

# QuickRelease

September/October 2005 • Volume 23, Issue 4



Toronto  
bicycling  
Network



# Cycling Shorts

## Dinner Dance on September 24

The Ashbridges Bay Yacht Club is the scene of the TBN summer dance on Saturday, 24 September. Cost is \$10 for TBN members; non-members \$15.

## Tuesday Ravine Rides Continue

David Peebles reports that the Tuesday Ravine Rides, which go along mostly paved routes throughout Toronto's parks, will continue into the fall if interest warrants. Check the TBN website for details.



Photo: Ania Poradzisz

## Ride for Heart

by Joe Hickey

Anyone who believed the weather forecast of rain missed one of the best days for cycling. I wish to thank all the volunteers who help participants when they experience problems. One of our group, Bob Everett, helped so many people he barely made it to the D.V.P. before they closed it and he had started at 8:30 a.m.

The one person I will never forget is David La Ferla who years ago was "missing in action." He had a radio so we called him and he was on the "SAG wagon." When he got back he explained that he had used all his patches fixing flats and then got a flat himself.

This year as an extra thank you we pulled a T.B.N. membership number from the hat and the winner of a T.B.N. jersey is Derek Wu of Markham. Thanks again for your participation.

## Retailers Donate Prizes to Volunteer Party

Congratulations to prize winners at TBN's Volunteer Party. TBN would like to thank the following for generous donation of prizes:

### Bayview Cycle

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

### Pedal Magazine

[www.pedalmag.com](http://www.pedalmag.com)  
1-866-97Pedal

### Walter's Cyclepath

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

## Hiking Season Returns

by Wally Lem and Terry Davison

By the time you are reading this, you will probably be having a great summer of cycling. However, hiking season is just around the corner. After many years of hiking the Bruce Trail, this year we might try hiking on other trails around southern Ontario.

The first hike will be the Sunday after the Thanksgiving weekend. The hiking schedule will be posted on the Website as soon as we have finalized it. We welcome your input and suggestions via the TBN Web site bulletin board so that we will have a nearly perfect hiking season.



Photo: William Wong

# A ten-year-old's view of TNT

I am only ten years old and I had to do a 100 miles (165 kilometres) ride called the TNT. TNT stands for Toronto Niagara Toronto and if you are asking why there is another Toronto at the end, it's because it means you start from High Park in Toronto, then ride to Niagara Falls and then you ride back to Toronto. But my mom and I only rode to Niagara Falls because riding back would be too much so we drove back. My dad, on the other hand rode there and back.

I rode there on Saturday, June 18th, 2005 and stayed at a motel for one night. It took me 10 hours to get to the motel. On some of the busy streets, we were almost always beside a car. Some roads were very dangerous. At 84.5 kilometres, (about halfway), there was a hill on New Mountain Road, that TBN called "The Wall." They called it "The Wall" because of its steep incline. The hill was 0.9 of a kilometre. It was very long for me. I had to take a water break every 10-15 seconds. It was quite demanding. My mom also had a hard time. I pushed my bike up about 0.2 or 0.3 kilometres of the hill. My mom pushed her bike up about 0.3 or 0.4 kms of the hill. My goal was to try to ride up the hill without pushing my bike up. But when I got closer to the top, it was too hard so I had to get off and push. That was probably the hardest part of the ride.

After "The Wall", the only thing I had to worry about was the remaining distance. There was still 80 kilometres to go. It was pretty easy except for the part where the wind was blowing against us which made it even harder for us to ride.

Everyone got free cold drinks at the motel. When I got off my bike, my bottom, my feet, my neck and my thighs hurt a lot. My dad's bottom hurt a lot because the padding on his seat is really thin.

The next day, everyone rode back, while my mom and I did some sight-seeing in Niagara Falls. The ride back was 171 kilometres, so I was glad that I did not have to ride back. My dad was able to ride back in about 8 hours. He started at the motel at about 8:30 am and got back home at about 4:30 pm.

The TNT was the worst ride ever. Take out your bike, join the TBN and see if YOU can ride to Niagara Falls!! If you do, I'll be cheering for you.

**HELPFUL TIP:** Make sure to train before riding to Niagara Falls!

# Cyclon 2005: Great Rides, Great Friendships

by Carl Friesen, Cyclon Director 2005-2006

Thanks to everyone who helped make Cyclon 2005 a success. About 130 cyclists enjoyed excellent weather, some great cycling and renewed friendships. New this year were a trivia contest on Friday night, a mountain-biking component and salsa lessons at the dinner-dance.

This year, we returned to Georgian College in Barrie, with accommodations in the student residence, converted to its Georgian Summer Suites hotel-like mode.

Events started on Friday evening, with a pizza, pop and trivia night organized by Evelyn Bradley, with prizes sourced by Brenda Porter. Saturday's rides were mostly around Barrie, with one remote start ride from Coldwater to the north,



Photo: Mollu Cheung

organized by Fred Lee. That evening was shish-ke-bab supper with a free evening.

Many of Sunday's rides started from the town of Creemore, which helped provide some variety in the routes Map Guy (and Cyclon/TBN Treasurer) Doug Innes says that the many hills around Barrie (think Blue Mountain) mean that finding routes out Barrie is a challenge. Hence the need for remote starts. Sunday evening saw a dinner/dance event at the Army Navy Airforce Club, with salsa lessons followed by dancing to a DJ. Monday's rides all met for lunch at Barrie Country Club, a popular event last year we decided to retain for this year.

