

**Toronto
bicycling
Network**

Coordinators

Easy Roller
Leisure Wheeler
Tourist/Sportif
Country Cruise/Sat Shorts
Tuesday Ravine
Wednesday Wheelie
Wednesday Night
Thursday Night
Friday Night
Saturday Morning
City Walks
Hiking
Ice Skating
Skiing/Snowshoeing
Spinning

David Middleton
Jamie Hauyon
Joey Schwartz
Barry Pinsky & Rowena Maclure
David Peebles
Ron Wilson & Dave Mader
Terry Walsh
Ken Miller
Mike Gurski
Patsy Cook & Mick O'Meara
John Burdett
Vicky Bondy
Fred Lee
Terry Walsh
Kathleen Harford

easyroller@tbn.ca
leisurewheeler@tbn.ca
tourist@tbn.ca
countrycruise@tbn.ca
tuesravine@tbn.ca
wedwheelie@tbn.ca
wednights@tbn.ca
thursday@tbn.ca
fridays@tbn.ca
satmorning@tbn.ca
citywalks@tbn.ca
hiking@tbn.ca
iceskate@tbn.ca
xcski@tbn.ca
spinning@tbn.ca

Ride Classifications

Leisure Wheeler: Distances of 20–60 km, at speeds of 15–17 km/h for a leisurely pace. Designed as a series of entry-level rides for novices and seniors, or riders returning after a long absence. Rides take place on a mixture of paved recreational trails and streets.
Suggested programs: Sunday Leisure Wheeler and Tuesday Ravine Rides.

Easy Roller: Distances of 20–60 km, at speeds of 18–22 km/h for a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Advanced Easy Roller rides are longer, faster, and/or hillier than typical Easy Roller rides but still generally within the Easy Roller range, although sometimes for much longer distances.

Suggested programs: Wednesday Night Rides, Thursday Night Rides, Friday Night Rides, Saturday Morning Rides and Sunday Easy Roller Rides.

Tourist: Rides are for experienced cyclists, utilizing both urban and rural routes at faster paces of 23–28 km/h and longer distances of 60–215 km. On shorter rides of 60–70 km, a system of ride leader and organized formal regrouping will be attempted to keep the group together. On longer rides, grouping and regrouping is informal and riders are expected to download and preview the ride maps/cue sheets before a ride. Riders are expected to stay in a group and regroup at traffic lights before they hit the open road. Once on the open road, everyone is essentially on their own, at their own pace, and self-sufficient. All rides have a designated lunch spot and optional rest spots, located on the ride map/cue sheet. Sportif riders do the same rides as Tourists, but at the faster 29–35 km/h pace.

Suggested programs: Wednesday Wheelies, Saturday Cruising Shorts, Sunday Tourist Rides and Sunday Country Cruise.

Common Start Locations

Boardwalk Place (previously Boardwalk Pub): The parking lot is located at Northern Dancer Boulevard and Lakeshore Boulevard East. Paid parking is available near Boardwalk Place, however, parking on Coxwell is free.

Bridgepoint Health: Meet at the park benches in Riverdale Park East just north of Bridgepoint Health at the intersection of Broadview Ave. and Langley Ave. Parking is on Broadview Ave.

Edwards Gardens: The parking is located on the south west corner of Lawrence Avenue and Leslie Street.

Étienne Brulé Park: The parking lot is located at the junction of Old Mill Road and Old Mill Drive ie. around the corner and down the hill from the Old Mill subway station.

Finch Subway: The Park 'n' Ride is located on the north west corner of Yonge Street and Hendon Avenue, one block north of Finch Avenue.

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

Kennedy Subway: Beside the elevator on the west side of the station, on Transway Crescent.

Kipling Station: The north lot of the Park 'n' Ride is located on Subway Crescent, south of Dundas Street West and west of Kipling; look for signs.

McCowan Subway: The south parking lot next to FreshCo on McCowan Road, north of Ellesmere Road.

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

Shoppers' World: Located on Danforth Avenue, at Victoria Park Avenue, one block south of the Park 'n' Ride for the Victoria Park Subway, in front of Coffee Time Donuts.

Taddle Creek Park: One block north of the Bedford exit of the St. George subway station.

Toronto Bicycling Network Inc.
131 Bloor Street West, Suite 200
P. O. Box 279
Toronto, ON M5S 1R8



Quick Release

Meet People. Ride. Have Fun.

Readers' Choice
2014
GET OUT THERE
WINNER!

Spring Kickoff Breakfast

100's of Rides

Overnight and Day Trips

Sign up for Cyclon





President's Message

After attending our extremely successful Spring Kick-Off Breakfast on Saturday, I felt energized. With approximately 130 people in attendance, there was a real feeling of camaraderie in the park which was not dampened by the momentary bursts of rain during breakfast. It seemed clear to me that everyone was happy to be there and to be part of the strong TBN community.

So I believe that we are off to a great start this year. But the question is how to ensure that the rest of the cycling season goes as well. And I think this comes down to individual and group responsibility with a focus on safety.

I know that Ron Wilson has written a very good article in this publication about safety and his four key points resonate with me. And I apologize to Ron for re-emphasizing his points but I think they bear repeating.

His four points are: see and be seen, listen and communicate. And I would add be prepared.

So to look at your individual and collective responsibilities:

SEE

- Pay careful attention to the traffic around you
- Pay careful attention to the cyclists around you
- Watch for obstacles on the road
- Pay particular attention when making turns or coming into an intersection
- Use mirrors (when possible) to see what is behind you

BE SEEN

- Wear bright clothes
- Use lights at night and possibility a rear flashing light during the day
- Signal all turns and obstacles on the road

LISTEN TO

- the traffic flow
- other cyclists

COMMUNICATE YOUR INTENTIONS VERBALLY

- Stopping
- Slowing
- Turning
- Obstacles on the road

BE PREPARED

- Keep your bike in good working order
- Have the tools and parts to fix your bike on-the road
- Learn to make minor repair (TBN has provided workshops on bike repair)

So let me explain what I mean. For you as an individual it is important to be prepared by ensuring that your bike is in good working order, that you have the equipment and the know-how to fix a flat or make minor adjustments to your bike. And that you help out when someone needs your assistance. For example, on Saturday there was a young girl who had a flat tire and had no idea how to go about fixing it. Thanks to the assistance of one of our members, she was able to have her tire fixed and continue riding.

Note: TBN does not supply and /or pay for parts. So if someone provides a part, please reimburse them.

With a focus on our safety individually and collectively, I know that we will continue to have a fabulous cycling season.

Be SAFE and enjoy!!

See you on the road.

May the wind be at your back and the road rise up to meet you.

Arlene

Board of Directors 2014-2015

Arlene Smith, President
president@tbn.ca

Janet Guttsman, Secretary
secretary@tbn.ca

Donna Van & Wilma Sanson
Education Co-Directors
education@tbn.ca

Neil Connolly, Cyclon Director
cyclon@tbn.ca

Joey Schwartz, Advocacy
advocacy@tbn.ca

Dave Mader, Touring Director
touring@tbn.ca

Ed Weiss
Communications Director
publicity@tbn.ca

Susan Bishop
Social Events Director
social@tbn.ca

Ken Miller, Technical Director
webadmin@tbn.ca

Marilyn Prole & Peggy Kiely
Treasurer Co-Directors
treasurer@tbn.ca

Jean O'Grady
Overnight Trips Director
weekendtrips@tbn.ca



Join the TBN Facebook group:
[facebook.com/groups/tbn.ca](https://www.facebook.com/groups/tbn.ca)



Tweet at:
twitter.com/#!/TOBikeNetwork

Water

On a hot day you'll need lots of liquid and water is the least complicated to absorb, but pay attention to replacing electrolytes, as well. You should have at least two 750 ml water bottles on your bike. Throw in a 2 liter camelback-style reservoir and proper hydration will be the last thing on your mind as long as you remember to drink before you're thirsty!

The Unforeseen

You'll need a plan to get back home if your bike gets trashed, your tire gets chewed up, your freewheel explodes, or you just get exhausted. There are bus stations along the route, or you could arrange to have someone to come pick you up. Just remember to bring your Visa, cellphone and/or calling cards!

Memories of Hairshirts Past

While the Hairshirt is a non-competitive event and the TBN is a non-competitive club some participants do compete against their own personal bests. We see nothing wrong with this as long as they don't blow any stop lights along the way!



Special mention. Youngest finisher: Jim Nicholson 16. Oldest finisher: Dave Mader 73. Finishers 17 and younger: Brian Yee (2009), Mitchell Kaiser (2009), Jake Williams (2009),

Jim Nicholson (2009). Finishers 70 and older: Ken Caven (1996), Dave Mader (2011, 2013, 2014). Most Hairshirts: Owen Rogers (13), Ron Clark (13).





Toronto-Niagara-Toronto Hairshirt Classic Double Century 322 kilometers in one day!

Sunday, June 21, 2015 6 AM

The TNT Hairshirt is a personal cycling challenge whose name comes from a medieval form of penance, in which monks wore shirts woven of coarse horse hair designed to cause suffering. Our Hairshirt ride pits the lonely rider and their bicycle against the road and the elements, and for this reason the organizers provide no support other than a map and encouragement. Thus, you are responsible for yourself. The Hairshirt was founded in 1978; and TBN assumed sponsorship in 1988. The records below go back to 1992.

The group leaves the corner of Duke of York Blvd and Burnhamthorpe Rd in Mississauga at 6:00 AM on the first Sunday on or after June 21. You have until midnight to complete the ride. Participants must wear CSA-, Snell-, or CPSC-approved helmets. Please bring lights if you expect to finish after dusk. As usual, TBN waives the customary \$5 participation fee for non-members.

54 cyclists started the ride in 2014, on a great sunny day.

Why not make 2015 your Hairshirt year? Sign up on the Hairshirt event page.

Preparation

Unless you enjoy suffering you should be prepared. Your biggest assets will be

training, self-sufficiency, and self-confidence. Self-sufficiency comes from the ability to effect simple repairs on your bike and having the right clothing and equipment along. Self-confidence will flow out of self-sufficiency and the knowledge that you've trained enough to complete the distance.

Training

Sub-11 hour double centuries require actual training regimes! Train at the pace you plan to do the ride at or faster. Eat and drink as you plan to do on the ride. Complete weekly cumulative distances of 300 km or more by the end of May. (Remember that the Hairshirt is relatively flat so if you do most of your mileage in hilly terrain you can reduce the mileage figures accordingly). Two weeks before the ride do back-to-back centuries on Saturday and Sunday. The following Saturday do about 220 km. The next day you should do an easy spin (active rest) of 50 km or less. You can ride through the week but avoid any hard efforts. Starting Thursday make sure you eat well for the next three days. Get plenty of sleep Friday night.

Ride Day

Not a good day to experiment with new equipment, clothes or food!

The Bicycle

Ideally you will be riding a mechanically-sound, drop-handlebar road bike. Bring a pump, patch kit, spare tube(s), tire levers, multi-tool appropriate for your bike. A spare fold-up tire is good insurance.

Clothing

Whatever. Don't use the ride to break in a new pair of shoes or shorts, however.

Food

Gourmands and omnivores can buy stuff along the way randonneur-style, but a handlebar bag/seatpack/fanny pack filled with high-carbo energy foods is a popular idea and great for picky eaters--there's no guarantee you'll be able to find your favourite foods when you need them.

Fall Hiking—a distant thought in your mind

The forest is full of red and yellow leaves. The temperature is getting cool again. These are the signs of the start of fall hiking that begins in November. We are already thinking about the fall hiking, and especially which locations to visit. If you have a suggestion for an interesting ~12km hiking, within a one hour drive of Toronto, drop the hiking coordinator an email at hiking@tbn.ca. We are also looking for hike leaders, so if you may be interested, please e-mail the coordinator or update your user profile "Ride Programs" to include Hiking and check "Ride Leader/Sweep" from the "Do you wish to volunteer?" options.



Great turnout for the annual TBN Spring Kickoff!

Lots of mingling, food, rides at all levels and many great draw prizes!

Arlene talked about the importance of Safety and its focus for the club this year.

Carmelle Renaud won the Bocce game! Congrats!

Thanks to everyone who volunteered to make this event a success!



