skiing getaways easy and straightforward. Give it a try, you'll like it.

Have a great season!

Joshua Wolman

Weekend Trip Coordinator



Cyclon 2003 Director's Report

Cyclon 2003 was our return to Brock University, St. Catharines. Brock is an easy destination for our group to enjoy with its air-conditioned, bike-friendly townhouses -- this year was no exception. Vanessa and I were very nervous about being the directors, and many times had wondered if, perhaps, we had not made a mistake by taking on this endeavour. Luckily for us, Cyclon's most dedicated volunteers, Eileen Harbinson and Doug Innes, stepped up to the plate and inspired us to continue with our work. We also appreciated the work that was done by our other volunteers who helped out in any general way they could, namely Maria Oberhammer, Sandra McCrossan, and the Kennedys, not to mention everyone who pitched in to help make Friday night's registration process go smoothly.

Ride. We rode the beautiful Niagara-on-the-Lake region on Saturday with its many

wineries and gorgeous ride along the Niagara Parkway. For lunch everyone was free to do their own thing and most people chose to stop in Niagara-on-the-Lake. Sunday we rode to the areas West of Brock such as Jordan Station, Vineland Station, Beamsville, Smithville, Grimsby, and Winona. A wonderful lunch was served at the Rockway Glen Golf Course. On Monday we headed south of Brock to areas such as St. John's, Fonthill, Pelham, and Welland. A feast was waiting for all the hungry cyclists at Peninsula Lakes Golf Course. Many thanks to our numerous ride leaders and sweeps, many of whom came out before the Cyclon weekend to get acquainted with their rides. We would also like to extend a hearty thanks to Cyril Gibb who was our club mechanic for the weekend after the mechanic we had hired failed to show up!

Meet people. One of our goals was to provide many opportunities for the Cyclon participants to get together and meet. The whole weekend started out on the right foot



Ride. Meet





thanks to Kay and Peggy's Friday night ice-breaker pizza party: The Cyclon 2003 Olympics. Kay and Peggy went all out on this one, dreaming up hours of hilarious games and activities, matching them to humourously appropriate music, and creating medallions for the participants to win. Saturday night we had an outdoor BBQ and the weather cooperated wonderfully. The courtyards of the townhouses provided a great area in which to hold this venue, and many people gathered and mingled for hours afterward. Sunday night we held our reception and formal dinner at the Pond Inlet - everyone likes getting together halfway through the weekend to talk about their riding adventures. Thanks to the Ontario Government's temporary removal of the 5% PST on accommodations, every table was provided with two complimentary bottles of wine.

Have fun. We also had a number of

additional activities fall into place at the last moment in order to help our registrants to have fun. We were able to rent Brock's pool for one hour each day on both Saturday and Sunday. Saturday night Susan Zarnett graciously offered to run a yoga session which was attended and enjoyed by a whopping 1/4 of the registrants! On Sunday, after our formal dinner, our guests let their hair down and danced late into the evening (despite all the cycling and the 7:00 am breakfasts).

We hope everyone enjoyed themselves (and from the many wonderful comments in the surveys it appears as though most of you did) and we look forward to planning Cyclon 2004.

Best regards,

Vanessa Busch and Trevor Woerner
Directors, Cyclon
2003

Ride. Meet People. Have fun.



People. Have fun.



BikeToronto.ca:

Work starts now on getting 2004 Bike Plan projects approved

Martin Koob TBN Representative, Toronto Cycling Committee

Toronto Cycling Committee term drawing to a close.

The coming municipal election will mark the end of the term for the current Toronto Cycling Committee (TCC), which has served since 2000. The last three years have seen many changes for cycling in Toronto.

In 2000 the focus of the committee was on developing the **Toronto Cycling Master Plan**. The members of the TCC were working with City of Toronto staff and members of the community on the details of this plan to make the newly amalgamated City of Toronto more cycling friendly. This plan was renamed the **Toronto Bike Plan** and was submitted to Toronto City Council on July 26th, 2001. There it was approved by a vote of 25 to 2.

The TCC has seen ups and downs when it comes to getting money for the Bike Plan. The first year of implementation of the ten-year plan was 2002. It got off to a good start with \$2.5 million budgeted for the building and upgrading of bike lanes, signed routes on streets and paths in the parks. In the second year of the Bike Plan, 2003, only half that amount was budgeted. In the area of Cycling Safety and Education programs the TCC has struggled to maintain the funding for these programs. The 2003 budget year saw a victory with the budget being increased to allow for more staff to be hired to deliver these programs.

