

FINCH-KLEINBURG - 81KM

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

Updated: May 13, 2009

Report road closures or changes to bikerally@pwatoronto.org

NOTE: There are very few variety stores on certain stretches of this route – stock up on food and fluids BEFORE leaving the city.

| AT | GO* | TOTAL* | TURN | LOCATION |
|----|-------|--------|------|--|
| A | 0 km | 0 km | R | From Finch Subway Park & Ride, turn right on Hendon to go west |
| B | 0.52 | 0.52 | R | Talbot Rd. Becomes Hilda Ave |
| C | 3.17 | 3.69 | L | Clark Ave |
| D | 0.95 | 4.64 | R | Bathurst St |
| E | 13.11 | 17.75 | L | King-Vaughan Rd NOTE: Easy to miss - runs west only TURN AFTER GREEN BARN |
| F | 3.89 | 21.64 | R | Keele St |
| G | 6.22 | 27.86 | L | 16th Sdrd |
| H | 4.03 | 31.89 | L | Weston Rd |
| I | 10.25 | 42.14 | R | Teston Rd. NOTE: Turn left then right at Pine Valley Dr. Teston Rd becomes Stegmans Mill Rd. |
| J | 5.86 | 48.00 | R | Islington Ave. BR BREAK at Avenue Market Cafe (A variety store is just a bit further north up the street.) Islington Ave becomes Hwy 27 going north. CAUTION: Busy road |
| K | 2.99 | 50.99 | R | Kirby Rd. NOTE: Turn left then right at Pine Valley Dr. |
| L | 10.20 | 61.19 | R | DETOUR: turn right on Jane left on Teston and right on Keele |
| M | 8.21 | 69.40 | L | Langstaff Rd |
| N | 2.10 | 71.50 | R | Dufferin St |
| O | 2.05 | 73.55 | L | Centre St |
| P | 2.78 | 76.33 | R | Atkinson Ave |
| Q | 0.85 | 77.18 | L | Clark Ave |
| C | 0.32 | 77.50 | QR | Hilda Ave. Becomes Talbot Rd |
| B | 3.17 | 80.67 | L | Hendon Ave |
| A | 0.52 | 81.19 | L | Finch Subway Park & Ride. Feel free to hang out and welcome other riders in! |

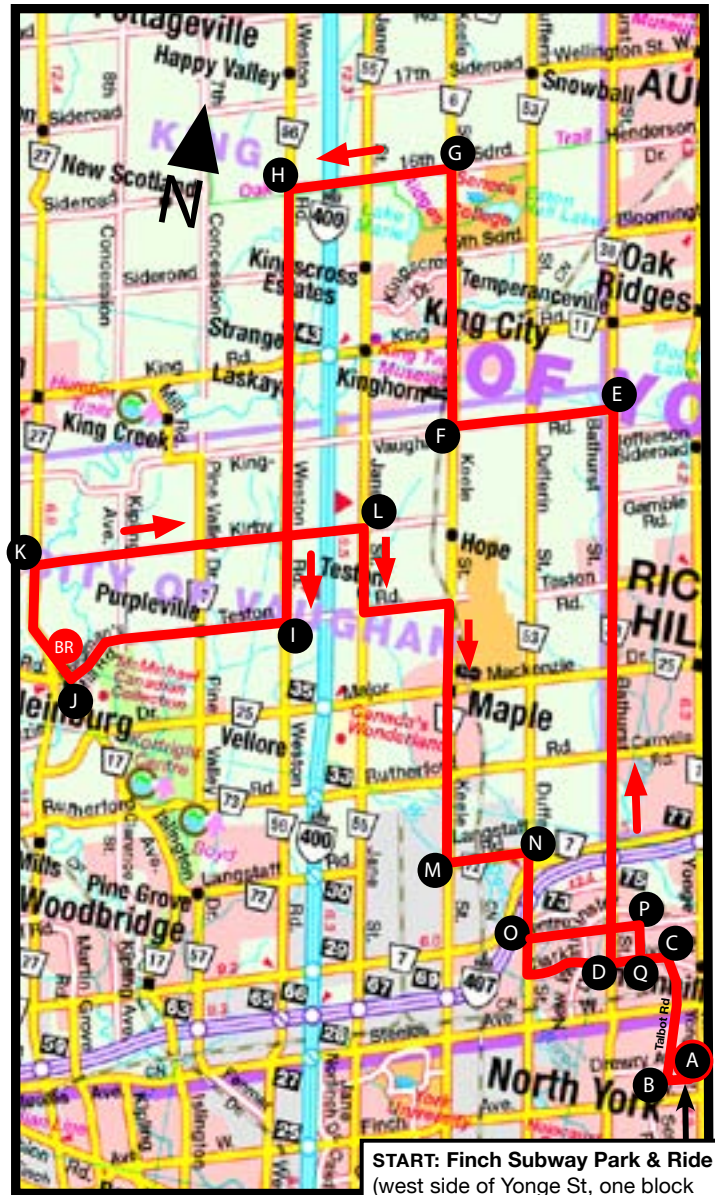
*Distances are approximate

Handling the heat

Always apply sunscreen before a ride. Even during cloudy days, long-distance cycling exposes your skin to UV rays for extended periods of time. Bring extra sunscreen to apply during your ride – especially if you sweat a lot.

Choose a sunscreen with an SPF of at least 15 or higher - sports specific brands are preferable because they have waterproof and sweatproof qualities. Use a lip balm with SPF to save your smackers. Good sunglasses are also essential in order to protect your eyes from harmful UV rays.

During hot weather, you must stay well hydrated by drinking **at least 1-2 bottles of fluid per hour**. Water alone is not enough – also consume a sports drink to prevent heat cramps by replacing carbs and nutrients lost through sweat.



START: Finch Subway Park & Ride (west side of Yonge St, one block north of Finch Ave)

Freeze or fill your bottles with ice cubes beforehand to help keep your drinks cool and refreshing.

Don't wait til you are thirsty to drink - thirst is the first symptom of dehydration. Other signs include dry mouth, increased heart rate, dark urine, weakness, dizziness, cramps and nausea. In extreme cases, dehydration during vigorous exercise in intense heat can lead to shock and even heat stroke, a potentially life-threatening condition.

Wearing a bandana under your helmet will help to prevent sweat running into your eyes. Some stores sell breathable, cycling-specific headwear that wick away sweat.

Hot feet? Try squirting some water from your bottle on your toes to cool them off. Hot head? Same thing.