

# Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

March 2003



## Time to Renew for the new season

... and get yer free sox  
Application and order forms  
at back of Newsletter

### 2003 Trip Planning Meeting

It's time to schedule the summer cycling season.

Anyone interested in leading a day/weekend trip or a long distance tour is encouraged to attend.

When: March 16, 2003 1-4 p.m.

Where: Neil Morrison's House 6811- 86 Street

Ph. 466-3550



### TOUR DE L'ALBERTA 2003 PLANNING MEETING Volunteers Needed!

Plans are already underway for the annual EBTC Tour de l'Alberta 100-mile/100-km ride on Sunday, July 27, 2003 - but we need VOLUNTEERS - LOTS OF THEM! Last year's event hosted 284 cyclists and word is spreading, so we are anticipating over 300 eager participants in 2003. Some of you have already stepped forward, and we thank you. We need people to help with all sorts of things - delivery of brochures to shops/other venues in and out of the city; with marshalling, in the coordination of prizes and assisting with meals/snacks; at registration; and with a host of other activities.

A volunteer meeting will be held at Maureen's place, 1049 - 109 Street at 7 p.m. on Tuesday, March 11<sup>th</sup>. If you are willing to help out, please call me at 436-9004 and join us as we plan another thrilling cycling trip through the French towns north of St. Albert. Unable to make it to the meeting, but want to help? - just let me know. Even a small activity such as volunteering to deliver posters/brochures to venues around town helps us a lot!

Can't volunteer, but want to do the ride? Keep your eyes on the website for the event application form and further details to be available later on in March.

Alors, merci et bienvenue a tous pour le 2003 Tour de l'Alberta!

**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	Maureen Lanuke	436-9004
Vice President/Touring Coordinator	Neil Morrison	466-3550
Treasurer	Erik De Regt	489-9886
Secretary	Al Carlson	458-1471
Membership Coordinator	Angela Ziemann	469-0328
Publicity Coordinator	Harry Hoyer	459-4152
Publicity Assistant	Stewart Henderson	438-1351
Social Coordinator	Nadine Leenders	438-1987
Newsletter Editor	Gord Charles	487-0206
Supplies & Equipment Coordinator	Ernie Mah	988-8322
Education & Safety Coordinator	Vacant	-----
Volunteer Coordinator	Darlene Evanoff	962-8235
Webmaster/Email Coord	Schietzsch, Alan	455-1924
Librarian	Dennis Woo	431-2182

**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.

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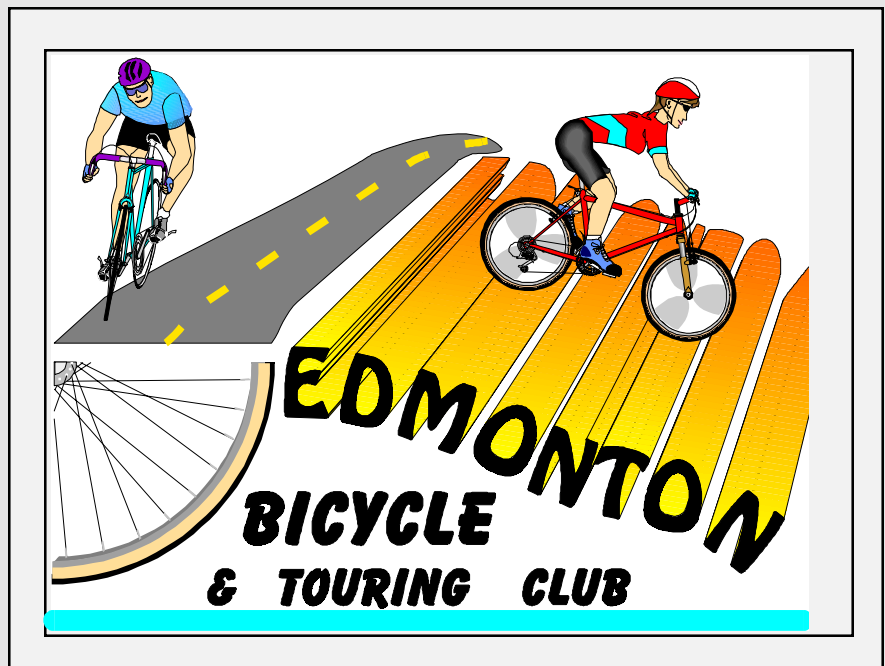
*Edmonton Bicycle and Touring Club  
P.O. Box 52017  
Garneau Postal Station  
Edmonton, Alberta  
T6G 2T5*

**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](mailto:bikeclub@ecn.ab.ca)



## MAUREEN'S MUSINGS



Welcome to the new membership year for EBTC and to the new executive of your club! A few of us have just switched roles, but we would also like to welcome four new members of the executive – Erik De Regt (treasurer), Darlene Evanoff (volunteer coordinator), Stew Henderson (as assistant to our illustrious publicity coordinator, Harry Hoyer), and the new appointment of our first “web coordinator” Alan Scheitzsch. Thanks to all of you, both our hardworking past executive members and the new ones, for stepping forward to help our club be the best one around! A special thanks to Al Carlson, who has served the club with dedication, patience, and a great deal of wisdom over the past few years, and who has agreed to stay on as secretary for this year.