The other struggle that the TCC has had in the last year is getting approval for the Bikeway Projects that have been planned. A case in point are the bike lanes on Dundas Street East between Broadview Avenue and Kingston Road. It has been a long and sometimes bumpy ride for this project but it is finally going ahead thanks to the effort of some City Councillors and many community members and cyclists. At the July 2003 City Council meeting a last minute motion by the Deputy Mayor, Councillor Case Ootes (Ward 29 Toronto-Danforth) threatened to derail the

bike lanes (pardon the mixed metaphor). Council had approved the bike lanes at its May 2003 meeting. This last minute attempt to revoke that approval was thwarted thanks to the alerts that were sent out to cycling community members by Councillor Sandra Bussin (Ward 32 Beaches-East York) and Councillor Laura Jones (Ward 30 Toronto-Danforth). An article was published on TBN's BikeToronto.ca website and e-mails were sent out to the mailing lists of local cycling organizations and community groups. This brought a lot of pressure on the Council through a successful campaign of e-mails, phone calls and faxes to all the City Councillors. Even the mainstream media picked up on the story. The end result was that Councillor Ootes was denied the required number of votes to reopen the Dundas Street East Bike Lane approval. This was a significant victory for those who support the Bike Plan and proves that cyclists can make their presence felt and can have an impact on the course of events at City Hall.

The terms of the members of the TCC officially expire with the election of the new city council so new members will have to be appointed. The appointment of the new members will not likely happen until the new year so the current members of the TCC will still be on the committee until the new committee is appointed. Fifteen members of the TCC are citizens-at-large and will be appointed by City Council through a formal nomination process. The other 6 members are representatives of various organizations: Advocacy for Respect for Cyclists (ARC), Community Bicycle Network (CBN), Toronto Pedestrian Committee; the Toronto District School Board; the Toronto Catholic District School Board and of course the Toronto Bicycling Network (TBN). These 6 organization representatives are selected by their organization.

The nomination process for the 15 citizens-at-large positions will likely begin in January 2004. TCC members can serve a maximum

of two consecutive terms and some have reached their term limit so there will be a need for new members for the 2003 - 2006 term. If you are interested in becoming more involved in working for a more cycling friendly city then this may be the volunteer opportunity for you. You can find more information about the TCC and how you can become a member at the following website: www.toronto.ca/cycling/cycling_committee.htm. The expectations of the citizen-at-large members are that they attend one TCC meeting per month and one sub-committee meeting per month plus assist in other TCC work for a total of about 10 volunteer hours per month.

If you want to be involved with the TCC but not as a full-fledged member of the committee you can be a member of a sub-committee. Currently there are three sub-committees: the Communications and Promotions sub-committee, the Education and Safety sub-committee, and the Road and Trail sub-committee. They also meet once a month and make recommendations to the Toronto Cycling Committee.

The next three years will be important for the Bike Plan. There will be lots of work in terms of getting the necessary budgets for implementing the Toronto Bike Plan and getting the approvals for the Bikeway Network Routes. As well the TCC will be advising the City Council on many cycling related issues as they come up. As always you can get more details on the BikeToronto.ca website: www.biketoronto.ca.

News Bits

City of Toronto Revamps Cycling Website. Check out the improved City of Toronto Website. There is a lot of new information and you can sign up to receive the monthly Cyclometer newsletter by e-mail.

(Continued on page 15)

New Bike Route Signs

The City of Toronto has installed new bike route signs in the area bordered by Gerrard St., Lake Ontario, Sherbourne St. and the Don River. This is a pilot project to evaluate the design and placement of the signs. The design of the signs will be reviewed in the fall of 2003 and the signs will then start to appear along the existing routes in the city in 2004. The routes will have numbers assigned to them with east west routes being even and north south routes being odd. The route numbers will be included in the 2004 edition of the Toronto Cycling Map. If you want more information on this project or want to give any feedback to city staff you can find the information at the following website.

www.toronto.ca/cycling/route_signs.htm

Bike Friendly Business Awards

The City of Toronto has an awards program to recognize bike friendly businesses. People can nominate businesses or organizations that have made efforts to encourage cycling by employees and/or customers. If you want to nominate a business or organization to receive an award in 2003 you can call (416) 392-2577 to get a nomination form. The deadline for nominations is September 5th, 2003 at 5pm. You can also download a nomination form, see more details on the awards program and see who the past winners are. The Bike Friendly Business Awards site is:

www.toronto.ca/cycling/bfba/2003.htm

Weekend Getaways

32ND ANNUAL TOUR OF MADAWASKA - (Oct 10-13, 2003) Once again TBNers will mingle with their OBC and Niagara Freewheeler counterparts on this annual pilgrimage to the scenic Madawaska Valley to see the superb fall colours! You'll be staying at the rustic Madawaska Kanu Centre near Barry's Bay. Daily ride distances are 60, 100 and 130+ km. Tandems welcome, excellent hiking. Cost: \$210 (approx.), which includes three nights accommodation, three breakfasts, 3 packed lunches and two dinners. Cheques must be received by September 28, no exceptions. Download the complete information package and registration form in either Word 6 format www.tbn.on.ca/trips/madawaska2003.doc or Adobe Acrobat PDF format www.tbn.on.ca/trips/madawaska2003.pdf. If you require more information, the TBN contact this year is Adele Emo, madawaska@tbn.on.ca, 416-699-1951. Please note that this is not an "official" TBN-sponsored weekend trip, just a great weekend that many of our members have enjoyed in recent years.