Many people make Cyclon possible each year, including ride leaders and sweeps. However, there are always some people centrally involved, this year including:

- Evelyn Bradley: Registrar, breakfast and lunch planner, trivia night planner, Saturday supper planner, host of the volunteer thank-you event (and that's a LOT)

- Doug Innes: ride planner and map producer, Treasurer
- Molly Cheung: volunteer recruiter and organizer
- Brenda Porter: acquirer of over \$1000 worth of donated cycling-related prizes; plus buying prizes for Trivia Night
- Eileen Harbinson: organized the Sign-Up Night at the Bow and Arrow; helped recruit volunteers
- Diane Richards, Andrea Levin-Marcon: Sourced a venue and caterer for the dinner/dance.

We're taking a bit of a breather before starting serious planning for Cyclon 2006. We will have it in a different location next year, and are considering a variety of venues. If you have a preference for a particular location, write to me at [cyclon@tbn.ca](mailto:cyclon@tbn.ca). I hear a lot of people want to return to Brock University in St. Catharines - and in future years we may be able to do that. Brock books up a couple of years ahead (we checked in early 2005), so it will be some time before we can go back there.

One of the challenges in planning Cyclon is meeting rising expectations within the price point that TBNers are willing to pay. We aim to fill a niche between the high-end commercial touring companies and do-it-yourself planning. I think we're meeting that need, as seen from the numbers of non-TBN members who come each year.

I've been amazed at the range of cyclists who come to Cyclon each year - from the Sportifs who think nothing of a hilly 170 km each day, to people riding single-speed bicycles, wearing running shoes as they stroke their way up those climbs. Thanks to everyone who participated - and particularly to those who pitched in to volunteer when the need arose.

**Carl Friesen**  
Cyclon 2005-2006 Director



Photo: Mollu Cheung



Photo: Patrick Lam

## Donations of merchandise to Cyclon

The following retailers donated prizes to Cyclon this year:

### Urbane Cyclist

[www.ucycle.com](http://www.ucycle.com)  
180 John St., Toronto  
Tel: 416.979.9733

### Velotique

[www.velotique.com](http://www.velotique.com)  
592 Queen Street East, Toronto  
Tel. 416.466.3171

### Mountain Equipment Co-op

[www.mec.ca](http://www.mec.ca)  
400 King Street West, Toronto  
416. 340.2667

### Trailblazer Cycles

[www.trailblazercycles.com](http://www.trailblazercycles.com)  
1282 Danforth Avenue, Toronto  
416.463.0431

### Broadway Cycle

[www.broadwaycycle.ca](http://www.broadwaycycle.ca)  
1222 Bloor Street West, Toronto  
416.531.1028

### Inner Pace

[www.innerpace.ca](http://www.innerpace.ca)  
416.921.0067

# Trail Rides

All trail rides start at 10:00 am unless otherwise noted.

## Saturday, Sep 3

Albion Hills - North of Bolton on 25km of hilly, forested xc-ski trails. Trail pass: \$4.

Terr: Easy to moderate. Single track, some sand, roots and logs.

Facils: washrooms, snacks, camping, swim

Start: Albion Hills Conservation Area. Drive north on Highway 50 past Bolton until you see the entrance to the conservation area on your left. Park at far end by chalet.

Sunday, Sep 4 10:00 am

**KELSO CONSERVATION AREA** - 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill-tough going up, a blast going down. Fabulous view. Trail pass: \$7.

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

Facils: washrooms, snack bar, camping, swimming

Start: Summit Gatehouse of Kelso Conservation Area. Exit Hwy 401 westbound at Hwy 25, then south to Hwy 8/Steeles Ave. Turn right and head west on Steeles, parking at Old Bell School Line.

Saturday, Sep 10

**GLEN MAJOR** - 15 km of tight technical single track, for beginner to advanced. Drop offs, sandy areas, long runs and great scenery, south of Uxbridge. Trail pass: Free

Terr: Easy to extreme

Facils: none

Start: Take Hwy 401 east to Brock Rd. in Pickering. Then 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.

Sunday, Sep 11

**Nobbie Newbie Ride: HUMBER RIVER** - Come out on an instructional ride through the ravines of Etobicoke. An easy 15km route will take riders through the basics of technique and trail safety. Trail pass: Free

Terr: Easy

Facils: washrooms, parking

Start: Parking lot of Etienne Brûlé Park for a 10:00 a.m. departure. Etienne Brûlé Park is located at the junction of Old Mill Rd & Old Mill Dr (around the corner and down the hill from the Old Mill subway station).

## Saturday, Sep 17 10:00 am

**YORK FOREST** - Come out and explore north of Stouffville--the Eldred King Forest tracts. 20km of mixed pines and hardwood with logging roads and new single track trails. Trail pass: free.

Terr: Easy, fast ride with few hills (watch for horses and paddies).

Facils: washrooms, parking

Start: Take Hwy 404 north, exit at Aurora Rd. and head east, turning north on Hwy 48 (Markham Rd), drive 2.5km, parking lot entrance on left - Eldred King Woodlands.

Sunday, Sep 18 10:00 am

**HILTON FALLS** - Dual suspension heaven.

Enjoy the scenic, rolling hills of Hilton Falls Conservation area with 15 km of single & double track loops through hardwood forest and wetlands. Discover the new rocky trails beyond the falls. (Avoid the Rim Bender trail). Trail pass: \$8.

Terr: Easy to extreme, clay, gravel, rocks

Facils: washrooms, parking

Start: Parking lot of Hilton Falls Conservation Area. To get there, exit Hwy 401 westbound at Hwy 25, then north to Regional Road 9 (Campbellville Rd.), then west 6 km to the entrance on right side.

