



The Deraileur

TRAILBLAZERS Tandem Cycling Club

www.torontotrailblazers.org (416) 760-2700

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From the President

LYNDA SPINNEY

DON'T FORGET TO SIGN UP... for the
TRAILBLAZER's 4th Annual Blaze-A-Thon.

Join the TRAILBLAZERS Tandem Cycling Club
for our biggest event of the year!

As President, I can tell you that this is an important fundraising event for TRAILBLAZERS. All net proceeds will go directly towards helping to offset the ever-increasing operating costs associated with running a tandem club, and will help keep cycling fees at their current low level. This type of event is critical for our future success. So bring your friends, family, colleagues,

significant (or insignificant) others, and of course yourself! Everyone is welcome, and the more the merrier!! Everyone can win, even the donors. Every Donor will be entered in a draw. All sponsorship funds are due by Saturday, June 11th at the Blaze-A-Thon Ride.

To participate, just contact our Ride Convenor, Craig Spurrell @ 416.760.2700 or ride.convenor@torontotrailblazers.org

STOKERS STATS: Just a friendly reminder, that it is important for you to submit your Cycling Stats to our Ride Convenor. We need your hours, not mileage. You are to report from the time you meet your captain to the time you are locking up the tandems. Please remember to include your Captain's name and travelling time too as well as the bike # that you were riding.

STOKER'S WORKSHOP & PUB NIGHT: Do you know how to fix a flat? Do you know how to check your tire pressure before going out on a ride? Have you ever seen a talking Tire Gauge? Come out and join us for a worthwhile session on tandem maintenance and learn about general up-keep on Saturday, July 9th, 2011 between 1 & 4 p.m. Location: CNIB café. Afterwards, we will go down the street for dinner. It will be a refresher course in tandem riding.

Come out and express your views on the club's organization and hear what our Captains are saying about us.

EAST END SHED: I am sorry to report that recently, we have learned that we no longer have the use of Thompson Memorial Park's Garage, now we are looking for a new location to store our tandems for the East End Members. If you know

of a location that might be suitable for our members and remember safety is the utmost importance, please give me a call.

FOUNDATION FIGHTING BLINDNESS (FFB): Mark your Calendars for Saturday, October 29th, 2011, FFB is hosting their annual Vision Quest. (See in Newsletter)

CYCLING FOR SIGHT: Saturday, June 25th, 2011

YOGA: BALANCE is inviting you to participate in their Yoga classes. (See inside Newsletter)

TB PICNIC: August 7th, see inside.

Stoker's Profile

MARIA FITTON

Maria Fitton, 52, has been a stoker with the TRAILBLAZERS for the last two years.

"I found out through friends who were already in the club. They encouraged me to join. I think it's a wonderful group and I would recommend it to any potential captain or stoker."

When asked about her favorite ride, Maria said, "I like all the rides. So far, all my trips have been in town but I would be interested in the trips out of town as well. I do lots of individual rides, sometimes up to three times a week as well as the group rides."

"I enjoy socializing with other group members."

"I love the freedom I feel when I ride."

Captain's Profile

BILL SYTSMA

Bill Sytsma, 50, won the President's Award for Captains at the last AGM. When he is not riding tandems, he works as a Service Technician on medical carts.

"I found out about the TRAILBLAZERS while out on a weekend cycling trip with East York

Outing Club. Lucy and Kim, two stokers, were there from TRAILBLAZERS. I had trouble with my bike so I became captain on one of the tandems. It was the Canada Day weekend in 1996." Bill has been a captain ever since.

"That was my first time riding tandem. I felt comfortable and enjoyed it and got the hang of it right away. I enjoy taking out stokers so they can get an opportunity to get out. I feel good helping them out that way. They are a great bunch of nice people."

When asked about his favorite trip, Bill said, "I like the Niagara trip. I enjoy the scenery and Niagara on the Lake and Queenston Park are nice. I find there are nice roads there to ride a tandem."

He advises others who are thinking about becoming a captain to go to the orientation and give it a try and see what they think of it.

Bill is pleased that the TRAILBLAZERS have been active for so long. He hopes to see it continue and grow.

The TRAILBLAZERS' 4th Annual Blaze-A-Thon Ride

**Saturday, June 11th, 2011
CNIB & Humber Marshes Park**

Ride with Us ● Donate ● Sponsor a Member
& support cycling for those with vision impairments

The Ride:

Choose from the 50 km or the 25 km ride.

FEE: Lunch is provided with a \$15 individual registration (before June 11th). Same day registration is \$20.

