

# QuickRelease

September / November 2004

Volume 22, Issue 4



Cyclon 2004 Barrie:  
a classic is born!

( See page 8 for more photos )

## Annual General Meeting & Dinner Dance

SATURDAY OCTOBER 16

Whistler's Bar & Grill, 995 Broadview Ave

Cash Bar Opens 6:30 pm    Dinner 7:30 pm

Members \$25.00    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. We prefer submissions be made digitally, so send ads/stories/graphics to: newsletter@tbn.ca

in one of the following formats: text.txt, word.doc, wordperfect.wp

... and your graphics/photos in these formats: .tif, .jpg, .eps, .gif

Analog submissions may still be made by letter mail to:

Toronto Bicycling Network  
 Attn: Editor, Quick Release  
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 Suite 200, Box 279,  
 Toronto, Ontario,  
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Telephone 416 760-4191

Website [www.tbn.ca](http://www.tbn.ca)

e-mail [info@tbn.ca](mailto:info@tbn.ca)

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

Quick Release Copy Editor: Kathleen Ryan

## Moving? Moved?

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.

## TBN Hotline

416-760-4191



**Hotline Directory**  
**From the main menu press**

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

## TBN Who's Who

### TBN Board Of Directors

|                         |                |                   |
|-------------------------|----------------|-------------------|
| President               | Loreto Manni   | newsletter@tbn.ca |
| Past President          | David Weil     | 416-762-9846      |
| Vice President, Skiing  | Kathleen Ryan  | xcski@tbn.ca      |
| Vice President, Touring | Dan Engels     | 416-429-6088      |
| Treasurer               | Doug Innes     | 416-252-7073      |
| Secretary               | Brenda Sweet   | tbn@tbn.ca        |
|                         | Paul Price     |                   |
| Cyclon Director         | Vanessa Busch  | 416-422-3052      |
|                         | Trevor Woerner |                   |
| Education Director      | Dinsmore Roach | education@tbn.ca  |
| Publicity & Promotions  | Imtiaz A.Mawji | publicity@tbn.ca  |
| Social Director         | Ron Fletcher   | 416-461-9695      |
| Weekend Trips Director  | David Maclean  | 416-482-8033      |

### TBN Coordinators

|                                  |                  |                   |
|----------------------------------|------------------|-------------------|
| City Walks                       | Mark Brousseau   | 416-466-4979      |
|                                  | Howard Chan      |                   |
| Country Cruise & Saturday Shorts | Rowena Maclure   | 416-487-1474      |
|                                  | Barry Pinsky     | 416-928-0503      |
| Easy Roller                      | David Raine      | easyroller@tbn.ca |
|                                  | Roberta Terzolo  |                   |
| Friday Night Ride                | Peggy McFarland  | 416-405-8307      |
| Hiking                           | Terry Davison    | 905-453-1952      |
| Ice Skating                      | Molly Cheung     | iceskate@tbn.ca   |
| Indoor Spinning                  | Lori Roth        | spinning@tbn.ca   |
| Inline Skating                   | Martha Scott     | 416-443-0619      |
| Leisure Wheeler                  | Jamie Hauyon     | 416-537-8865      |
| Membership Secretary             | Eileen Harbinson | 416-482-2157      |
| Mountain Biking & Trail Riding   | Dan Roitner      | mtb@tbn.ca        |
| Saturday Morning Ride            | Julie Willmot    | 416-696-9263      |
| Toronto Cycling Committee Rep.   | Martin Koob      | tcc-rep@tbn.ca    |
| Tourist, Sportif & Webmaster     | Owen Rogers      | 416-232-0243      |
| Tuesday Ravine Rides             | David Peebles    | 416-534-7168      |
| Wednesday Nights                 | Ron Fletcher     | 416-461-9695      |
| Wednesday Wheelie                | Bill Hannaford   | 416-482-2125      |

## VOLUNTEER OPPORTUNITIES



## ON THE COVER

TBN has many volunteer opportunities available. The following positions are now available:

Newsletter Editor  
 Cyclon Directors

Contact: [info@tbn.ca](mailto:info@tbn.ca) or [newsletter@tbn.ca](mailto:newsletter@tbn.ca) for details.

