

21 February 2005

Donut Ride

Since I arrived in Toronto a few years ago, after living in Louisiana for three years, the "Donut Ride" has been a very important part of my week in general, and an important part of my training to build fitness (usually my hardest workouts during the week).

Initially, it got me used to ride a bike for more than 1-2hours, and later it provided (more than) enough intensity to make me stronger. For the uninitiated: The "Donut Ride" is a weekend ride out of downtown Toronto; it leaves at 9am and takes the same path every weekend, Saturday and Sunday. The ride runs through various neighbourhoods, until it after about an hour reaches country roads. After 2hours the group makes a quick mandatory stop at an excellent polish bakery north on Yonge, before returning downtown again. It is very predictable, some sections fast and intense, and some slow. It was established more than 20 years ago (I believe) by a bicycle club in Toronto (Scarborough). The turn out is sometimes more than 100 bicyclists, especially in the summer, and sometimes as few as half a dozen, usually this time of the year. But, it is rare that no one shows up. And - I have still to see anyone eating donuts (at least the greasy deep-fried ones they served in Louisiana).

This past Sunday, it was -10°C, when the ride left the city. More than 20 cyclists showed up, something I found amazing for a cold day in February. By the time we returned to the city it was very windy and it was snowing. A classic winter ride, I am sure all of us went home and felt good about what we had accomplished. That is at least how I felt and how I usually feel after the Donut ride – anytime of the year. And I believe that is what this ride is all about, some action and suffering, followed by rest and good sensations (triggered by endorphins I believe).

Sunday might have been my last "donut-ride." Next week I am moving out of the country, and I don't know when I will be back in Toronto. I would like to thank everyone I have run into on the ride over the last years, everyone has contributed to making it fun and hard. If I ever get a chance to return to Toronto, I will be out on the donut ride again, and again. Thanks for reading and keep doing the donut ride!

Posted by **stig** at **2/21/2005 08:04:00 am**

<http://www.cyclingteam.info/2005/02/donut-ride.php>