



# Spokes

The *Newsletter of the Edmonton Bicycle & Touring Club*

## 2013 Cycling Season Calendar

Date	Ride
Sunday April 7: 9:30 AM	Target the Tour Classic
Sunday April 7: 1:30 PM	Target the Tour Foundations
Monday April 8: 7- 9PM	Cycling 101
Sunday April 28: 1:00 PM	Two Bridges Loop
Starting Monday May 6:	Rookie Ride
Starting Wednesday May 8: 7 PM	Show N' Go
Starting Friday May 10:	Friday "Get Aways"
May 25	Tour the Trails of Fort Saskatchewan
Starting May 30 : 7 PM	Get Hi Hill Series
Saturday June 1	Dog Rump Creek
June 9, 10	MS Bike Tour Leduc to Camrose
June 15-19	Silver Triangle
June 15	Day at the Bay
Sunday, June 30	Callingwood Cove
Saturday July 6	Two Hills Tour
Saturday July 13	Anne-Marie's Paradiso Bakery Ride
Sunday July 14	Treasure Chest Ride
<b>Sunday July 21</b>	<b>Tour D' L Alberta</b>
July 27-28	Caroline Ride
Saturday August 3	Footloose Caboose
August 9-12	Blue River Tour
Saturday August 17	Tire & Girdle
Sunday August 18	Pigeon Lake
August 24-25	Thunder Lake
August 30 - September 2	Logan's Pass
September 7-8	Jasper Hub and Spoke
September 15	Memorial Ride
September 21	Tour of the Falling Leaves

Please check [www.bikeclub.ca](http://www.bikeclub.ca) for the latest and most current events!

## Weekly Events

### Target the Tour Classic

These training rides are designed to prepare you to ride the 145 and 175 events at the Tour de l'Alberta. The rides will begin with 20 km at 15-18 km per hour and progress to a 140 km ride at 25 kph. This ride is for cyclists with some experience, and a willingness to press their current physical boundaries. Road bikes are the machine of choice. Less experienced riders are asked to commit to the rides from the beginning that will take you from an average rider to a challenger of long distance. It will also allow the faster rider to join other elite riders in training at an accelerated level if so desired. The course will be fixed on the first Sunday and will add loops to the initial course when the distance is increased. This will allow riders to judge performance increases, as well as a buffer for those that miss a weekend and want to do the shorter course before catching up to the program. Rides will begin 9:15 am Sunday April 7, 2013, weather permitting, and continue to the weekend prior to the Tour.

Rides will start from Country Boyz Tempo 22279 Highway 16 East, Ardrossan, AB T8E 2M4. This session will be led by **Char World**. Riders will be divided into groups defined by skill and conditioning levels and will prepare you for all distances including the coveted century ride. The format will incorporate a similar route expanding each week to allow the rider to judge their improving skills and conditioning.

Riders interested in participating please contact Char at [safety.education@bikeclub.ca](mailto:safety.education@bikeclub.ca)

### Target the Tour Foundations

Rides will begin 1:30 pm Sunday April 7, 2013 and continue for 15 consecutive weekends. Rides will start from Country Boyz Tempo 22279 Highway 16 East, Ardrossan, AB T8E 2M4. This session will be led by **Scott Keast**. Riders will be divided into groups defined by skill and conditioning levels and will prepare you for all distances including the coveted century ride. The format will incorporate a similar route expanding each week to allow the rider to judge their improving skills and conditioning.

Riders interested in participating please contact Scott at [library.archives@bikeclub.ca](mailto:library.archives@bikeclub.ca)



Join our mentors for eight weekly sessions that focus on developing the basic skills of cycling. Designed for novice level cyclists, topics will include bicycle types and construction, accessories, clothing, health and fitness, basic traffic theory, essential rider knowledge and skills, the science and art of cycling, and essential maintenance and repair. The ride dates will be 8 consecutive Mondays beginning on April 8, 2013, excluding long weekends. Registration will be limited to 25 cyclists that are serious about becoming better riders! E-mail your interest to **Char** at [safety.education@bikeclub.ca](mailto:safety.education@bikeclub.ca)

### Rookie Recreational Rides

Every Monday beginning on May 6, 2013

Meet at 6:15 pm for a 6:30 departure

**Location:** Rundle Park tennis courts parking lot Rundle Park

**Directions:** Entrance to Rundle Park is located at 113th Ave and 29<sup>th</sup> St

Join Annie and Gaye to cycle the river valley paved bicycle trails of east Edmonton. We will start slow with about 10 to 15 kms and work our way up. Midway we will stop for coffee, hot chocolate, ice cream etc. Pace will be determined by those attending. No one will be left behind.