Enthusiastic skaters at the inaugural June Monthly Marathon in Whitby.

The skating season's not over yet! But the skates switch over to Saturdays in mid-September since darkness falls so early in the evenings. We'll all have to keep our bodies and skate gear tuned for the continuing schedule of skates then, including the final Monthly Marathon (and Half Marathon) on Sat. Sept. 20th along the Waterfront Trail. If the weather holds, we'll skate right through to Thanksgiving.

Both the Nervous Newbie skates and the Monthly Marathons introduced this year are going well. Dozens of skaters successfully completed their first inline marathons (42k) or half marathons (21k), proving this really is a realistic goal for many rec skaters. Hey, it takes just two to three hours to skate a marathon! The growth and popularity of inline skating continues to be evidenced by the unending supply of Nervous Newbies out there. Great to see!

If you're curious about inline skating, come out and join us. It's not too late in the season to start, and our regular skates attract a wide variety of skaters and skating levels. Be sure to surf the vast resource that is our inline webpage, www.tbn.on.ca/inline. Last but not least, I'd like to extend a HUGE thank you to Owen Rogers who has been a great supporter of the inline skating program, largely through his work as our inline webmaster (the site just keeps growing!) and as my, ahem, personal sounding board.

Hope to see you out skating in September! (You too, Owen.)

Martha Scott, Inline Skating Coordinator

EDUCATION Nights



Tue-Sep-09 Spinning with Gears

An intense class taking you through a series of drills and intervals typical of a Gears training session. Learn more about training techniques, periodization, heart rate zones and recovery methods. Come prepared to sweat; be prepared to feel a burn. A heart rate monitor is not a necessity, but is strongly recommended. Bring your own cycling shoes if you have them. Fee of \$6.00 (discounted from \$10) to attend the class. 10-session passes (\$90 value) will be available to attendees for \$60 the night of the event. Presented by Ian McLean of Gears Bike Shop, an experienced road/MTB racer and spin instructor with a focus on training and cross training the elite athletes of Mississauga. Max participants: 35. Please register with Ian by phone 905-271-2400 or at gearsmanager@hotmail.com.

Location: Gears Bike Shop, 176 Lakeshore Blvd. W. Mississauga
Time: 7:00 p.m.

Fri-Oct-24 Spinning at The Cardio Loft

Another exclusive opportunity for TBN members to experience a spinning class free of charge. The Cardio Loft has provided SPINNING classes in its bright, pleasant facilities in the South Riverdale area for 5 years with 21 SPINNING bikes! The class will be led by Cardio Loft owner Daryl Sarkesian, a past member of TBN and an avid sportsman. His experience with road cycling and his credentials as a certified SPINNING instructor and Fitness Specialist ensure a challenging ride. Please register (only 21 bikes available) at 416-778-1039 or cardioloft@on.aibn.com and bring your TBN membership card. Guests may participate for \$10. If you can't attend, please cancel by noon the day of the class. Bring your cycling shoes (all pedals SPD-compatible one side, clips and straps on the other). Showers and lockers available. Don't miss a good chance to start up your winter.

Tue-Oct-28 Introduction to Triathlon

Come and spend a few hours at Enduro Sport and be introduced to the fascinating sport of triathlon and the training involved for a multisport event. Peter Oyler will be your host. Peter has finished 13 Ironman triathlons with several top 30 finishes. He has also participated in one 7 day adventure race in Utah (2nd place), multiple short course events, 10 km runs, marathons (2:52 PB). He placed 1st,

on more than 1 occasion at 100 km ski races at Hardwood Hills and participated in many other short adventure races ranging from 4 hours to 36 hours.

Currently, he is training to compete at the elite level for the World Solo 24-hour mountain biking Championships in Whistler at the end of the month of August. Please register with Peter directly since space is limited to 30 people. peteroyler@hotmail.com PLEASE title email: OCT 28th. **Location:** The event will be held at Enduro Sport, 35 Coldwater Rd (Leslie & York Mills Rd) Parking available. Time: 6:30 p.m.

AGM & Dinner Dance

Saturday October 18
Whistler's Bar & Grill, 995 Broadview Ave

Cash Bar Opens 6:30pm
Members \$25

Dinner 7:30pm
Non-Members \$30

Held in conjunction with our **Annual General Meeting**, you'll help elect a new Board of Directors for the upcoming year. It is also an excellent opportunity to thank the outgoing board and all of our volunteers who have assisted in making this such a great year for TBN. Make cheques payable to the Toronto Bicycling Network and mail before the **October 13 deadline** to:

Ron Fletcher,
121 Victor Ave.
Toronto, ON
M4K 1A7

Price after deadline is \$30.00

Please include your name, address, telephone number, and number of persons

TTC Directions: Take the Bloor-Danforth subway to Broadview station. Whistler's is an 8-minute walk north on Broadview, on the east side. Parking available at Whistler's. Special note to first-timers: TBN does not issue "tickets" for social events. Your name is added to an attendance list when we receive your cheque. You need only identify yourself at the reception desk when you arrive at the event.



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