Well, it doesn't look much like Spring out there yet, but the days are getting longer and the sun is getting stronger, and soon it will be time to get those bikes out for another wonderful cycling season.

It's EBTC's 25<sup>th</sup> anniversary! Who wudda thought 25 years ago that our club would grow from the 30 original members in its inaugural year to the hundreds of cyclists we have today? I had occasion to look over some old trip reports recently and am amazed at the creativity and adventuresome spirit our trip coordinators have shown, and continue to show. From the old stalwarts such as the Golden Triangle and the Jasper-Banff Trips, to the unusual ones such as the Saskatchewan Blueberry Festival, the Great Pumpkin Festival, and the UFO trip to see the Martian landing strip, (yes, it is real!) it has been a fun-filled 25 years, and we are looking forward to another 25 with great anticipation.

The last year has been a bit of a roller-coaster ride as your executive has tried to come to grips with the changing face of the insurance industry that has severely limited our ability to offer a variety of non-cycling activities, including cross-country skiing, to our members. Not only have insurance costs tripled since “911”, but we are unable to even obtain insurance for sporting activities other than cycling unless they are in conjunction with a cycling event. We have been advised by the insurance agent, however, that our main winter activity – cross-country skiing – is a very low risk activity, and so we are continuing to offer limited trips and events of this type in established cross-country ski areas only.

But now that the insurance confusion is behind us, we are looking forward and planning an exciting new year, full of special events to celebrate our 25<sup>th</sup> season. Angela has been hard at work creating and refining the design for the special 25<sup>th</sup> anniversary jerseys that are being offered to members, as well as the socks that we will all receive with our membership renewals. Harry, Angela and Stew have designed a wonderful EBTC brochure that will soon be in shops and sporting venues around the city to entice new members to join us for another great season. New ideas are coming forth daily for all sorts of rides and events – from short, family-oriented day rides, to the usual ice cream/chocolate/bakery rides, and some new and interesting weekend/long trips. Neil is hosting the annual trip-planning meeting on March 16<sup>th</sup> (see details elsewhere in this issue), and if you have an idea for an event or a trip you would like to plan, please don't be shy! Never planned a trip before and are really, really scared? No worries! We have lots of very experienced past trip coordinators who would love to help you, plus the club will be offering a “how to plan a trip” meeting later on in the Spring. Don't hold back! The club can only be as vibrant and active as you, its members, make it be – so come out, send in your membership renewal, and join us for a wonderful season of fun and companionship with other like-minded EBTC cycling enthusiasts!

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### VOLUNTEER OPPORTUNITIES “SPOKES” – OUR VERY OWN EBTC NEWSLETTER! POSTER/BROCHURE ROUTES

Our newsletter editor needs help! Like the rest of us, our newsletter editor is feeling a little overwhelmed and is asking for volunteers who are willing/able to help him get the newsletter out each month for the 2003 season. **To save costs and valuable executive time, we are encouraging all members, where possible, to request the newsletter by email when they renew their membership.** We hope by doing this, the job of putting out the newsletter would only involve 2-3 hours a month, thus lightening the load for all of us.

We are also looking for volunteers to take on the task of delivering posters/brochures to local cycling shops and sporting venues and keep up their supply on a regular basis. It would involve getting the brochures and posters from Harry, taking them to 1-3 shops, and checking their supply periodically to make sure they are kept stocked. If we have enough people, this task shouldn't take more than a ½ hour of your time a month – and most of us are at our local cycling shop anyway, so this would be bonus! They might even give you good deals for your cycling supplies because they will get to know you!!

If you can help out, or if you want further information about these volunteer opportunities, please call our volunteer coordinator, Darlene at 962-8235, or Maureen at 436-9004.

## The Kananaskis Kaper February 21 – 23 2003 – by Glenn White



Team planning was key aspect for this group of adventurers who planned to head to K Country for a weekend of fine dining and skiing. Lead by our illustrious leader Maureen, the following other assorted cyclists and such were Erik, Phil, Marilyn, Debbie, Sam, Nadine, John and their faithful and truthful scribe Glenn.