**Coordinators:** Annie McKittrick [anniemckitrick@shaw.ca](mailto:anniemckitrick@shaw.ca)

Gaye Carter [gaye09@telusplanet.net](mailto:gaye09@telusplanet.net)

### Show N' Go

**Date:** Every Wednesday night starting on May 8, 2013 depending on our spring weather.

**Time:** 6:45pm for a 7:00pm (SHARP) start. In September we will meet 1/2 hour earlier for a 6:35 start

**Location:** Northeast corner of the Kinsmen Fieldhouse parking lot

**Cost:** Bring cash for treats

**Description:** Show up and go, that is the theme for our weekly social, easy paced rides.

We start in the river valley and head off in any direction, which does involve going up a hill at some point. But we do wait for slower riders, and try to bypass the more challenging hills. We do stop to chat, have a coffee or ice-cream. We ride mostly on bike paths and quiet residential streets. It is a great way to discover what Edmonton has to offer the recreational cyclist.

**Coordinators:** John Biollo [johngc@shaw.ca](mailto:johngc@shaw.ca) and friends.

## Get “Hi” Hill Series

If you are interested in improving your strength and hill climbing abilities, why not join us for Get HI – a hill improvement series. We will start the 2013 season on Thursday May 30 and go weekly through to the end of August (weather permitting). This is not an instructional series and will focus on getting you on your bike and learning through doing. We will meet in the SW corner of the parking lot at Terwillegar Community Recreation Centre at 2051 Leger Road at 6:45 pm for a 7:00 pm departure. The rating for the rides will be “intermediate” and will involve hill repeats in the river valley area on mainly paved bike paths and relatively quiet roads in south west Edmonton. Length of time will be approximately 1 ½ hours. There is no cost however, as per our club’s social style; there will be the chance for a coffee after the ride. This ride will be co-coordinated, John and Tim will coordinate from May to the end of July and Freeman will start coordinating in August.

Coordinators: Tim Doskoch [timdos@telusplanet.net](mailto:timdos@telusplanet.net) (780) 935-4856, John Biollo

[johngc@shaw.ca](mailto:johngc@shaw.ca) and Freeman & Sonja Taylor at (780) 988-6345 or [freeman.taylor@shaw.ca](mailto:freeman.taylor@shaw.ca)

## Friday afternoon Escape

**Date:** FRIDAYS starting May 07 and ending August 31

**When:** 1:00 PM departing

**Distance/Rating:** 40-50 km, intermediate, no support.

**Locations:** Will alternate weeks between Sherwood Park Tim Horton's located at Cloverbar Rd and Wye Rd. and North Side at Namao's Tim Horton's on the Namao Base, North Edmonton..

May 10 – S- Sherwood Park Tim Horton's 30 km

May 17 – N- Namao's Tim Horton's

May 24 – S- Sherwood Park Tim Horton's

May 31 – N- Sherwood Park Tim Horton's

Other month's dates and locations to be given in weekly e-mails from the club.

**Directions to Namao's Tim Horton's:** You are driving to the army base. Proceed N.on 97St. turn East (right) onto Sturgeon Road located approx.3 kms past the Anthony Henday Exit. It is the formal entrance to the Base. Drive to the intersection and turn right. Continue until you reach the Tim Horton's on the left-hand side of the road.

**Directions to Sherwood Park Tim's Horton's. From Edmonton proceed East along 82 Avenue until it turns into Wye Rd. Continue along Wye Rd. to Cloverbar Rd. also called RR 231. Turn left. Turn left again into Sobey's and Tim Horton's**

**Coordinator:** Lois Knight, [lois.knight@shaw.ca](mailto:lois.knight@shaw.ca) 780-466-9536

## Day Rides

### Two Bridges Loop

April 28, 2013

Weather permitting: Duration: About 2.5-3 hours

Location: Meet at the Blue Quill Community Centre at 11304 25 Av.

Coordinator: **Dennis Nolan, cell: 780-298-0311**

Details: 30 km, crossing over 2 bridges over the North Saskatchewan, 4 big hills and some small ones, easy-moderate pace, 18-21 km/hr (no fast riders please), rest stop about half way, and will pass by a small shopping centre with a Sobeys store where one can buy a snack and use the washroom. If you need to walk part of the hills, that's okay, we'll wait for you at the top of the hill.