Overnight Trips

Toronto to Niagara Overnight, June 13–14

This traditional trip follows a new scenic route round the lakeshore but offers the same fun, camaraderie, and watermelon to reward your exertions. Leave from Toronto (approx. 300 km total) or Stoney Creek for a shorter ride.

Summer Solstice Cycling in The County, June 18–21

This trip in Prince Edward County is sold out, but cancellations are quite possible. To get on the waiting list, email brendastrips@gmail.com

Presqu'île Prescription Camping, July 3–5

Return to Prince Edward County for a camping/cycling trip starting from

Presqu'île Provincial Park. In the evening enjoy a starlight walk to the lighthouse or just relax around the campfire. The cost of \$40 for members or \$45 for non-members includes two pancake breakfasts and provisions for two sandwich lunches; dinner on Saturday night is potluck. On-road cycling routes are available from 40 to 100+ km.

Discovering Pelee Camping, September 4–7 (Labour Day weekend)



Join us for three nights at a quiet group site at Wheatley Provincial Park, located on the Lake Erie north shore approximately 3.5 hrs. from Toronto. We will be cycling the flat fruit, vegetable and wine region in the Pelee and Leamington areas. The trip includes routes of varied length to Point Pelee National Park and a relaxing excursion to Pelee Island. There will be alternative rides to Leamington, Kingsville, and Harrow and an optional short ride on Monday. The cost will be approx. \$40 for members, \$45 for non-members.

SAVE THE DATE

Wolf Den, Fall edition, September 11–13

Enjoy the weekend at Wolf Den Bunkhouse 'n Cabins. This hostel, close to the entrance to Algonquin Park, has long been a TBN favourite for winter sports. Now you can enjoy bike trips in the region after the summer crowds have departed.

Simcoe Circle, September 12–14

This fall trip, organized by Cycle Canada exclusively for TBN, circles around Lake Simcoe in three days, with average daily distances of about 100 km. It follows the pattern of last year's successful trip, but accommodation is in two hotels, at least one with pool and hot tub. Price

includes two nights' accommodation, breakfasts, two guides, sag wagon, and maps. This trip needs at least 8 TBN registrants by June 15 to go ahead, so please register soon with the early-bird price of \$395.50 (later price \$446.35).

Prince Edward County, October 9–12

Watch the website for registration to open in early summer for this popular trip.

See the **Overnight Trips** section of the **TBN website** for more details about these trips and for registration forms.

check your **Bulk or Spam e-mail folders in addition to your inbox**. Last year a number of people received this confirmation in this folder, particularly with Rogers or Yahoo accounts.

How can I register online if I don't have a computer?

If you do not have access to a computer, you can attend our information night and social, where we can help you register online, and accept your payment. You could also ask a fellow club member with a computer to help you register for Cyclon.

What happens if I want to cancel my reservation?

Cancellations made in writing prior to July 12th are subject to a \$50 cancellation fee. You may sell your package only with the approval of the Cyclon Director. **No refund of any kind will be made after July 12th—NO EXCEPTIONS!**

I am not a member. Can I get my TBN membership at the same time that I sign up for Cyclon?

Yes, you can. You can get your TBN membership and save money at the same time by registering for Cyclon

at the member's price. A TBN membership form is available at www.tbn.ca/join.

PAYMENT

How do I pay for Cyclon?

1. You will be able to register and pay online using Visa, MasterCard or PayPal by going to www.tbn.ca/cyclon selecting the Cyclon Registration link.

2. You can register online and mail a cheque to the following address. Please clearly indicate the names of the persons for which payment is being made. Payment must be made in Canadian funds.

Cyclon
c/o Toronto Bicycling Network Inc.
131 Bloor Street West, Suite 200
P.O. Box 279
Toronto ON M5S 1R8

3. You may also pay by credit card or cheque at our Information Night and Social on April 30, 2015.

NOTE: for security reasons, **do not mail cash payments**. For U.S. participants not paying by credit card, please send a traveler's cheque or international money order.

What is the best way to register for Cyclon?

It is best to register online and pay by credit card. This will ensure that a spot will be reserved for you at Cyclon immediately. Just go to the TBN website at www.tbn.ca/cyclon and click on the Cyclon link.

Please note: For up-to-date info prior to Cyclon, continue to check the FAQ on our website www.tbn.ca/cyclon.

Durham Cyclist Tragedy Thoughts *by Ron Wilson*

The accident on Sunday, April 5 in which the much loved and highly respected president of the Durham Cycling Club, Roman Manko, was tragically killed strikes close to the heart of all club cyclists. It reminds us once again of the preciousness of life. It is with much sadness that we pay our respects to Roman, and remember his contribution to our community.

We are naturally driven to wonder how such accidents happen and what we can

do to prevent them. I have some friends in the Durham and Oshawa clubs. Based on chats with them, a colleague of the investigating police officer, a reporter at the local paper, and a safety official at the OCA, my understanding of what happened is outlined below. This understanding is based entirely on "hearsay". Thus, it may be flawed.

The accident took place in Clarington at the intersection of Bloor St and Solina Rd.

- Eight cyclists were travelling west

on Bloor St. They were travelling in two groups about 50 metres apart. The deceased was at the front of the lead group. They were about to turn left onto Solina Rd at approximately 10:55 am on Sunday morning.

- A car approached the two groups from the rear and pulled out to the left to pass them. Some members of the lead group began to pull out to the left to make the turn onto Solina Rd. Some of them saw the



ENTERTAINMENT

Cyclon is almost as much a social event as a recreational cycling event! The common interests of 200 cyclists and the camaraderie that develops are what help to make Cyclon so special, and why it has been successful for many years.

Friday: There will be a reception beginning at 6:00 p.m. What is a better way to break the ice, meet up with old friends, or make some new ones? The reception on Friday evening will include pizza, snacks, and a cash bar.

Saturday and Sunday afternoon:

- Come and join a social after-ride reception, enjoy the light snacks and the camaraderie of other cyclists.
- There will be post-ride stretching classes and massages.

Saturday night:

- Similar to last year, we will have some great group dining/entertainment choices for you (currently under development), or you can explore Ottawa on your own. We'll let you know more before Cyclon arrives.

- **Sunday night:** is reserved for our Gala Dinner and Dance which will be held in the National Arts Centre, right on the stunning Rideau Canal (a beautiful ten-minute walk from the residence—no need to drive or catch a shuttle bus!) It features a sumptuous dinner followed by a DJ-hosted dance (with a new DJ). Bring your dancing shoes!

COSTS AND PACKAGE OPTIONS

Package includes: Cycling tours, 2 dinners (Friday and Sunday) and accommodation.

Cost: \$270 for TBN members who register on or before May 31, 2015.

\$300 for non-TBN members who register on or before May 31, 2015.

Other options: meals can be added as follows:

- **Breakfast details have not yet been finalized. We are still looking at additional breakfast options. Check for final details at www.tbn.ca/cyclon in April.**

- Parking—\$16/day

- Additional nights accommodation at \$99/suite/night + HST

You will be on your own for Saturday and Sunday lunches, so you will have an opportunity to enjoy the local dining hot spots or a picnic on your chosen ride.

Can I prepare some of my meals?

Like some of the Cyclon accommodations in the past, there is a refrigerator and a microwave oven available to all Cyclon attendees in each suite. If you wish to prepare your own meals you will need to bring your own dishes, eating and cooking utensils and pots. In addition, you will be responsible for cleaning the kitchen.

Can I change my mind and add on or cancel some of the meals after I have arrived at the University of Ottawa?

Sorry, you can't. The meals have to be confirmed a few weeks before we arrive at Cyclon. Please be sure when you register that you select the meals that you want.

What about special dietary needs or allergies?

Cyclon has secured the services of a Registered Dietitian to ensure that our meals will meet the needs of most restrictive diets, and taste good too! Please be sure to include any special needs on your Registration Form.

REGISTRATION

For Cyclon 2015, registration will be limited to 200 people.

How do I register for Cyclon?

Beginning in 2014, TBN requires that all event registration be done online through the TBN website, where you can pay with your credit card. You can submit your payment by cheque, but you will need to register online, and then mail in your payment. This will



ensure that a spot will be reserved for you at Cyclon immediately. Just go to the TBN website at www.tbn.ca/cyclon and click on the Cyclon Registration link.

When is the registration deadline?

The **registration deadline is July 12th 2015**. Special needs, such as roommate selection and carpooling assistance will be more easily accommodated by registering early.

I have registered for Cyclon. Is my spot reserved?

Your spot at Cyclon is reserved when we receive your registration and payment in full (approved credit card/cleared cheque). Your bank withdrawal or charge to your credit statement is your receipt/confirmation. A confirmation email will be sent immediately after registering on the TBN website. If you register online, but send your payment by mail, your confirmation e-mail will arrive a week or two after the payment has been received. Please ensure you provide your **correct e-mail address when you register**. The e-mail will contain information and directions. **Please**

approaching car (including one who may have seen it in their cycling mirror). They pulled back in to the right and yelled forward that the car was approaching.

- The deceased apparently failed to see the car and to hear the warning and so continued to pull out to the left. The deceased was struck by the car.
- The driver (a 21 year old woman) is the daughter of a member of the Oshawa Cycling Club (the other cycling club in the area) and was apparently either going to or coming from church. One obviously feels for the deceased and his family. One also feels for the young woman who will have a terrible shadow over her for the rest of her life.

The following are my observations:

- The rural intersection of Bloor St and Solina Rd is eerily similar to the kind of rural intersection that many of us regularly encounter on our rides.
- The decision to pull across into another lane should generally be made by the riders at the back of the group. This is the standard practice of most clubs that ride in bunch format.
- Some of the bunch format clubs ride with "marshals" at both the front and rear of the group. The marshals are responsible for all lane change decisions (as well as keeping the group all together and in a narrow double paceline).
- Some of the other bunch riding clubs ride in small rotating bunches (typically 8 to 16). When the bunch needs to change lanes, the lead riders raise an arm. The rear riders are then required to look to the rear. If the road is not clear, they loudly yell "wait". Then, when the road becomes clear, they loudly yell "over" and the bunch starts the lane change.
- When groups are spread out along a road, drivers can have difficulty seeing past the riders immediately in front of them. This may have been a

factor in the Durham tragedy.

- It may be that the deceased was not able to see past the other cyclists behind him.
- Drivers are often unable to see around a car (or cars) in front of them. I had a close call a couple of years ago in Scotland where a driver couldn't see me until the last moment because of other cars between him and me. In this incident, the driver stopped after the traffic had passed him and got out of his car. When I caught up with him he asked with concern if I was OK, nervously explained what had happened, and profusely apologized for coming so close.

What safety lessons can we learn from the Durham tragedy? Our TBN rides utilize two different styles. Some of us ride in pairs, threes, fours, etc. along the road enjoying the good company of our friends ("spread out" riding). Others of us ride in tight bunches in order to be all together or to draft ("bunch" riding). The risks associated with each style are somewhat different. There are many useful riding etiquette manuals about each style available on the web. Most of them are terrific documents.

However, there are also a small number of simple and easy to remember guidelines which I believe satisfy the 80/20 rule, i.e., 80 % of the benefits come from 20% of the guidelines:

Spread out riding

- 1. "See and be seen". This is an old adage which is also taught to motorcyclists. A common refrain of the car driver after an accident is that, "I never saw the cyclist/motorcyclist". The obvious response is to work even harder at "see and be seen"! I especially believe in mirrors (i.e., see) and flashing bike lights (i.e., be seen), even if somewhat geeky. I actually ride with two mirrors, one on each of the left and right handlebar ends.
- 2. Communicate and listen. There are obviously many dimensions to this guideline. However, the essence

is that you need to constantly communicate to the riders around you what you are seeing and what you are going to do. There is a place for both verbal and hand signals. And you need to pay attention to communications from your fellow riders.

Bunch riding

- 1. Designate a bunch leader. Someone should generally be responsible for deciding on the rotation strategy and for tactfully ensuring that all the members of the bunch ride in a disciplined and consistent manner.
- 2. Communicate and listen. As stated above, the essence is that you need to constantly communicate to the riders around you what you are seeing and what you are going to do. And you need to pay attention to communications from your fellow riders.
- 3. Stay back 18 Inches (half a metre), not 6 inches, from the rider in front of you. The drafting benefit difference between these two distances is pretty marginal - 33% vs 31% in one study. However, the greater distance gives you three times as much time to react to an issue in front of you.
- 4. Call lane changes and turns from the rear. It's the place of best rearwards vision.

