



The Derailleur

TRAILBLAZERS Tandem Cycling Club

www.torontotrailblazers.org

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From the President

LYNDA SPINNEY

On behalf of the TRAILBLAZERS Tandem Cycling Club, I would like to wish everyone a happy & safe Holiday! As the season is coming to an end, what better way to celebrate than a dinner and dance, at the TRAILBLAZERS' Christmas Banquet!

I would like to report only a couple of things: we have just received \$1,530, our Minor Investment Grant from the City of Toronto, for bike repairs, parts and insurance. This application is completed annually each January.

Christmas is around the corner; and so is winter. Don't let the winter blues get you down, there is lots to do during the next few months; check out the Ski Hawks, Curling, Cribbage Club and the Ice Owls,

too. Find more information about these clubs and contact info below.

'Tis the season for giving: Remember the TRAILBLAZERS is your club, too. Please support us. Official Tax Receipts can be issued upon request, just complete the form at the back of our Newsletter.

I would like to take this time to thank my Executive for their hard work and support. Many of you are aware that Dave McMillan has stepped down as Operations Manager and we would like to thank him for his hard work and efforts.

Merry Christmas and a Happy New Year from the Executive.

Lynda Spinney

TRAILBLAZERS President

You are invited to the TRAILBLAZERS' **ANNUAL CHRISTMAS BANQUET**

Saturday, November 28th, 2009

York Reception Hall

(1100 Millwood Ave)

Call (416) 760-2700 or e-mail us at info@torontotrailblazers.org to

RSVP by Wed. Nov. 25th, 2009

**Tickets: \$25 Stokers & Captains,
\$35 for Guests**

Find more details our website:

www.torontotrailblazers.org.

Thanks to Frontier Computing for their support of our Banquet.



Stoker's Profile

VIVIAN CHONG

My name is Vivian Chong, I have been a member of the TRAILBLAZERS for two years. Through tandem biking with different Captains, I have met many friendly cycling enthusiasts who come from all ages and professions, and a few of them have become my buddies! I never knew cycling was still possible for me until I joined the club; I like it because it provides me a new way to exercise and network at the same time! This past spring, I was inspired by Cycle for Sight, an event for vision research; I joined a group of cyclists to bike from Toronto to Collingwood on a TRAILBLAZERS' tandem bike. My family and friends are very proud of my new found athletic image. I hope in the future more of Toronto's cycling clubs will join the TRAILBLAZERS for a fun group outing. We had a successful tandem group outing with University of Toronto Mountain Bike Team just a few weekends ago - the mountain bikers took turns to bike with TRAILBLAZERS Stokers for a fun team workout! The best thing about tandem biking is you are always chatting with your fellow cyclist, rain or shine, and the two people are working out as a team.



Captain's Profile

PAUL McCUE

My name is Paul McCue. In 1956 I got my first bicycle – a Supercycle. I was going to ride everywhere: across town, across the country, around the world – but mother ordered me to stay on the sidewalk. I rode my bike often, keeping in shape for that day when I would take off. In 1996 my son took me for a bike ride across

Canada. Although my dream had been fulfilled, my bike was getting lonely. Then one day I was invited to participate with an event for the blind. Now, there was purpose to riding my bike again and the TRAILBLAZERS tandem bicycle club even let me steer! I am thankful of the ten years of assistance and enjoying both the company and the physical exercise afforded to me by the TRAILBLAZERS. I would love to continue riding tandem but unfortunately surgery could only solve my pain and not the function issue of my right knee. I hope to see you all in June for a charity ride for the club.

Extend Your Cycling Season

Cool weather cycling – Keeping warm & dry
ELIZABETH ZYS

If you have never cycled in cooler weather before, you will be surprised at how warm you will be! The fall is often the best time of year to cycle, as the roads and paths are not as busy. I particularly like shorter commutes to a warm and friendly independent coffee shop for a hot drink and treat. My favourite Toronto ride was a sunny November day to the Humber River where we witnessed the salmon fishing and then proceeded to an English high tea to warm up. It was so cool we could see our breath!

Cycling is an aerobic activity, which means that your body will produce more heat than walking. Many first-time cold weather cyclists find that they have overdressed and are too hot. The rule of thumb is that cycling feels cooler by about 10 degrees than the air temperature, due to the wind chill factor. But us Stokers have it easy as Captains block most of the wind!

Best to start out a bit cool, as you will warm up quickly. You don't need to purchase cycling specific clothing, as you more than likely already

have clothes that will work. Your extremities are the most challenging to keep warm - hands, feet, and head/face - and may require something extra.

The layering principle rules! Layering allows you to add and subtract layers according to how warm/cool you are. How many layers to wear depends on the individual and the length of the ride - I bring an extra layer to put on during a long break as you will start to cool down quickly.

It is important to use thin/lightweight materials to reduce bulk and maintain manoeuvrability. Start with a wicking base layer next to the skin made of polyester or microfibre to keep moisture away from the skin. Never use cotton, anywhere against the skin, for this layer as it will stay wet! Add progressively warmer layers over the wicking layer. Jackets, fleeces and tops with full front and underarm zippers increase your options for moderating temperature. Adjust your cycling output and layer accordingly, to keep toastie and not too sweaty!

Breathable materials will make your trip more enjoyable. Test your clothing for these properties. If you can't breathe through the outer side of the material it is wind resistant. It is not breathable if you can't pull/suck air from the under side. If it doesn't breathe you will soon build up sweat and get cold.