This is a mixture of paved trails, roads, and one gravel bit by the new bridge near Fort Edmonton Park. There will be several steep hills to climb and descend, so please ride in control and safely, and watch for pedestrians and dogs. I will make sure that we all stay together and gather at many points along the route, so that no one is left behind! If the weather is awful (very windy/stormy/rainy), this event will be cancelled.

Items one could bring: helmet, water, snack, money, clothing as appropriate including rain gear if there's any chance of rain, repair kit, spare tube, small pump, sunscreen

Coordinator: Dennis Nolan, cell: 780-298-0311 [djnolan12@shaw.ca](mailto:djnolan12@shaw.ca)

### Tour the Trails of Fort Saskatchewan

Saturday May 25, 2013

Come and join Ron and Chris for an enjoyable ride through the trails of Fort Saskatchewan and then gather for a potluck barbeque after the ride. Two ride distances will be offered.

**Weather:** The ride will be cancelled and rescheduled if torrential rains are predicted

**Meet at:** Chris & Ron's House located at: 68 Becker Crescent Fort Saskatchewan

**Time:** Meet at 12:45 pm for a 1:00 pm start

**Distance:** Approximately 25 and 40 km

Two distances will be offered – the longer distance will include some country roads

**Social:** A pot luck barbeque will be held after the ride at Chris & Ron's house

**RSVP:** Please let Chris know what you would like to bring [cjlion@shaw.ca](mailto:cjlion@shaw.ca) or 780-999-5797

## Dog Rump Creek Ride

**Date:** Saturday, June 1, 2013

**Time :** Starting at 10:00AM and finishing around 3:00PM

**Location:** Devon Extra Foods

**Cost:** Eat at the local restaurants or bring your own lunch

**Distance:** Approximately 74 km

**Rating:** Intermediate

**Description:** Please arrive at least 15 to 20 minutes early for sign in and get instructions.

We will start out cycling from Devon heading north and west on paved country roads through the communities of Graminia, Golden Spike, Garden Valley, Stony Plain and then lunch at Dog Rump Creek. Please bring your lunch over to the picnic area by the water where we can all eat together. The washrooms will be open at Dog Rump Creek. On the return we will make a loop down the main street of Stony Plain then return on to the bike trails along Dog Rump Creek and return on the paved roads back to Devon.

**Coordinator:** Bernie Lee at (780) 637-6064 or at [bblee@shaw.ca](mailto:bblee@shaw.ca).



## A Day at the Bay

**June 15, 2013**

Meet at [Devon Extra Foods](#)

Time: 8:30 am for a 9am start

**Cost:** Bring cash for lunch at the Beachhouse Cafe

**Distance/Rating** 122km Intermediate/Advanced

This is not a shopping trip! Relatively flat with one large training hill. This ride can be advanced, depending on weather and wind conditions. We start in Devon then pass through Thorsby and on to Mulhurst Bay for lunch at the Beachhouse Café. Out and back route. There will be no support vehicle or sag wagon, so be sure to bring a spare tube and pump - along with the confidence to be self-sufficient.

**Note:** Due to popularity of this ride and space available in the restaurant, this ride will be limited to first 25 participants.

**Coordinated by:** Dan Boostra [danboonstra@hotmail.com](mailto:danboonstra@hotmail.com) (780) 289-3680



## Callingwood Cove - Katie's Crossing

**June 30, 2013**

Time: Meet at 10:30 for a 11:00 am start

**Starting Point:** Take Yellowhead Hwy East to the Tempo Station/Country Boys Restaurant situated at the top of a rise on the South side of the HWY. Distance from Edmonton is 17 km. from

Yellowhead and 50 St.

**Distance/Rating:** 50 km - Novice/Easy. No support vehicle

**Cost:** No cost but bring a lunch or \$\$\$ for a hamburger or ice cream at Katie's Crossing

**Description:** We will be meandering on the range and township roads throughout Strathcona County. There will be a mix of flat and rolling roads and we'll stop about half-way at the Collingwood Cove Playground for a snack/lunch break.