Lastly, suppose a fellow rider is failing to communicate appropriately, is not paying attention, is half wheeling, is passing on the inside, or whatever. This needs to be pointed out. The risks of too much politeness are too great to hold back. Frankly, I'm happy when someone mentions a fault to me of which I am often not aware. I want to be on bicycle wheels, not wheelchair wheels, for a long time to come yet! I personally believe that the greatest safety benefit of all comes from looking out for each other on the roads over an extended period of time. Thus, please be accepting of observations, comments and advice from other riders. Remember, we are riding as members of a club, not as lone riders.



RIDE SCHEDULES

Saturday [Cruising] Shorts All rides start at 9:00 am unless otherwise noted. Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.

June 06: Hornby/Campbellville

A Saturday jaunt along some quiet roads in the Halton Hills without Rattlesnake!
Start: Hornby Park in Hornby; take Hwy 401 west to Trafalgar Road, then head north to Steeles and west to Sixth Line.
Distance: 67 km

June 20: Beeline to Bowmanville

A popular, quiet undulating route from Oshawa to Bowmanville.
Start: Commercial (free) parking lot in Oshawa. Go east on Hwy 401, exit at Oshawa (Simcoe Street/CR#2) and continue north to Conlin Road; meet at the commercial parking lot (for Shopper's Drugmart etc.), located on the south east corner of Simcoe St. and Conlin Road in Oshawa.
Distance: 68 km

July 04: Georgetown Equestrian Hysterical Tour

Get a head start on the September 25 version of this ride by trying a short route on a Saturday. Enjoy the Halton

Hills from a different perspective.
Start: Go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road and meet at Stewarttown Public School on the south-east corner. Do NOT go to Pineview School!
Distance: 64 km

July 18: Tottenham Train Ride

Ride through the Caledon Hills and if you choose, take time to enjoy an excursion on a steam locomotive or a jaunt to a farmers' market.
Start: Meet at the Mayfield Recreation Centre on the north-east corner of Bramlea Road North and Mayfield Road. The parking lot is a little further north on Bramlea; approximately second entrance on east side.
Distance: 54 km

August 08: Hockley Hillraiser

A ride in the lovely countryside north of Schomberg; great for a "short" pedal.
Start: Take Exit 55 off Hwy 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy 27)

and head south to the Arena.
Distance: 75 km

August 22: Halton Hills-Lowville

Enjoy the Halton Hills with the challenging option of mounting the escarpment (or not!) via Rattlesnake.
Start: Go west on Hwy 401 to Trafalgar Rd. Travel north to 5th Side Rd. Meet at Pineview Public School at the south-east corner of Trafalgar Rd & 5th Side Rd. Do NOT go to Stewarttown Public School that is further north.
Distance: 67 km

September 05: Goodwood Wanderer

This ride north of Stouffville includes a 'power stop' at the always tasty Annina's Bakery.
Start: Meet at the Stouffville Free Parking Lot. Go north on Hwy 404 to Stouffville Road and then east along Main Street to Park Drive. Turn right at Park Drive. The free parking lot is on the left (i.e. on the south east corner of Main Street and Park Drive.)
Distance: 61 km



GENERAL INFORMATION

What is Cyclon?

Cyclon is a 3-day cycle touring mini-vacation which takes place over the August Civic Holiday long weekend. It is the major annual event of the Toronto Bicycling Network (TBN), a club for recreational cyclists with over 800 members. TBN is a not-for-profit club and Cyclon is a not-for-profit event. In its 29th year, Cyclon has previously visited Peterborough, Kingston, Barrie, St. Catharines, Waterloo, Guelph, Belleville, and London.

Where will Cyclon be held in 2015?

We are going to be back in **Ottawa**, taking advantage of the city and exploring green and natural areas of Canada's Capital Region.

chosen a number of different cycling routes for each day of Cyclon. The tours range from about 40 to 170 km in length and are based on the TBN ride categories: Leisure Wheeler, Easy Roller, Short Tourist, Tourist, and Sportif. For more information on these categories, visit our website at www.tbn.ca. An experienced ride leader leads each tour. Detailed tour maps and written directions are provided to every cyclist along with the phone number for the emergency support vehicle (SAG Wagon) that will be on call and patrolling the routes.

This year in Ottawa, we will offer some Monday rides from a remote start location to allow you to explore some of the beautiful roads and towns in the National Capital Region.

How/when do I get the tour maps?

When you arrive for registration, you will be provided with an information package and a complete set of maps with detailed route information. In addition, the information package will contain maps to local attractions and services, and a complete schedule of



CYCLING

What are the tour routes like?
 The National Capital Region offers fantastic cycling, some of which is on bike paths and car-free roads! We have

weekend events.

ACCOMMODATION

We will be staying at the University of Ottawa, located on the east side of the

Rideau Canal in downtown Ottawa. The residence is within walking distance to many great historic and cultural Ottawa landmarks. All breakfasts will be hosted in a building near our residence.

The University residence features two bedroom suites (exactly the same as Conestoga or Georgian Colleges) with one double bed in each room, semi-private washrooms (one washroom shared between two adjoining rooms), a kitchenette with fridge and microwave oven, air-conditioning, televisions, elevator access and lounges with televisions on each floor. You will enjoy fabulous views over downtown Ottawa and Gatineau. We will stay there all three nights (Friday arrival to Monday departure). The University Residence is a smoke-free facility. We encourage you to extend your weekend by an extra day or two to enjoy the sights and cycling around the National Capital Region, and have arranged for special rates at the residence for those who wish to lengthen their mini-vacation. **For 2015, we will be located on the lower floors of the residence to ease elevator/stair congestion at the start of the rides.**

What is provided in the bedrooms?
 All bed linen, towels, and face cloths are provided, but you may wish to bring extra towels or your favourite blanket, or pillow.

Can I choose my roommate?
 Definitely – we prefer that you do. Simply indicate on your Cyclon registration form the name of the person with whom you wish to share a suite. Any children attending Cyclon will be billeted with their parents.

What if I come on my own?
 If you do not indicate a suitemate on your registration form, you will be placed in a suite (suite = 2 adjoining but separate bedrooms with one shared washroom) with a participant of the same gender and, when possible, of similar age.

TBN CYCLING JERSEY, VEST, JACKET

TBN continues to offer this popular standard short sleeve jersey for **only \$59.40***

TBN also now offers a wider variety of garments.

- Wind Jacket - \$74.80*
- Thermo Shield Jacket - \$151.80*
- Wind Guard Vest (no pockets) - \$59.40*
- Intermediate Wind Vest - \$101.20*
- Sleeveless Summer Jersey - \$59.40*
- Long Sleeve Cycling Jersey - \$74.80* (*Plus HST)

Check the TBN website to learn more about features and specs before you order.

Visit www.tbn.ca/jersey for instructions on how to order

Thursday Night Rides cont'd

Beaches at 6:15 pm for a prompt 6:30 pm departure.

Start: Boardwalk Place

Distance: 57 km

July 02: Pan Am Road Race Route & BBQ

We won't be racing, but we'll tour an approximation of the Pan Am Games road race route. This takes us into the Exhibition Grounds, and then west along the Martin Goodman Trail (since they're not going to close Lake Shore Blvd. for us), some meandering in and around High Park and then back to the Martin Goodman trail to the race finish line. Afterwards, we'll take a quick ride on the newly renovated Queens Quay and the Simcoe St. and Richmond St. cycle tracks before heading into CityPlace. This ride is relatively short for a TNR, and will be followed by a post-Canada day BBQ at Ken Miller's place. One goal of the BBQ is to have a forum to discuss TNR with possible suggestions for improvement. If anyone is interested in leading one or more TNR rides, this will be a good time to volunteer and find out more about the responsibilities and benefits of leading TNR rides. Please register for food planning, and if you're interested please register at your earliest convenience as the maximum number of attendees may be limited. Meet at the Field House at Coronation Park at 6:15 pm for a prompt 6:30 pm departure.

Start: Coronation Park Field House

Distance: 26 km

July 09: Pan Am Path West

When complete, the Pan Am Path will be a continuous multi-use path over 80

km in length snaking through Toronto from the northwest border with border with Brampton to the southeast border with Pickering. It combines existing trails with newly built connections. It's not scheduled for completion until 2017, but most of it already exists. Con and over the next 3 weeks we'll be touring it from end to end. This ride will be cover the western part of the Path, and will be the longest of the 3 rides because it's the only one where we'll be looping back to the start point. This section takes the Humber Valley trail all the way to the end, and then returns using a much quicker street route. Meet at the parking lot at Étienne Brulé Park at 6:15 pm for a prompt 6:30 pm departure.

Start: Étienne Brulé Park

Distance: 44 km

July 16: Pan Am Path Central

The second act of the Pan Am Path trilogy starts where we left off at Étienne Brulé Park and takes the familiar trails of Humber Valley South, Martin Goodman Trail, and Don Valley Trail before heading out on some small streets to Wexford Park. The ride ends at the Warden TTC station, where you can take the subway back to Étienne Brulé if you drove there. Meet at the parking lot at Étienne Brulé Park at 6:15 pm for a prompt 6:30 pm departure.

Start: Étienne Brulé Park

Distance: 34 km

July 23: Pan Am Path East-GO Train Home

The Pan Am Path trilogy completes with a tour of the eastern end of the route all the way to the mouth of the Rouge River. We start at Boardwalk Place and pick up the path at Wexford Park where we

ended last week. The route follows the Gatineau Hydro Corridor and Morningside Park, U of T Scarborough, Colonel Danforth Park, Lower Highland Creek Park and the Port Union section of the Waterfront Trail to the Rouge River. We'll take the GO Train Home, either from the Rouge River station or, if riders feel like a few more kilometers, from the Pickering station.

Note: if you're planning on driving to this ride, parking near the Danforth GO Station may be your best bet. The route goes past the station at around 6:45 and we'll look to pick up additional riders there. Meet at the parking lot of Boardwalk Place, The Beaches at 6:15 pm for a prompt 6:30 pm departure.

Start: Boardwalk Place

Distance: 37 km

July 30: Don River Circle 2

This ride starts on the U of T campus again, this time in front of the BookStore. We'll also be going past the standard Riverdale Park starting location both outbound & inbound, and will look to pick up additional riders there around 6:45. The ride takes us along and between the forks of the Don River. The first 15 km is mainly city riding and the rest mostly off-road paths This includes the familiar Don Valley East trail as well as lesser known trails like the Charles Sauriol Conservation Reserve trail and the CN Leaside Spur trail. We'll end the ride at the Distillery District for snacks and beer. Meet at in front of the U of T BookStore at College & St. George at 6:15 pm for a prompt 6:30 pm departure.

Start: U of T BookStore, College & St. George

Distance: 41 km



Saturday Morning Rides All rides start at 9:30 am unless otherwise noted.

Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.

June 06: Boardwalk Place to Guildwood

The ride is to the Guildwood Parkway for a coffee break, using the Lakeshore Trail from Athens Café on Lakeshore just east of Coxwell. The route uses a mixture of paths and residential roads (with some hills), returning by a slightly different route at about 12:30 to 1 pm.

Start: Boardwalk Place

Distance: 42 km

June 13: Old Mill to Humber College

The ride is to Humber College for a coffee break returning by a slightly different route, using another branch of the Humber River trail at 12:30 to 1 pm.

Start: Old Mill Subway (Étienne Brulé Park)

Distance: 48 km

June 20: High Park to Port Credit

From High Park, the ride will be to Port Credit for a brief coffee-washroom break. We'll use the Lakeshore Trail west out of Toronto into Mississauga, returning at about 12:30 pm.

Start: Grenadier Café in High Park

Distance: 40 km

June 27: Boardwalk Place via Leslie Spit to the Humber River (2 Lighthouses)

Starting from Boardwalk Place, the ride goes via the Leslie Street Spit to the lighthouse and onto the Humber River stopping at Sheldon's Lookout the west side of the Eagle Bridge that spans the Humber River, returning by a similar route by 12:30 to 1 pm for a coffee break at the start/finish location.