Here are some more tips for cool weather cycling:

Careful route planning can also eliminate cold winds and traffic can add heat. Cover your head, remembering your ears to conserve the most heat; Try using a scarf so that it covers from your nose down over your neck; Eye wear will keep the wind from drying out your eyes; Hands are in a stationary position so are more subject to cold than the rest of your body, try wiggling your fingers when stopped. Mitts will keep your fingers warmer than gloves because

the fingers are touching. A stoker benefits from not having to change the gears and use the brakes; we can hide our hands under the Captain's seat to stay warm! On cool, late fall rides, I love to put wicking liners under my padded cycling gloves. And when the temperature falls below freezing, ski gloves are particularly good.

Function over fashion rules!!! Experiment with different combinations and see what works for you. I record the daily temperature, what I wore that day, and what worked well. Soon you will be a clothing guru and love the changeable Toronto weather.

Liz's Favourite Winter Bike Clothing:

1. Wool socks - Wool and fleece will keep you warm, even when wet.
2. Ear band
3. Arm and knee warmers - Yes, cycling specific clothing but relatively cheap. These are the most flexible items in changeable weather conditions.



Check out our cool weather riding gear! TRAILBLAZERS Liz, Geza, Antony and Linda (plus friends from Montreal) enjoy a crisp ride on Easter weekend earlier this year.

Visit www.toronto.ca/bug/cwc_ridingtips.htm for more cool weather cycling info and tips.

Embrace Winter!

Stay Active Ideas for the Off-Season

LINDA VAREKAMP

Now that tandem cycling season is over (for most of us!), and we began our indoor hibernation in preparation for a long cold winter, why not embrace winter and join a new sport over the winter months! I just took up curling last year, and although I was sceptical at first (why would I want to leave my nice warm house to travel across town and stand around in a freezing arena for two hours just to throw a few silly rocks?), but now I have to say I love it, and I'm now officially on the hunt for the perfect tacky vintage curling sweater!

There are plenty of options to get involved in winter sports for the visually impaired. Organize a casual outing with some friends (or fellow TRAILBLAZERS) to go snow-shoeing or cross country skiing – you can rent gear at a reasonable price from Mountain Equipment Co-op (www.mec.ca) and there are several cross-country courses within an hour's drive from Toronto. For a simple winter outing, why not rent some ice skates and check out one of the many outdoor arenas across town.

For a more organized winter sport experience, consider joining an established club – here are some options to get you out into the cold:

The Ice Owls are a co-ed hockey club, which holds games each Sunday morning. Registration is \$150 for the season, and new members are welcome, but new players should have some skating experience before joining. For more information, visit www.iceowls.ca or contact ed.parenteau@cnib.ca

The Toronto Ski Hawks are a recreational downhill skiing club in

operation since 1969. Skiers ski downhill one-on-one with well trained experienced guides on organized Saturday outings to ski areas in southern Ontario. “Learn to Ski” lessons and training sessions for new guides are conducted Wednesday evenings during January and February just north of Toronto at Uplands Ski Center in Thornhill. For more information, visit www.torontoskihawks.org or contact dburnett@endtoend.com

The Toronto Blind Curling Club plays at the Royal Canadian Curling Club, 131 Broadview Ave (north of Queen St. east side). We play every Friday beginning after Thanksgiving from 5-7 p.m. We need both total blind and those who do have some sight. You are invited to come and see if curling is for you. You won't believe how easy it is. Please call Randy Nelson at 416-486-2500 x7438.

Gearing up for the Second Annual Cycle for Sight - June 19, 2010

MICHAEL OVENS

Fresh on the heels of its highly successful inaugural ride, the CFS Steering Committee is busy gearing up for the Second Annual Cycle for Sight scheduled for Saturday June 19 2010. CFS 2010 is guaranteed to be bigger and better and you are invited! Join the movement by signing up with Team Trailblazers today.

As a participant of Cycle for Sight 2010, you will be entitled to an Official CFS Cycling Jersey, delicious snacks en route, a gourmet Lunch, a Draft Beer at the Finish Line and a return Coach Bus ride back to Toronto.

To take advantage of the Special Offline Earlybird \$65 Registration Fee, please contact CFS Event Coordinator Jaime



Alexanderson at 416-360-4200. Delay no longer, as the registration fee will jump to \$75 on November 30!

News and Events



Congratulations to Stoker Merna Hamawi and past Captain Ed Schuchardt on their recent marriage, as well as Captain Bruce Hanson, who has also just tied the knot!

Thank you! to the following for their support of the 2009 Christmas Banquet:

- Frontier Computing
- End to End
- Donna Jodhan

UPCOMING EVENTS

1. **Christmas Banquet – Nov. 28, 6pm**
York Reception Hall, 1100 Millwood Ave
\$25 for Stokers & Captains, \$35 for Guests – RSVP in advance req'd.
2. **Toronto International Bike Show – March 5 – 7, 2010**
Better Living Centre, Exhibition Place
bicycleshowtoronto.com
3. **Open House – March 31 & April 3, 2010**, Location TBA
4. **TRAILBLAZERS' AGM – April 24, 2010**, Location TBA



Donation Form

Yes! I would like to support the TRAILBLAZERS Tandem Cycling Club
Funds are used to support new tandem purchases, bicycle maintenance and operations and social events.

Enclosed is my donation of:

\$25.00 \$50.00 \$100.00 \$200.00

*Other _____

Cheque enclosed (payable to TRAILBLAZERS Tandem Cycling Club)

Credit Card - *Donate securely online using Canada Helps at www.torontotrailblazers.org/donate*

**Official Tax Receipts are available upon request for donations of \$10 or more, issued automatically for donations of \$25 or more.*

Registered Charity #86786 4753 RR 0001

Name _____

Street _____

City & province _____

Postal code _____

Phone _____

Email _____

Mail to:

TRAILBLAZERS Tandem Cycling Club
188 Highfield Rd
Toronto ON M4L 2V2

Thank you for supporting the TRAILBLAZERS!