Sponsorship forms are available on our website.

To Donate:

Sponsor a member or captain or go to

www.torontotrailblazers.org

to donate securely online through Canada Helps



or call **(416) 760-2700**



**Blind Sailing
Association of Canada
DAVID BROWN**

The opportunity to sail frees blind persons from the daily limitations on their mobility. At the helm, a blind person experiences the freedom to choose and control their own course. This is a precious freedom the sighted world takes for granted.

Blind Sailing Association of Canada Invites you to share our love of sailing by becoming a member, volunteer or donor and enjoy sailing with experienced, sighted sailors.

Programs in the Toronto area are scheduled to commence in June.

Youth are especially welcome.

Visit our web site: www.blindsailing.ca

E-mail: info@blindsailing.ca

or call: 416-489-2433 for more details.

Yoga

Come join us for gentle yoga Tuesday mornings at 10 for one hour.

Annmarie Hood presents the class so it is accessible for persons with vision loss.

Where: Tamil Coop 20 Wade Ave directly opposite the Wade street exit of the Lansdowne subway station.

Cost: \$6 a class or \$40 for 8 classes.

Call: Tricia Morley at Balance, 647-404-1796 for more info.



Jack and Jill have just climbed Le Alp de Huez, one of the steepest peaks in the Alps on their tandem.

"Phew, that was a tough climb" said Jill, leaning over, breathing hard. "That climb was so hard, and we were going so slow, I thought we were never going to make it."

"Yeah, good thing I kept the brakes on," said Jack, "or we'd have slid all the way back down!"



Vision Quest 2011

October 29, 2011

Toronto Reference Library

Toronto, ON

Join us for a unique patient conference where people with age-related macular degeneration, Retinitis Pigmentosa and other retinal eye diseases can learn more about today's most promising vision research

Register at www.ffb.ca or call 1-800-461-3331 ext. 221.

Early bird registration has already begun. Contact us today!

Safety Reminders When Cycling

1. Helmets are mandatory for all Stokers and Captains.
2. Proper foot ware are required for cycling (NO SANDALS OR HEELS)
3. Water or other fluids are necessary to have during each ride to prevent dehydration which could cause cramping.
4. Bring some fruit or other snacks to maintain proper sugar levels.
5. Always check the tire for the suggested pressure for optimal function. Squeezing the tire is not enough to ensure proper support for two people on the same bike.
6. In case of an emergency: Ensure that the Rack Bag is properly supplied with a spare tube, pump, tire levers, Alan Keys, patch kit, etc....
7. Locking Up: Make sure that all tandems are properly secured with both the combination and pad lock before departing from the shed.
8. Remember, to take all your keys with you, i.e. Pad Lock Key, CNIB Security Card, Home Keys and Bus Pass (money or tickets for TTC), in case bike breaks down, so that you have a way to get home.
9. If you own a cell phone, take it with you in case of an emergency.

Community Connect Conference

The Toronto Chapter of the Alliance for Equality of Blind Canadians (AEBEC) extends a cordial invitation to our 2nd Community Connect Conference (CC2011)

Message: Vision Loss, Minimizing the Fear, Moving Forward.

Location: Best Western Primrose Hotel, 111 Carlton Street in Toronto

Time: 10:00 a.m. and 6:00 p.m.

Date: Thursday, September 22, 2011.

<http://www.blindcanadians.ca>. (416) 763-9993

Siew Lan Low Fund

Just a reminder, the Siew Lan Low Fund is available to members in need. This fund can be accessed once per season to a maximum of \$40 to offset the cost of an outing.

Contact the president for more information at (416) 760-2700. Applications are kept anonymous.

2011 RIDE SCHEDULE

For more info & updates, visit:

www.torontotrailblazers.org/activities.html

1. **Sat. June 11** – Blaze-A-Thon (CNIB, South)
2. **Sat June 25** – Cycle for Sight
3. **Fri. July 1**- Canada Day Ride (CNIB)
destination TBA
4. **Fri. July 1**- Canada Day Ride (South) to Port Credit
5. **Sun. July 17** – Lake Simcoe (Keswick)
6. **July 30 – Aug 1**– TBN Cyclone Ride
7. **Sun. Aug 7** – TB Picnic – Sherwood Park
8. **Sat. Aug 20** – Barrie Ride (Barrie)
9. **Sat. Sept. 17** – Niagara on the Lake
10. **Sun. Sept. 25** – Scarborough Bluffs (CNIB)



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

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!