

SATURDAY TOURS

All rides start at 9:00 a.m.

May 7 Ingersoll to Tillsonburg (71 - flat)

Join Steve Lee for a leisurely paced, early season ride as he once again leads us through "his" land. This tour starts in Steve's home town of Ingersoll and passes through places such as Foldens, Tillsonburg (snack break), Delmer, and Salford.

Tour Leader: Steve Lee

June 4 Delhi to Mount Pleasant (100 - very flat)

Be one of the first to ride the new rail trail from Delhi to Simcoe. From Simcoe we'll head north on the rail trail to Waterford and on to Mount Pleasant for lunch and then return back to Delhi. Trail surface is hard packed gravel.

Tour Leaders: John Walker & Yvette Mahieu

June 25-26 Waterloo Tour (108/162 - rolling hills)

An oldie but a goodie. For our 40th anniversary we are bringing back a favorite ride from the past. Come ride the quiet roads of times gone past. A metric century or a full century ride to Wilfrid Laurier University dorms in Waterloo. Stay overnight with great company then a metric century ride home on Sunday. This ride will be sag supported.

Tour Leader: Jim Nagy

July 2 Strawberry Festival Tour (85 - rolling hills)

Start at the Velodrome and ride quiet roads south to Springfield. Tom Czyzewski has graciously invited the club to stop at his home for strawberries and ice-cream. Riders near the end of the ride can relax on the "piazza" and check out Tom's bike museum. A new ride not to be missed.

Leader: Tom Czyzewski

July 9 Hensall to Bayfield (95 - rolling hills)

Cycle the lightly traveled roads of Huron County. Start in the community of Hensall and head north to Clinton and Benmiller. Follow the shores of Lake Huron south to the historic lakeside resort of Bayfield for our lunch stop. Round out the trip with a short detour through Zurich, and then back to Hensall.

Tour Leaders: Derwyn Evans & Bill Wild

August 13 Belmont to Delhi (125 - rolling hills)

Meet at the Village Pantry in Belmont and head southeast to Delhi on quiet country roads. We'll lunch in Delhi then head back to Belmont.

Tour Leaders: John Walker & Yvette Mahieu

August 20 Union to Straffordville (102 - hilly)

On this tour we'll cross Kettle, Catfish, and Big Otter Creeks as we visit Sparta, Straffordville and Richmond. There are many cool hills, most with moderate grades. It will be a grand day out on the bike and we can share heroic stories and enjoy ice cream after the ride at Shaws - you deserve it!

Tour Leader: Bill Wild

Sept. 10 6th Annual Doug Tomlinson Memorial Ride (100 - fairly flat)

In memory of Doug Tomlinson, a long time London Cycling Club board member, this ride takes us to an area that Doug truly enjoyed cycling. Starting from Delhi we'll pedal the quiet back roads of Norfolk County past tobacco and ginseng farms on our way to Port Dover for lunch, and then back to Delhi.

Tour Leaders: John Walker & Yvette Mahieu

2011 Club Executive

President

Rob Tortolo

Vice-President

Karin Lawrence

Secretary

Mike Marshall

Special Events Co-ordinator

Joanna Chardola

Treasurer

Maureen Zunti

Membership

Rose Murray

Webmasters

Kevin Rodger (Maps and Rides)

Joanna Chardola (Photos & Club Events)

Special Tours & Safety

Jim Nagy

Maps

Bill Wild

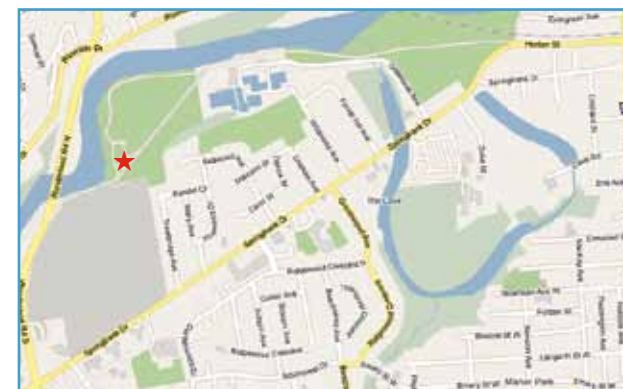
Directors

Peter Clements

Marcus Jadischke

www.londoncyclingclub.ca

You can contact us at
tours@londoncyclingclub.ca



2011 MEMBERSHIP INFORMATION

Celebrating 40 years of cycling.



1971-2011

London Cycling Club is an Affiliate Member of the



★ Most club rides start here.

ABOUT US

The London Cycling Club is a volunteer-based non-profit organization for recreational bicycling in the London region. We have been in operation since 1971. We value the health, lifestyle and social aspects of cycling. The London Cycling Club offers a schedule of Sunday cycling tours from April through October, a comprehensive series of Saturday tours, and a weekend tour to an "exotic" Ontario locale. We also offer various social events throughout the year, including a winter hike, summer barbecue, and an Annual General Meeting and Banquet. Club members will receive weekly updates and ride information via e-mail, and will have access to all areas of the club website, www.londoncyclingclub.ca.

PHYSICAL REQUIREMENTS

For most Sunday cycling events there are three tour groups: short, medium and long. The length and speed of each ride varies with the tour group. Short: 20 to 25 kph; Medium; 25 to 30 kph, Long: 30+ kph. No rider is left behind on their own, however please talk to a club executive member if you are unsure of your abilities during your first season. Tours typically last from 2 to 5 hours. Saturday tours typically consist of one or two groups which cater their group speed to those in attendance.

Participants are asked to meet 15 minutes before Sunday tours leave the Saturn Playground parking lot in Greenway Park. We will attempt to have a short group leader available for rides in the early part of the season, typically April and May.