Start: Boardwalk Place

Distance: 40 km

July 04: High Park to the Evergreen Brickworks

From High Park, the ride is to the popular Saturday Brickworks Market, for a break and maybe some shopping. We will ride through central Toronto, using mostly quiet streets and both York and the Kay Gardiner Beltline Trail. We'll return via the Lakeshore and Martin Goodman Trail.

Start: Grenadier Café in High Park

Distance: 40 km

July 11: Boardwalk Place-Jack Goodlad Park

The route uses a variety of roads, trails and residential streets via the Don River initially, then north easterly to Jack Goodlad Park, returning with a coffee stop at Tim Hortons on Kennedy Road.

Start: Boardwalk Place

Distance: 37 km

July 18: High Park to Port Credit

From High Park, the ride will be to Port Credit for a brief coffee-washroom break. We'll use the Lakeshore Trail west out of Toronto into Mississauga, returning at about 12:30 pm.

Start: Grenadier Café in High Park

Distance: 40 km

July 25: Boardwalk Place to Guildwood

The ride is to the Guildwood Parkway for a coffee break, using the Lakeshore Trail from Lakeshore just east of Coxwell. The route uses a mixture of paths and residential roads (with some hills), returning by a slightly different route at about 12:30 to 1 pm.

Start: Boardwalk Place

Distance: 42 km

August 01: Étienne Brulé to Humber College

The ride is to Humber College for a coffee break returning by a slightly different route, using another branch of the Humber River trail at 12:30 to 1 pm.

Start: Old Mill Subway (Étienne Brulé Park)

Distance: 48 km

August 08: Edwards Gardens to the Lakeshore

This is a new route for a Saturday morning, starting from the Edwards Gardens parking lot at Leslie and Lawrence, we will follow roads and bike paths and trails to a coffee break at the Lakeshore and return by a different route to finish about 12:30 pm.

Start: Edwards Gardens

Distance: 35 km

August 15: Etobicoke Meander

This meander loops around the quiet residential streets of Etobicoke and paths along the Humber and Mimico valleys, to return to High Park, after a coffee break near Sherway Gardens, to finish about 12 to 12:30 pm.

Start: Grenadier Café in High Park

Distance: 32 km

August 22: Victoria Park to Guildwood, via Hydro corridor

The route goes northeast using paths and trails including the Gatineau Hydro corridor and then south to the Lakeshore Trail, after a coffee break at Guildwood, returning at about 12:30 pm.

Start: Victoria Park Subway parking lot

Distance: 34 km

Friday Night Rides All rides start at 6:30 pm unless otherwise noted.

This year the rides will be starting either in the east-end or west-end and will be at a pace between a Leisure Wheeler to Easy Roller ride (15-20 km per hour). These rides are social rides, with participants going out for a post-ride get together for food and drink at a local establishment near the starting point.

Check the website for ride schedules - www.tbn.ca/programs/cycling/fnr

RIDE SCHEDULES

Saturday Morning Rides cont'd

August 29: High Park to Port Credit
From High Park, the ride will be to Port Credit for a brief coffee-washroom break. We'll use the Lakeshore Trail west out of Toronto into Mississauga, returning at about 12:30 pm.
Start: Grenadier Café in High Park
Distance: 40 km

Sept 05: Lakeshore Trail to Guildwood
The ride is to the Guildwood Parkway for a coffee break, using the Lakeshore Trail from Lakeshore just east of Coxwell. The route uses a mixture of paths and residential roads (with some hills), returning by a slightly different route at about 12:30 to 1 pm.
Start: Boardwalk Place
Distance: 42 km

Sept 12: Old Mill to Humber College
The ride is to Humber College for a coffee break returning by a slightly different route, using another branch of the Humber River trail at 12:30 to 1 pm.
Start: Old Mill Subway (Étienne Brulé Park)
Distance: 48 km

Sunday Easy Roller Rides

All rides start at 10:00 am unless otherwise noted.
Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.

June 07: Dim Sum/Tim Sum
North on the Humber trail, then west on the Eglinton bike trail. There is a choice of lunch in a Dim Sum restaurant or Tim Hortons for those who prefer the usual fare and need to get back sooner.
Start: Étienne Brulé Park
Distance: 47 km

June 14: High Park–Centennial Park–Port Credit
Parks and river banks are the theme of this scenic tour. Ride through two parks and along the banks of two rivers to lunch in Mississauga, with a return along the Waterfront trail.
Start: Grenadier Café in High Park
Distance: 57 km

June 21: Waterfront to Whitby
Try the rarely seen eastern sections of the Waterfront Trail and see the nicer parts of Pickering, Ajax and Whitby, with an optional return by GO train. For good maps, visit the Waterfront Trail website www.waterfronttrail.org and pick the first three maps of Section 3 (Pickering to Port Hope). Lunch at Tim Hortons in Whitby.

Start: Rouge Hill GO station at Lawrence Avenue East and East Avenue, a block east of Port Union Rd.
Distance: 60 km with one short gravel section.

June 28: Maple and Beyond
The longer version of this popular ride that goes an additional 20 km out into the fast disappearing countryside around Maple with lunch at Tims/Wendys.
Start: Finch Subway
Distance: 55 km

Wednesday, July 01 (Canada Day): Mimico Creek
A round trip of beautiful Etobicoke for the holiday with lunch at Tim Hortons. What could be more quintessentially Canadian?

Start: Étienne Brulé Park
Distance: 35 km

July 05: Can I get a ride to the Airport?
A new ride for this year, courtesy of Michael Varrick. If you like planes (in addition to bikes) this is the ride for you. We will circumnavigate the perimeter of Pearson Airport passing under the end of all of the runways. We will also get a chance to travel some of

the upper stretches of the Etobicoke Creek trail. There will be a kilometer or so of hard-packed gravel. Lunch at the Wendy's/Country Style under the end of the north runway.
Start: Kipling Subway north parking lot
Distance: 52 km

July 12: Tour of Toronto
A leisurely tour through Casa Loma, Upper Canada College, Forest Hill, and Sunnybrook Park, primarily through bike lanes and recreational trails. This is a leisurely tour rather than a training ride. There will be stops to regroup and see the sights. Lunch at Tims.
Start: Grenadier Café in High Park
Distance: 47 km

July 19: Stouffville
Head up to Stouffville for lunch, at Tims, inevitably. This will get you out into the country for a change and has some long straight stretches. Ninth line has been repaved so there is now a safe shoulder for us to return on.
Start: Scarborough Town Centre. Municipal parking lot, south-east corner of McCowan and Bushby, one block north of Ellesmere.
Distance: 60 km

Wednesday Night Rides cont'd

and Moore Avenues at 6:15 pm for a prompt 6:30 pm departure.
Start: Pharma Plus parking lot at Bayview and Moore Avenues
Distance: 30 km

July 15: (South) High Park to Wychwood Park
The route will be High Park to the West Toronto Railpath, then north through signed bike routes to Prospect Cementary to the York Belt Line. Bike along the York Belt Line, then we'll head south through parks and side streets, and take a quick tour of Wychwood Park and then back to High Park along bike lanes and drinks and food at Mugshots Pub

Thursday Night Rides

All rides start at 6:30 pm unless otherwise noted.
Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.

June 04: Etobicoke South Loop
This ride takes us northwest into Etobicoke via the Kingsway, and then back south via West Deane Park, the West Mall, and Etobicoke Creek trail. To finish, we take the Waterfront trail back to Sunnyside Pavilion. Meet at the parking lot of the Grenadier Café in High Park at 6:15 pm for a prompt 6:30 pm departure.
Start: Étienne Brulé Park
Distance: 36 km

June 11: Riverdale Park to Wexford Park
This ride takes us through the Port Lands and then onto the Don Valley and Taylor Creek paths before heading into Scarborough and the Gatineau Hydro Corridor Path. We then head back through Warden Woods and the Beaches path. Meet at the parking lot of Boardwalk Place, The Beaches at 6:15

(southeast corner of Parkside and Bloor St. W.). Meet at the parking lot of the Grenadier Café in High Park at 6:15 pm for a prompt 6:30 pm departure.
Start: Grenadier Café in High Park
Distance: 25 km

July 22: (South) Ride to Victoria Park & the Beaches
A new ride following park paths and bike routes to Warden Woods and down to the beaches. Free street parking available along Broadview. Meet at Riverdale Park East, at Langley and Broadview at 6:15 pm for a prompt 6:30 pm departure.
Start: Riverdale Park East near Bridgepoint Health Centre
Distance: 28 km

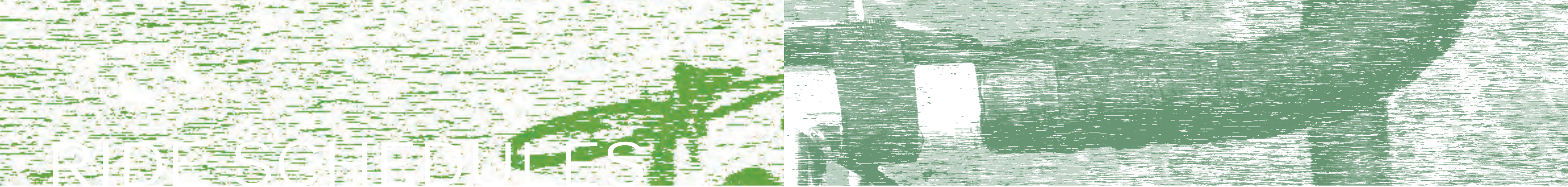
pm for a prompt 6:30 pm departure.
Start: Boardwalk Place, The Beaches
Distance: 33 km

June 18: Summer Solstice Spree I -Oshawa (GO Train Home)
It's summer solstice time and we'll celebrate the long daylight hours with our longest ride of the year. Starting from the Scarborough GO Station we'll bike all the way to Oshawa, mostly using the Waterfront Trail. The route is predominantly flat or downhill, so it should be a fast, fun ride. We'll have several opportunities for "magic hour" and sunset pictures along the lake. The ride will finish at twilight and we'll celebrate with well-earned drinks and snacks. We'll then head over to the Oshawa GO Station, where a train will shuttle us through the darkness back home. Meet at the Scarborough GO Station parking lot, St. Clair east of Kennedy at 6:15

July 29: (South) Downtown Meander
This route meanders around the center of Toronto on roads with cycle tracks or bike lanes. We'll be visiting Cabbagetown, the Discovery District/University of Toronto, and The Annex. The highlight of the ride will be a trip through the newly renovated Queens Quay-Harbourfront area. Meet at Riverdale Park East, at Langley and Broadview at 6:15 pm for a prompt 6:30 pm departure.
Start: Riverdale Park East near Bridgepoint Health Centre
Distance: 25 km

pm for a prompt 6:30 pm departure.
Start: Scarborough GO Station Parking Lot
Distance: 62 km

June 25: Summer Solstice Spree II - Let's Go to the Zoo!
Here's another extra-long ride to celebrate an extra long day. Starting from Boardwalk Place, we're going to weave up northwest through Scarborough to the Rouge Valley Conservation Area where the Zoo is located. Along the way, we'll be taking the Highland Creek Park trail and the very end of the Gatineau Hydro Corridor trail. We'll then go south and head back west along the lake through Port Union Waterfront Park, East Point Park and the Guildwood area. We'll then link up with our outbound route and take a similar path back to Boardwalk Place. Meet at the parking lot of Boardwalk Place, The-



RIDE SCHEDULES

Wednesday Wheelies cont'd

take Hwy 410 to the Mayfield Rd exit. Then follow Mayfield Rd/Peel Regional Rd 14 and Heart Lake Rd.

Start: Brampton Fall Fair at the corner of Heart Lake Rd and Old School Rd, north of Brampton

Distance: Short 59 km; Long 82 km

August 26: Schomberg to Caledon East

A 74 or 91 km ride from Schomberg to lunch in Caledon East. Meet for a 9:30 am departure at the Arena parking lot in Schomberg. Schomberg is just west of Hwy 27 and south of Hwy 9. The Arena is on the west side of Main Street in Schomberg, just south of Hwy 9. The lunch stop is Gabe's Country Bake Shoppe in a small mall in Caledon East with an outside sitting area. The mall also has a convenience store. It's the second building on the left side after you make the left turn in Caledon East onto

Airport Road.