This is the boat on which attendees of Cyclon 2004 cruised the night away. A scrumptious buffet was served as passengers admired the waters of Georgian Bay. Who knew there were so many great roads to cycle in Barrie? The new destination of Georgian College, Barrie was a hit with all who attended; we can stamp this new Cyclon destination a classic. Sign up now for next year!

Thanks to Diane Richards for the photo.



# Cyclon 2004 Memories

By Loreto Manni, President

Cyclon 2004 was held over the August long weekend and is a three-day all-inclusive cycling extravaganza. Cyclon is not about the great rides, food or accommodations, but it's about the experiences you share with new people you meet. You share good times and bad.

You all know those "bad" times. They start with "Joe, I think we should have taken the left turn back there." Joe replies, "No, we have to go THIS way!" You ride along trying to figure out if you're heading in the right direction and stumble across a great place to have coffee, ice cream, or some other delectable delight. As you're feasting on a great treat the conversation changes to "Hey, I'm glad I took the left turn back there." It's at

this moment a "bad" time turns into a great memory that you reminisce about years later when you bump into the people you rode with.

I remember one TBN ride years ago on a Sunday. I pulled into Centro Bakery, sat down and noticed an odd-looking bike. I'd never seen a road bike with thin, nobby mountain bike tires before. When we started riding back after lunch I struck up a conversation with the guy who owned the bike. We chatted about his bike and then started talking about problems with his girlfriend's mountain bike. He introduced me to her and we talked about a vacation they had gone on in Eastern Canada. The two people I met were Trevor and Vanessa. It's funny how

memories of meeting nice people remain with you forever.

I didn't see them again until a year later when they showed up at a TBN board meeting as the new Cyclon Directors. For those who've never organized something like Cyclon, believe me, it's a huge job. You must find suitable accommodation for the participants, organize three days of menus, figure out what the event costs, and collect the monies for the event. Then you have to get volunteers to call people and organize car pools, prepare welcome packages, lead rides, sweep rides, and make emergency information cards. This is only a partial list of the tasks necessary to organize a Cyclon--I haven't even talked about creating ride routes!

Cyclon 2004 was well organized and many of the attendees could not believe that the whole event was run by volunteers. This speaks to the level of professionalism and hard work demonstrated by all the volunteers. On behalf of the Toronto Bicycling Network membership I would like to take this opportunity to say THANK YOU to Trevor Woerner, Vanessa Busch, and all the Cyclon volunteers for the great memories we took away with us from Cyclon 2004 in Barrie.



# Complimentary TBN Memberships

By Dan Engels, VP Touring

There have been some questions about complimentary TBN memberships, and how one earns a complimentary membership.

In order to get credit for leading a ride, the Ride Leader must submit a Ride Leader Report within 30 days of leading a ride. Four reports or three ride reports and attendance at one of the ride leaders' clinics in any given calendar year (January-December), qualifies the Ride Leader to receive a complimentary membership.

All reports are compiled and presented to the Board for approval the following January, i.e., if the Ride Leader meets the above criteria between January and December 2004, the Board approves a one-year complimentary membership in January 2005 which becomes effective on the individual's membership expiry date in 2005.

The rationale for this policy is as follows:

- ◆ To encourage TBN members to lead rides,

- ◆ To simplify the administration of determining who qualifies for a free membership.

Regarding "rained out" rides as long as the Ride Leader shows up to the ride start, and sends in a Ride Leader Report, they get credit. If they do not show up no credit. The Ride Leader should always be at the ride start, regardless of the weather, as there will always be someone who wants to do the ride regardless of the weather.

If there are any questions about

this, please direct them to Dan Engels, VP Touring, any TBN Board Member, or Eileen Harbinson, TBN Membership Secretary.