There is no restaurant or store at the lunch stop but there is a port-a-potty

**Coordinated by:** Lois Knight [loismknight@shaw.ca](mailto:loismknight@shaw.ca)

## Two Hills Ride

**Date:** Saturday on July 6 at time 10:00AM. A route map will be provided at the start.

**Rating:** Beginner/Intermediate. This is an unsupported ride. Will be held weather permitting.

**Distance:** 100 km

**Cost:** No cost, but bring your own lunch or you can buy lunch from the IGA store or from a restaurant in Two Hills.

**Meeting Location:** Vegreville (about 100 km east of Edmonton on Highway 16) – meet at the Pysanka (the big Egg at the east end of town) at 10:00 am. Take the Highway 16A exit to Vegreville and you will see the Psanka as you drive through town.

**Description:** The route will go north from Vegreville on Highway 857 to Highway 29. Turn right on Highway 29 and continue to Highway 45 and on to Two Hills (about 55 kms). Take a lunch break in Two Hills and return to Vegreville via Highway 36 and Highway 631 (about 45 kms). The first part of the route is flat but as you approach Two Hills and return to Vegreville there are a few rolling hills. This is not a difficult ride but expect a headwind for some of the ride. Traffic along the route – light to moderate. Riding route – good - narrow shoulder on Hwy 857 for about 30 km, good riding shoulder for the rest of the route. Pavement is in excellent shape.

**Coordinator:** George Childs – Phone 780 632-6406 – email: [glchilds@telus.net](mailto:glchilds@telus.net)

Please let the coordinator know by email if you are planning on attending.

## Treasure Chest Ride

Sunday July 14, 2013

**Meet** at 9:30 AM for a 10:00 AM start

**Location:** Meet at the Sobeys across from the Alliance Church in Sherwood Park at the intersection of RR 231 and Wye Rd. Please Park on the North side of Sobeys/Tim Horton's Parking lot.

**Distance:** 84km/Intermediate ride

This is a beautiful ride—the feel of it, I mean. You are riding Wye Rd to Lindbrook store and returning via Hwy 14 for 16 km before turning North to South Cooking Lake and finally taking Range Road to 221 back to The Treasure Chest which is the Old Tea House. There are no hills on the way to Lindbrook, to speak of; there is an easy hill returning on RR221. Hwy 14 has mostly a wide shoulder. Wye Road's shoulder varies.



## 2013 Tour de l' Alberta (<http://www.tourdalberta.ca/>) July 21, 2013

EBTC presents the 2013 Tour de l'Alberta, which starts and finishes in Morinville. All participating cyclists have a choice of four distances: 20 km, 50 km, 100 km, 145 km or 175 km. Ride through the small towns of French heritage in the areas north of Edmonton. The tours are not races but recreational "cyclo-sportif" rides for cyclists of any level who might wish to pursue personal time goals. Some like to go fast, and that's OK. Others prefer slow, and that's great too! It's not a race. It's a fun challenge for ALL cyclists! Bicycle helmets are mandatory. For more information check <http://www.tourdalberta.ca>.

### Footloose Caboose

**Date:** August 3

**Cost:** Approximately \$8.00 to \$12.00 for lunch. RSVP by July 27th.

**Participants:** Approximately 20.

**Distance/Rating:** 100 to 110 km. Intermediate.

**Coordinator:** Dan Boonstra (780) 289-3680 or [danboonstra@hotmail.com](mailto:danboonstra@hotmail.com)

**Description:** Meet at Tim Horton's (by Sobeys in Sherwood Park on Wye Road) at 8:30 a.m. for a 9:00 a.m. Sharp departure. We will ride to the Footloose Caboose Café, which is situated about 12 km's South of Hastings Lake Corner, on Highway 14. Enjoy a lovely meal in the old refurbished caboose near the old station where the owner lives.

### Tire & Girdle Ride

**Date:** Saturday August 17, 2013

**Location:** Ken Nichol Regional Recreation Center (formerly known as the BRAC) 5303 - 50 Street Beaumont, AB To get to Beaumont, travel south from Edmonton on 50 St (possible to exit from Anthony Henday), and go 10k south to Beaumont. The Ken Nichol Recreation Center is on your left (east side) after the second set of lights in Beaumont. Park at the south end of the lot where we will gather before departing.

**Cost:** No cost for the ride but \$10 to \$20 per person for lunch in Beaumont on our return. Lunch options will be discussed prior to leaving.

