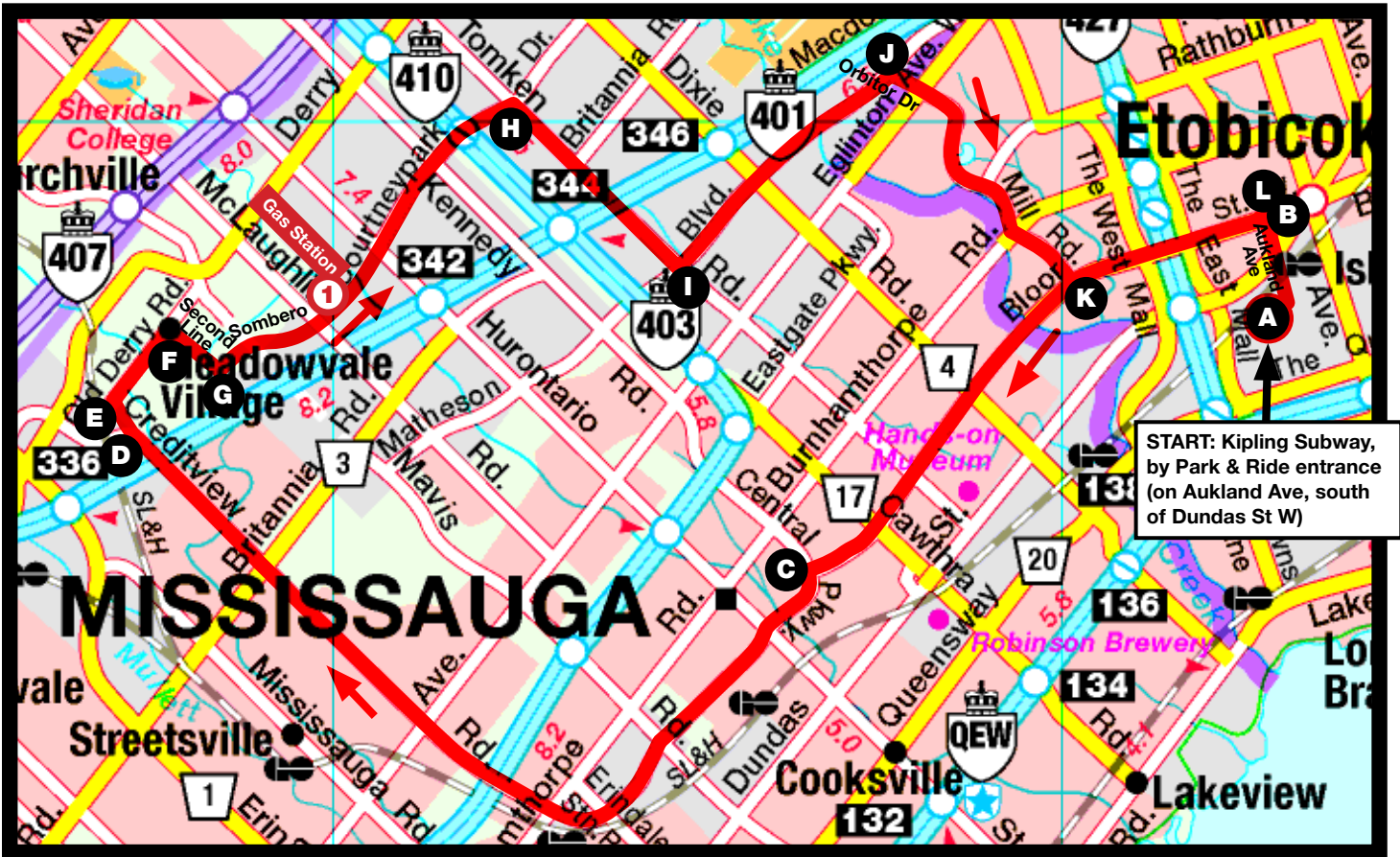


KIPLING-MEADOWVALE – 46KM

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

Report road closures or changes to bikerally@pwtoronto.org



AT	GO*	TOTAL*	TURN	LOCATION
A	0km	0km	L	From Kipling Subway, turn left on Aukland Ave to go north
B	0.5	0.5	L	Bloor St W
C	8.4	8.9	L	Central Pkwy, which bends north and becomes Creditview Rd
D	12.8	21.7	VR	Old Creditview Rd (at fork in road, past Hwy 401)
E	0.4	22.1	QR	Old Derry Rd W
F	1.4	23.5	R	Second Line
G	0.9	24.4	QL	Sombero Way. Becomes Courtney Park Dr W
H	6.5	30.9	R	Tomken Rd
I	3.3	34.2	L	Matheson Blvd E
J	4.2	38.4	R	Orbitor Dr. Becomes Centennial Park Pkwy, then Mill Rd
K	4.2	42.6	L	Bloor St W
L	2.9	45.5	R	Aukland Ave
M	0.5	46.0	L	Finish at Kipling Subway. Feel free to hang out and welcome in other riders!

* Distances are approximate

Keep your cadence high

Newbies often pedal at too high a gear, thinking that this is better exercise because they are pushing harder on the pedals. But if you're "powering" along on big gears you'll quickly use up the limited glycogen in your muscles and tire out. Pushing hard on the pedals also increases stress on your joints, and often is the cause of knee pain.

The key to conserving energy on long rides is to increase your pedaling frequency, otherwise known as "cadence". Cadence is the speed at which you turn the pedals, measured in rpms (rotations per minute).

Use easy gears that allow you to spin your legs quickly – aim for a cadence of 80-95rpm (that's 20-24 rotations of the pedal every 15 seconds). This may seem like a lot at first, but with practice it becomes easy. High cadence helps you to ride great distances with ease by developing your aerobic system and saving your muscles for when you need them – to pull yourself up that hill, or simply make it home.