# Leisure Wheeler

**RIDE CLASSIFICATION** -Distances of 20-60 km, at speeds of 15 km/h or less, at a "leisurely" pace. Designed as a series of entry-level rides for novices, those returning to cycling after a long absence, and senior riders. Start times 10:00 am. Mid-week Java Jaunts every second Tuesday at 10:30 a.m.

## COUNTRY CRUISE Sun Sep 12

A pretty ride along the shores of Lake Simcoe from Keswick to Sibbald Point Park. Bring lunch and a swim suit. 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), St. Thomas Aquinas School is on the right as you see the water.

**Start:** Keswick 10:00 am **Dist:** 46 km

## HUMBER TRAIL & BEYOND Sun Sep 12

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

**Start:** Old Mill Subway 10:00 am **Dist:** 40 km

## PRE-CENTURY RIDE Sun Sep 19

Prime yourself for the Alan Gordon Metric Century ride on 9/26 by doing this 60-75 km ride that follows parts of the Waterfront Trail in an easterly direction.

**Start:** Boardwalk BBQ 10:00 am

**Dist:** 60 km

## SUNNYBROOK/DON VALLEY Tue Sep 21

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.

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

**Dist:** 35 km

## ALAN GORDON CENTURY Sun Sep 26

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 10:00 am **Dist:** 100 km

## AUTUMN COLOURS Sun Oct 03

This final LW ride of 2004 will follow the Beltline Trail and some quiet residential streets.

**Start:** Davisville Park 10:00 am **Dist:** 30 km

# Country Cruise

**RIDE CLASSIFICATION** - Rides of 40 - 120 kms exploring the country roads of southern Ontario. Suited to cyclists of varying fitness levels. Participants set their own pace averaging from 18 km/h to 25 km/h. At least two routes are offered: a short route of 40-70 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. All rides start at 10:00 am, unless otherwise stated in ride description.

## STOUFFVILLE TO UXBRIDGE Sun Sep 12

A Wednesday Wheelie: favourite plenty of hills and a bakery or two. Meet at Stouffville Free Park. To get to Stouffville, go north on Hwy 404 to Stouffville Rd. Go east to the Free Park on the north side of Main Street, past the train tracks and before Market Street.

**Distances:** 61 & 85 km

## NIAGARA WINE LOVERS' TOUR Sun Sep 19

Wake up and smell the grapes. Tour picturesque wine country and return to the "most scenic winery in Niagara". Follow the ride with a wine tour and tasting. Meet at the Vineland Estate Winery, but parking is not permitted outside the winery. Take QEW west to Exit 57, Victoria Avenue. Go south to Vineland. Park in the town and continue on your bike past the stop light, then turn right on Moyer Rd. The route instructions start from the winery entrance.

**Distances:** 61 & 89 km

## GEORGETOWN TOUR Sun Sep 26

Three great new routes from Ed Herage and enjoyed by all those who tested them on a Saturday Cruising Short in July. The routes avoid traffic trouble spots in both Georgetown and Acton while catching all the best scenery and a few of those Halton Hills. Meet at Stewarttown Public School. To get there go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road. The school is on the southeast corner. (Make sure you do NOT go to Pineview School!)

**Distances:** 47, 62 & 89 km

## RICE LAKE REVISITED Sun Oct 3

Enjoy the fall colours in the Northumberland countryside following three new routes to Rice Lake prepared by Brian Hedney. Lunch in Bewdley on the shores of Rice Lake where there is a restaurant, store and waterfront picnic area. Note: These rides start in Port Hope (not Cobourg!) Meet at Port Hope Town Hall, 56 Queen Street. Exit #461 from Hwy 401, follow County Road #2 into town.

**Distances:** 59, 75 & 93 km

## CREDIT RIVER CRUISING II Sun Oct 10

Explore the wilds north of Brampton to mark Thanksgiving and the end of another great summer of Country Cruises! Meet at Alloa School. Exit Hwy 401 westbound at Mississauga Rd. Continue north to Mayfield Rd. (first road north of Hwy. 7) and turn left. Alloa School is on the north side of Mayfield Rd., just east of Mississauga Rd.