Sunday, Sep 25 10:30 am

**HORSESHOE VALLEY** - 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. Trail pass: none, yet.

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

Facils: none

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

## Saturday, Oct 1 - 11:00 am

**3 Stage, COLLINGWOOD** - The drive is worth it to challenge yourself to the rocks, roots and climbs on this escarpment playground - Pretty River Valley Prov. Park. 25km of trails zig zag up and down for lots of variety for this advanced ride. Avoid when wet. Trail pass: free

Terr: Advanced

Facils:

Start: Drive on Hwy 124 into Collingwood, this becomes Hurontario St., left (west) on Sixth St. turn left at Osler Bluff Rd. then right on Grey Rd. 19 head up the hill to 2nd Line, go left (south) to the end of the road at 6th Side Rd. Park, trail on the right.

Saturday, Oct 8 - 10:30 am

**GANARASKA FOREST** - A huge 100 km forest, littered with xc-ski loops and single track trails. Trail pass: \$5

Terr: Easy to moderate, sandy, large hills--a fast ride.

Facils: outhouse

Start: Ganaraska Forest Centre. Exit Hwy 401 eastbound at Hwy 35/115 north to Kirby, then east on Ganaraska Road (County Road 9) for 10km to Cold Springs Camp Rd. Continue north for 4km on Cold Springs Camp Road to The Ganaraska Forest Centre.

Saturday, Oct 15

**COULSON HILL** - Small wood lot with winding 12 km of clay/gravel trails, logs, singletrack & fire roads Trail pass: free.

Terr: Easy to moderate. Clay/gravel trails with logs, singletrack & fire roads

Facils: none

Start: From Bradford, take Hwy 11/4 north to 11th Concession/Coulson Hill Road. Turn west and follow for about 10 mins. Or from Hwy 400 exit#64 east towards Bradford, then north on 10th sideroad, and west on 11th Concession. York Regional Forest is on right side of road just before the bridge over Hwy 400.

Saturday, Oct 22 - 10:30 am

**WATERDOWN** - 30 km valley system near Hamilton offers lots of steep downhill, and uphill challenges. Logs, mud, great scenery, and plenty of interweaving trails to learn your way around. Trail pass: Free

Terr: Moderate to extreme

Facils: local stores, diners

Start: Parking lot off Rockcliffe Rd in Waterdown. Take QEW west, continue onto Hwy 403, turn north on Hwy 6, then east briefly on Hwy 5 (Dundas St.), right at Dennis Ave to entrance on Rockcliffe Rd. Please try to carpool as parking is limited.

Saturday, Oct 29

**RAVENSHOE** - The 15 km of single-track trails at Ravenshoe offer lots of roots, logs and stunts to challenge the rider--one our hardest/favourite rides. Trail pass: free.

Terr: Moderate to extreme. Hardpacked surface, fairly flat, very twisty, can be muddy

Facils: limited parking

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

Saturday, Nov 5

**MOSQUITO COAST (Wilcox Lake)** - This central location close to Toronto south of Aurora is a fun ride. Trail pass: Free.

Terr: Easy to moderate. Sand and clay with some mud, lots of long windy descents and fun hills, plus logs,

Facils: none

Start: Exit Hwy 404 northbound at Stouffville Rd. Go west to Bayview Ave., then north 1km, park north of bridge, east side near wooden pylons. Trail on the right.

Saturday, Nov 12

**HILTON FALLS** - Dual suspension heaven. Enjoy the scenic, rolling hills of Hilton Falls Conservation area with 15 km of single & double track loops through hardwood forest and wetlands. Discover the new rocky trails beyond the falls. (Avoid the Rim Bender trail). Trail pass: \$8.

Terr: Easy to moderate, hardpacked surface

Facils: washrooms, parking

Start: Parking lot of Hilton Falls Conservation Area. To get there, exit Hwy 401 westbound at Hwy 25, then north to Regional Road 9 (Campbellville Rd.), then west 6 km to the entrance on right side.

Saturday, Nov 19

**GREENWOOD** - 15 kms of trail cover flat river paths, boardwalks, fields, valley hills and a small gravel pit. An easy to moderate ride close to the east side of the city. Trail pass: Free

Terr: Easy to moderate

Facils: washrooms. parking

Start: Greenwood Conservation Area. Exit Hwy 401 eastbound at Westney Rd., then north through Ajax. Look for Greenwood Rd on your left after you pass Taunton Rd. Follow the Greenwood Conservation Area signs and park at the far end lot.

Saturday, Nov 26

**DON VALLEY** - In the heart of the city, +15 km of hilly, mainly single-track trail offers fun for all that ride it. Trail pass: Free

Terr: Moderate to extreme

Facils: none

Start: Toronto Brick Works, Bayview Ave. south of Pottery Road. Celebrate the end of the season at Whistlers, 12:30 pm for a bite and drinks.



Friday Night! Photo: Dave Belford

## TBN Who's Who

### TBN Board of Directors

President	Loreto Manni	president@tbn.ca
Vice-President, Skiing	Peter MacDonald	xcski@tbn.ca
Vice-President, Touring	John Burdett	905.881.9259
Treasurer	Doug Innes	416.252.7073
Secretary	Brenda Sweet Paul Price	tbn@tbn.ca
Cyclon + Quick Release Education Director	Carl Friesen Dinsmore Roach Marie Ferguson	newsletter@tbn.ca education@tbn.ca
Publicity & Promotions Social Director	Vacant Ron Fletcher	416.461.9695
Weekend Trips Director	David Maclean	416.482.8033

### Others

Quick Release Graphics	David Belford	dbelford@visedge.ca
Toronto Cycling Cttee. Rep.	Martin Koob	tcc-rep@tbn.ca
Promotions Projects Manager	Martha Krzic	promo-projects@tbn.ca
Membership Secretary	Eileen Harbinson	416.482.2157