**Distance/Rating:** 62 km, gently rolling with one hill at the finish (of course). Intermediate.

**Description:** The name of this ride references the destination and not the many cyclists in spandex :). The route is very nearly flat with the largest hill upon our return to Beaumont. The route is on quiet paved roads excepting a short stretch on Highway 21 which has an ample shoulder. Food and drink are available for purchase at the midpoint for anyone wanting to take a break. The ride will be unsupported. Coordinator: Doug Glodek [cachedad@yahoo.ca](mailto:cachedad@yahoo.ca) (587) 986-8686

### Pigeon Lake Ride

August 18, 2013

Meeting Location: At [Village Market, Pigeon Lake](#)

**Time:** Meet at 9:30 am for a 10:00 am departure

**Location:** Village Market at Pigeon Lake - RR 11 and Hwy 13,



SE of Pigeon Lake, Westrose, AB. To get to Pigeon Lake, travel south on QE2, go 52.5 km from the Gateway Tourist Information Center to Exit 482B Ma-Me O Beach. The distance to the Village at Pigeon Lake from the exit is 25 km. On arrival, park in the gravel lot by the Information Booth left of the gas station.

**Cost:** No cost for ride but \$15 to \$20 per person at the Eco Cafe or The Village Creek Country Inn Restaurant. There is great ice cream at Daisy McBean's as well! **Distance/Rating:** 60 km, rolling hills. Intermediate.

**Description:** Ride around Pigeon Lake, 60 km with rolling hills. Meet at Pigeon Lake Village. Be sure to park on the gravel near the information booth. We ride over rolling hills around the lake down to Mulhurst where you can eat ice-cream at the Beachhouse Cafe then ride back for lunch at the Eco Cafe, or more ice cream! Always a fun ride!

**Coordinator:** Anne-Marie Adachi [aadachi@telusplanet.net](mailto:aadachi@telusplanet.net)

## Memorial Ride

**September 15, 2013**

In memory of members who have passed away. Hosted by EBTC executive, currently in the planning phase

## Tour of the Falling Leaves



**Date: September 21, 2013 Time 1PM**

Distance: 60 km for the full ride, 30 km to the rest stop

Rating: Beginner /Intermediate with vehicle support

Start: south end parking lot of the Sherwood Park Mall, off  
Granada Blvd

Finish: Pasta Pantry, next to start point Ciao Amico! Come and enjoy the changing colors of the season with an Italian flair! Celebrating the Giro Di Lombardia, this ride will take us on a leisurely ride (20-25kph) through the aspen forests and lakes of acreage country east of Sherwood Park. In addition to the changing colors you will be entertained at our rest stop with the music of the Giro d'Italia complete with Italian soda, olives, cheeses, and other treats of Italy. Should you wish to do only 30km you will want to meet your ride there and share some of the Italian delights!

Once you have successfully completed the ride there will be an optional celebratory dinner at **Pasta Pantry Trattoria!** The food is awesome. A copy of the menu is attached, so be sure to bring enough money for pasta and tiramisu!

Please let us know of your attendance so we can warn the Pantry to have plenty of pasta on hand! RSVP to Char at [safety.education@bikeclub.ca](mailto:safety.education@bikeclub.ca) or call him at 780 934 9421.

Club membership and helmets are mandatory. Vieni con me!

## Extended and Overnight Rides

### MS Bike Tour – Leduc to Camrose

June 8, 9, 2013



Contact Steve Bitto  
[nobleReliant@shaw.ca](mailto:nobleReliant@shaw.ca)

Telephone day: 780-420-5793  
Evening/weekend 780-483-5219

EBTC has had a history of supporting the Leduc to Camrose MS Bike ride; in fact EBTC members have been ride marshals since the ride inception in this area, now in year 24!

The ride will once again be from the Ritchie Brothers auction site in Nisku to the Camrose Regional Exhibition Ground and back the next day.

Overnight accommodation in the Augustana University College dormitory at Camrose will once again be first-come-first-served to those volunteers who get their volunteer registrations in early.

#### ***What do you have to do?***

- We spread ourselves throughout the pack, a pair of marshals for every group of about 75 cyclists.
- Mostly, just share what we do on a club ride: that is help out fellow riders!
- Make minor bike repairs like fixing flat tires, adjusting seats, etc.
- Advise about riding technique and etiquette, hydration and so on.
- Reinforce cycling safety rules (riding single file, signalling, no iPods, etc).
- In case of an accident we do what we can, and phone for one of the numerous support vehicles to attend.