**Distances:** 47, 66 & 90 km

# Tourist Sportif

## RIDE CLASSIFICATION

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

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

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

EDEN MILLS CENTURY Sun Sep 12

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 am **Dist:** 106, 145, 166 km  
**Class:** Advanced Tourist, Tourist

GLEN WILLIAMS TOUR Sun Sep 12

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 am **Dist:** 94, 106 km  
**Class:** Advanced Tourist, Tourist  
**Après:** Tim Horton's, Dundas West at Aukland

HORNBY HERITAGE Sun Sep 12

Bring lunch for a picnic in Hornby.  
**Start:** Kipling 10:00 am **Dist:** 75 km  
**Class:** Short Tourist  
**Après:** Tim Horton's, Dundas West at Aukland

QUEENSVILLE GOODWOOD Sun Sep 19

A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert or Goodwood.  
**Start:** Finch 8:30 am **Dist:** 120, 140 km  
**Class:** Advanced Tourist, Tourist

THORNTON NEWMARKET Sun Sep 19

A hilly but scenic route to Newmarket for lunch on the shore of Fairy Lake. Long tour takes in the Marsh.  
**Start:** Finch 10:00 am **Dist:** 75, 105 km  
**Class:** Short Tourist, Tourist

HOCKLEY ROAD HURRICANE Sun Sep 26

Now in its ninth 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 am **Dist:** 107, 145, 205 km  
**Class:** Advanced Tourist

BOLTON HAMMER Sun Sep 26

Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.  
**Start:** Finch 10:00 am **Dist:** 85, 107 km  
**Class:** Advanced Tourist, Tourist  
**Après:** Slug & Lettuce, NW corner of Yonge & Finch

MT. ALBERT-UXBRIDGE Sun Oct 03

Lunch in Mt Albert or take the long route to Uxbridge.  
**Start:** Finch 8:30 am **Dist:** 110, 130 km  
**Class:** Advanced Tourist, Tourist

MUSSELMAN LAKE/GOODWOOD Sun Oct 03

Do the Musselman Lake run to lunch in Ballantrae, or a few extra hills will get you a sandwich from Mrs. Wideman's in Goodwood.  
**Start:** Finch 10:00 am **Dist:** 80, 95 km  
**Class:** Advanced Tourist, Tourist  
**Après:** Slug & Lettuce, NW corner of Yonge & Finch

CAMPBELLVILLE CLASSIC Sun Oct 10

Follow the quiet backroads to the Trail Eatery in Campbellville.  
**Start:** Kipling 8:30 am **Dist:** 110, 130 km  
**Class:** Advanced Tourist, Tourist

GLEN WILLIAMS TOUR Sun Oct 10

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 am **Dist:** 94, 106 km  
**Class:** Advanced Tourist, Tourist

UNIONVILLE BRUNCH Mon Oct 11

Our traditional Thanksgiving excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jakes Pub & Grille. Please note new starting location for 2004.  
**Start:** Finch 10:00 am **Dist:** 55, 80 km  
**Class:** Short Tourist, Tourist

LAKERIDGE RIDE Sun Oct 17

Head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich!  
**Start:** Edwards Gardens 8:30 am  
**Dist:** 119, 134 km **Class:** Advanced Tourist

NEW STOUFFVILLE RAMBLER Sun Oct 17

A new improved route up to the Lion of Whitchurch pub in Stouffville.  
**Start:** Edwards Gardens 10:00 am  
**Dist:** 75, 93 km **Class:** Short Tourist, Tourist  
**Après:** Jack Astor's, Don Mills Shopping Centre.