### TBN Coordinators

City Walks	Mark Brousseau Howard Chan	416.466.4979
Country Cruise, Saturday Shorts	Rowena Maclure Barry Pinsky	416.487.1474 416.928.0503
Easy Roller	Roberta Terzolo	easyroller@tbn.ca
Friday Night Ride	Peggy McFarland	416.405.8307
Hiking	Terry Davison	905.453.1952
Ice Skating	Molly Cheung	iceskate@tbn.ca
Indoor Spinning	Lori Roth	spinning@tbn.ca
Inline Skating	Kevin Mount	416.757.4541 • inline@tbn.ca
Leisure Wheeler	Jamie Hauyon	416.537.8865
Promotions Projects Manager	Martha Krzic	promo-projects@tbn.ca
Membership Secretary	Eileen Harbinson	416.482.2157
Mtn. Biking, Trail Riding	Dan Roitner	mtb@tbn.ca
Saturday Morning Ride	Julie Willmot	416.696.9263
Tourist, Sportif, Webmaster	Owen Rogers	info@tbn.ca
Tuesday Ravine Rides	David Peebles	416.534.7168
Wednesday Nights	Ron Fletcher	416.461.9695
Wednesday Wheelie	Bill Hannaford	416.482.2125



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# Wednesday Wheelies

**Sep 7 10:00 am**

## **SCHOMBERG/CALEDON EAST**

Start: 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.

Dist: 74 & 93 km

**Sep 14 10:00 am**

## **CAMPBELLVILLE/WATERDOWN**

Start: Shopping centre west of Guelph Line in Campbellville. To get to Campbellville go west on Hwy 401 to the Guelph Line, and south until you see the green parking sign for the entrance to the shopping centre. Park in the lot behind the Trail Eatery.

Dist: 64 & 74 km

**Sep 21 10:00 am**

## **BRADFORD/INNISFIL BEACH**

Start: Meet at the North Bradford Square Shopping centre on Hwy 11, 1 km north of the town centre. To get to Bradford, exit Hwy 400 at Hwy 88 East.

Dist: 70 & 78 km

**Sep 28 10:00 am**

## **ASHBURN TOUR**

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

Dist: 57 & 84 km

**Oct 5 10:00 am**

**STOUFFVILLE/GOODWOOD** - Ride north from Stouffville to lunch at Mrs. Wideman's Bakery.

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

Dist: 61, 76 & 84 km

**Oct 12 10:00 am**

## **WATERDOWN ESCARPMENT**

**ADVENTURE** - A hilly ride from Waterdown through the beautiful escarpment countryside.

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

Dist: 51, 71 & 83 km

**Oct 19 10:00 am**

## **MOUNT ALBERT/LAKE SIMCOE**

Start: Community Centre on Main St. in Mt. Albert. To get Mount Albert go north on Hwy 404, east on Davis Drive to Hwy 48, and north to Mount Albert.

Dist: 70 & 79 km

**Oct 26 10:00 am**

## **KING CITY/SCHOMBERG**

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

Dist: 67, 80 & 96 km

**Nov 2 10:00 am**

## **HORNBY/ROCKWOOD**

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

Dist: 70 & 81 km

**Nov 9 10:00 am**

## **SCHOMBERG/ALLISTON/HOCKLEY**

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

Dist: 72 & 88 km

**Nov 16 10:00 am**

## **KING CITY/CALEDON EAST/KLEINBURG**

Start: Municipal parking lot located at the northwest corner of King Rd and Keele St. Entrance off Keele St., north of King Rd.

Dist: 75 & 103 km

**Nov 23 10:00 am**

## **STOUFFVILLE/UXBRIDGE**

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

Dist: 61, 76 & 85 km

**Nov 30 10:00 am**

## **UNIONVILLE/MUSSELMAN LAKE**

Start: Toogood Pond in Unionville. To get to Toogood Pond drive north on Hwy 404 to Hwy 7, then east to Kennedy Rd. Turn left to Carlton Rd, left to Main St, and right to Toogood Pond Rd. Turn left into the parking lot.

Dist: 70 & 85 km

**Dec 7 10:00 am**

## **HORNBY/CAMPBELLVILLE**

Start: Hornby Park. To get to Hornby Park exit Hwy 401 at Interchange 328, Trafalgar Rd. Go north to the lights, turn left and proceed to Hornby Park. Also, if you plan to attend the annual Wednesday Wheelie Holiday Luncheon at Marché on Dec. 21, please confirm by phone with Bill no later than Dec. 14.

Dist: 66 km

**Dec 14 10:00 am**

## **KING CITY/BRADFORD**

Start: Municipal parking lot located at the northwest corner of King Road and Keele St. (Entrance off of Keele St. north of King Rd.) Also today is the deadline to confirm if you plan to attend the annual Wednesday Wheelie Luncheon at Marché on Dec. 21. See below.

Dist: 65 km

**Dec 21 12:00 pm**

## **WEDNESDAY WHEELIE HOLIDAY**

**LUNCHEON** - We'll be meeting at Marché, on the west side of Yonge St, just north of Front St for season-ending get together at 12:00 noon. Please confirm attendance with Bill Hannaford by phone (416-482-2125) one week before luncheon.



# Your Voice Matters

If you have been following the progress of the Toronto Bike Plan over the past three years you have read about some victories and some defeats. You have seen some excellent projects come to fruition and others languish or be killed altogether. While these individual developments give us a general feeling of how the City of Toronto is doing in making the city more bike friendly it is necessary to see once in a while how we are actually doing. A recent report has shown - not that well. While this is discouraging the same report gives us some ammunition to ask the Mayor and City Council to get the Bike Plan on track. It also outlines a strategy for accelerating the work on the Bike Plan.

