



The Derailleur

TRAILBLAZERS Tandem Cycling Club

www.torontotrailblazers.org

Vol. 1, Summer 2009

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From the President

LYNDA SPINNEY

I would like to take this opportunity to invite everyone to the TRAILBLAZERS Annual Bar-B-Q on Saturday, July 25th 2009. Members, friends and family, are \$5 each. As a special thanks to our Captains, tickets for them will be NO CHARGE. This year we will also be organizing a short ride on the morning of the picnic for all who are interested. Call any Executive member to reserve a ticket or leave a message at (416)760-2700. RSVP for tickets is a MUST. **Special Note:** If the strike continues, a new location will be announced. It is currently scheduled at Sherwood Park, north of Eglinton, east of Mt. Pleasant Road.

Helmets off to Paul and Patrick McCue for organizing our "Circle the City" Bike-

a-Thon. They also hosted a complimentary lunch of Subs, fruit, & beverages for all.

Thank you to all participants - together we raised over \$1,250 for the club!

Our members have been involved in other special events this year, including the first "Cycle for Sight" held in conjunction with the annual (motorcycle) "Ride for Sight". (See Michael Ovens' article below). Rozina, Myra, and Delano took part in both the Ride to Conquer Cancer and the Blind Guys Tri-Team. Bill Wall, at 81 years of age, also participated in the Cancer Ride as well as a couple of other fundraisers this year.

The TRAILBLAZERS attended the International Bike Show and Connections 2009, in Mississauga, and we were also at three events held by the CNIB.

Call for Help:

In addition to Captains for our Tandems, the TRAILBLAZERS have other volunteer opportunities related to the Club's day to day operations. Call our hotline at 416-760-2700 for more information. Thank you.

CONDOLENCES...

On behalf of the TRAILBLAZERS, I would like to send our sincere condolences to Debbie Thomas and her family for the loss of her Grandmother. Condolences also go out to Debbie Atkinson and her family, as her father passed away a few months ago. Debbie T and Debbie A, you have our deepest sympathy.

Stoker's Profile

ROZINA ISSANI

My name is Rozina Issani and I joined the TRAILBLAZERS in the summer of 2001. I joined the TRAILBLAZERS because as a visually impaired person you never expect to be able to participate in simple day to day activities like riding a bicycle. The club has opened new doors for me - I had never been on a bike before joining and now I can ride a 200 km bike ride! On June 13th, I participated in the ride to conquer cancer - we rode from Toronto to Niagara Falls in two days and it was the most I have ever ridden at once in my life! On July 1st I will be participating in a Blind Triathlon as a part of the Blind Guys Tri-team Triathlon, for which I will have to swim 750 meters, bike 20k and run 5K. I have also served as the president of TRAILBLAZERS for two years. It is a wonderful club, thanks to the contribution of the volunteers who help us to have the same opportunity as others. They have a choice to ride solo but they prefer to ride with us. The Captains are a great support to our club and without them there would be no TRAILBLAZERS.

Captain's Profile

KATELYN SMITH

I discovered the TRAILBLAZERS while attending a BMX bike exhibition in Toronto earlier this year. Being new to Toronto I was eager to meet new people, discover new trails, and enjoy the exercise. I admit, I was a little nervous at my first ride. I was so scared I would tip the bike and hurt my stoker, but after the first five minutes of biking I was totally comfortable!

My favourite part of biking with the trailblazers is the conversations and laughs I had with my stoker, Maria Fitton. Maria and I hit it off right away. I thought that, if anything, biking would make my legs sore but instead it's my face cheeks that are sore at the end of the day from all smiling and laughing!

I was surprised by all the bike trails that Toronto has to offer and the beautiful scenery. It's great to escape the urban hubbub without having to leave the city! The TRAILBLAZERS has made my move to Toronto a great experience and I look forward to my next ride!