BOLTON HAMMER Sun Oct 24

Three routes to Bolton, the longer ones offering (a lot) more hills, followed by a rolling return route via Kleinburg.  
**Start:** Finch 10:00 am **Dist:** 85, 107, 122 km  
**Class:** Advanced Tourist, Sportif, Tourist

KLEINBURG KRUNCH Sun Oct 24

An undulating ride to lunch in Kleinburg.  
**Start:** Finch 10:00 am **Dist:** 62 km  
**Class:** Short Tourist  
**Après:** Slug & Lettuce, NW corner of Yonge & Finch

MEANDERING MAPLE BAKERY Sun Oct 31

Three routes to a terrific lunch stop at Centro Bakery in the town of Maple.  
**Start:** Finch 10:00 am **Dist:** 65, 84, 98 km  
**Class:** Advanced Tourist, Short Tourist, Tourist  
**Après:** Tim Horton's

Please remember to check the Hotline and web site in starting in November as we will continue to schedule Sunday 10:00 a.m. Tourist rides as long as conditions permit.

## NO MORE NEWSLETTER

This is the last issue of Quick Release until we find a person to assume the responsibilities of newsletter editor.

The Editor gathers information about ongoing TBN events from TBN Directors and Coordinators and lays out the information using desktop publishing software to create the newsletter. Someone with desktop publishing or word processing skills could handle this position, and an eye for design wouldn't hurt either. With a little help from the outgoing Editor and other TBN members, the other tasks required to produce the newsletter can easily be learned. If you want Quick Release to continue to be published and have the skills, interest, and time to volunteer, please seriously consider taking on the position of Newsletter Editor. Otherwise Quick Release will be put on hold.

# Wednesday Wheelies

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

## CAMPBELLVILLE / WATERDOWN Sep 15

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

## BRADFORD TO INNISFIL BEACH Sep 22

A 75 km ride from Bradford to Innisfil Beach on Lake Simcoe. Meet for an 10:00 am departure at the North Bradford Square Shopping Centre on Hwy 11, 1 km north of the town centre. To get to Bradford, exit Highway 400 at Hwy 88 East.

## ASHBURN TOUR Sep 29

A 57 or 84 km ride from Ashburn to Enniskillen Conservation Area. Meet for a 10:00 am departure at Ashburn Community Park on the west side of Ashburn Rd., 200 m north of the main intersection in Ashburn. To get to Ashburn, go east on Hwy 401 to Brock Rd., north to Clairemont and east on County Road 5 to Ashburn. Bring a lunch for this tour.

## STOUFFVILLE TO BAKE SHOP Oct 6

A 61, 76 or 84 km ride north from Stouffville with lunch at Mrs. Wideman's Bakery. Meet for a 10:00 am 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.

## WATERDOWN ESCARPMENT Oct 13

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

## MOUNT ALBERT / LAKE SIMCOE Oct 20

A 70 or 79 km ride from Mount Albert along Lake Simcoe to Keswick. Meet for a 10:00 am departure at the Community Centre on Main St. in Mount Albert. To get to Mount Albert go north on Hwy 404, east to Hwy 48 and north to Mount Albert.

## KING CITY TO SCHOMBERG Oct 27

A 67, 80 or 96 km ride from King City through the Holland Marsh to Schomberg. Meet for a 10:00 am departure at the municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)

## HORNBY TO ROCKWOOD Nov 3

A 70 or 81 km ride from Hornby through Rockwood. Meet for a 10:00 am departure at Hornby Park. To get to Hornby Park exit Hwy 401 at interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park.

## SCHOMBERG / HOCKLEY Nov 10

A 72 or 88 km ride from Schomberg to the village of Hockley. Meet for a 10:00 am departure at the arena in Schomberg, just south of Hwy 9 west of Main Street. Schomberg is just west of Hwy 27 and south of Hwy 9.

## STOUFFVILLE TO UXBRIDGE Nov 17

The Wednesday Wheelie ride for November 17 is a 61, 76 or 85 km ride from Stouffville to Uxbridge and return. Meet for a 10:00 am 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 24

A 75 km ride from King City to Kleinburg. Meet for a 10:00 am departure at the municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off Keele St. North of King Road)

## Common TBN Start Locations

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

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

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

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

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

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

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

# Easy Roller

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

**CYNTHIA PART V** Sun Sep 12

From Lakeshore to Steeles, discover some of the most scenic neighborhoods and hidden treasures on the east side of the city.

