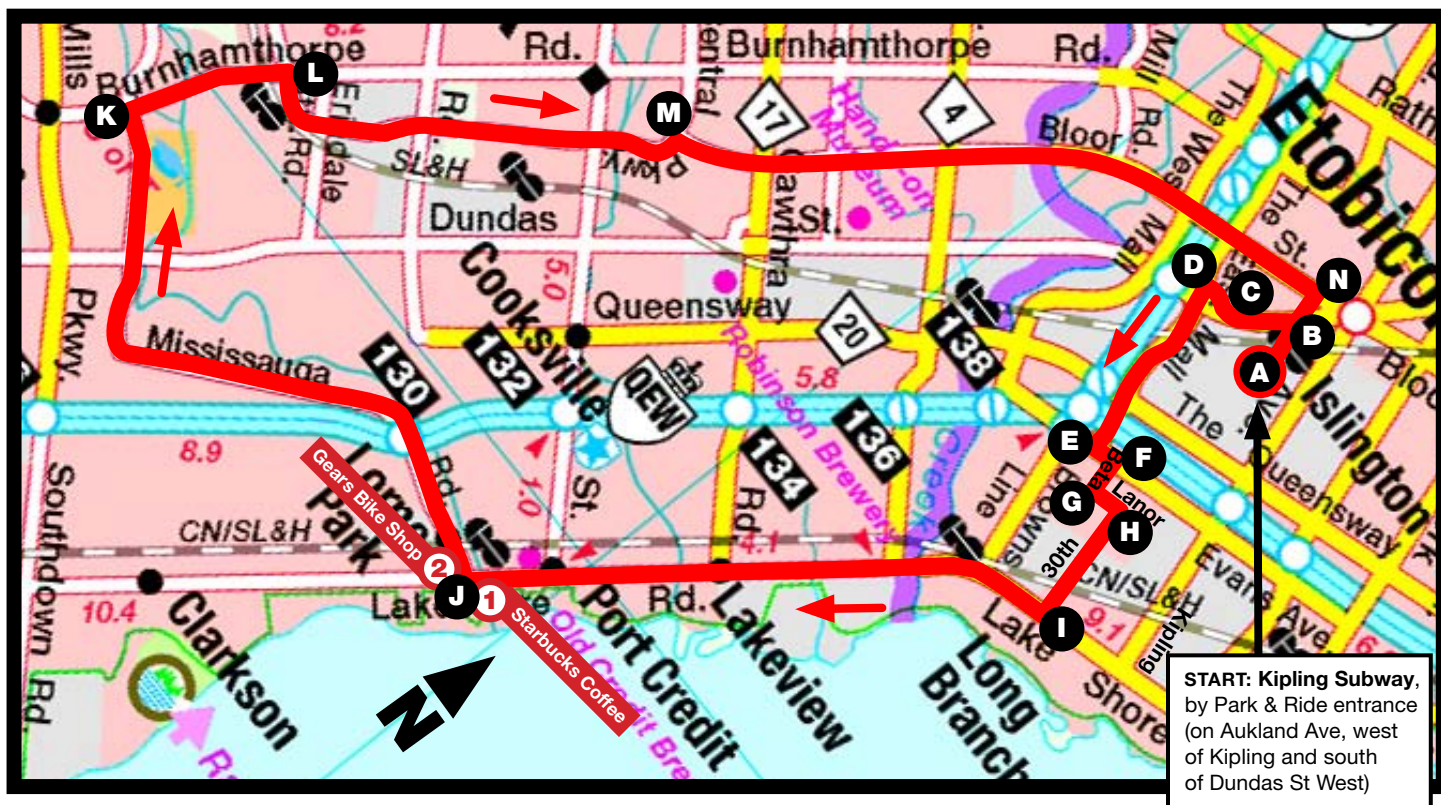


# KIPLING-PORT CREDIT – 39KM

L=Left R=Right F=Forward S=Stop VL=Veer Left VR=Veer Right QL=Quick Left QR=Quick Right X=Cross

UPDATED 4/11/06

Report road closures or changes to bikerally@pwtoronto.org



**START:** Kipling Subway, by Park & Ride entrance (on Auckland Ave, west of Kipling and south of Dundas St West)

AT	GO*	TOTAL*	TURN	LOCATION
A	0km	0km	L	From Kipling Subway, turn left on Auckland Ave to go north
B	0.12	0.12	L	Dundas St W est
C	1.33	1.45	R	East Mall Cresnet
D	0.26	1.71	L	The East Mall
E	2.30	4.01	L	Evans Ave
F	0.14	4.15	QR	Beta St
G	0.27	4.42	QL	Lanor Ave
H	0.39	4.81	R	Thirtieth St
I	1.79	6.6	R	Lakeshore Blvd West. Becomes Lakeshore Rd. (Optional break at <b>1 Starbucks</b> , 111 Lakeshore Rd W)
J	7.20	13.8	R	Mississauga Rd (past bridge in Port Credit. <b>2 Gears Bike Shop</b> on the corner)
K	8.70	22.5	R	Burnamthorpe Ave
L	2.00	24.5	R	Central Pkwy/Creditview Rd
M	5.21	29.71	R	Bloor St W
N	8.44	38.15	R	Auckland Ave
A	0.46	38.61	R	Finish at Kipling Subway. Feel free to hang out and welcome other riders in!

\* Distances are approximate

## Holding your line – and how to shoulder check

Always ride in a straight predictable line without veering from side to side. Among experienced cyclists, this is referred to as “holding your line”. (A cyclist who is incapable of doing this is called “sketchy”.) Keeping your upper body relaxed will help with this – holding onto the bars with a “death grip” will make your steering very twitchy, apart from causing sore wrists and shoulders.

It is essential that you shoulder check before you make any change in direction – for your safety and for others! Shoulder checking regularly will also keep you aware of approaching traffic behind you.

There is a proper technique to shoulder checking: rather than just turning your head laterally, tuck your chin into your shoulder as you look behind you. This will help keep your shoulders and upper body still so that the bike doesn’t veer off course.