



The Derailleur

TRAILBLAZERS Tandem Cycling Club

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From the President

LYNDA SPINNEY

On behalf of the Executive, I would like to wish everyone a Season's Greetings and a Happy New Year!

As President, a sincere thanks to my Executive for their efforts in keeping the club running smoothly and efficiently. I couldn't have done it without them.

A '**Special Thank You**' to the Captains, Volunteers and Ron Gumbs, our Mechanic. We wouldn't have a club if it wasn't for your dedication. I hope you had as much fun cycling as we did!

I would like to take this opportunity to especially thank our donors and supporters of all of our special events.

The TRAILBLAZERS will be celebrating 25 years of service in 2012. This means something big should happen. If you have any ideas on special ways to celebrate this unique occasion please contact info@torontotrailblazers.org.

For year-end donations: our donation form can be found on the backside of this newsletter. An official tax receipt will automatically be issued for \$25 or more, or upon request if less than \$25.

Don't let yourself get lazy now that winter is upon us! It is important to keep active and fit for cycling next spring. Further on down we have listed several indoor and outdoor activities to help you keep fit during the winter months.

Unfortunately, we were unable to provide a shed in the east end this year. If you know of a location where we can store a 10.5 x 6 foot steel shed, please contact president@torontotrailblazers.org.

Don't forget to sign up to volunteer with our Annual Open House on Wednesday, March 28th, 2012. Come and invite your friends for sandwiches and drinks!

Drive and bike safe on Toronto's busy streets! We want to see everyone back next year! Happy New Year from all of us!

CONTEST!

We need a new Tag Line for our new Brochure. The Executive has decided to have a contest – the best phrase or tag line instead of **“Join us for a ride in the park”** will win a **FREE** Membership for TRAILBLAZERS for 2012. Winner will be announced at the Open House on Wednesday, March 28th, 2012. Send your suggestions to

president@torontotrailblazers.org.

STOKER’S PROFILE

GEZA FENYO

I’m Geza Fenyo. I joined TRAILBLAZERS in 2001. Since 2001, I’ve been tandem cycling. For 5 years I was in the executive member as a Ride Convenor. I enjoy socializing with members and captains. My favourite events have been Ride for Rouge, Ride for Heart, the Niagara Ride, Ride for Cancer, and the group ride.

These days, I ride with my friend, David. In the summer we did high performance training with the Enduro PFR group. During winter, I spin, run, and swim at the YMCA.

I love the speed of the bike and look forward to challenges of next season!

Captain’s Profile

HENNING SCHROER

My time with the TRAILBLAZERS was unfortunately way too short. Arriving in Toronto too late for the 2010 season and leaving again in fall 2011 only allowed me one season with all these nice buddies on

the back seat. I have plenty of fond memories of pubs, ice cream parlors, cafes and beaches, not to mention that we actually did cycle to these places on our tandems. I actually never made it to join any of the group rides, but luckily there were lots of ravines and beaches and beautiful suburbs to explore.

I think the idea of a tandem cycling club like the TRAILBLAZERS is really great. I have found a couple of similar organizations in the UK where I’m living now and I will definitely check them out together with some stoker friends from the UK. Let me know when you happen to be in London, UK the next time and we could go for a ride.

Too bad that winter is approaching fast and that the 2011 season is already over. What about forming a bobsleigh club to keep active in the winter?

Take care, have a wonderful winter.

Now That Winter Is Here,

ARE YOU STAYING ACTIVE?

BY CORANNA LEE, VICE PRESIDENT

Do you have access to participate in outdoor or in-door activities during these next few months? Maybe you just become a couch potato when you're not cycling. Well, how about joining the TB winter exercise sessions. We are working on offering TRAILBLAZERS a scheduled number of relatively easy exercise classes through the winter. If you maintain even a minimal level of fitness through inclement cycling weather (during winter), you will find it much less painful to get back on your bike again in the spring.

Our aim is to meet once a week beginning in January. We may have access to a room at CNIB once every 2 weeks. So we are looking for available space to hold these classes on the alternate weeks. If you have access to available space suitable for this use such as a (party room or large conference room), please contact us.