**Start:** Boardwalk Café **Distance:** 70km

**CYNTHIA'S** Sun Sep 19

Circle around Toronto through the city's park systems, quiet residential streets, and affluent neighborhoods in The Bridle Path area.

**Start:** Old Mill **Distance:** 78km

**ALAN GORDON CENTURY** Sun Sep 26

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 **Distance:** 100km

**CYNTHIA'S (PART I)** Sun Oct 10

Ride around Toronto through the city's park systems and residential streets while avoiding high traffic areas.

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

**OAKVILLE ODYSSEY** Mon Oct 11

Ride from the west side of Toronto to the quiet gardens of classy Oakville. Bring lunch.

**Start:** Kipling Subway **Distances:** 60km

## TBN Inline: Still rolling along!



**Danny, Patrick, Angela, Steve and Rose (on ground) gearing up to skate the baby-bottom smooth, 16k Hamilton Beach Trail.**

September may be here but the weather's still suitable for some frolickin' good fun on skates. The Tuesday evening outings have now ended due to darkness but the Saturday afternoon rolls continue. The season's final Monthly Marathon and Half Marathon is set for Saturday, September 17th. We'll keep skating right until Thanksgiving and then see what the weather does. We'll also have our annual Halloween outing. So don't put your skates away just yet!

Check the inline webpage ([www.tbn.ca/inline](http://www.tbn.ca/inline)) to view the skating schedule, the TBN homepage, hotline, or Chain of Events for full details on the outings.

Hope to see you out this fall! Martha Scott, TBN Inline

## Want to get involved?

TBN Publicity & Promotions has openings for Project Managers. If you like to meet people, volunteer, and have fun, this job is for you!

Email Imtiaz at [publicity@tbn.ca](mailto:publicity@tbn.ca) or call 416-569-6439.

## Spinning

**at the Adelaide Club**  
Begins September 8

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

\$15 + GST single class

To register call (416) 367-9957



# Cyclon<sup>®</sup> 2004

# Barrie:

## A classic is born!

Photos by: Trevor Woerner





## TBN Here, TBN There, TBN Everywhere

By Imtiaz Mawji, Director, Publicity & Promotions

TBN's popularity grows every year because our dedicated volunteers work hard organizing rides, social events, educational events and promotional events. And of course, people love our newsletters and websites.

If you'd like to be an expert resource for our media or education programs, have an idea for P&P, or you'd like to get involved, send an email to [publicity@tbn.ca](mailto:publicity@tbn.ca). Here's a quick outline of what TBN's Publicity & Promotions (P&P) volunteers have been up to.

### Media Resource

The media consults TBN on everything from the Toronto Bike Plan to healthy living and bicycle culture. The 2004 season was full of TBN media activity. TBN was featured on Toronto 1 TV, CBC Radio, The Toronto Star, The Globe and Mail, The Etobicoke Guardian, The Scarborough Mirror, 24 Hours and Pedal Magazine. TBN thanks all the volunteers that help us respond to media inquiries.

### Education

TBN works closely with the City of Toronto, schools, and a variety of organizations, educating the public on issues relating to bicycle safety, commuting, and healthy living. TBN also provides volunteers, expertise, and educational resources for special events (eg. Bike Week) and outreach resources through our websites, [tbn.ca](http://tbn.ca) and [biketoronto.ca](http://biketoronto.ca).

### Meet People. Ride. Have Fun

Our members know just how fun TBN can be. To ensure more people join in the fun, TBN's dedicated volunteers provide information on TBN at high profile events like the City of Toronto's Bike Week, Becel Ride for Heart and MS Bike Tours.

### Member Promotions

TBN members, especially volunteers, enjoy chances to win great prizes like movie passes, clothing, magazine subscriptions and gift certificates to bike shops. Look for great prizes at TBN events for prizes from our partners Bayview Cycle, Cyclepath, and Pedal Magazine.