The third annual Toronto Bike Plan progress report was presented to the City of Toronto Works Committee on June 29th, 2005. This report outlined what was done in 2004, the third year of the ten year plan, towards achieving the various goals in the Toronto Bike Plan. While there were some achievements to point to as progress, the basic message of the report is that the implementation of the Bike Plan has not kept pace with the schedule set out when the plan was approved in the summer of 2001.

The most notable area where progress has been slow is in the development of the Bikeway Network. The 10 year goal was that a network of 1074 kms of bike lanes, bike paths and bike routes be created. That would mean adding 783 kms to the 222 kms that existed in 2001. In the first three years of the plan only 37 kms of new bikeways have been added, that is less than 5% of the progress promised. This fact lead the writer of the report to state "At the current pace of implementation, completing the proposed 1,074 km Bikeway Network within 10 years appears unachievable." The report goes on to give reasons why the pace has been so slow: lack of capital funding, a lack of staff resources, and the lack of a streamlined approval process for bike lanes.

The Toronto Cycling Committee has tried to deal with the issue of capital funding every year. Every year it submits budget recommendations to City Council asking the Councillors to set capital budgets at the levels recommended in the Bike Plan. With the exception of the first year of the bike plan, the amounts that City Council ultimately approved for cycling infrastructure have fallen well short of

what was needed to implement the expansion of the Bikeway Network. In the years 2002 to 2005 Council has only approved half of the recommended funds.

While the increases to capital funding have been slow the situation for the staffing resources has been worse. There have been no increases in the number of staff to work on the various Bike Plan initiatives over the first three years of the plan. So as the capital budget for projects grow, however slowly, the staff to design and implement these projects gets stretched ever thinner. This has further limited the pace of the implementation of the Bikeway Network. The lack of staff resources has also limited the development of new and or expanded cycling safety, education and promotion programs that were called for in the Bike Plan.

The third reason that the Bikeway Network has not been expanding is that bike lanes that have funding, have been designed by staff and are ready to be built have not made it through the approval process or have not even had the opportunity to even start the approval process. This leads to projects being deferred to future years or dropped altogether. The current process is cumbersome and local Councillors have a high degree of control over the approval process and have many opportunities to block a bike lane project.

While the review of the past three years in the report is discouraging the plan for the next three years gives some hope. As a response to the failings outlined above the staff will develop a strategy for accelerating the Bike Plan and the Bikeway Network in particular with the goal of getting it back on the 10 year time track. The report says that the strategy could include proposals for increasing capital and operating funding; increasing City staffing; using external engineering consultants for design and public consultation; streamlining the bicycle lane approval process; and investigating potential external funding sources. The Toronto Cycling Committee will review these recommendations at their August 2005 meeting and pass their recommendations on to the Works Committee which will vote on them at their meeting on Sept. 14th, 2005. If the plan is supported there the funding recommendations will likely go through the 2006 budget setting process. Recommendations regarding the

Bike lane approval process will likely be voted on at City Council.

The only way that the Bike Plan will get back on track is if the Mayor and Councillors get behind the acceleration strategy. The only way they will do that is if their constituents demand it. The members of the Toronto Cycling Committee and various cycling organizations will do their best to make the case for accelerating the bike plan but the only way they will be successful is if Toronto residents back them up with e-mails and phone calls to the Mayor, and their Councillors. If the 900+ members of the TBN called or e-mailed Mayor David Miller asking him to support accelerating the Bike Plan it would have a huge impact. So I am asking you after you read this article pick up the phone and call (416) 397-2849 or e-mail [mayor\\_miller@toronto.ca](mailto:mayor_miller@toronto.ca). With your help this could be a turning point for the future of the Bike Plan.

As always you can check for updates on how the bike plan is doing at City Hall at [www.biketoronto.ca](http://www.biketoronto.ca).

**Martin Koob**

**TBN Rep to the Toronto Cycling Committee**

## Remembering Mario Carniato

Early this year long time member Mario Carniato passed away. You could always find Mario on the Wednesday Wheelie, or Sunday morning tourist rides atop his Marioni road bike. Mario had many friends in TBN including myself. I first met Mario at the spring Bike show working the TBN booth. He was very friendly and helpful to all our members and made a great impression upon visitors to the booth. It is this benevolent spirit that all of his friends at TBN will miss.

On behalf of TBN and all of its members we would like to extend our condolences to the Carniato family on passing of our friend Mario.

Sincerely

**Loreto Manni**  
**President**  
**Toronto Bicycling Network**

# Saturday, Sunday and Holiday Rides

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

## Saturday, Sep 3

### GOODWOOD WANDERER - 9:00 am

A beautiful, although sometimes hilly ride over the Oakridges Moraine from Stouffville to Mrs. Wideman's Bake Shop at Goodwood for lunch.

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

Dist: 61 km

## Sunday, September 4

### HOLLAND MARSH-SCHOMBERG -

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

Start: Finch 8:30 am

Dist: 105 & 130 km

Class: Advanced Tourist, Tourist

### LEISURE WHEELER COUNTRY

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

Start: St. Thomas Aquinas School in Keswick. 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. Don't forget a bathing suit and lunch for our 1 hour lunch stop at the beach, with facilities, in Sibbald Point Park.

Dist: 46 km

Class: Leisure Wheeler

### CYNTHIA'S SCENIC CITY (PART 4) -

From Lakeshore to Steeles, discover the most scenic neighborhoods and hidden treasures in North York. The tour is evenly divided between street and trail riding.

Start: Boardwalk Pub

Dist: 66 km

Class: Easy Roller

Après: Boardwalk Pub

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

Start: Finch

Dist: 70, 90 & 105 km

Class: Short Tourist, Tourist

### TOTTENHAM TRAIN RIDE - JOINT

**TBN/GCBT** - This time TBN CCo's host riders from the Great Canadian Bicycle Tours (GCBT) on a ride through the Caledon Hills.