Due to strict Ontario Cycling Association insurance requirements, all participants MUST be paid up members in good standing of the London Cycling Club and MUST sign a waiver. If you are not a member, we CANNOT let you ride with us. A Trial Membership is available, which allows a new rider up to 3 rides with the club. This guest membership can be upgraded to a full membership if you would like to continue to ride with the London Cycling Club.

NOTE NEW START TIMES FOR 2011.

- During April and October tours leave at 9:30 am.**
- During May and September tours leave at 9:00 am.**
- During June, July and August tours leave at 8:30 am.**

SAFETY

For the benefit of all riders, please ensure that your bicycle is in good working order. Along with your multi-gear bicycle please bring water bottles, a snack, spare inner tube, air pump and change for refreshments at our scheduled rest stops. Cycling skills do vary within the club, but at a minimum it is recommended that a rider should be able to maintain an average pace of 20 kph for up to a 50 km ride.

In the interest of safety, all cycling tours are contingent on weather conditions. Tours will not be held if current weather conditions consist of snow, rain or fog, or there is a 70% + chance of rain. To determine the possibility of precipitation, London Cycling Club encourages you to click on the link to The Weather Network located on the home page.

Helmets are mandatory on all club rides.

MEMBERSHIP

Current membership forms can be downloaded from the club website at www.londoncyclingclub.ca
Simply send your completed membership form, and cheque made out to London Cycling Club, along with the required waiver form to:

London Cycling Club
431 Boler Road
PO Box 20043
London, ON N6K 2K0

No forms, waivers or cheques will be accepted at the park.

2011 RATES

Single Membership: \$55 (\$50 if you register before April 1st)
Family Membership: \$110 (\$100 if you register before April 1st)
Trial Membership: \$30 (includes 4 rides)

Please note
Multi-club OCA members please be advised that the LCC does not process and issue OCA insurance refund claims.

2011 Sunday Touring Calendar

(Distances in brackets are in kilometers) Rides indicated by * have different start points. Consult www.londoncyclingclub.ca for details.

DATE	SHORT	MEDIUM	LONG
APRIL 03	Velodrome (43)	Belmont (56)	New Sarum (88)
APRIL 10	Delaware (40)	Komoka (62)	Ilderton (76)
APRIL 17	Ilderton (54)	Lucan (77)	Ailsa Craig (95)
APRIL 24	Thorndale (56)	Thorndale (68) & (79)	St. Marys (97)
NOTE: RIDES IN MAY START AT 9:00 A.M.			
MAY 01	Belmont (56)	Dorchester (65) Putnam (84)	Springfield (106)
MAY 08	Dorchester (56)	Thamesford (70) & (94)	Thamesford (108)
MAY 15	Mt. Brydges (58)	Mercantile (71) Strathroy (94)	Strathroy (109)
MAY 22 - NORTH RIDES START FROM ARVA			
MAY 22*	Granton (56)	Lucan (73) St. Marys (85)	Fullarton (105)
MAY 29	Belmont - Fireman's Breakfast (58)	Belmont - Fireman's Breakfast (74) & (89)	Belmont - Fireman's Breakfast (107)
NOTE: RIDES IN JUNE, JULY & AUGUST START AT 8:30 A.M.			
JUNE 05	Ilderton (59)	Ilderton (78) & (92)	Lucan (105)
JUNE 12	Mt. Brydges (58)	Mercantile (73) & (99)	Glencoe (118)
JUNE 19	Husky (50)	Belmont (65) New Sarum (88)	Port Stanley (128)
JUNE 26 - EAST RIDES START FROM GORE ROAD			
JUNE 26*	Thamesford (50)	Thamesford (78) Kintore (94)	Innerkip (122)
JULY 03	Delaware (53)	Delaware (65) & Iona (95)	Dutton (120)
JULY 10	Thorndale (59)	Ingersoll (84) & (108)	Brownsville (120)
JULY 17	Mercantile (60)	Mercantile (85) & (105)	Mercantile (129)
JULY 24 RIDES START FROM VELODROME			
JULY 24*	Belmont (51)	Springfield (78) Port Stanley (96)	Port Stanley (122) / 3 Ports (162)
JULY 31	Ilderton (59)	Ailsa Craig (82) & (95)	Parkhill (127)
AUGUST 07	Dorchester (55)	Dorchester/Belmont(83/104)	Tillsonburg (138)
AUGUST 14	Belmont (56)	New Sarum/Aylmer (88/108)	Port Bruce (138)
AUGUST 21 RIDES START FROM KOMOKA			
AUGUST 21	Mercantile (57)	Arkona(82/100)	Port Franks(131)
AUGUST 28	Thorndale (55)	St Marys (103)	Stratford (162/220)
	8:00 am Start	Metric Century Ride 8:00 am Start	Century Ride 8:00 am Start
NOTE: RIDES IN SEPTEMBER START AT 9:00 A.M.			
SEPTEMBER 04	Belmont (56)	New Sarum/Springfield (88/105K)	Aylmer(128)
SPTEMBER 11	Ilderton(59)	Lucan(70/92)	Huron Park (130)
SEPTEMBER 18	Dorchester (55)	Thamesford (72/95)	Woodstock(115)
SEPTEMBER 25	Delaware (53)	Delaware(76)	Iona(96)
NOTE: RIDES IN OCTOBER START AT 9:30 A.M.			
OCTOBER 02	Pie Day (55)	Pie Day(67)	Pie Day(83)
OCTOBER 09	Thorndale (56)	Thorndale(76)	St.Marys (97)
OCTOBER 16	Dorchester (51)	Putnam(72)	Ingersoll (97)
OCTOBER 23	Delaware (53)	Mt.Brydges (79)	Strathroy (93)
OCTOBER 30	Belmont (56)	Belmont(80)	Springfield(99)