# Trail Riding Schedule



## York Forest Sun Sept 19

Come out and explore north of Stouffville the Eldred King and North forest tracts. 20km of mixed pines and hardwood with logging roads and some new single track trails.  
Easy fast ride, sandy with a few hills.

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

**Facilities:** Parking

**Trailhead:** Take Hwy. 404 north, exit Aurora Rd. and head east, turn north on Hwy. 48 Markham Rd., road to parking on left - Eldred King Forest Tract

## Horseshoe Valley Sat Sept 25

Horseshoe is now offering MTB trails and we will be there to test them out. Over 40 km of xcski loops and single track for all abilities. Easy to extreme, hard pack surface, sandy, flat sections and monster hills.

**Start:** 10:30am      **Trail pass:** No

**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](http://www.horseshoeresort.com)

## 3 Stage, Collingwood Sun Oct 3

The drive will be worth it when you challenge yourself with the rocks, roots and climbs at this escarpment playground. 25km of trails zigzag up and down for lots of variety on this advanced ride. Avoid when wet.

**Start:** 11:00am      **Trail pass:** Free

**Trailhead:** Drive to Collingwood, go west on Main St. left on Hwy 26 then right on Sixth St. Then left on Osler Bluff Rd.(Hwy 19) head up the hill to 2nd Line go left to the end of the road. Trail on the right.

## Ganaraska Forest Sat Oct 9

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

**Start:** 10:30am      **Trail pass:** \$ 10.00

**Facilities:** Outhouse

**Trailhead:** Take Hwy 401 east past Bowmanville to 35, north to Durham Rd. 9 (Ganaraska Road) to Kirby, go east for 10km then go north for 4km on Cold Springs Camp Road to the Ganaraska Forest Centre.

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

## Coulson Hill Sun Oct 17

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

**Start:** 10:00 am      **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 Hwy 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 Sat Oct 23

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 Sun Oct 31

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

**Start:** 10:00 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 Sat Nov 6

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

**Facilities:** none

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

## Hilton Falls Sun Nov 14

Enjoy the scenic, rolling hills of Hilton Falls Conservation Area. 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:** 10:00 am      **Trail pass:** \$3.25

**Facilities:** Washrooms, Parking

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

## Greenwood Sat Nov 20

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

**Facilities:** Washrooms, Parking

**Trailhead:** Take Hwy 401 east to Westney Rd. exit, go north through Ajax. Past Taunton Rd. there is a road on the left - Greenwood Rd.

Follow the Greenwood Conservation Area signs and park at the far end lot.

## Don Valley Sun Nov 28

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:** 10:00 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



# Respect is a two-way recreational path

By Martin Koob, TBN Representative, Toronto Cycling Committee

In March 2004 the CBC's Marketplace television program broadcasted a segment highlighting the dangers posed to cyclists by multi-use recreational paths. The segment focused on the widths of the paths as the determining factor in the potential for dangerous interactions between cyclists and other users of the paths such as pedestrians and in-line skaters. I think that the show made the paths look more dangerous than they are, since some of the newer paths are wider and safer than the older paths. I have ridden Toronto's paths for years without a major incident but I agree that there are dangers on the paths that need to be addressed.

It is true that narrow, congested paths are more dangerous than wide ones. As part of the Toronto Bike Plan the City of Toronto is upgrading these paths by widening them as funds are approved by City Council. These are necessary upgrades that will enhance the safety of all users and the faster these improvements are made, the better.

But widening the paths won't entirely eliminate the risk of dangerous interactions between path users. What is needed is a set of "rules of the path." If all users respect these rules, and each other, the paths would be safer and even more enjoyable.

Traditionally, path users are categorized by mode of travel: cyclists, pedestrians, in-line skaters, etc. As a result, any bylaws or guidelines have focused on

mediating the interactions between these groups of users with little success. The "Cyclists Yield to Pedestrians" sign is one example; no one is really sure what it means in practice. The City is currently testing some new signs as part of the Bikeway Network signage program at the south end of the Don Trail, including the "Cyclists Yield to Pedestrians" message.

