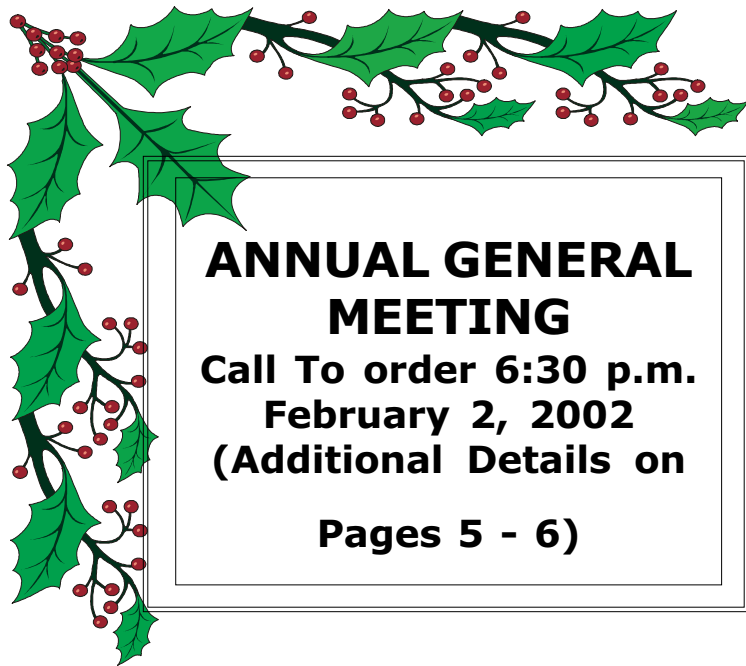


Spokes

January - February 2002

The Newsletter of the Edmonton Bicycle & Touring Club



ANNUAL GENERAL MEETING

Call To order 6:30 p.m.
February 2, 2002
(Additional Details on
Pages 5 - 6)

Where: Rundle Park, 2909 - 113 Ave Exact spot to be determined check hotline or email

Skating: 4:00 - 5:30 PM All ages welcome!

Potluck: 5:30 - 6:30 PM our usual bring a dish format

Beverages provided

AGM & Elections: 6:30 - 8:30 PM Your executive would like to invite all club members to come out and enjoy some healthy recreation and good food before we tend to the annual business of keeping the club going. We would like to see lots of members out to meet and share ideas with, and to show support for the new executive. It is your club.

**Monthly Member Meeting Monday,
January 14, 2002**

Location: Edmonton International Hostel
10647 - 81 Ave

Exec meeting: 6:30 - 7:30pm

Public meeting: 7:45 - 9:00pm

Topic: **2002 Tour de l'Alberta Planning**

I know that everybody has read Richard's excellent article in December Spokes. To carry on the tradition of the TDA started by Don and Richard we need tour coordinators to accept the torch and continue to develop its potential as one of the parts of the Run Bike Ski. We need to start now to ensure that all potential cyclists know about the TDA and plan to include it in their summer plans. We would like input from everyone with thoughts on this great event.



**Give your club
a hand - it
doesn't work
without you!**

EBTC Hotline Recording: 424-2453 (424-BIKE)

E-mail: bikeclub@freenet.edmonton.ab.ca

WWW: <http://www.freenet.edmonton.ab.ca/bicycle/>

EBTC Executive Members

| | | |
|------------------------------------|------------------|----------|
| President | Al Carlson | 458-1471 |
| Past President | Richard Williams | 419-6240 |
| Vice President/Touring Coordinator | Neil Morrison | 466-3550 |
| Treasurer | Maureen Lanuke | 436-9004 |
| Secretary | Rachel Champagne | 481-4460 |
| Publicity Coordinator | Vacant | _____ |
| Social Coordinator | Vacant | _____ |
| Newsletter Editor | Gord Charles | 487-0206 |
| Supplies & Equipment Coordinator | Ernie Mah | 988-8322 |
| Education & Safety Coordinator | Dave Franke | 467-7197 |
| Membership Coordinator | Angela Ziemann | 469-0328 |
| Volunteer Coordinator | Frank Johnston | 458-1103 |
| Librarian | Vacant | _____ |