Start: Schomberg Arena, W. of Main St, Schomberg

Distance: Short 74 km; Long 91 km

September 02: Ashburn to Enniskillen

A 62, 85, or 94 km ride from the village of Ashburn to Enniskillen. Meet for a 10 am departure at Ashburn Community Park on the west side of Ashburn Road, 200 m north of the main intersection. To get to Ashburn drive east on Hwy 401 to Brock Road, north to CR5 at Claremont, then east to Ashburn and north to the parking lot. The lunch stop is at the picnic tables in Enniskillen. You can either bring your lunch, or purchase something at the adjacent convenience store. The long route may wish to stop for lunch at Kari-Jo's Coffee and Cafe in Burketon on Old Scugog Road 5 km north of Enniskillen.

Start: Ashburn Community Park, Ashburn Rd, Ashburn

Distance: Short 62 km; Medium 85 km; Long 94 km

September 09: Hornby to Lowville

A 67, 85, or 103 km ride from Hornby to Lowville. Lunch will be at the Lowville Golf Club on Britannia Rd just outside Lowville. Meet for a 10 am departure at Hornby Park. To get to Hornby take the 401 to Trafalgar Road (Exit 328). Go north to the lights at Steeles, turn left, and drive 2 km to Hornby Park which will be on your left. Facilities are available at the Tim Hortons/Petro Canada at the lights as you turn onto Steeles.

Start: Hornby Park, 2 km W. of Trafalgar on Steeles

Distance: Short 67 km; Medium 84 km; Long 103 km

Sunday Easy Roller Rides cont'd

July 26: The Big Loop

We'll go up the Humber Trail, across the top of the city and down the Don River paths to return along the Lakeshore. Lunch at Tim Hortons. A longer ride than usual to help get you in shape for Cyclon. Just a note: last years ride finished at 5 pm so plan accordingly.

Start: Étienne Brulé Park

Distance: 85 km

August 02: Lake Wilcox

A chance to get out of the city for those of us not at Cyclon. Visit Lake Wilcox in Richmond Hill. Lunch is at Tims this time around.

Start: Finch Subway

Distance: 65 km

Monday, August 3 (Civic Holiday): Port Credit

A shorter ride for the Civic Holiday to pretty Port Credit along the Waterfront Trail.

Start: Grenadier Café in High Park

Distance: 35 km

August 09: Annual Club BBQ Ride

A don't miss event! The Easy Roller route heads east before meeting the other groups on Toogood Pond in Unionville. Food and fun for all classes of rider. Easy Rollers will have a new return route this year.

Start: Finch Subway

Distance: 51 km

August 16: Eldorado Park

Travel through Mississauga and get rewarded with a beautiful lunch spot in Eldorado Park. Bring lunch or pick up something just before entering the park. This ride is at the top end of the Easy Roller category.

Start: Kipling Subway north parking lot. The lot is closest to Dundas St. West and Subway Crescent.

Distance: 65 km

Toogood Pond Picnic

Join this popular annual event on Sunday August 9th. Rides will be available at all levels (see Quick Release detailed ride plans or the TBN website). Relax and enjoy a free BBQ lunch. We request that you register in advance for food planning on the TBN website: www.tbn.ca.



August 23: Oakville Odyssey

Go from the west side of Toronto to the gardens of Oakville. This route largely avoids busy Lakeshore Ave. Lunch at Tim Hortons.

Start: Kipling Subway south parking lot.

The lot is accessed from Munster Ave, off Kipling Ave. south of Dundas St.

Distance: 73 km

August 30: Kleinburg

Come for a good Advanced Easy Roller style workout on the last weekend of summer. This is a longer version of the popular Maple ride that goes an additional 30 km out into the countryside and visits charming Kleinburg. A few good hills to test the muscles you've been working on all summer. Lunch at Tim Hortons. Optional return from Maple via a new route, with some gravel portions

Start: Finch Subway

Distance: 65 km

September 06: Gatineau Gallop

A newer ride that explores the recently constructed Gatineau trail in the City's eastern reaches. Lunch at Tim Hortons. Some things never change.

Start: Shoppers' World

Distance: 52 km

Monday, September 07 (Labour Day): Mimico Creek

Ride mostly on trails and quiet streets before stopping for lunch at Tim Hortons, across from Sherway Gardens. From there, it's a short ride to connect with the trails again, and then head down to the Lakeshore then back to the start.

Start: Étienne Brulé Park

Distance: 35 km

September 13: Alan Gordon Metric Century

Travel along the Lakeshore from the Beaches into Oakville. Mostly level trails and quiet streets. Many exit points are available if you get tired. Bring snack foods to help keep your energy up. Meet for a 9:30 am sharp departure at Boardwalk Place. **Note the early start time, and please be there by 9:15 am.** This ride is classified as Advanced Easy Roller.

Start: Boardwalk Place

Distance: 100 km

Wednesday Night Rides

All rides start at 6:30 pm unless otherwise noted

Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.

June 03: (South) Beltline Adelaide Loop

A new ride following park paths and bike routes. Starting in Riverdale, the ride goes through Cabbagetown, Rosedale, Moore Park, The Kay Gardiner Beltline, York, Corso Italia, The Annex, and the Financial District. This Easy Roller pace ride is a great way to see the city coming back to life after the long weekend. Meet at Riverdale Park East, at Langley and Broadview at 6:15 pm for a prompt 6:30 pm departure

Start: Riverdale Park East, by Bridgepoint Health Centre

Distance: 26 km

June 10: (South) High Park to Rosedale & Back

A ride along the bike lanes and streets in the west end to Rosedale's quiet streets. Then along Carleton and College Streets. Finally, a ride up the West Toronto Railpath and then back to High Park. Meet at the parking lot of the Grenadier Café, High Park at 6:15 pm for a prompt 6:30 pm departure.

Start: Grenadier Café in High Park

Distance: 29 km

June 17: (South) Riverdale to High Park Loop

A ride from Riverdale Park to the Discovery District/U of T area and then on

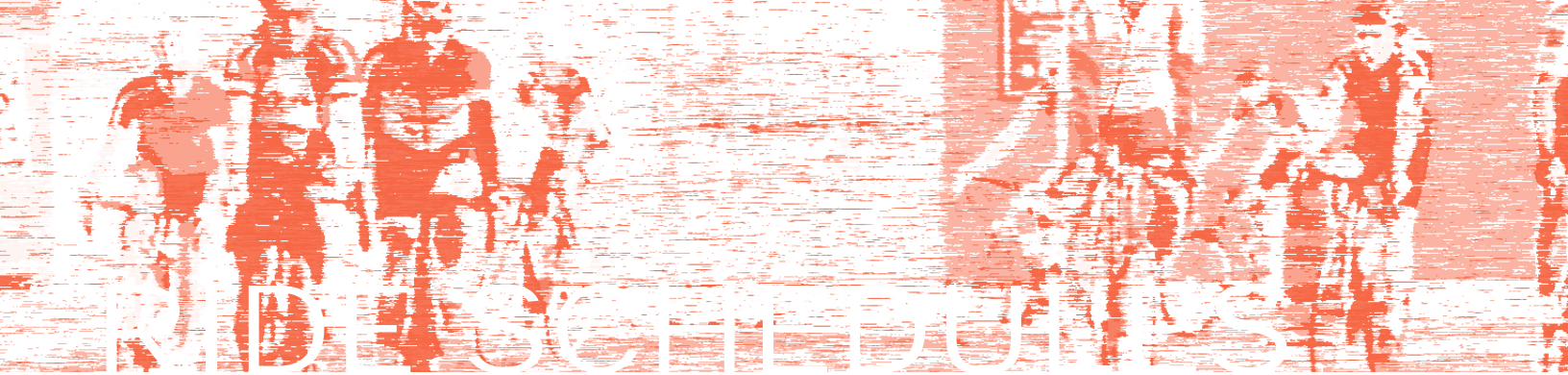
through The Annex to High Park. The return route takes us across the lakeshore. Meet at Riverdale Park East, at Langley and Broadview at 6:15 pm for a prompt 6:30 pm departure.

Start: Riverdale Park East near Bridgepoint Health Centre

Distance: 26 km

July 08: (South) Midtown Ride to Forest Hills

Ride to Forest Hill from Midtown Toronto and also experience some cool overpasses and tunnels to cross the various railroad lines that we will encounter that define their communities. Meet at Pharma Plus parking lot at Bayview



RIDE SCHEDULES

Sunday Leisure Wheelers

All rides start at 10:00 am unless otherwise noted. Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.

June 07: Scarborough—See the Geese
Explore the asphalt trails through two parks en route to the mouth of the Rouge River. Bring lunch.
Start: Kennedy TTC Station Parking Lot – Transway Crescent
Distance: 40 km

Sheppard and Leslie, opposite the Leslie Subway Station.
Start: Leslie TTC Subway Station
Distance: 35 km

Start: Étienne Brulé Park, near Old Mill TTC Station
Distance: 47 km

June 14: Dim Sum Ride
Join us for Dim Sum in Markham. Other foods available. Ride skips Cummer Hill.
Start: Finch TTC Station west parking lot off of Hendon Ave.
Distance: 40 km

July 12: Randy's Ramble
A westward ride from the Humber along the Waterfront Trail. Picnic in Douglas Kennedy Park.
Start: Étienne Brulé Park, near Old Mill TTC Station
Distance: 37 km

August 23: Humber Trail & Beyond
Enjoy the sights and sounds of the Humber Trail. Distance has been cut to 47 km and will turn back at the Main Campus of Humber College. Pack a lunch.
Start: Étienne Brulé Park parking lot, near Old Mill TTC Station.
Distance: 47 km

June 21: Toronto Island Tour
Follow streets and trails to the ferry and then steam over to the Island. Ferry fare extra.
Start: Shoppers' World, Victoria Park at Danforth Avenue
Distance: 32 km

July 19: Picnic in the Park
Take the Martin Goodman Trail to the Humber Bridge, and then continue to the lighthouse at the tip of Humber Bay Park. Bring lunch.
Start: Boardwalk Place, Coxwell Ave at Lake Shore Blvd East
Distance: 42 km

June 28: Edwards Gardens
Bring lunch or buy something there as you enjoy the flowers and sights; asphalt trails and streets.
Start: Finch TTC Station west parking lot off of Hendon Ave.
Distance: 37 km

July 26: Guild Inn
Join us for a picnic on the grounds of the historic Guild Inn. Bring lunch or pick-up something along the way. New route. Some hills.
Start: Shoppers' World, Victoria Park at Danforth Avenue
Distance: 42 km

July 01: Heavenly Holiday
A two-hour exercise ride south on the Don Trail to the Martin Goodman Trail, across Queen's Quay, and then north past the Sky Dome.
Start: Queen's Park at the King Edward Statue, near Queens Park TTC station
Distance: 24 km

August 03: Heavenly Holiday
A two-hour exercise ride south on the Don Trail to the Martin Goodman Trail, across Queen's Quay, and then north past the Sky Dome.
Start: Queen's Park at the King Edward Statue, near Queens Park TTC station
Distance: 24 km

July 05: Henry the Fifth: Part Two
An alternative approach to Agincourt, avoiding the Battle of Cummer Hill. Bring lunch. Meet at the parking lot in the valley on the northwest corner of

August 16: Old Village Tour
Meander north through trails and quiet residential areas en route to Black Creek Pioneer Village. Bring lunch.

City Walks Planning for the Fall

Since the weather is now warm enough for cycling, the City Walk program has pretty well wrapped up for the year. Between October and December we had 10 official events, followed by 15 unofficial walks. Amongst the highlights of this season's unofficial events were visits to such interesting sites as The Studio Building, examples of Al Runt Street Art, Toronto's Weirdest Yards, and what are allegedly Toronto's largest manhole cover and oldest catch-basin grating (55" diameter, and 1888 respectively).

We will be having a City Walk planning session this summer. If you are interested in helping us produce the schedule for the fall of 2015, or would like to lead a new or existing walk, please join us, or contact me at citywalks@tbn.ca. The location, date, and time of the planning session will be announced on the TBN Forum.