Tandem Tips

DAVE MCMILLAN

At TRAILBLAZERS orientations, one of the first things I show new captains is the variety of different styles and sizes of frames that make up our tandem bikes. A traditional frame KHS bikes is good for medium to tall cyclists, while a low frame bike is best for smaller teams and will also look like a clown bike with two tall people. Of the low framed bikes, #19 is popular with captains and has traditional/SPD combo pedals on the front. Our Trek T900 tandems (bikes 20 and 21) are the most versatile for fitting teams of widely varying sizes, especially a tall captain with a small stoker. This has a lot to do with the frame style, which is quite casual and good for cruising around the neighbourhoods, but they're certainly not built for speed or performance. Another very good, but often overlooked, easy-fitting cruiser is the Norco Cape Cod (#15). Most of the other KHS bikes are moderate in their gearing and style, but the steel frames (bikes 26 and

30, twin purple machines) generally feel smoother and more stable under rugged conditions. For faster riding, we have three very different tandems to choose from: bike 18, an aluminum KHS, with aggressive captain position and mountain style bar/shifters/brakes; bike 17, a steel framed, high quality, road style bike literally built for speed; and the aluminum Specialized mountain tandem #28, which is a great bike and fun to ride, but really only fits two pretty tall riders.

HOT TIP for stokers: Let your captain know if you have to shift around to make adjustments to your clothing or seating position. Some movements can cause the bike to suddenly change direction and a lot can be avoided with clothing that is comfortable and stays put!

The Route to Independence

SHANNON HILL

I am now in my third season with TRAILBLAZERS. I am by no means an experienced cyclist, nor have I ever considered myself athletic. However, in the past few years, I have come to realize the connection between physical health and independence.

Obviously (and thankfully 😊), I don't drive. Albeit far from perfect, our TTC system is my means to independence and fairly good mobility. As many of you may know, taking the TTC means plenty of stairs, navigating escalators and LOTS of walking. Many of our subway stations could do double duty as bowling alleys! You need to be physically in shape to use our transit system.

Our bodies are subject to the "use it or lose it" factor. If you don't take care of it,

you guessed it – you lose it! Staying in shape means reducing the risk of falls or injury while traveling, less exhaustion and in general, will keep you motivated to go places. Your concentration is best when you're feeling well, breathing smoothly, not hungry and not fatigued. A balanced diet that includes healthy snacks gets me through the day. Never leave home without an extra granola bar in case you get stuck on the subway or slow bus route. All of these are important to safe and independent travel.

About four years ago, I began taking yoga. I also walk recreationally at least 5km on a weekly basis and I try to get out with the TRAILBLAZERS for at least 1 long ride per month and 1 short ride every 2-3 weeks.

Keep on rolling and enjoy good physical health – it's safe, it's fun and it's necessary to live well as a visually impaired person in Toronto.

We Cycled for Sight

MICHAEL OVENS

On a rainy Saturday, many TRAILBLAZERS members undertook a 141 km journey from Toronto to Collingwood to raise funds for critical vision research. The inaugural Cycle for Sight ride took place on Saturday June 20th, and was a resounding success with over \$82,000 raised for the Foundation Fighting Blindness.

Congratulations to all TRAILBLAZERS members who participated in the ride. Riding on the official TRAILBLAZERS team were Myra Rodrigues, Allan Morrison, Martin Courcelles, Cynthia Rutters, Delano Brown and Greg Zaffarano. Other TRAILBLAZERS members participating in

the ride were Craig Spurrell, Jonathan Nix, John Tomisino, Kim Umbach, Ron Gumbs, Orly Corcos, Amit Shamir, Vivian Chong, Anthony Rawlins and Michael Ovens.

Fresh on the heels of this success, the CFS Steering Committee is already gearing up for the second annual Cycle for Sight, scheduled for Saturday June 19th, 2010. All TRAILBLAZERS are invited to attend the post-ride Cycle for Sight Cocktail & Barbecue Party on Thursday July 16th at 6:30 pm to learn about what's in store for next year and sign up now for 2010 to receive the early bird rate of \$55, only available on the 16th. Location is the rooftop patio of 8 Wellesley Street East.

If you would like to register for 2010 but can't attend the Post-Ride Celebration, please contact CFS Event Coordinator Jaime Alexanderson at 416-360-4200.

News and Events

Thanks to the following for their support of the TRAILBLAZERS 2009 picnic:

1. June Gill
2. Dave McMillan & Kelly Crosthwaite
3. Whole Net Technology
4. Urbane Cyclist
5. Mountain Equipment Co-op

UPCOMING EVENTS

1. Captain's Workshop 101 – **July 15**
2. Cycle for Sight BBQ – **July 16**
3. Annual Picnic + short ride – **July 25**
4. Scarborough Bluffs – **Aug 1**
5. Captain's Workshop 201- **Aug 12**
6. Barrie Weekend Ride – **Aug 21 - 23**
7. Niagara on the Lake – **Sept 12**
8. Beaches Ride – **Sept 26**
9. Christmas Banquet - **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!