



# Spokes

August 2002

The Newsletter of the Edmonton Bicycle & Touring Club

## Lance Knows The Tour Is Not Finished Until He Rides Through The Mountains



JOIN THE EBTC ON A 4 STAGE  
SUPPORTED RIDE  
FROM BANFF TO JASPER  
AUGUST 30 TO SEPTEMBER 2

COST APPROXIMATELY \$220.00  
INCLUDES ALL TRANSPORTATION  
FOOD AND HOSTEL ACCOMMODATION



Limited room available for this ride  
Contact Harry Hoyer  
[hhoyer@catrents.ca](mailto:hhoyer@catrents.ca)  
988-7675 (w) 459-4152 (h)

August 10-11, 2002 THUNDER  
LAKE TRIP

Saturday, August 17, 2002 Max Intake  
Bakery Tour

Sunday, August 18, 2002 PIGEON  
LAKE DAY TRIP



Monthly Executive  
Meeting  
Monday, 6:30 p.m., Sept.  
9, 2002  
Members meeting 7:45  
p.m.

Location: Edmonton International Hostel  
10647 - 81 Ave

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

E-mail: [bikeclub@ecn.ab.ca](mailto:bikeclub@ecn.ab.ca)

WWW: <http://www.ecn.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	Carol Benoit	447-0584
Publicity Coordinator	Harry Hoyer	459-4152
Social Coordinator	Nadine Leenders	438-1987
Newsletter Editor	Gord Charles	487-0206
Supplies & Equipment Coordinator	Ernie Mah	988-8322
Membership Coordinator	Angela Ziemann	469-0328
Education & Safety Coordinator	Vacant	
Volunteer Coordinator	Vacant	
Librarian	Vacant	

**Newsletter Enquiries & Submissions**

The submission deadline for the club newsletter is 22, of each month.

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@ecn.ab.ca](mailto:bikeclub@ecn.ab.ca) or directly to: [grcharle@telusplanet.net](mailto: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 2002 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@ecn.ab.ca](mailto:bikeclub@ecn.ab.ca)

**Riding****With****Friends****EBTC Tours, nothing but the best**

## Edmonton Bicycle and Touring Club Tour Calendar-Summer 2002

FOR ALL OVERNIGHT TOURS, REGISTRATION OPEN FROM MAY 1, 2002 or April 1, 2002 if Noted

Please read the Tour Registration Policy before filling out your registration form. To ensure 'First come, First served', registration form(s) and cheque(s) will not be accepted by tour leaders. All tour registrations will be considered received as indicated by the dated postmark.

\*\* The schedule is subject to ongoing changes, corrections, additions etc. Always refer to the most recent issue of the newsletter and check with tour coordinators for latest information.

**August 10-11, 2002 THUNDER LAKE TRIP** **Dist/Rating:** Between 75 Km to 80 Km per day  
**Coordinator:** Debbie Kowaliuk (462 1266) **Cost:** Approx. \$80.00 **Deposit:** \$50.00  
**Description:** The classic Thunder Lake trip. Cycle from Onoway to Thunder Lake Provincial Park, which has a nice beach. This will be a van supported camping trip. Anticipated distance will be 75 Km on Sat. and 80 Km on Sunday.

**Saturday, August 17, 2002 Max Intake Bakery Tour**  
**Coordinator:** Al Carlson (458-1471) **Cost:** \$ for baked goods (intake)  
**Description:** My goal this year is to make it to all the planned bakeries, and to keep everybody happy. So I'll include some optional loops for those who need to put in lots of km to justify the extra calorie intake. Meet at the Bee Bell Health Bakery at 9:30 for departure at 10:00 am sharp, 10416 - 80 Ave. Ride 35 to 60 km