#### ***Logistics***

- Starting in Nisku on Saturday morning, we ride about 80 km out to Camrose.
- After dinner and a gala party on Saturday night, we sleep in college dorms or camp.
- Then cycle back to Nisku on Sunday.
- Rest stops are set up at roughly 15 km intervals.
- There are lots of support vehicles from United Cycle, CPRN and St John's Ambulance

#### ***What's In It For Me?***

- A pleasant weekend in support of a worthy cause.
- Good endurance training for the upcoming summer tours.
- Free dorm accommodation (if you register early - space is limited), meals, and admission to the Saturday night gala dinner and dance.

## Silver Triangle 2013

Karelo Link for Registration : (the registration will open at noon on March 23)

<http://www.karelo.com/register.php?BID=394&BT=10&PrivEv=13029>

**Date:** June 15 to June 19

**Cost:** \$650

\$300 deposit required with registration. Registration opens at noon on March 23, 2013. Balance due by May 11, 2013. The fee includes most meals except some dinners out and extras like hot springs.

Participants: Limit (in the van) is 9 registered riders. As the ride is a circuit, if you want to drive / carpool yourself to and from the start/finish points, several more riders can be accommodated.

Accommodations: Motels and resort cabins.

Location: Ride starts in Silverton and ends in Nakusp, British Columbia.

Distance/Rating: 73/97/97km per day. Optional 50k on the final day, Intermediate with several challenging climbs. The toughest days are about the same as Rampart Creek to Lake Louise over the Bow Summit.

**Equipment:** Trip will be van supported but you will need to carry enough food, water, and day gear between rest stops (will need panniers or a day pack). A road or touring bike is recommended for this trip.

**Coordinator:** Doug Glodek at [cachedad@yahoo.ca](mailto:cachedad@yahoo.ca) or cell #587-986-8686

**Description:** Join the first multi day ride of the season and enjoy some awesome views followed by a soak in the hot springs after a day on the bike. June will offer us some great temperatures and longer days while still beating the summer rush in this popular BC destination. The trip starts in Silverton and travels through the beautiful and historic towns of Kaslo, Nelson, Winlaw and Nakusp following the beautiful shore line of Kooteney Lake. Along the way you will see old mines, indulge at famous bakeries, and visit natural hot springs (Ainsworth).

It is by far one of the most enjoyable rides in BC, with great views, good roadways, and low traffic volume. It's a great way to kick start your cycling season.

There will be two travel days and 3 ride days for this trip.

Attendance at a pre tour meeting in Edmonton is mandatory: date and time TBA.



New for  
2013

## Riding in the Foothills @ Caroline AB

Hosted by Tim Daskoch [timdos@telusplanet.net](mailto:timdos@telusplanet.net)

Caroline is a small town about 250 km Southwest of Edmonton in the western foothills, besides cowboys, it is famous for being the birthplace of Kurt Browning. It has nice, fairly quiet roads with good rolling hills. The plan is to stay at the Caroline Municipal Campground which is just east of town. The campground has showers, electrical hookups and lots of green space. I will be taking my trailer which can serve as a base of operations. People would show up Friday evening and we would ride Saturday and Sunday starting at about 10:30 am. There are a number of rides out of Caroline that we could do, a few are listed below:

Caroline to Sundre and back - Distance: 78.32 km, 408 m of climbing. This is a great ride. We head east on Hwy 54 and then south down Hwy 22 to Sundre, there are 3 good hill climbs and then we end up at the Subway restaurant in Sundre (1.4 km east from the intersection where Hwy 22 turns east). After a break we will head back to Caroline and do those hills again. People will need to carry enough water and food to travel 40 km. <http://www.mapmyride.com/routes/view/181879326>

Caroline - Rocky Mountain House: (Loop Distance: 96.8 km) (Out and back 78 km). We head out of the campground, into Caroline and then turn north at the 4-way stop. It is a nice quiet road with slightly rolling hills that takes us close to the Clearwater River and out to Rocky Mountain House and the Tim Horton's there. From this point we can either head back the way we came; or if people would like to do some more hills, take Hwy 22 back; or if people would like a longer ride, head east along Hwy 11 and turn the ride into a loop that goes through some gorgeous country with one hill at about the 80 k mark. The loop has one additional water stop at 59k. Hwy 11 is a little busy and Hwy 22 is moderate.