For more information or to sign up for these exercise classes, please contact Coranna at:

vice.president@torontotrailblazers.org

Ice Owls

MEGAN MCHUGH

I have Usher Syndrome type 2, which causes nerve deafness and gradual vision loss. I use Cochlear Implants and function with tunneled vision. I joined Trailblazers in 2011. A friend, who already rides, encouraged me to join. I'm really glad I did, enjoying it immensely.

The last 14 years, I've been playing ice hockey with the Ice Owls (blind / visually impaired ice hockey team). I'm one of two women playing for the Ice Owls. It's a great opportunity to get exercise and enjoying the camaraderie of being on a team. I also ski with the Ski Hawks (blind / visually impaired ski group). I found that by using a radio system that hooked up to my Cochlear Implant, I was able to hear the guide well enough to follow instructions on the hill. It takes some time to get used to skiing "by ear" instead of visually, but it can be done.

Being physically active is great for everyone. It's great to have various options out there that allow people who are blind and visually impaired to participate in sports. It makes a huge

difference in terms of having a better quality of life.

The cost for the season is \$200. Anyone 16 and older is welcome to join. This year, the highlight is the Ice Owls' participation in the Canadian Blind Hockey Summit, which will be held in Ottawa during the NHL All-Star weekend.

For more information, please contact Eddie Parenteau, Ice Owls President @ (416) 449-6903.

Blind Tennis!

BY ALAN MA

Blind tennis is new to Canada. The adaptation of the sport began in Japan with the development of a ball which could be tracked by people with little or no vision. The current ball could be described as a smurf ball containing a ball bearing filled ping pong ball, which is soft and rattles as it moves.

The Toronto Blind Tennis Community club began this June. Tennis clinics are held every Sunday from 3:00-4:00 and 4:00-5:00pm (depending on your level) at the Don Mills Baptist Church in Toronto. Cost is \$3 per session. Advance registration is required. Please contact Alan Ma for more information: alanwangfungma@gmail.com or (647) 282-8252.

Blind/Visually Impaired Curling

All residents of the GTA living with vision loss are welcome to join.

No experience necessary, we have wonderful volunteers that will teach you the basics.

The Toronto Blind Curling Club play at the Royal Canadian Curling Club, 131 Broadview Ave, (north of Queen St.) east side. We meet Fridays, from 5 – 7 PM, October to March.

We welcome both total blind and those that are partially sighted. Come and see if curling is for you, you won't believe how easy it is.

For more information please call Randy – (416) 486-2500, X202

Ski Hawks

By David Burnett

The Toronto Ski Hawks welcome the visually impaired and blind to come and join us. If you have never been skiing we will teach you; if you have skied we will guide you.

We are a non-profit organization based in the Greater Toronto area of Ontario, Canada. We ski twice a week, every week in the winter months. On Wednesday evenings we offer skier and guide instruction. Saturdays, we head off to ski-country for a full day of skiing at some of Ontario's finest private/semi private ski clubs.

If you would like to volunteer as a guide, and are a good intermediate skier, the Hawks Ski School will give you the required training. Visit our website for

more information at
www.torontoskihawks.org.

MONTH Activities

@ CNIB:

1st Wednesday: Cribbage

Contact Person: Susan Pinder, Phone: (416) 497-0444 or E-mail: sjcn@rogers.com

2nd Wednesday: Euchre

Contact Person: Lynda Spinney, Phone: (416) 247-7117 or E-mail: lspinney@rogers.com.

3rd Wednesday: Lion's Bingo

Contact: Audrey Little, Phone: (647) 436-8190

Every Monday: Square Dancing

Call CNIB (416) 486-2500

Every Friday: Yoga

Contact Person: Sue Taylor (905) 953-1994 or E-mail: suetaylor@avaya.com

TRAILBLAZERS

Up-coming Events:

- March 2, 3 & 4th – International Bicycle Show
- March 28th - Open House
- April - AGM & Elections (TBA)
- June - Blaze-A-Thon (TBA)
- June 23rd - Cycle for Sight



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 r \$50.00 r

\$100.00 r \$200.00 r *Other _____

r Cheque enclosed (payable to
TRAILBLAZERS Tandem Cycling Club)

r 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

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!