**Sunday, August 18, 2002 PIGEON LAKE DAY TRIP**  
**Coordinators:** Nadine Leenders (438-1987) and Dennis Woo (446-0625) **Cost:** About \$10.00 for a meal at Mulhurst  
**Distance/Rating:** 60 km with hills. **Support:** A van with water, please bring your own snacks or buy them along the route. Meet at the Old House Country Restaurant at Mulhurst at 9:30 AM. (To find, take Hwy 39 exit at Leduc and go 16 km to Calmar. Turn south at Esso station onto Hwy 795 for 25 km. Turn west 1 km south of Pipestone onto Hwy 616 for 10 km. Restaurant is on highest hill on south side of hwy. It takes about 50 minutes to get there from south Edmonton.) Cycle around Pigeon Lake, enjoying the rural setting and picturesque views of the lake. The ride is 60 km with rolling hills and good roads. Afterwards, enjoy a meal at the scenic restaurant which is offering their world.

**August 24 to September 2, 2002 Kettle Valley Railroad**  
**Coordinators:** Ernie Mah **Cost:** \$100 deposit, Total:TBA Limited to 10 participants  
**Description:** Ride the abandoned Kettle Valley Railway from Midway to Brookmere. This is a self support trip with varied accommodations; hostel, campground, rustic lodge, & motel. A mtbike is required for this trip, but the KVR trail consists mainly of wide hardpacked dirt and gravel with some sandy sections.

**August 24-25, 2002 STETTLER TOUR**  
**Coordinator:** John Sisson (431-0359) **Cost:** Deposit of \$25, final tba.  
**Description:** Saturday bike ride of 50 km or 80 km routes. Chance for a train ride on the Alberta Prairie railway on Sunday. Camping trip with car pooling, designed to be a trip for all levels of rider from beginner to advance.

**Sunday, September 15, 2002 BEAUMONT - LEDUC LOOP** **Cost:** free (\$ for snacks if you want to buy them in Beaumont/Leduc)  
**Coordinator:** Angela Ziemann (469-0328)  
**Dist/Rating:** meet: 10 am SHARP at the Lions Rotary Park, west side 66 street and North of 23 ave, east of the Safeway at Millwoods Town Centre 35km beg. / 70km int.  
**Description:** This is a Fun and challenging loop suitable for beginners/families if doing only the first leg to Beaumont. An excellent challenge/ training ride for those continuing on to Leduc. We will stop for a quick lunch at the Beaumont IGA. the short group heads back to Edmonton, while the rest continue on to Leduc, then Edmonton via Nisku. Only 2 rest stops- Beaumont / Leduc. Must carry own gear, water and food. You can purchase snacks in Beaumont or Leduc

## INPUT REQUIRED

The executive needs to know your thoughts and level of interest regarding speakers after our monthly executive meeting. I know in the past we have had some excellent speakers on technical topics for cycling and skiing, as well as presentations on tours. Please let us know if you are personally interested in attending meetings with speakers, and if so what topics would be of interest.

Next year marks the 25<sup>th</sup> Anniversary of the EBTC. Please start to develop some ways we can celebrate, and then bring them forward to any one on the executive, or at a planning meeting to be held this fall. Watch for details to come.



*Spokes*

## Edmonton Bicycle and Touring Club

## Leading a Day Trip

### *Identify a theme for the ride:*

- Ride and Eat: Cycling and eating go hand in hand. That is why these types of rides are so popular. There are rides to restaurants, picnic rides, chocolate lover's rides, and bakery rides. A trip could also be organized to end at an eatery or everyone goes for food after the end of the ride.
- Pick a Destination: Cycle to a local attraction, such as the Devonian Gardens or to one of the Local Nature Areas.
- Pick an Area: These are more exploration trips. You pick a route through an area because of its quiet roads, it's scenic interest, or it's diverse and challenging terrain.
- Pick a Distance: In this case, a route is chosen more for its length. These rides tend to be fitness rides or rides to build up endurance.

### *Advertise the ride:*

- Make sure the trip appears in the newsletter. The brief description in the newsletter schedule should include the meeting point for the ride, the departure time and any further instructions. The participants may have to be reminded to carry a lunch or to bring money to buy a lunch or call the coordinator to reserve a spot for a restaurant ride. For added attention, submit a small article detailing the trip in the newsletter. The article should appear in the newsletter that goes out to people just before the date of the ride.
- Promote the trip by word of mouth. At EBTC socials, monthly meetings and other EBTC rides talk to people about the trip.