<http://www.mapmyride.com/routes/view/181896010>

Caroline West and Back - Distance: 60.31 km 221 m of elevation gain. This is an alternative to a longer ride on Sunday. From the campground, take Hwy 54 west, it becomes Hwy 591. The ride is a gentle uphill once you get on 591. Go to where the pavement turns into gravel and then turn around and come back. The ride back is much faster than the ride out. There is a place called the Boundary Motel/Campground about 28 km from Caroline and Clearwater Trading (8 km west of Caroline) that would have water and snacks.

<http://www.mapmyride.com/routes/view/181909668>

After the ride on Saturday we can lay around and relax, play some soccer and have a BBQ later in the afternoon. I will bring lots of firewood so we can have a campfire. People would need to bring camping gear and food along with their cycling equipment. I would need to know your camping needs (trailer, tent) so I can reserve camping spots. I am sure we can arrange some carpooling for the trip. It would be possible that one could drive out for the day, it is about 2.5 - 3 hours and that could be accommodated; it would feel like a very long day. There are also some motels in Caroline if camping is not appealing. Caroline also has some great fly fishing. I will be driving out Thursday night or Friday morning to fish on Friday. There is a good chance that I might go fishing for a couple of hours early Saturday and Sunday morning or Saturday evening and would be happy to take anyone along that fly fishes and has chest waders.

I would like to hear from people who are interested as soon as they can. Let me know about your camping needs, what routes you would like to ride and if you are able to carpool or need a lift out there. Please contact me at [timdos@telusplanet.net](mailto:timdos@telusplanet.net)

## **EBTC's Luxury Trip: Blue River**

Make this ride a part of your summer vacation!!!

### **August 9, 10, 11, 12**

Come and join us for this exciting EBTC overnight cycling trip! Participants will be transported in style in a 35-passenger, washroom equipped, luxurious tour bus. Bicycles will be treated with the utmost care as they enjoy their way to the start point in a fully enclosed trailer.

Awaiting you is a scenic 4-day cycling tour in beautiful British Columbia. Highways are in good condition with wide shoulders that offer plenty of room for safe cycling. Accommodations for all three nights will be at the world renowned Mike Wiegele Helicopter Resort located in Blue River. Be prepared to enjoy a mini gym, hot tub and lake with a swimming area and sandy beach. Laundry facilities are available. Cost of the trip is \$600. Included are round trip transportation, accommodations (double occupancy) and all meals. Participants will share in preparing meals in a fully equipped industrial kitchen located in the Mike Wiegele's Bavarian House Estate.

#### **Itinerary:**

Day 1 – Drive to Allan Creek Snowmobile Staging Area on Hwy 5 and then cycle to Mike Wiegele Resort (60 km)

Day 2 – Ride an out and back from Mike Wiegele Resort (between 80 & 100 km)

Day 3 – Drive to Clearwater then cycle to Wells Gray Park, have lunch, return to start (between 80 and 100 km), then drive back to Mike Wiegele Resort

Day 4 – Drive to Valemount and then cycle to Mount Robson Visitor Center (40 km) and then drive home.

Payment: \$300.00 deposit required upon registration. Balance of \$300.00 is payable on or before the trip planning meeting.

### **TRIP PLANNING MEETING**

**Date:** Monday, July 29th - 7:00 pm

**Location:** TBA

## Thunder Lake

**Date:** August 24 and 25

**Cost:** Approximately \$70.00 (due with registration). **Registration opens June 15.**

**Distance/Rating:** Approximately 80 - 90 km each day. Intermediate. Van supported.

**Participants: no limit**

**Location:** Starts from Onoway on Saturday morning.

**Description:** Classic Thunder Lake camping trip. We cycle west and north to Thunder Lake stopping at the Barrhead IGA for their famous breakfast special and return to Onoway around 3:00 p.m. No pre-trip meeting required. One volunteer is needed to make Saturday's lunch; the coordinator will make supper. Because of the nature of this trip, we're able to accept registrations as late as a few days before the trip, so no pressure to commit early. If you're looking for a really relaxed trip, mainly on peaceful country roads, this is it!

**Coordinator:** Debbi and Bryan Wallace @ (780) 987-3331 or [debbi.wallace@cra-arc.gc.ca](mailto:debbi.wallace@cra-arc.gc.ca)

## Logan's Pass 2013

Date: Labour Day weekend August 30 -September 2

Currently under consideration and in early planning phase.

Fees for this trip will be collected on-line.

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