Those who wish to take some extra time in Tottenham can enjoy an excursion on a steam locomotive or a jaunt to a framers' market.

Start: Mayfield Recreation Centre on the northeast corner of Bramalea Rd North and Mayfield Rd. The parking lot is a little further north on Bramalea, on the east side. To get there take Hwy 401 west to Hwy 410, then north to Mayfield Rd and east to Bramalea.

Dist: 53 & 80 km

Class: Country Cruise



Photo: Edith Williams

## Monday, September 5

**HENRY THE FIFTH - PART TWO** - An alternative approach to Agincourt, avoiding the Battle of Cumber Hill. Bring lunch.

Start: Parking lot on the NW corner of Sheppard and Leslie, opposite the Leslie Subway Station (Sheppard Line).

Dist: 30 km

Class: Leisure Wheeler

**VANDORF/SNOWBALL** - Celebrate Labour Day with lunch at Jake's in Unionville. Long routes lunch in Maple!

Start: Finch

Dist: 70, 85 & 96 km

Class: Short Tourist, Sportif, Tourist

## TBN Ride Classifications

### LEISURE WHEELER



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

### EASY ROLLER



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

### TOURIST



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

### Advanced Tourist



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

### SPORTIF



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

### COUNTRY CRUISE



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

## OTHER RIDE PROGRAMS

### WEDNESDAY WHEELIES



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

### SATURDAY CRUISING SHORTS



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

## Sunday, September 11

**EDEN MILLS CENTURY** - 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

**CYNTHIA'S SCENIC SITES** - Discover the scenic neighborhoods and hidden treasures of North York and shape-up for the Metric Century on 9/25.

Start: Shoppers World

Dist: 54 km

Class: Leisure Wheeler

## Common TBN Start Locations

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

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

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

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

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

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

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

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

**FIELDS AND STREAMS** - Venture out to lunch in Streetsville.

Start: Etienne Brûlé Park

Dist: 65 km

Class: Easy Roller

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

Start: Kipling

Dist: 94 & 106 km

Class: Advanced Tourist, Tourist

**HORNBY-HERITAGE** - Bring lunch for a picnic in Hornby.

Start: Kipling

Dist: 75 km

Class: Short Tourist

**NEWCASTLE NAVIGATOR** - All three rides leave from Newcastle and head north-east to Port Hope for lunch. The long route is very hilly as it goes furthest north, the medium route is moderately hilly and the short route is relatively flat. After lunch, the rides return to Newcastle along the Lake Ontario shoreline.

Start: Newcastle Public School. Head east on Highway 401 to the Mill Street, Newcastle exit (exit #440), then go north on Mill Street (towards the village of Newcastle) for 700 m., right (east) on Edward Street East for 300 m., right (south) on Glass Street for 300 m to the parking lot of Newcastle Public School.

Dist: 59, 75 & 99 km

Class: Country Cruise

## Saturday, Sep 17

**CAMPBELLVILLE COUNTRY CRUISER - 10:00 am** - A ride through the rolling countryside around Campbellville. You would never believe there are such quiet scenic roads so close to Toronto! Lunch is in the park in Lowville.

Start: Commuter parking lot at Guelph Line & Reid Sideroad (lot is small). Take Hwy 401 west to exit 312 and go south on Guelph Line towards Campbellville. Parking lot is on the right immediately after crossing over Hwy 401. If lot is full, turn right on the Reid sideroad. Go approx. 1/2 km until past the last "No Stopping" sign on top of the "80 KPH Begins" sign. Park on shoulder. Ride back to commuter parking lot to begin ride.

Dist: 62 km

## Sunday, September 18, 2005

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

Start: Finch 8:30 am

Dist: 120 & 140 km

Class: Advanced Tourist, Tourist

**PRE-CENTURY RIDE** - Prime yourself for the Alan Gordon Metric Century ride on 9/25 by doing this 60-75 km ride that follows parts of the Waterfront Trail in an easterly direction.

Start: Boardwalk Pub

Dist: 60 km

Class: Leisure Wheeler

**CYNTHIA'S SCENIC CITY (PART 1B)** - Circle around Toronto through the park systems, quiet residential roads, and neighborhoods of The Bridle Path. Several subway stations allow participants to drop out early.

Start: Edwards Gardens

Dist: 75 km

Class: Easy Roller

**THORNTON BALES/NEWMARKET** - A hilly but scenic route to Newmarket for lunch on the shore of Fairy Lake. Long tour takes in the Marsh.

Start: Finch

Dist: 75 & 105 km

Class: Short Tourist, Tourist

**NIAGARA WINE LOVER'S TOUR** - 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.

Start: The ride starts at 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.

Dist: 61 & 89 km

Class: Country Cruise

## Sunday, September 25, 2005

**HOCKLEY ROAD HURRICANE** - Now in it's tenth 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, Tourist

## September 25

**THE ALAN GORDON METRIC CENTURY** - Travel along the lakeshore from Toronto into Oakville. Mostly level trails and quiet streets, many exit points if you get tired. Bring lunch. Special commemorative metric century patch awarded to all those who complete the ride. Start Time: 9:30 a.m.

Start: Boardwalk Pub, please park on Coxwell Ave due to another event at Woodbine Beach.