### *Scout the route or area and pick a route:*

- For road rides, pre-ride or pre-drive the area to check on:
  - Road conditions
  - Determine distances
  - The availability of food, water and washrooms along the route
  - Any road hazards: cattle guards, railway crossings, rough road, busy road, and loose dogs.
- Determine alternate routes. Quiet routes with little traffic are ideal.
- For a mountain bike day trip, explore the area first. Then during the actual EBTC ride you are familiar with the area and can point out any hazards.

### *Make a map: (Road Trip)*

- A route map must be prepared which identifies the following details:
  - The start / finish points
  - Identifying names of roads and landmarks
  - Give clear instructions on any turns
  - Identify the location and distance to rest stops and the lunch break.

### *Confirm reservations:*

- For a restaurant ride you may need to confirm a reservation the day before or the morning of the ride.

### *Have copies of all handouts:*

- Make copies of the map to be distributed to the cyclists at the start point.
- Have copies of the membership form /club waiver to pass out to non-members at the start
- Bring some pens and pencils.

### *At the beginning of the ride:*

- Gather the group and go through the "Bicycle Trip Coordinator Script"
- Designate a strong rider that has repair skills as the sweep. It is the responsibility of the sweep to make sure that everyone at the back of the pack makes it to the next rest stop or to the end of the ride.

### *At the designated rest stops:*

- Regroup the cyclists. Account for all of the cyclists before continuing.
- Point out any specific instructions for the next portion of the route or answer any questions riders may have about the next section of the route.
- If this is a destination ride, where the bikes need to be locked and left alone, make sure everyone either has a lock or can lock their bike with someone else.

### *At the finish if the ride:*

- Don't leave until the last person has come in. If necessary, send a vehicle (for a road trip) back along the route to see if a rescue is required.
- Suggest a location for meeting after the ride such as a café or ice cream place.
- You're done.



## Overnight Tour Registration Form

Please read the Tour Registration Policy before filling out your registration form. To ensure 'First come, first served', tour registration forms and payment(s) will be accepted in order by the CANADA POST date postmarked on the envelope.

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

Name of Tour: \_\_\_\_\_

Tour Date(s): \_\_\_\_\_

Your Name: \_\_\_\_\_ EBTC Membership Card # \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ If under 18 please check

Do you have a current first aid certificate?: Yes  No

Please note any medical conditions which may affect your ability to complete this tour: \_\_\_\_\_

Allergies/ Diet restrictions \_\_\_\_\_

### 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. (If under 18, signature of Parent or Guardian)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Deposit  Paid in Full  Amount enclosed: \_\_\_\_\_

### 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.

## **THE STETTLER TOUR AUGUST 24-25**

### **RIDE THE PRAIRIE RAILWAY**

The August tour scheduled for the highway 21 area will be centered on the town of Stettler. This trip will feature a bike loop ride on Saturday and the choice of a ride on the Alberta Prairie Railway on Sunday.

The cycling choices under consideration include a trip to the Rochon Sands provincial park on the shores of Buffalo Lake, or a ride westwards on highway 12 to the area of the Content Bridge campsite in the Red Deer river valley. The Rochon Sands option would be a shorter trip aimed at the beginner to intermediate cyclist with a round trip distance of approximately 50 + km. The highway 12 ride would be oriented to stronger riders with a loop of 80+ km. Both loops will be mapped to provide either option to trip participants.

The Alberta Prairie Railway operates out of Stettler providing rail excursions to Big Valley and Botha with their restored locomotives and passenger cars. The excursion scheduled for Sunday August 25 is called the "Teddy Bear Special to Big Valley"; a diesel train ride to Big Valley that departs Stettler at 11:00 am, and returns at 4:25 pm. The ticket prices for this ride are \$67 for adults, \$64 for seniors, \$50 for youths (ages 11 to 17),

and \$29 for children aged 4 to 10; all children younger than 4 or carrying a Teddy Bear for this particular ride can go for free. Special rates are also given for groups of 20 or more.