Newsletter Enquiries & Submissions

The submission deadline for the March newsletter is February 20, 2002

Enquiries, articles and photos can be delivered on 3.5" IBM formatted diskettes, or on paper addressed to the EBTC Newsletter Editor, P.O. Box 52017, Garneau Postal Station, Edmonton, Alberta, T6G 2T5

To arrange for alternate delivery of submissions, the Newsletter Editor can be contacted at (487-0206). Short submissions can be faxed to 443-2004. Submissions can also be sent via e-mail addressed to: bikeclub@freenet.edmonton.ab.ca or directly to: grcharle@telusplanet.net

— these can be included within the body of the e-mail message or as attached word processing and graphics files. Most popular word processor and graphic file formats are acceptable.

...or, bring your articles to the monthly member's meeting.

Spokes is the newsletter of the all-volunteer Edmonton Bicycle & Touring Club. It is published monthly in the summer and bi-monthly in the winter months. Excerpts may be used, without permission, provided the source is acknowledged.

Opinions expressed in **Spokes** are those of the author or contributor and are not necessarily shared by the Edmonton Bicycle and Touring Club. The editor reserves the right to edit for clarity, brevity, and content. The editor, is the sole judge of suitability for publication of all articles or advertisements.

© Copyright 2001 by the
Edmonton Bicycle and Touring Club
All rights reserved.

Permission is granted to the reprinting of articles herein by any non-profit group or publications. Full credit to the author and **Spokes** must appear in your publication and a copy sent to:

Edmonton Bicycle and Touring Club
P.O. Box 52017
Garneau Postal Station
Edmonton, Alberta
T6G 2T5

Moving?

If you're moving, please give your name, old address, new address and new phone numbers to the "Membership Coordinator" noted above. This information will ensure that you receive your new EBTC newsletters.

E-Mail ??

The **EBTC** maintains an e-mail directory of members. Occasionally, e-mail or other items received by **EBTC** that are considered to be of interest to the membership are forwarded via E-mail to the members listed in this directory. If you wish to be added to this mailing list please send a request via e-mail to bikeclub@freenet.edmonton.ab.ca

Ski & Trip Schedules**7PM Wednesday Night Snow & Go**

Coordinator: Ernie Mah (988-8322)

Starts: whenever there is enough snow on the ground in the city to ski.

Distance: based on time, usually ski for 1 to 2 hr. including stops. (less if it is cold, more if it is warm)

Description: Edmonton's river valley is a wonderful place to ski in the evening. There are lit ski trails at Goldbar park and Kinsmen park. And with the ambient light from city lights reflected off clouds or light from the moon, even the unlit trails in Hawelak Park, Riverside Golf course, Capilano Park are bright enough to ski at night. We always meet at 7:00pm, but the location changes from week to week. Please call my number (988-8322) sometime on Wednesday before you head out to the Snow & Go and listen to the recorded message to find out our meeting location. There is usually hot chocolate and cookies available after the ski.

See next page

Annual Black Cat Guest Ranch X-C Ski Weekend

Date: January 25-26,27, 2002
Coordinator(s): Sandy Krause *ph.* 892-2538
Motel style accomodation, Common Room, Hot Tub, games room
Distance varies, Novice to intermediate, set tracks
Cost: 65.00 deposit, 160.00 total for weekend approx.(with meals)
Call Sandy Krause @ 892-2538 for more details.



Jan 12-13, 2002 - Canmore Ski Trip

Coordinator: Ernie Mah (988-8322)
Dist/Rating: Hills - 10-25km Sat., 5-15km Sun. **Deposit:** \$50 **Cost:** \$85-\$100 (depending on numbers)
Description: We will ski where the snow conditions are the best, probably in Peter Lougheed PP, Mnt Shark Trails or Lake Louise.
This is a trip to enjoy the mountains and the outdoors. We will carpool to Canmore and stay at the Canmore Regency Suites where we have three, 2 bedroom suites booked.
Capacity: 12 skiers including the coordinator