Dist: 100 km

Class: Easy Roller, Leisure Wheeler

**BOLTON HAMMER** - Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.  
Start: Finch  
Dist: 95 & 110 km  
Class: Advanced Tourist, Tourist

**GEORGETOWN-EQUESING HYSTERICAL TOUR** - With rave reviews in 2004 this tour has resurrected past rides and charted the best roads of the area resulting in three fabulous options to tour this area. The routes avoid traffic trouble spots in both Georgetown and Acton while catching all the best scenery and a few of those Halton Hills.  
Start: Stewarttown Public School. Go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road. The school is on the southeast corner. (Do NOT go to Pineview School!)  
Dist: 47, 62 & 89 km  
Class: Country Cruise

### Sunday, October 2, 2005

**MT. ALBERT/UXBRIDGE** - Two routes to lunch in Uxbridge. Short tour to Goodwood.  
Start: Finch 8:30 am  
Dist: 110, 131 & 143 km  
Class: Advanced Tourist, Tourist

**AUTUMN COLOURS** - This final LW ride of 2005 will follow the Beltline Trail and some quiet residential streets.  
Start: Davisville Park  
Dist: 30 km  
Class: Leisure Wheeler  
Après: Tim Horton's

**DIM SUM BRUNCH** - Travel through Maple, King City and Richmond Hill.  
Start: Finch  
Dist: 65 km  
Class: Easy Roller

**MUSSELMAN LAKE/MT ALBERT** - Choice of three routes and three lunch stops: Musselman Lake, Mt. Albert or Stouffville.  
Start: Finch  
Dist: 70, 84 & 115 km  
Class: Short Tourist, Sportif, Tourist  
Après: Slug & Lettuce, NW corner of Yonge & Finch

**RICE LAKE REVISITED** - Enjoy fall colours in the Northumberland countryside following three new routes to Rice Lake. 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!)  
Start: Port Hope Town Hall, 56 Queen Street - Exit #461 from Hwy 401, follow County Road #2 into town.  
Dist: 59, 75 & 93 km  
Class: Country Cruise

### Sunday, October 9, 2005

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

**CYNTHIA'S SCENIC CITY** - See the city in its brilliant autumn colors. Ride through the wilderness of the Humber Trail and the prettiest residential neighborhoods of Etobicoke. Note: even though there are several short stops for regrouping, all participants should be fit enough to ride at a moderate average pace of 17-18 km.  
Start: Etienne Brûlé Park  
Dist: 65 km  
Class: Easy Roller, Leisure Wheeler

**HALTON HILLS - LOWVILLE** - Enjoy the Halton Hills with the challenging option of mounting the escarpment (or not!) via Rattlesnake.  
Start: Pineview School. Go west on Hwy 401 to Trafalgar Rd. Travel north to 5th Side Rd. Pineview Public School (not Stewarttown School, further north) is on the south-east corner of Trafalgar Rd. & 5th Side Rd.  
Dist: 67, 83 & 98 km  
Class: Country Cruise

### Monday, October 10, 2005

**GUILD INN** - Visit the beautiful Guild Inn, and have a picnic lunch on the grounds. We'll stop to buy lunch on the way.  
Start: Queen's Park  
Dist: 60 km  
Class: Easy Roller

**UNIONVILLE BRUNCH** - Our traditional Thanksgiving excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jakes Pub & Grille.  
Start: Finch  
Dist: 55 & 80 km  
Class: Short Tourist, Tourist

### Sunday, October 16, 2005

**LAKERIDGE RIDE** - 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

**STREETSVILLE RIDE** - A different route through Streetsville.  
Start: Grenadier Café, High Park  
Dist: 60 km  
Class: Easy Roller

**STOUFFVILLE RAMBLER** - A new improved route up to the Lion of Whitchurch pub in Stouffville, long route via Clarendon.  
Start: Edwards Gardens  
Dist: 75 & 93 km  
Class: Short Tourist, Tourist  
Après: Jack Astor's

### Sunday, October 23, 2005

**SCARBOROUGH BLUFFS** - Visit the World Famous Scarborough Bluffs. Bring lunch.  
Start: Queen's Park  
Dist: 50 km  
Class: Easy Roller

**KLEINBURG CAPPUCCINO RIDE** - An undulating ride to lunch in Kleinburg.  
Start: Finch Subway Park and Ride  
Dist: 74 km  
Class: Short Tourist  
Après: Slug & Lettuce, NW corner of Yonge & Finch

**PALGRAVE/KLEINBURG RIDE** - New route to a late lunch in Kleinburg. 2 km hardpack surface enroute (detour possible).  
Start: Finch  
Dist: 98 & 115 km  
Class: Advanced Tourist, Tourist

### Sunday, October 30, 2005

**MILL POND PICNIC** - Enjoy a pleasant ride out to the Old Mill Pond in Richmond Hill. Start point can now be reached by Subway!  
Start: Parking lot of Fairview Mall (NE corner Sheppard and Don Mills).  
Dist: 44 km  
Class: Easy Roller

**MEANDERING MAPLE BAKERY** - Three routes to a terrific lunch stop at Centro Bakery in the town of Maple.  
Start: Finch  
Dist: 65, 84 & 96 km  
Class: Advanced Tourist, Short Tourist, Tourist



Friday Night. Photo: Patrick Lam.

Sunday, November 6, 2005

## MAPLE BAKERY RIDE - SHORT

**VERSION** - Head north for lunch at TBN's favourite bakery on a quieter route.

Start: Finch

Dist: 35 km

Class: Easy Roller

## BOLTON

**HAMMER** - Two routes to Bolton, the longer one offering (a lot) more hills, followed by a



Friday Night. Photo: Dave Belford.

rolling return route via Kleinburg.

Start: Finch

Dist: 95 & 110 km

Class: Advanced Tourist, Tourist

It ain't over till it's over folks. Tourist rides will be scheduled into late December, weather permitting. Check the Hotline, web site or subscribe to TBN's weekly Chain of Events email for updates.



Terra Cotta Rambler May 8

# Of Bents and Uprights

by Carl Friesen

People sometimes ask me why I ride a recumbent bike. My favourite answer is to ask why they ride an upright.