Looking forward to having you join us on some walks this upcoming fall.
John Burdett, *City Walk Coordinator*

Wednesday Wheelies cont'd

(Exit 312). Drive south over the 401 and immediately turn right onto Reid Sideroad. The entrance to the Ball Park is on the south side.
Start: Campbellville New Ball Park, Reid Sideroad, Campbellville
Distance: Short 72 km; Long 92 km

and picnic in the park overlooking Lake Scugog.
Start: Ashburn Community Park, Ashburn Rd, Ashburn
Distance: Short 61 km; Long 77 km

departure at the Courtice Community Complex. To get to Courtice, exit Hwy 401 at Courtice Road/CR 34 (Exit 425) and drive 4.2 km north to Courtice. The parking lot is on the left just past Hwy 2 (King St). Please park around the outside perimeter of the parking lot, so as to leave the parking spaces close to the building for the users of the building. Facilities are available in the Courtice Community Complex building.
Start: Courtice Community Complex
Distance: Short 55 km; Medium 66 km; Long 75k

July 08: Stouffville to Goodwood
A 57, 73, or 92 km ride north from Stouffville with lunch at Annina's Bakeshop in Goodwood. Meet for a 10 am departure at the Free Parking Lot on Park Drive just south of Main Street in Stouffville. To get to the start, drive north on Hwy 404 to Stouffville Rd, and then go east into Stouffville. Facilities are available at many of the chain restaurants and gas stations as you come into Stouffville.
Start: Free Parking Lot on Park Drive just south of Main Street, Stouffville
Distance: Short 57 km; Medium 73 km; Long 92 km

July 22: King City to Caledon East/ Kleinburg
A 59, 74 or 98 km ride from King City to lunch in Schomberg, Kleinburg or Caledon East. Meet for a 9:30 am departure at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street. To get to King City, drive north on Hwy 400 to the King Sideroad (Exit 43). Go east to Keele Street and turn left.
Start: Municipal Parking Lot, NW corner, King Rd & Keele St, King City
Distance: Short 59 km; Medium 74 km; Long 98 km

August 12: Stouffville to Uxbridge
A 65 or 96 km ride (or an 81 km variation on dirt roads) from Stouffville to Uxbridge for lunch. Meet for a 9:30 am departure at the Free Parking Lot on Park Drive just south of Main Street in Stouffville. Drive north on Hwy 404 to the Stouffville Sideroad and east into Stouffville. Facilities are available at many of the chain restaurants and gas stations as you come into Stouffville.
Start: Free Parking Lot on Park Drive just south of Main Street in Stouffville
Distance: Short 65 km; Long 96 km; Strade Bianche 81 km

July 15: Ashburn to Port Perry
A 61 or 77 km ride from the village of Ashburn to Port Perry. Meet for a 9:30 am departure at Ashburn Community Park on the west side of Ashburn Road, 200 m north of the main intersection. To get to Ashburn, drive east on Hwy 401 to Brock Road, north to CR5 at Claremont, then east to Ashburn on Concession 9 and north to the parking lot. Facilities are in the form of a Porta Potty in the parking lot. The alternative is to stop at a restaurant or gas station just after exiting the 401 and before heading north. Lunch option 1 is White Feather Country Store if you wish to have lunch before Port Perry. Lunch option 2 is bring food or buy lunch in Port Perry

July 29: Campbellville to Lowville
A 62, 74, or 109 km ride from Campbellville past Waterdown, with lunch at the Lowville Golf Club. This lunch location avoids the descent down into, and ascent up from, Lowville. Meet for a 9:30 am departure at the Campbellville New Ball Park. To get to Campbellville, go west on Hwy 401 to the Guelph Line (Exit 312). Drive south over the 401 and immediately turn right onto Reid Sideroad. The entrance to the Ball Park lot is on the south side.
Start: Campbellville New Ball Park, Reid Sideroad, Campbellville
Distance: Short 62 km; Medium 74 km; Long 109 km

August 19: Brampton Fall Fair to Forks of the Credit
A 59 or 82 km ride starting from the fairgrounds of the Brampton Fall Fair and going first up into the Caledon Hills. The routes next turn west and go through the Forks of the Credit, and then continue on past the Cheltenham Badlands. Lunch will be at The Village Store in Belfountain. Meet for a 9:30 am departure from the fairgrounds at the corner of Heart Lake Rd and Old School Rd. To get to the fairgrounds,



TRIP SCHEDULE

Don't forget!
Always check the website the night before or the morning of a ride for changes and/or cancellations due to bad weather.
www.tbn.ca



Tuesday Ravine Rides cont'd

August 25: 3M Long Form

Balfour Park, the lower Don, a bit of the Martin Goodman Trail, and several small obscure parks paralleling the long-buried Garrison Creek. Most of the route is paved; some street riding.

Start: Taddle Creek Park

Distance: 30 km

September 1: Parallel Lines—Kennedy to Kipling

A one-way ride the whole length of the Bloor-Danforth line. Get full value

for your subway token.

Start: Kennedy subway station

Distance: 35 km

Wednesday Wheelies

All rides start at 10:00 am, except during July and August which start at 9:30 am.

Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.

June 03: Bradford to Innisfil Beach

A 75 or 83 km ride from Bradford at the north end of the Holland Marsh up to Innisfil Beach Park on Lake Simcoe. Meet for a 10 am departure at the parking lot of the Bradford and District Community Centre on Simcoe Road south of Holland Street. Please park away from the entrance to the building so as to leave the parking spots close the building for the building users.

To get to Bradford, drive north on Hwy 400 to Hwy 88 (Exit 64) and drive east into Bradford. Turn right (south) at Simcoe Street then turn left again at Edward St. The Community Centre is straight ahead. Lunch will be at the picnic tables in Innisfil Beach Park, looking out onto Lake Simcoe. Various food options are available at the plaza at the corner just before turning down into the park (e.g., Subway, pizza, bakery), or you can bring a sandwich.

Start: Bradford Community Centre, Simcoe Rd., Bradford

Distance: Short 75 km; Long 83 km

June 10: Ashburn to Nestleton/Janetville

A 62 or 88 km ride from the village of Ashburn. Meet for a 10 am departure at Ashburn Community Park on the west

side of Ashburn Road, 200 m north of the main intersection. To get to Ashburn, drive east on Hwy 401 to Brock Road, north to CR5 at Claremont, east to Ashburn, and north to the parking lot. The lunch stop for the short ride will be at Nestleton Station. There is a quite crowded general store/beer store/LCBO/post office/pizzeria/bakery, but with friendly staff who will make up fresh sandwiches. The lunch stop for the long ride will be at Wolf Run Golf Club at 45.5 km. Other potential refreshment stops are a rather spartan general store in Janetville at 41.5 km and the general store in Nestleton Station at 56 km.

Start: Ashburn Community Park, Ashburn Rd, Ashburn

Distance: Short 62 km; Long 88 km

June 17: Mount Albert to Lake Simcoe

A 57, 78, or 91 km ride from Mount Albert up to Keswick on Lake Simcoe. The medium and long rides then work their way along the shores of Lake Simcoe. Meet for a 10 am departure at the Community Centre parking lot on Main Street in Mount Albert. Go north on Hwy 404, east on Davis Drive to Hwy 48, north to the Mount Albert Sideroad, east to Centre Street, turn left,

and then turn left again onto Main Street.

Start: Mount Albert Community Centre, Main St, Mount Albert

Distance: Short 57 km; Medium 78 km; Long 91 km

June 24: King City to Schomberg

A 68, 86, or 99 km ride from King City through the Holland Marsh to lunch at the Grackle Coffee Co. in Schomberg. Meet for a 10 am departure at the Municipal Parking Lot located at the northwest corner of King Road and Keele Street. To get to King City drive north on Hwy 400 to the King Sideroad (Exit 43). Go east to Keele Street and turn left. Eaton Hall just north of King City is where the Eaton family went to play during a very different era—no carbon fibre bikes for those guys. Eaton Hall is now part of Seneca College.

Start: Municipal Parking Lot, NW corner, King Rd & Keele St, King City

Distance: Short 68 km; Medium 86 km; Long 99 km

July 01: Campbellville to Dundas

A 72 or 92 km ride from Campbellville to lunch in Dundas. Meet for a 9:30 am departure at the Campbellville New Ball Park. To get to Campbellville, go west on Hwy 401 to the Guelph Line

Sunday Tourist Rides

Advanced rides start at 8:30am, Tourist rides start at 10:00 am unless otherwise noted.

Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.

June 07: Sunday Advanced Tourist Agincourt to Kawartha Lakes Century

What would bike month be without a super long-distance century! A great tune up event for those about to do the ultimate double century, the “TNT Hairshirt” next week. This century is not quite as ambitious, coming in about 110 km shorter than the Hairshirt. The full ride goes all the way to Lindsay, in the Kawartha Lakes region. Shorter rides go to Port Perry. Physical endurance, plus rides around some scenic lakes and countryside.

Start: McCowan TTC station south parking lot

Distance: 221 km; 166 km; 131 km

FREE for non-members due to Bike Month

June 07: Sunday Tourist Agincourt to Claremont

With the Whitevale Road bridge rebuilt, many options are available this year that weren't before. This is a more or less country ride. From the Rouge Park to areas in Durham and York regions. We will be riding a mixture of suburban streets and country roads with rolling terrain through the fertile farmland of the Oak Ridges Moraine. Lunch break for the longest ride will be in Stouffville, at For the Love of Jo Coffee House. The middle-distance ride stop is the Claremont General Store in Claremont—or bring your own. The shortest ride doesn't even cross Highway 407. It follows the same path as the other routes until just south of Highway 7.

From there they go into Whitevale cross the reopened bridge on their way back to Markham. The shortest ride will do

formal regrouping and eat in Ajax.

Start: McCowan TTC station south parking lot

Distance: 105 km; 92 km; 64 km

FREE for non-members due to Bike Month

June 14: Sunday Advanced Tourist No Ride Today due to TNTO

June 14: Sunday Tourist Newtonbrook to Bolton

Starting from our Newtonbrook base, the Finch TTC Station, we ride up the rolling hills west of Keele Street. Most of the time will be spent on quiet country roads. The two longest routes go off to Bolton for lunch. The last stage starts when we ride through Kleinburg back to Finch via Maple. The shortest ride stops in Maple for lunch.

Start: Finch TTC station west parking lot

Distance: 111 km; 84 km; 69 km

June 21: Sunday Advanced Tourist No ride today due to the annual Hairshirt event

June 21: Sunday Tourist Lakeshore to Glen Williams

Starting from the friendly industrial confines of the Kipling TTC parking lot, the ride will follow Lakeshore Road through Mississauga's bike path system and country roads. The longest ride will lunch in Glen Williams (Georgetown) at The Glen Oven Cafe. The shorter rides will lunch at Tim Hortons in Mississauga, near Creditview Road.

Start: Kipling Station SOUTH PARKING LOT

Distance: 115 km; 90 km; 68 km

June 28: Sunday Advanced Tourist Newtonbrook to Innisfil Century

Starting from our Newtonbrook base, the Finch TTC Station, we ride up up to Lake Simcoe, through Schomberg and that TBN favourite, the Grackle Coffee Company, is a resting point to go forward north to the lake named after the founder of Upper Canada and Toronto: Lord Simcoe. Not one but TWO century rides are offered. (Well at this distance, could it be anything less?) One group actually goes to Innisfil, while the other goes to the shorter route to Killarney Beach. The non-century part of this ride gets to come close to the lake, but not quite, as that ride goes to Bradford and the Holland River. Lots of country riding. The 194 km ride is only offered at 8:30 am.

Start: Finch TTC station west parking lot

Distance: 192 km; 168 km; 127 km

June 28: Sunday Tourist Newtonbrook to Musselman Lake

Starting from our Newtonbrook base, the Finch TTC Station, we ride up through some suburbia but most riding will occur on country roads. The Tourist rides stop at Country Stop Burgers, while the Short Tourist ride stops at Hero Certified Burgers in Elgin Mills.

Start: Finch TTC station west parking lot

Distance: 92 km; 81 km; 64 km

July 01: Holiday Tourist Unionville Brunch

Canada Day ride to celebrate 148 years of Confederation (try singing that to Canada by Bobby Gimby). A leisurely ride through suburban side streets and the country roads of York and Durham regions. The ride north eventually brings us to the historic Village of Unionville. Three routes to enjoy the warm weather.

RIDE SCHEDULES



Sunday Tourist Rides cont'd

We meet for a bit of pub fare at Jake's on Main before heading back to Finch.