Feb 23-24, 2002 Lake Louise Ski Trip

Coordinator: John Sisson(431-0359)
Dist/Rating: Hills - 10-20km Sat., 5-15km Sun.
This trip will be done as a carpool to the Lake Louise Hostel, with the usual EBTC plan for group cooking and cleaning after meals. We will pack lunches for the noontime stops on the ski trail; and do breakfasts for both Saturday and Sunday as well as Saturday dinner in the hostel kitchen. On Saturday the group will ski on the set trails around Lake Louise, with the possibility of doing an afternoon "tea" in the chateau itself. On Sunday we will travel back to Banff and take the trail loop behind the Banff Springs Hotel, and should finish our trip by mid afternoon for an easy drive back to Edmonton. These two days are mostly spent on trails, which are listed as intermediate, though beginner skiers will also find them to be not too challenging. There will be alternative trails for anyone who wants an easier days ski, and this trip is also open to anyone who wants to do a day of downhill skiing.

The trip cost is \$80 - \$90 depending on numbers, with a deposit of \$50. Final payment will be collected at a pre trip meeting, which will be held in the week of Feb. 16. If you have any questions contact John Sisson at 431-0359.

Sunday Mar 10, 2002 The Great Pastr Caper @ Strathcona Widerness Centre (SWC)

Coordinator: TBA
Dist/Rating: Approx 3 km **Cost:** Wilderness Centre day pass
Description: The SWC's final winter event. Ski around a short ski course and stop at several sponsored stations to sample pastries and hot drinks. Meet at 12:30pm in the main building for the SWC. The Pastry Caper begins at 1:00pm.

Tours! - Trips! - Plans!

If you have ideas for day trips or tours let our Tour Coordinator know, and be ready to bring them to the next planning meeting, (look for details in the newsletter).

Consider joining forces with a buddy or close friend to co-coordinate a tour or trip.

Overnight Tour Registration Form

Please read the Tour Registration Policy overleaf, before filling out your registration form. To ensure 'First come, First served' registration, forms and cheques will not be accepted by tour leaders. All registrations will be dated by the postmark.

Please fill out a separate registration form and cheque for each tour.

Tour Name: _____ Tour _____
 Date(s): _____
 Your Name: _____ EBTC Membership Card # _____
 Address: _____ Postal Code: _____
 Home Phone: _____ Work Phone: _____
 E-mail address: _____ Are you under 18? Yes ___ No ___
 Do you have a current first aid certificate?: Yes ___ No ___ Amount of deposit enclosed: _____
 Please note any medical conditions which may affect your ability to complete this tour:

Release of Organizers:

In signing this release for myself or for the named entrant (when the entrant is under 18), I understand the intent of this release and agree to absolve the Edmonton Bicycle and Touring Club, its officers, organizers, and participants, singly and collectively, of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in this activity.

Signature: _____
 Date: _____

(If under 18, signature of Parent or Guardian)

Overnight Tour Registration Policy

1. Registrations may be limited on some tours.
2. To register for a tour, you **must** be a club member. This form is required only for overnight tours; not for day trips.
3. For tours with a fee of less than \$50.00, full payment is required with registration, of which \$25.00 is non-refundable.
4. For tours with a fee of more than \$50.00, a deposit of \$50.00 is required with registration, of which \$25.00 is non-refundable. **The balance is due 7 days before departure.**
5. A separate registration form and cheque is required for each tour. Mail forms and cheques to:

EDMONTON BICYCLE & TOURING CLUB
P.O. Box 52017, Garneau Postal Station
Edmonton, Alberta T6G 2T5

6. Registration must be by mailed and received at least **3 weeks** before the tour departure date. Registrations after this date must be dropped off directly to the tour coordinator and accepted at the tour coordinator's discretion.

Refund Policy

7. If you cancel within 7 days of the date of the tour departure with a replacement being found, the \$25.00 non-refundable deposit is forfeited. If you cancel within 7 days of departure without a replacement being found, the full tour fee is forfeited. If you cancel more than 7 days before the tour departure date with a replacement being found, the full tour fee is refunded. If you cancel more than 7 days before the tour departure date without a replacement being found, the \$25.00 non-refundable deposit is forfeited.
8. If your registration and deposit are received after a tour is 'full', you can choose to:
 - a) have your cheque destroyed, or
 - b) have your name placed on the waiting list, and your deposit held by the club. If you are not accepted from the waiting list, your deposit will be refunded.