There is no decided plan for this trip, and it is open to all levels of cyclist. Anyone wishing to ride on both days will have planned routes available to them. This is planned as a camping trip with group cooking arrangements and car pooling. Deposit of \$25, final costs will only include those related to camping and food; any one taking the train on Sunday will pay their fares at that time. Please contact John Sisson at 431-0359 for information or to indicate if you want to ride the train.

## **Wednesday Show and Go Rides**

The weekly Show and Go rides will be on **Wednesday's** this summer. The first ride of the season will be on Wednesday, May 1st. We'll meet at the Northeast corner of the Kinsmen Fieldhouse parking lot at 6:30 pm. for a 6:45 start (SHARP). These are social rides where EBTC members meet at the designated time and place and then decide where to ride.

## **Sunday Morning Show & Go**

Any Sunday with no scheduled rides, meet at 9:45 for a 10:05 departure, at the northeast corner of the Kinsmen Fieldhouse parking lot.

## **Tuesday Night Outand Back Sweat Rides**

We will meet at 6:30pm for a 6:45pm (sharp) start at the following locations. If you have any suggestions for a fourth location for the sweat rides, please call Angela at 469-0328.

August 6	Sherwood Park Alliance Church - NE corner of Wye Rd/Rge Rd 231
August 13	St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail)
August 20	Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231
August 27	7-11 - NW corner of 97 Street and 176 Avenue
Sept. 3	Sherwood Park Alliance Church - NE corner of Wye Rd/Rge Rd 231
Sept. 10	St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail)
Sept. 17	Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231
Sept. 24	7-11 - NW corner of 97 Street and 176 Avenue



## NOTICE BOARD

### SWIM SOCIAL

**Date:** Friday, August 16th

**Time:** 7:30 PM - Cost: \$4.00

**Address:** 8200 - 95 A St.

Meet at the Mill Creek pool for a relaxing, social swim and afterwards, maybe go out for coffee or refreshments.

## The Peddler

"Santa Barbara-made in USA"; Front Rack; good for touring bikes and has a top shelf as well as a low rider. Cost \$ 100; will take a reasonable offer.

A front and rear Light set for \$ 15.

contact Max Mayer: makiopa29@interbaun.com  
Tel/Fax 489-7173

Time ATAC Alium offroad cliplless pedals and cleats. Brand new - used on just five rides. \$110.00. Call Rob at 461-1575 (leave message if no answer).

1 1991 Miyata 1000 LT Touring Bike. Green, 50 cm, drop bars, bar end shifters. Has Cateye Micro Cyclocomputer. \$600. This is a great touring bike. Hasn't been used last 6 years.

1 1991 Miyata 600 Touring Bike. Silver, 50 cm, drop bars, bar end shifters. \$500. Like new - ridden only 3 times

1 high quality heavy duty All American Rebounder. See: <https://www.trampolines.net/jogger.htm>  
Amazing workout. For persons up to 250 pounds. Never used. \$250 new. Asking \$100.00.

California Know-Ped Scooter:

1 Know-Ped Goped Scooter. Red. Looks like this: <http://www.speed-sports.com/Go-Peds/Know-Ped.html>  
The Know-Ped coasts easily and the braking is superb. The Know-Ped features strong front caliper brakes and a rear fender friction brake, for safety and great control. Terrific, fun human-powered transportation for adults or older children. \$100.00.

Contact: Judy Norris  
[Judy.Norris@ualberta.ca](mailto:Judy.Norris@ualberta.ca) Phone: (780) 447-2864

## 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/](http://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 - 10% 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, 439-4599P

<http://www.hardcore.ab.ca/>  
10% off

### Track 'N Trail

10148 - 82 Avenue,  
432-1707

[http://www.trackntrail.ca/track/10% off](http://www.trackntrail.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](http://www.westerncycle.com)

10% off parts and accessories

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

# Spokes