



Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

Nov 2002

CHRISTMAS TREE CAPER

2002 December 13-15, 2002

We've already had our first snow, and with that come thoughts of CHRISTMAS (is it that time already??), and what can be better to bring in the season than a cozy hidaway, a large hottub, the company of great people, the peace of the country, great hiking or skiing, and the perfect Christmas tree on the annual EBTC Christmas Tree Caper?

The scene for this perfect weekend is Shunda Creek Hostel – a cozy hostel built of logs in the heart of David Thompson Country. It is equipped with all of the amenities, so you don't have to worry about "roughing it", and comes complete with a large country kitchen and a comfy lounge area with a great potbelly stove and lots of couches you can sink right into to read that book you've been trying to find time for. Whether you want to join us in our search for that perfect tree to take home, just go for a cross-country ski or a hike in the pristine surroundings of David Thompson Country, or curl up with that good book beside the wood stove, this is a weekend to call your own.

For information or to book your spot, please call Maureen at 436-9004. Deadline is November 29, 2002. Estimated cost is \$35 - \$50 depending on whether you stay both nights or only 1 night.



RIBBON CREEK – KANANSKIS WILDERNESS HOSTEL

February 21-23, 2003

Memories I have of the last trip I made to Ribbon Creek many moons ago are of a great comfy hostel, wonderful meals supplied by our own EBTC participants, Victor's car not starting because it was so cold, and SNOW – lots of SNOW! The trees were so beautiful with their heavy mantle of white - the snow on the trails was so deep that all you could hear was the swoosh, swoosh of the skis and the perfect silence of the winter day. It was heaven on earth and lots of others must think so too, because we've been having trouble getting a reservation ever since!

This year we have been able to book for 16 people, and I'm sure the conditions will be just as wonderful, (hopefully slightly warmer, but not too warm!). If you are interested, book your spot early for this popular trip! For information, please call Maureen at 436-9004. As we have to pay in full a month before the trip, deadline is FIRM at January 19, 2003. Estimated cost is \$65.00.

Monthly Executive Meeting
Monday, 6:30 p.m., Dec. 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

WWW: <http://www.ecn.ab.ca/bicycle/>

How to Avoid Traffic Accidents

Accidents Not Covered

In this discussion, I am not going to try to deal with three causes of accidents: 1) deficient bike-handling skills, 2) risky behavior and stunts, and 3) risk-taking in competition. One can avoid the first through practice on back roads and parking lots while the latter two are voluntary behaviors anyway. Nor am I going to deal with bikepath accidents because, in my opinion, mixing pedestrians, dogs on leashes, rollerbladers, and incompetent bike riders on a narrow path with short sight distances and tight curves is a sure recipe for injury. Finally, I will not be looking at general accident avoidance, as I have already done so in my previous articles. Instead, I will be focusing on how to avoid specific collisions between bikes and motor vehicles, the cause of almost all fatalities and serious injuries.

General Safety Rules

As I already discussed in "How to Ride in Traffic" and will therefore just point out here, there are five general ways to avoid traffic accidents: 1) obey the traffic laws, 2) keep alert (watch for the other's guy's mistakes), 3) be visible, 4) take the least traveled way, and 5) keep the bike in good repair. Behaving in this fashion will keep cycling very safe. Not behaving in this fashion increases the opportunity for collisions. This article will look at specific types of accidents, why they occurred, and how they could have been prevented. Rather than collisions having mysterious and unavoidable causes, they occur due to 1) a failure to behave safely or to 2) a delay in reacting to others' unsafe behavior.

My Source of Cycling Accident Statistics

I have taken my information about car-bike collisions from [A Crash-Type Manual for Bicyclists](#) by Carol Tan. Wayne Pein, who contributes to [rec.bicycles.soc](#) and [rec.bicycles.misc](#), did much of the work on this manual. This work was based on the National Highway Traffic Safety Administration bicycle typologies which I believe were developed from the studies by Cross and Fisher. The information which I provide on how to avoid these accidents, however, is completely my own. In an earlier article, written for [rec.bicycles.misc](#), I tried to determine who was at fault, even though such a determination was not in the original. In this article, I will ignore fault and focus on accident avoidance.

THE GRAND FINALE - TOUR DE L'ALBERTA 2002

The July 28, 2002 EBTC TOUR DEL' ALBERTA was a great success this year. A new, all-time high of almost 300 riders came out to test themselves and to enjoy the wonderful Alberta scenery, the great food, and the companionship of other riders. Year over year the tour has grown, and each year brings out a lot of our returning and new riders to challenge the 100-Mile (Century) or the 100 Kilometre (Metric Century) tour.

Everyone has their own reason for doing the tour, which is a ride with no losers, just winners who challenge themselves and the course to achieve their individual goals. It could be the first-time rider who is 70 years old, or the people who meet and ride together who become instant friends as a result of the opportunity presented by EBTC's annual Tour de l' Alberta. Whatever the reasons for the ride the feedback from participants is that it is truly one of the best events held in the Edmonton area (Ok, except for the wind - for which the organizers take no responsibility).

The ride would not happen without the help of a lot of people. First and foremost are the volunteers who help out in so many ways. Many were club members or their families, or just friends who were willing to pitch in and help out. It involved everything from helping us transport supplies to the ride, to marshalling on the ride to ensure everyone enjoyed themselves, to getting people through the rigors of registration, or cleaning up after the ride was over. A big THANK YOU to each and every one of you! You really made a difference in creating this great success.

The other group that often goes unsung are our supporters in the community - whether it is the EMT's to ensure any injuries are treated promptly, the RCMP for keeping us on the straight-and-narrow, or the people in the communities who provide us with spaces for checkpoints. Each of you provided us with great support and helped to make the ride enjoyable for all the participants not to mention the organisers.

Then there are our sponsors, who provide us with many of the prizes, displays, advertising and overall endorsement of our club's ride, as well as providing some added incentives for the riders in the form of prizes, nourishment or moral-boosting support. This year's sponsors are all listed on the club website. Thanks so much to all of you, and you can rest assured that we will be in touch for 2003's Tour de l' Alberta!

Once again thanks to everyone for making this year's ride a big success, it was a blast and based on our feedback everyone had a great time and many are committed to coming back again next year!

Glenn White & Maureen Lanuke
Co-coordinators
2002 Tour de l' Alberta

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 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.

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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.

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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

Birkebeiner Festival - Rest Stop 2003, Saturday, February 8, 2003

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 14 years.

We will likely be allocated the "Roundup" feed station again this time, which means that we'll be finished by 2-3 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 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@ecn.ab.ca
Meccano Home Page URL: <http://www.freenet.edmonton.ab.ca/meccano/>

NOTICE BOARD

Hiya!! In sept of 2001,at one of the Show and Go rides,I lent my flashing LED butt light to a lady so she could get home safely,I have not recieved it back,and I have no idea what her name is. All I know is she was a Chinese lady,and I believe she lived in or near the dontown area. I would like to get the light back,so if the person who borrowed it could contact me,that would be appreciated:.)James461-1765 e-mail: jamesdfo@yahoo.ca

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 25th 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.

The Peddler



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 - 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.trackntral.ca/track/10% off](http://www.trackntral.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 accesso

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.

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