Perhaps it is time to look at a new way to instruct pedestrians, cyclists, in-line skaters and other users on how to share the path. We could encourage the City of Toronto to adopt an official path etiquette that takes into account the needs of all users and allows for efficient use of the paths. One way of showing that there is a change in policy is to change the signs to read, "Cyclists, Pedestrians, Skaters... Share the Path."

There has been discussion over the years at the City of Toronto's Cycling Committee and Pedestrian Committee about developing a trail etiquette guide. I think that this is something that should be done, but I think we need to reframe the discussion. There are basically two groups of path users: faster users and slower users. Users fall into these categories the instant they encounter other users on the paths: faster users pass slower users. This may be a cyclist passing a pedestrian, a cyclist passing another cyclist, an in-line skater passing a cyclist, a runner passing a child on a bike, or any other combination. On any trip along a recreational trail a user will alternate between being a faster user or a slower user

as they pass others or are passed.

Based on this categorization here are my suggestions for the "rules of the path:"

1. All users should keep to the right side of the path. (If the path has a centre line, it should serve as your guide; if there is no line, imagine one.)
2. Users should never block the path or stop while on the path. (If you need to stop, pull off onto the grass)
3. Users should not travel side by side unless there is enough room on their side of the path.
4. Users should look both ways before crossing or entering the path.
5. Faster users should only pass slower users on the left when it is safe (ie. there is no oncoming traffic).
6. Faster users should alert slower users before passing them. (Cyclists can give a friendly ring of the bell or in-line skaters can politely call out "on your left.")
7. Faster users should signal and shoulder check before passing (in case a user behind them is not following rule #6).
8. Slower users should keep to the right of the path to allow enough room for faster users to pass.
9. Users should not hinder other users from enjoying the path

These suggestions come from my observations of an etiquette that is evolving on the paths among the various types of users. Many users are following this etiquette and things go quite smoothly. All of the rules are based on respect for others' right to use and enjoy the paths. As we all know, respect is a two-way recreational path.

# City Walks

Hello walkers! We are planning to continue our popular City Walk Program this year. As in prior years the walks will be 8 to 14 km long and will start close to a TTC stop. The tentative start date is November 7, 2004. 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. ([tbn.ca/other/citywalk.htm](http://tbn.ca/other/citywalk.htm))

## 33rd Annual Tour of Madawaska

Oct 8-11, 2004

Once again TBNers will mingle with their Ottawa Bicycling Club and Niagara Freewheeler counterparts on this annual pilgrimage to 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 30, no exceptions. Download complete information package and registration form in either Word 6 format or Adobe Acrobat PDF format. If you require further information, the TBN contact this year is Adele Emo, [madawaska@tbn.ca](mailto:madawaska@tbn.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.

## Congratulations

to the following winners of \$50 Gift Certificates from our partners:

### Bayview Cycle \$50 Gift Certificate

Bayview Cycle Centre, 416-225-2633  
3335 Bayview Ave (south of Steeles)  
[www.bayviewcycle.com](http://www.bayviewcycle.com)

Derek Wu - Tour de France Night  
Dinsmore Roach - Tour de France Night  
Mary Kennedy - Cyclon  
Roberta Terzolo - Cyclon

### Cyclepath \$50 Gift Certificate

Walter's Cyclepath, 416-487-1717  
2106 Yonge St. (south of Eglinton)  
[www.twowheeltravel.ca](http://www.twowheeltravel.ca)

Martin Reid - TBN Annual BBQ  
Hilary Bartlett - TBN Annual BBQ  
John Corbett - TBN Annual BBQ

## AGM & Dinner Dance Saturday October 16 Whistler's Bar & Grill, 995 Broadview Ave

Cash Bar Opens 6:30pm Dinner 7:30pm  
Members \$25 Non-Members \$30  
Featuring the sounds of Jimmy Fraser

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 11 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 attending.

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.



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