President's Ramblings:

Today I realized that we are two days past the shortest day of the year, and every day will bring us a bit more sunlight. And bring us closer to another cycling season, non-winter cycling I should add. I see a number of cyclists each day as I drive my car to work, but I cannot begin to imagine cycling in the cold. I can only hope that motorists are aware that they are out there on the road.

I have not been able to get out my cross-country skis yet, so my training for the Birkie is suffering. If I do get them out, the 15k route will be the max for me. I know of a number of people are out taking lessons, getting ready for bigger things than I have planned. But I could also join our gang at one of the rest stops, and help the skiers have a good day. Whatever your plans are, I trust everybody is praying for some fresh snow. Even though we have lots more than last year, I've heard the trails are icy.

This year is the first year of our new AGM format, so please read the other articles on related subjects. With the AGM in February, we are able to present an audited financial statement for the year just past, and a budget for the upcoming year. I would ask each member to consider joining the executive in some capacity if you are willing and able. We have lots of different jobs requiring people with many different skills. Whatever your decision is about serving on the executive, please join your fellow members for fun, food and club support on Saturday, February 2, 2002.

Season's Greetings!

2002 Annual General Meeting Agenda:

All additions to the following agenda must be given to Al Carlson prior to the meeting. Nominations for all executive positions should be made as soon as possible. The responsibilities and duties for each of the executive positions are outlined on page 6 of this newsletter.

- * Call to Order 6:30 P.M. Saturday, February 2nd. 2002
- * Approval of year 2001 Annual General Meeting Minutes
- 1. Reports
 - 1.1 President's Report
 - 1.2 Vice-President's (Touring) Report
 - 1.3 Membership Coordinator's Report
 - 1.4 Treasurer's Report
 - 1.4a) Approval of Audited Financial Statements for 2001
 - 1.4b) Appointment of 2002 Auditors
 - 1.4c) Budget and Fee Structure for 2002

- 2. Old Business
 - 2.1 Bylaw committee review results
- 3. New Business
 - 3.1 Special Resolution - Society Bylaw Amendment
- 4. Election of executive
- 5. Adjournment at 8:30 PM



EBTC Executive Positions

The following is a brief synopsis of the positions of the current EBTC executive. Nominations may be made by contacting the EBTC President.

President coordinates the overall activities of the club and acts as its chief spokesman and executive officer. Is responsible for outside liaison with other societies, associations, government and regulatory agencies. Chairs executive and general meetings. Works through the executive in the delegation of duties and responsibilities towards the achievement of beneficial goals and objectives. Shows fiscal authority for club expenditures. Keeps the general membership informed of club activities through the newsletter and other communications.

Past President attends the executive & general meetings and guides the club in regards to past policies and events.

Vice-President/Touring Coordinator is responsible for organizing the cycling and skiing touring schedule. Duties consist of holding a tour leader workshop to train coordinators on how to run an EBTC trip; getting ideas for trips and volunteers to run the trips; coaching volunteers in how to budget for a trip; set prices for trips, book vehicles and get drivers; reviewing and assessing club policy with regard to trips; reviewing and assessing size and format of trips and type of vehicles used; provide input to treasurer for annual budget. In the absence of the president, the vice-president is the club's spokesperson and may also be called upon to represent the club on various committees.

Treasurer is responsible for the EBTC money. Duties include: provision of financial statements, balancing of the accounts (chequing, savings & petty cash), issuing cheques, assisting the Touring Coordinators with trip/event expense reports and maintaining EBTC "break even" policy. Knowledge of the Accpac "Simply Accounting" Windows program would be very helpful.

Secretary records minutes of each meeting and provides copies to each executive member. Empties mailbox and distributes mail. Records trip registrations and payments and maintains master trip list. Confirms trip applications and maintains close contact with trip leaders.

Publicity Coordinator is the organizer of the semi-annual membership drives (1) Nov-Dec X-country Skiing and (2) April-May cycling. This includes advertising through the media; distributing brochures, posters and cards; booking of classrooms for the spring info nights and developing other innovative techniques for recruiting members at large. Also responsible for organizing public displays and info seminars.