Start: Finch TTC station west parking lot

Distance: 101 km; 74 km; 60 km

This ride will be at 10:00 o'clock

July 05: Sunday **Advanced Tourist** Newtonbrook to Mount Albert Century

Starting from our Newtonbrook base, the Finch TTC Station, we ride up the rolling hills with a break at the Coffee Culture Cafe in Bradford. Then off to Mount Albert for lunch at the Prince Albert Pub. **We then head south through the .**

Start: Finch TTC station west parking lot

Distance: 164 km; 138 km; 121 km

July 05: Sunday **Tourist** Newtonbrook to Nobleton

Starting from our Newtonbrook base, the Finch TTC Station, we ride up the rolling hills up to Nobleton to grab food and coffee at the Cappuccino Bakery on King Road in Nobleton. The 61 km route eats at Coffee Culture in Maple.

Start: Finch TTC station west parking lot

Distance: 108 km; 85 km; 61 km

July 12: Sunday **Advanced Tourist** Newtonbrook to Alliston Century

Starting from our Newtonbrook base, the Finch TTC station, we ride up the rolling hills to Schomberg to grab a Fair Trade coffee at the rustic Grackle Coffee Company. Then off to Alliston for lunch, then south through the Caledon Hills. The last stage starts when we ride through Kleinburg back to Finch via Maple.

Start: Finch TTC Station west parking lot

Distance: 169 km; 141 km; 123 km

July 12: Sunday **Tourist**—Newtonbrook–Maple is in Schomberg's Kettle

A bit of change up, as we go counter-clockwise up to Schomberg via some different roads west of Highway 27.

The long ride goes to Schomberg, with lunch at the Grackle Coffee Company. The middle-distance ride goes up to Kettleby, with a stop at Dorio's Kettleby Italian Bakery. The shortest distance navigates around Maple. Lunch for the short ride is at Coffee Culture Café & Eatery in Maple (this is also an optional stop for the other two rides on their way back to Newtonbrook).

Start: Finch TTC station west parking lot

Distance: 102 km; 83 km; 64 km

July 19: Sunday **Advanced Tourist** Agincourt to Jacksons Point Century

Leaving from our Scarborough launching point, we head north up to Lake Simcoe and the community of Jacksons Point. All three routes dine at the Lake Simcoe Arms Restaurant in Jackson Point. The longest route follows the lake through various towns. The other two rides take a more direct country route down to Agincourt.

Start: McCowan TTC station south parking lot

Distance: 170 km; 149 km; 137 km

July 19: Sunday **Tourist** Agincourt to Brooklin

With the Whitevale Road Bridge reopened, it's time to discover Toronto's eastern suburbs. From the Rouge Park to Pickering, Ajax, Whitby, Oshawa and Markham, we'll be riding a mixture of suburban streets, highways and country roads with rolling terrain through the fertile farmland of the Oak Ridges Moraine. Longer routes will have high-

speed traffic passing cyclists at some points.

Start: South of McCowan TTC station south parking lot

Distance: 117 km; 91 km; 64 km

July 26: Sunday **Advanced Tourist** Agincourt to Kawartha Lakes Century

What would mid-summer be without a super long-distance century! For those thinking about doing the ultimate double century, the "TNT Hairshirt" next year. This century is not quite as ambitious, coming in about 110 km shorter than the Hairshirt. The full ride goes all the way to Lindsay, in the Kawartha Lakes region. Shorter rides go to Port Perry. Physical endurance, plus rides around some scenic lakes and countryside.

Start: McCowan TTC station south parking lot

Distance: 221 km; 166 km; 131 km

FREE for non-members due to Bike Month

July 26: Sunday **Tourist** Agincourt to Claremont

With the Whitevale Road bridge rebuilt, many options are available this year that weren't before. This is a more or less country ride. From the Rouge Park to areas in Durham and York regions. We will be riding a mixture of suburban streets and country roads with rolling terrain through the fertile farmland of the Oak Ridges Moraine. Lunch break for the longest ride will be in Stouffville, at For the Love of Jo Coffee House. The middle-distance ride stop is the Claremont General Store in Claremont—or bring your own. The shortest ride doesn't even cross Highway 407. It follows the same path as the other

Sunday Country Cruises cont'd

Three beautiful ride options that leave from Newcastle and head northeast 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: Meet at Newcastle Public School parking lot on Glass Street in Newcastle. Take Hwy 401 to the Mill Street, Newcastle, exit 440. Go north on Mill

Street (towards the village of Newcastle) for 700m. Turn right (east) on Edward Street for 300m. Turn right (south) on Glass Street for 300m. The school parking lot is at the end of Glass Street.
Distance: 59 km; 73 km; 98 km

Tuesday Ravine Rides All rides start at 10:30 am unless otherwise noted.

Ride schedules may change after press date, so always check www.tbn.ca/events to confirm location and time.

June 02: Cedarvale Prospecting

Cedarvale Park and the Beltline extension. Some unpaved paths and street riding.

Start: Taddle Creek Park

Distance: 19 km

June 09: Black Creek and Back

Devised by Dinsmore, this route uses recently extended hydro line bike paths to access a series of parks in the northwest. All of the route is paved except for 100 m or so of gravel.

Start: Finch subway Park and Ride

Distance: 30 km

June 16: Bloordale and Mimico Creek

Explore the western edge of the city. A bit of street riding takes us to paths in two nice long ravines. Includes a short stretch of unpaved road.

Start: Kipling subway Park and Ride (north lot)

Distance: 19 km

June 23: Sunnybrook/Don Valley

Almost all of the route is paved. Some street riding, but two-thirds of the route is on bike paths and half is in ravines. Come and see the amazing half-elephants (or maybe they're giant molars)!

Start: Taddle Creek Park

Distance: 26 km

June 30: Taylor, Martin, and Don

A water theme: the Lakeshore, the Don River, and Taylor Creek. Paved paths with a few blocks of street riding, and about 100 m of dirt path.

Start: Shoppers' World

Distance: 26 km

July 7: Double Don

After some street riding, this route dips down into Hogg's Hollow to cross the west branch of the Don River, then climbs back up to follow Wilket Creek to the east branch. Includes some unpaved paths and a bit of gravel.

Start: Oriole Park, one block west of Davisville subway station

Distance: 28 km

July 14: North by Northeast

A challenging route to L'Amoreaux Park that finishes with 2 km of unpaved paths hidden in the wilds of Willowdale. More street riding than most Ravine Rides, but it still makes it onto our bucket list.

Start: Finch subway Park and Ride

Distance: 32 km

July 21: Hill and Vale, v2.3

Cedarvale, the Beltline, and the long, long, glide down Moore Park Ravine. Lots of unpaved paths (one section will be challenging for very narrow tires).

Start: Taddle Creek Park

Distance: 22 km

July 28: Diagonal Lines—Finch to Kipling

The long awaited missing link in the diagonal lines series. Most of this one-way route is on bike paths, but there are several short sections on busy streets.

Start: Finch subway Park and Ride

Distance: 36 km

August 04: Heart of Toronto

A heart-shaped ride linking ravines in the centre of the city. Some unpaved paths.

Start: Taddle Creek Park

Distance: 28 km

August 11: Humber and High Park

North along the Humber, then east to circle a pond, south through city streets and High Park to the lakeshore, then west back to the Humber. Two short unpaved sections.

Start: Étienne Brulé parking lot

Distance: 24 km

August 18: Parallel Lines—Finch to Union Station

A one-way ride the whole length of the Yonge line. Get full value for your subway token. Overall the route goes downhill.

Start: Finch subway Park and Ride

Distance: 30 km



Sunday Country Cruises cont'd

Start: 20726 McCowan Road, Rural Route # 1 Mount Albert, (Fred Lee's parents' farm). To get there from Toronto, take 404 to the end which is Green Lane, east on Green Lane to first set of lights which is Woodbine. North on Woodbine to first set of lights which is Mt. Albert sideroad 13. east on Mt. Albert sideroad to McCowan, (garage on northwest corner), north on McCowan to farm on west side which has a lot of greenhouses. Be sure to enter farm at the top of a rise so you can see the southbound traffic before turning in. Park where directed.

Distance: 68 km; 81 km; 97 km; 105 km

August 02: Georgetown Equestrian Hysterical Tour

Multiple distance options avail all levels of rider to choose from four fabulous routes, each incorporating a selection of the best tree-lined, scenic roads in the area. The routes avoid traffic trouble spots in both Georgetown and Acton while catching all the best vistas and a few of those Halton Hills.

Start: Go west on Hwy 401, travel north on Trafalgar Road to 15th Side Road and meet at Stewarttown Public School on the south-east corner. (Do NOT go to Pineview School!)

Distance: 53 km; 64 km; 74 km; 92 km

August 09: Toogood Pond Picnic Cruise (TBN Annual Picnic in Unionville)

This Country Cruise has been specially designed so we can enjoy a ride in the country and still join other club members for annual picnic at "Too Good" Pond in Unionville. Starting from Stouffville there are several route options to ride: 1) either travelling east over rolling terrain with a gentle dip

south and then back west to Unionville or 2) travelling west and north around Musselman Lake and back south to Unionville.

Start: Meet at the North Stouffville Free Park. Go north on Hwy 404 to Stouffville Road and then east to the Stouffville Free Park on the north side of Main Street, past the train tracks and before Market Street.

Distance: 62 km; 85 km

August 16: Cobourg-Rice Lake Ramble

This is one of the prettiest rides of the summer, spinning over hill and dale throughout the Northumberland countryside. With three route options, no one misses out on this truly spectacular terrain. Bring lunch for a picnic on the shore of Rice Lake. A store, with picnic tables, is also available in Harwood.

Start: Take Hwy 401 east to exit 474—signed C.R. 45 Cobourg/Norwood. Go south on C.R. 45 (Division Street) for 2.8 km. Turn right (west) on Covert Street and in 100m park in the large lot on the left. Although the sign reads 'two hours free parking', there is free parking there all day Sunday. Washrooms located in Victoria Hall (a 2-min walk), or on Albert Street (a 5-min walk) and more at the Marina.

Distance: 60 km; 74 km; 89 km

August 23: Elora Gorgeous Redux

Ride through picturesque Mennonite country north of Waterloo along the Conestogo and Grand Rivers to lunch in Elora. The terrain rolls moderately.

Start: Rim Park in Waterloo, about 115 km from Toronto. Take Hwy 401 west to Exit 278 and follow Hwy 8 to Kitchener /Waterloo. About 7 km

later, follow signs for Hwy 85 North to Waterloo. After 7.7 km, exit onto University Ave E. In 4.1 km turn right onto Park Rd at the sign for Rim Park and Grey Silo golf course, then left into the parking lot for the Manulife Financial Sportsplex. Washrooms available.

Distance: 57 km; 72 km; 84 km; 98 km

August 30: Tottenham Train Ride

'Steam' along an undulating route north and then west through the Caledon Hills. Those who wish to take some extra time in Tottenham can enjoy an excursion on a steam locomotive or (if in season) a jaunt to a farmers' market.

Start: Meet at the Mayfield Recreation Centre on the northeast corner of Bramlea Road North and Mayfield Road. The parking lot is a little further north on Bramlea (approx. second entrance on east side.)

Distance: 53 km; 80 km

September 06: Niagara Wine Lovers' Tour

Wake up and smell the grapes! Tour the picturesque farmland, orchards and vineyards of western Niagara Region, with many opportunities for tasting along the way. The ride is fairly gentle even when climbing the Escarpment.

Start: Lincoln Community Centre in Beamsville, about 105 km from Toronto. Take QEW Niagara to Exit 64, Beamsville. Go south (right) on Ontario Street for 2.5 km to John St (at lights). Turn left on John St, go 200m, then turn right on to Central Ave. The Community Centre is on the left.

Distance: 75 km; 100 km

September 13: Newcastle Navigator

Note: Ride starts/finishes in Newcastle, NOT Port Hope!

Sunday Tourist Rides cont'd

routes until just south of Highway 7. From there they go into Whitevale across the reopened bridge on their way back to Markham. The shortest ride will do formal regrouping and eat in Ajax.