Recumbents are:

Safer, in part because the rider is closer to the ground. Falling off a recumbent is kind of like falling out of a moving La-Z-boy. Whenever I get on my upright, it feels dangerously high, and I know that a fall is going to hurt (they have). Falling off an upright is kind of like a new sport - parachute-free skydiving. There are enough broken collarbones within TBN to prove the point - to the extent that some take the view that you're not a "real" cyclist until you've gone over the bars and wound up in a neck brace.



Yes, recumbents can tour. This was taken at Lake on the Mountain, Prince Edward County, on a 500 km around-most-of-Lake Ontario group tour in summer 2004. Photo: Mireille Macia.

More comfortable, as in "less painful." On an upright, some 80 percent of your weight is supported on a few square cm. of saddle, and all the road vibrations transfer directly to your pelvic region. This can cause prostate problems in men and similar health- and progeny-threatening problems in women. The other 20 percent

of weight is on your hands, through the vibrating handlebars, and the result is breaks in the micro-vessels in your hands, and wrist problems.

On the bent, my weight is comfortably supported along the full lumbar region. Think about it - on a long ride, which gives out first - your legs or your, uh, pelvic region? It's not your legs. Also on an upright, your neck is painfully bent backwards, while the bent rider's neck is relaxed, the better to appreciate the scenery.

The bent's better streamlining means that they perform better on the flats, and are significantly faster on the downhills. I can coast further after the hill than can the typical upright rider.

Most upright riders think that bents can't climb, and it is a bit more of a challenge. I think that this is because the extra weight of the bent works against it, and the streamlining doesn't matter as much in a 10 km/hr uphill climb as it does in a 30 km/hour downhill.

I think of two main types of bents: Eurobent and American. The bike in the picture, a Netherlands-built Challenge Twister, was bleeding-edge Eurobent five years ago. Now, it's as outdated as a five-year-old computer - and yes, the technology is progressing that fast.

Eurobents tends to have a sleek design and be built off a single tube, called the boom. They tend to have curved saddles like the one in the picture, for European-sized butts. Not all Eurobikes are built in Europe, although some of the biggest names such as HP Velotechnik and Challenge are built there using imported components. I'd consider Bachetta to be a "Eurobike" although the company is based in the US.

American-style bikes tend to be designed like a squashed upright, with a frame. American bikes have saddles that remind one of a motorcycle cop's saddle, with a back like a lawn chair, for American-sized butts.

My bike is "under-seat steering," or USS for short. Other bikes are "over-seat" or OSS, in which the rider's hands are held in what is sometimes called the praying-hamster position.

Many bents don't play well with uprights, unless you try hard. Going downhill, a bent rider is leaning on the brakes to avoid a rear-end collision. Many times on a slight downhill grade I'm still braking, not pedaling, while the upright rider in front of me is pedaling away. When drafting, because of the boom at the front of the bike, I need to stay too far back from the upright in front to get much draft, and my bike is so low I don't think that the upright rider behind me gets much of a draft.

My bent isn't as nimble as my upright. It wobbles at slow speeds because the wheels are small, and it has a wiiiiiiiide turning radius. Sometimes I feel like the Country-Western song, "Give me 40 acres (and I'll turn this rig around)".

They're heavy. Also, awkward to transport - I haven't yet figured how to fit it onto the roof racks on my car. Sometime I'll learn how to transport it by air.

But I really love my bent. It's fun to ride and the view is great. Most stores carry one or two bents in stock, but my view is that the best GTA store for recumbents is The Urbane Cyclist on John Street in Toronto. Check it out. Maybe go for a test ride. You just might switch.

# New to Toronto: Bikes on Buses

In mid-June, the TTC launched a pilot project to put bike racks on the front of TTC buses. Bicycles will be accepted at any time of day on designated bus routes.

Visit [www.toronto.ca/ttc/bike\\_racks.htm](http://www.toronto.ca/ttc/bike_racks.htm) for more information. The TTC will be putting a web-based survey on their website so transit users can make comments on the new pilot program. Please visit <http://www.toronto.ca/ttc/> and show your support for this project by filling out a survey.



The routes that will be equipped with bicycle racks are:

- 7 BATHURST (excludes 7A Bathurst branch)
- 29 DUFFERIN
- 47 LANSDOWNE
- 98 WILLOWDALE-SENLAC
- 161 ROGERS RD
- 310 BATHURST (Blue Night Route)

Combining cycling with public transit allows cyclists to dramatically increase the distance they can cover. According to a 1999 survey, nearly half (48 per cent) of all recreational cyclists in Toronto cite distance

as the major reason why they do not commute to work or school by bicycle. This survey has shown that 80 per cent of work-related bicycle trips last approximately 15 minutes. According to 1996 Canada Census data, two million Toronto residents live within a 15-minute bicycle ride of a transit station. This represents 84 per cent of the city's population.

In a 1986 survey, 12 per cent of utilitarian cyclists in the former city of Toronto had used a bike-and-ride travel option, while the 1999 Cycling Survey showed that 47,700 utilitarian cyclists (30 per cent) have combined cycling and transit. Bike and ride activity has more than doubled over the last fifteen years without any significant changes in infrastructure or promotional efforts.

Bicycles are permitted on TTC subway and RT trains, streetcars and buses during non-peak hours, from 9:30 a.m. to 3:30 p.m. and 6:30 p.m. to 6:30 a.m. In the event of crowding or emergencies, vehicle operators and ticket

collectors have the authority to refuse access to bicycles. Bicycles will be permitted on bus bicycle racks at any time of day, including rush hour periods.

## MOVING?

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

## TBN Hotline!

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

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

From the main menu press...

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

### Hotline tips:

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



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