Social Coordinator responsibilities involve the ability to dream up and then make into reality the year's social events. Motto: if it isn't a bike ride nor a ski trip then it must be a social.

Newsletter Editor is responsible for collecting information for the newsletter, then typing it and formatting it for printing and/or coordinating volunteers to assist with these tasks. Responsible for taking newsletter to the photocopiers and picking it up, getting address labels from the membership coordinator, getting stamps from the post office, folding and stuffing newsletters and finally getting them to the post office. Responsible for maintaining the club computer hardware & software. Currently, the newsletter editor also acts as webmaster and maintains the EBTC web pages.

Education and Safety Coordinator is responsible for promoting safe cycling/skiing within the club by example and through education. You must have a clean riding record with no demerits for speeding or careless riding while under the influence. Responsible for contributing ideas to executive meetings and articles to the newsletter which will help the club to continue to operate without any major incidents causing injury.

Supplies and Equipment Coordinator is responsible for storage and maintenance of the touring equipment. Compiles an inventory and keeps track of the various supplies. Informs trip coordinators of the available equipment; assists with compiling a list of needed supplies per trip and arranges for the delivery and pick-up of supplies for trips.

Membership Coordinator is keeper of all membership forms and maintains an accurate list of names, addresses and phone numbers. Provides address labels to newsletter editor, mails membership cards, crests and application forms. Answers the "what are you all about?" letters.

Volunteer Coordinator is responsible for finding committed volunteers to assist with various EBTC events and for providing them with information on the duties involved. (e.g. dances, century ride, Birkie Rest Station etc.)



Birkebeiner Festival Rest Stop 2002 Saturday, Feb. 9, 2002



The EBTC will once again be running a rest stop at the Birkebeiner Cross Country Ski event. To do this, we'll need a number of volunteers who are willing to spend their Saturday morning handing out drinks and snacks to hordes of cross-country skiers. We'll meet early in the morning, car pool to the Blackfoot Grazing Reserve, be led out to our rest stop and set up camp. After some preparation, the skiers will come, and come, and come... The EBTC has been involved in this event for over 13 years.

Last year, the snow situation was so poor that the Birkebeiner had to be cancelled. Hopefully the snow we recently received will be followed by lots more! We will likely be allocated the "Roundup" feed station again this time, which means that we'll be finished by 1-3 PM. Please contact me (David Williams, 438-1197, meccano@ecn.ab.ca), if you'd like to be involved. The sooner the better! All volunteers normally receive a volunteer T-shirt and are invited to a volunteer wrap-up party. More information about the Canadian Birkebeiner can be found on their new website:

<http://www.canadianbirkie.com/>

P.S. If you register to ski in the Birkie please indicate that you're an EBTC member on the registration form!
David Williams, Edmonton, Alberta, CANADA mailto: meccano@freenet.edmonton.ab.ca Meccano Home Page
URL: <http://www.freenet.edmonton.ab.ca/meccano/>



The TOUR DE L'ALBERTA

The time has come late in the season to pass the torch over to a new TDA committee. I have directed the TOUR now for three years, matched only by its creator, also with three years, Don Peddie. Each of us have, in measurable ways, added to the TOUR each year. It was and remains our wish that the TOUR continue to grow in size, scope, and quality. The TOUR is expected to become the single largest recreational day ride in Alberta. I believe we are a paltry three years away.

The TOUR now has established an expected level of performance and commitment. These levels are maintained daily by the executive and our members, as we make our ways through our activities in the community. In short... we rock!! We set the standard.

I have enjoyed my time as the TOUR director immensely. Like any bittersweet love/hate relationship, I am sad to step down yet am eager to pass the torch. My thanks go to you all for allowing me the opportunity to add so much to the EBTC. Don and I owe a great deal of thanks and recognition to you all. It was you who helped when asked and pitched in with all the dirty work. You came and rode rain or shine and lent a helping hand as required. I am truly proud to be a member of this organization and hold you all with highest regard. Thank you.