Start: McCowan TTC station south parking lot

Distance: 105 km; 92 km; 64 km

August 02: Sunday Advanced Tourist No ride due to Cyclon

August 2: Sunday Tourist Agincourt to Cedar Beach Park

A more or less country ride from our Agincourt starting point. We'll ride through the Rouge Park into Durham county. The longer rides go through Cedar Beach Park on the northern side of Mussleman Lake, and we will eat at the restaurant there. The shortest ride will eat in Stouffville.

Start: South of McCowan TTC station parking lot

Distance: 101 km; 85 km; 64 km

August 03: Holiday Tourist Holiday High Park to Streetsville

Enjoy the summer riding conditions while they last. This Holiday Tourist ride along the lake, will then go through some of the towns that make up Mississauga. Lunch is at Cuchulainn's Irish Pub. Two routes back, including a great bikeway past the University of Toronto's Mississauga Campus in Erindale.

Start: Grenadier Cafe parking lot in High Park

Distance: 101 km; 83 km; 68 km

This ride will be at 10:00 o'clock only

August 09: Sunday Tourist TBN Toogood Pond Picnic

The annual TBN picnic in Markham. A leisurely ride through suburban side streets and country roads of York and

Durham regions. The ride north eventually brings us to the historic Village of Unionville. We meet in the park for a bit of barbecue-fare before heading back to Finch station.

Start: Finch TTC Station west parking lot

Distance: 87 km

This ride will be at 10:00 o'clock only

August 16: Sunday Advanced Tourist Agincourt to Port Perry—Where's King Henry? Century

It's the "dog days of summer" and a great long distance bike ride is in order by a lakefront patio. With the McCowan TTC station as our launching point, we attack the rolling terrain north of the Metro Zoo, and its fertile farmland that makes up the Oak Ridges Moraine. Excellent sandwiches and pub grub at Harp & Wylie's Canadian Grill in Port Perry. Wonder if Henry the 5th would approve?

Start: McCowan TTC station south parking lot

Distance: 183 km; 160 km; 130 km

August 16: Sunday Tourist Agincourt to Where Port Perry Ain't

What would a TBN ride be without going to "deepest" Scarborough. With the McCowan TTC station as our launching point, we attack the rolling terrain north of the Metro Zoo, and the Oak Ridge Moraine's fertile farmland adding an authentic "country feel" to our ride (even when we're still in the City of Toronto).

Start: McCowan TTC station south parking lot

Distance: 112 km; 87 km; 74 km

August 23: Sunday Advanced Tourist Lakeshore—Campbellville Century

Starting from the friendly industrial

confines of the Kipling TTC parking lot, follow Lakeshore Road to the quiet backroads as we climb the Escarpment to eat and drink at the Trail Eatery in Campbellville. For those that want an extra challenge, take the shortest route, as it winds up the infamous Rattlesnake Point hill, one of southern Ontario's most difficult climbs. The good news is it's all downhill from the Eatery.

Start: Kipling TTC station south parking lot

Distance: 160 km; 133 km; 119 km

August 23: Sunday Tourist Lakeshore to Glen Williams South Parking Lot

Starting from the friendly industrial confines of the Kipling TTC parking lot, the ride will follow Lakeshore Road through Mississauga's bike path system and country roads. The longest ride will lunch in Glen Williams (Georgetown) at The Glen Oven Cafe. The shorter rides will lunch at Tim Hortons in Mississauga, near Creditview Road.

Start: Kipling TTC station south parking lot.

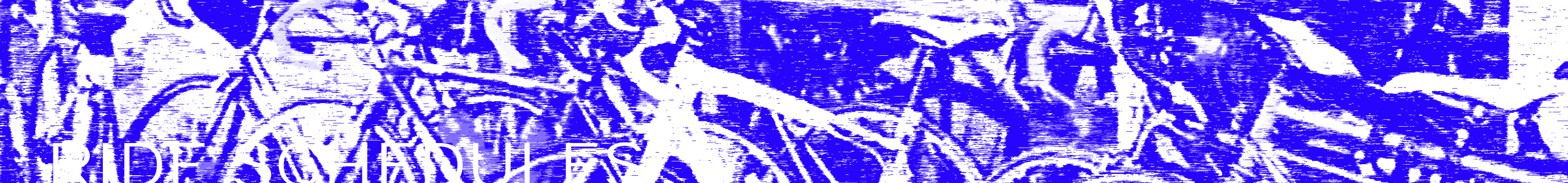
Distance: 115 km; 90 km; 69 km

August 30: Sunday Advanced Tourist New Tecumseth—Caledon Hills Adventure Century

Starting from our Newtonbrook base, the Finch TTC Station, we ride up the rolling hills up to Schomberg to grab a Fair Trade coffee at the rustic Grackle Coffee Company. Then off to Tottenham for lunch, then south through the Caledon Hills. The last stage starts when we ride through Kleinburg back to Finch via Maple.

Start: Finch TTC station west parking lot

Distance: 167 km; 141 km; 123 km



RIDES ON SHOULDERS

Sunday Tourist Rides cont'd

August 30: Sunday Tourist Newtonbrook to Schomberg

Starting from our Newtonbrook base, the Finch TTC Station, we ride up through some suburban industrial streets, but then most riding will occur on country roads. The longest ride stops at the Grackle Coffee Shop in Schomberg. While the Short Tourist ride stops at Tim Hortons on Kirby Road in Maple.

Start: Finch TTC station west parking lot
Distance: 115 km; 79 km; 60 km

September 06: Sunday Advanced Tourist

Agincourt to Jacksons Point Century
Leaving from our Scarborough launching point, we head north up to Lake Simcoe and the community of Jacksons Point. All three routes dine at the Lake Simcoe Arms Restaurant in Jackson Point. The longest route follows the lake through various towns. The other two rides take a more direct country route down to Agincourt.

Start: McCowan TTC station south parking lot
Distance: 170 km; 149 km; 137 km

September 06: Sunday Tourist Agincourt to Brooklin

With the Whitevale Road Bridge reopened, it's time to discover Toronto's eastern suburbs. From the Rouge Park to Pickering, Ajax, Whitby, Oshawa and Markham, we'll be riding a mixture of suburban streets, highways and country roads with rolling terrain through the fertile farmland of the Oak Ridges Moraine. Longer routes will have high-speed traffic passing cyclists at some points.

Start: South of McCowan TTC station south parking lot
Distance: 117 km; 91 km; 64 km

September 07: Holiday Tourist Unionville Brunch

Canada Day ride to celebrate 148 years of Confederation (try singing that to Canada by Bobby Gimby). A leisurely ride through suburban side streets and the country roads of York and Durham regions. The ride north eventually brings us to the historic Village of Unionville. Three routes to enjoy the warm weather. We meet for a bit of pub fare at Jake's on Main before heading back to Finch.

Start: Finch TTC station west parking lot
Distance: 101 km; 74 km; 60 km
This ride will be at 10:00 o'clock

September 13: Sunday Advanced Tourist Six Points to Orangeville Century North Parking Lot

A ride through suburban west Toronto, Mississauga and Brampton before we climb the Escarpment. We dine at Mill Creek Pub, in downtown Orangeville. The three rides diverge at the Forks of the Credit Provincial Park. The shorter ride lunches at Coffee Bean Cafe & Grill on Old Baseline Road, in Caledon. All rides converge just south of the 401 highway, and then take urban streets back to Six Points (Kipling–DunBloor).

Start: Kipling TTC station, north parking lot
Distance: 168 km; 145 km; 129 km

September 13: Sunday Tourist Six Points to Peel: The Detour Edition North Parking Lot

A ride starting from the TTC's Kipling station's north parking lot (Six Points).

Since there is construction at the gates of Centennial Park and on Orbitor Drive, we have to detour around Centennial Park. There is also construction at the Six Points cloverleaf at Bloor, Dundas and Kipling, so add a few minutes extra to get there on time.

Starting from the friendly industrial confines of the Kipling TTC station's north parking lot, the ride will go through Toronto's Etobicoke suburban roads, then through Mississauga and eventually up to Brampton. For the longest ride, the lunch will be at the Coffee Bean Cafe & Grill in Caledon. For all other rides, lunch will be at Tim Hortons in Brampton.

Start: Kipling TTC station, north parking lot
Distance: 103 km, 82 km, 61 km



TBN In Your Pocket

Introducing the mobile edition of TBN's web site, which gives you fast access to upcoming TBN events. Take a look at

www.tbn.ca/mobile,

and bookmark the site on your tablet or smartphone. You never need to worry about missing a ride again.

Sunday Country Cruises All rides start at 10:00 am unless otherwise noted.

Please check the Country Cruise webpage at least 24hrs. before scheduled ride for any possible changes.

June 07: Dundas Northwest

A brand new CC route to enjoy! Explore the scenic, rolling back roads north west of Dundas. Lunch is in St George and après at The Domestique in Dundas.

Start: Meet at the municipal parking lot at Hatt St & Memorial Sq in Dundas. Take Hwy 403 west towards Hamilton, exit onto Hwy 6 north, turn left at Hwy 5 (first major intersection), turn left off Hwy 5 at Sydenham St, follow Sydenham St into Dundas and after crossing King St (traffic lights), turn left into the parking lot (entrance just past Royal bank).

Distance: 63 km; 83 km

June 14: Stouffville to Uxbridge

Follow the shady, rolling back roads of Durham region to Uxbridge and back again.

Start: Meet at the Stouffville Free Parking Lot. Go north on Hwy 404 to Stouffville Road and then east along Main Street to Park Drive. Turn right at Park Drive. The free parking lot is on the left (i.e. on the south east corner of Main Street and Park Drive.)

Distance: 61 km; 76 km; 86 km

June 21: Ashburn Tour

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

Start: Go east on Hwy 401 to Brock Road, north to Claremont and east on County Road 5 to Ashburn. Depart

from Ashburn Community Park on the west side of Ashburn Road, 200m north of the main intersection.

Distance: 57 km; 84 km

June 28: Beaverton Canals, Causeways & Cottages

A flat ride around Beaverton exploring farmland, the Trent-Severn Waterway and the shores of Lake Simcoe. On the short ride there is no restaurant at the lunch stop so bring lunch.

Start: Beaverton Community Centre. Go north on Hwy 404 north, east on Davis Drive and north on Hwy 48, turn left on Durham Road 23 at Port Bolster, just past the drive-in theatre. In Beaverton, turn left on Bay Street (at the XTR gas station), then turn left on Main Street to the Beaverton Community Centre.

Distance: 59 km; 86 km; 117 km

July 05: Hockley Hillraiser

A ride in the lovely countryside north of Schomberg to the Town of Hockley for lunch.

Start: Take exit 55 off Hwy 400, head west on Country Road 9 to 20th Side Road (first road west of Hwy 27) and then head south on 20th Side Road to the arena.

Distance: 75 km; 82 km

July 12: The Shelter Valley Shuffle

Note: Route starts in Cobourg not Port Hope!
Explore the wonderful rolling hills and views north and east of Cobourg. This ride travels along some favourite, tree-lined roads of the area, including going south (downhill!) on Shelter Valley for all routes. The lunch spot is expected to be in a park in Grafton, so bring your

own lunch or pick something up along the way.

Start: Take Hwy 401 east to exit 474—signed C.R. 45 Cobourg/Norwood. Go south on C.R. 45 (Division Street) for 2.8 km. Turn right (west) on Covert Street and in 100m park in the large lot on the left. Although the sign reads 'two hours free parking', there is free parking there all day Sunday. Washrooms located in Victoria Hall (a 2-min walk), or on Albert Street (a 5-min walk) and more at the Marina.

Distance: 54 km; 83 km; 102 km

July 19: Campbellville Country Cruiser

A ride through the rolling countryside around Campbellville; unbelievable that there are such quiet scenic roads so close to Toronto! Lunch in park in Lowville.

Start: Commuter parking lot at Guelph Line & Reid Sideroad; lot is small. Go west on Hwy 401 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 side road and go approximately ½ km until past the last 'No Stopping' sign on top of the '80 kph begins' sign. Park on shoulder and ride back to commuter parking lot to begin ride.

Distance: 49 km; 62 km; 87 km; 115 km

July 26: Farm Boy Fred's Lake Simcoe Tour

Enjoy another opportunity to ride along Lake Simcoe past Sibbald Point and other optional attractions, including Bare Oaks Nudist camp. Undulating terrain with some hills on the longer route.