Whew what a mouthful. The 2002 TDA will require a new executive. We have in the past worked with a centralized sub-committee. The positions are all available. The positions are as follows;

SUPREME COMMANDER – Executive Director

This is the key figurehead for the TOUR. This person is the central hub through which all TDA activities revolve. This person is responsible for all actions and activities of the TOUR. He/She sets the standards and direction for the TOUR, as well as defines what the TOUR will be, what is required to get there, and assists and is assisted by others to make it so. I have three years of models and experience from which to draw upon. At the very least a template for how to run the TOUR is available and it works, less the personality the new director would bring to bear.

Marketing Director

This person assists the Executive Director in all of the operations centered around advertising and marketing the TOUR and the EBTC name. Such activities include, drafting and maintaining Public Service announcements, press releases, and developing relationships with media. Creation of a mail campaign to cyclist organizations in western Canada. Posting and maintenance of posters and TOUR info in appropriate venues. Models and templates are available to assist the new person.

Volunteer Director

This is the people maker of the trio. This person assists with organizing and finding volunteers for the day of the TOUR. There are smaller jobs and positions available throughout the year as directed by the Supreme commander. The volunteer director shall find people to fill this need. This person works closely with the other two so as to intimately understand what the expectations are for each volunteer and their position on the Day of the TOUR.

If you are interested in any of the positions above I encourage you to call me for more info. I can elaborate on any and all of the positions. Running the TOUR has been a blast and I envy the new people who get to do it for their first time. What an adventure they will have.

Best Regards,

Richard Williams – ex supreme commander.

Internet Resources for XC Skiing in the Canadian Rockies

If you are heading into the Rockies for a XC ski trip, here are some websites that contain valuable information:

Trail Descriptions

If you are looking for ski trail descriptions in the Jasper, Banff, Canmore, Lake Louise or Kananaskis areas, try this site

<http://www.skitherockies.net/xcountry.html>

There are maps except for trails in Kananaskis and trail descriptions.

Trail Conditions

Next, to find out if there is any snow out there, you can find trail conditions at the following sites:

<http://www.discoveralberta.com/ParksCanada-Banff/trailreport.html> for Banff
http://www3.gov.ab.ca/env/parks/prov_parks/kananaskis/trailreport.html for Kananaskis
http://www.worldweb.com/parkscanada-jasper/recreation/xcountry_ski_report.htm for Jasper

Avalanche Hazards

There is an avalanche hazard on some of the Rockies' ski trails. If you are venturing on these trails, you should also check the avalanche hazard before you go and take the appropriate precautions. Avalanche bulletins for western Canada can be found at the Canadian Avalanche Association website:

<http://www.avalanche.ca/Bulletin.html>

Weather

Next, check the weather forecast for the area you are skiing. Never assume that because it is cold in Edmonton or Calgary, that it will be cold in the mountains as well. In the winter, we often have temperature inversions, so it is sometimes warmer at a higher elevation, such as in the mountains. The Environment Canada website is a good starting point:

http://weatheroffice.ec.gc.ca/canada_e.html

However, the Environment Canada website only gives a forecast and temperature range for the Banff and Jasper townsite and the ski trail you may want to ski is away from these two towns, so consult the websites for the downhill areas in the Rockies. They have temperature and snow condition reports at the ski hill which may be closer to the trailhead in distance and elevation than Banff or Jasper townsite.

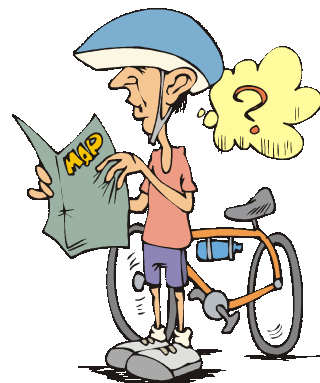
<http://www.skilouise.com/weather/>
<http://www.skimarmot.com/u/hillconditions.html>
<http://www.skifortress.com/snow-report/index.asp>

Road Conditions

It's always a good idea to check on the road conditions before you head out for a long out of town drive in the winter, so check the Alberta Motor Association website for road condition throughout Alberta.

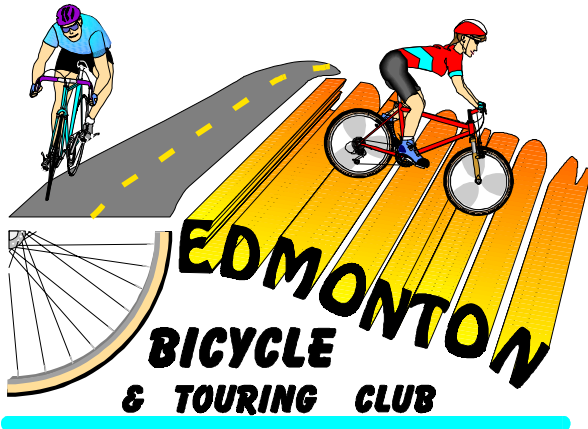
<http://www.ama.ab.ca/>

That's it folks, so get out and ski the Rockies.
Ernie Mah



Notice: Correction

The Edmonton Bike & Touring Club will be celebrating its 25th anniversary, in 2003. We are looking for people to come forward with ideas about this celebration. Thanks to all.

**Bicycle Shop Discounts**

Discounts are available to all EBTC members at the following shops. You must show your membership card. Discounts do not normally apply to sale items. Other limitations may be posted by the retailer.

Cycle Logic

7805 - 109 Street, 433-1046
15% off parts, accessories and service

Klondike Cycle & Sports

9440 - 149 Street, 484-3307
20% off parts and accessories

Millwoods Sports & Cycle

6524 - 28 Avenue, 462-1642
10% off

Pedalhead

8411 - 109 Street, 433-2085
www.compumart.ab.ca/
pedalhead/

10% off parts and accessories

redbike

10918 - 88 Avenue, 435-2674
10% off parts and accessories

Revolution Cycle

15103 Stony Plain Rd.,
486-3634 - 15% off

River Valley Cycle & Sport

9124 - 82 Avenue, 465-3863
http://www.rvcns.com/
15% off parts, accessories and service

Sports Shack 1993

6116 - 90 Avenue, 469-3554
10% off parts and accessories

The Hardcore Mountain

10008 - 82 Avenue, 439-4599
http://www.hardcore.ab.ca/
10% off

Track 'N Trail

10148 - 82 Avenue, 432-1707
http://www.compumart.ab.ca/
track/

10% off

United Cycle

10328 - 78 Avenue, 433-1181
http://www.unitedcycle.com/
10% off retail parts and accessories

Velo City Cycle and Sport

7208 - 101 Avenue, 466-8133
10% off parts and accessories

Way Past Fast

9303 - 34 Avenue, 448-0570
15% off parts and accessories

Western Cycle

10429 - 124 Street, 482-5636
www.westerncycle.com
10% off parts and accessories

Note: many other outdoor shops will give discounts to EBTC members! Inquire if in doubt.

The Peddler


For Sale

1999 56cm GT Force roadbike in metallic blue with yellow decals and bar tape, in immaculate condition, Mavic XP11 wheelset, 52/42/30 triple crank, 12-28 7-speed cog set, RSX components, handbrake shifters.

Extras: - both clip and clipless pedals

- Cateye Astral computer with cadence
- spare 11-24 cog set
- twin bottle cages and matching yellow

bottles - front and rear eyelets for rack mounting
A light, strong, very fast bike and a steal at only \$500 (firm).

Call Bob at (780) 482- 5403

For Sale

Tandem Bike for Sale: Arvon, Touring, Large Frame, Well Equipped, Strong, Hydraulic Brakes, Suspension Post for Stoker; \$2,500.00 obo.
dandb@shaw.ca or Bill, Evenings, 780-434-7698.

Thank you: Bill Bell

2000 Norco Terrene Expedition touring bike for sale. Shimano 105 components all around. Capability to install Shimano flight deck computer, 27 gears, only used one season, Ritchey clipless pedals. Rear cluster and tire upgrade. Asking \$1,100.

Call Ellen at 424-1734 or cell 707-0993.

Inter Rim Mag Bike Trainer for sale. One year old, like new and compact. \$150 OBO. The rollers are on the rim of the bike so the rubber on the tire doesn't shred and get worn out. Can be used on mountain bikes and road bikes.

Call Ellen at 424-1734 or cell at 707-0993.

Spokes