We met at Maureen's place on Friday afternoon to get an early start -and that we did - into the driving snow with all the gear in the vehicles. Of course, due to our great planning and communications skills the supper stop could not be confirmed until we were heading down the highway at 118 Kms per hour with Marilyn and Maureen yelling out their respective windows. But we did manage to meet up in Cochrane for a lovely supper.

Arriving at the hostel, we settled into some wine drinking and planning for the next day. The next day saw a ton of snow, so the plans for a trek up the Smith Dorian Road were altered because it wasn't plowed, and we checked in with the information centre and ended up doing a nice loop around the centre. Oh, did we mention the Cookie Race was on...? We were supposed to miss most of them, but they delayed an hour due to cold weather (how did we miss that when we started out?). However, after hearing "track!" so many times, we found an exit (OK, Glenn did not and had to ski back 2 Kms to find it!) and headed back to the info centre for lunch. A nice warm break around the fireplace drying out a little and we were off again, but not before we met our new room mates for the night. About 25 kids from Red Deer were off skiing. We thought Maureen was tough! You should have heard that teacher getting those kids out on to the trail!



More skiing and snow shoeing, compliments of Marilyn and Phil. We think they had wine stashed out there. Home to a great meal, compliments of Debbie, Nadine and their faithful kitchen aid Erik. Then we waited, and finally our roommates arrived. It was fun to watch - we had no idea that there could be that much Caesar salad made at one time or that two tubs of lasagna could be inhaled. A few more wines and whines, then off to bed. Maureen claimed to have a cold and was in bed really early. We think she just cannot hold her booze!

Up bright and early the next day, beautiful blue sky, clear sunny and only 36 below! After a couple of more coffee, off we went into the beautiful clear snow. Phil and Glenn tried snowshoeing, then Glenn traded for the skis and off we went to a great morning of skiing on some great trails. John led us up and up and up but then we had the down part. What a great way to end the trip- a beautiful long graceful downhill ski. A great trip with a ton of fun.



**EBTC PRE-DECENTS**

## Team MS 150- The EBTC PRE-DECENTS RIDE AGAIN!

An annual rite of passage for many EBTC'ers is the MS 150 Bike tour, held this year on June 7-8,2003. For those new to the sport, it offers a "gentle" introduction to the world of bicycle touring: a 2 day challenge, camaraderie, fun times, great support, great food, and most importantly, lending your support to a very worthy cause. For the seasoned veteran rider, there is the opportunity to socialize with fellow cyclists, aid and encourage those newbies to stick with it, have a fun weekend and perhaps just to use that "challenge loop" as a training ride for your next long tour or give you confidence to try your first one, or enter the Tour de L'Alberta this year.

EBTC has had a very successful team in years past, winning the largest team prize for several years running. We were beat last year, but with some dedication we can win it back! I plan to have more involvement and support for the members of TEAM PRE-DE-SCENTS this year, and make it the funnest team on the ride! And won't we all look dashing in our new club jerseys? As a BONUS incentive this year, the MS Society has put together a great new campaign, to encourage participants on "TEAM MS": including leadership ideas, fundraising ideas, and great prizes for team members that register early, collect the most pledges, etc. Our first challenge: There will be prizes awarded DAILY for teams reaching the best enrollment for the Week of March 10-14!! If you haven't registered yet, get to it!! REMEMBER TO PUT YOUR TEAM EBTC ON IT AND SEND ME A LINE TO LET ME KNOW YOU ARE PARTICIPATING! I'll have monthly updates in Spokes and online.

For application forms and more information contact: Angela Ziemann  
469-0328 aeziemann@compusmart.ab.ca

If you would like to volunteer as a Bike tour marshal, please contact John Sisson at 431-0359 for more information.



**Multiple Sclerosis Society of Canada**

**Alberta Division**

Fund Raising Events - MS Bike Tour

### MS 150 Bike Tour 14th Annual June 7 and 8, 2003

The largest Bike Tour in Canada!

Join 1200 cyclists and 400 volunteers for a weekend of memories.

170 km road tour Start: Leduc - Overnight: Camrose - Finish: Leduc

This tour takes you through the heartland of Alberta, featuring picturesque farms and small-town hospitality. With checkpoints, lunch stops and bike marshals, this tour will cater to your every need. Help fund the fight against MS and have a great time while doing it!

- Safe, well-organized ride
- Bike Marshals
- Course maps
- Nutritious meals
- Safety
- Atlas vans to carry gear
- Massages
- Newsletters on training, raising funds and much more.
- MS 150 Bike Tour t-shirt
- Checkpoints every 10 - 15 km with water and high energy food
- Safety Buses to carry weary riders and disabled bikes.
- Emergency bike repairs
- Great prizes
- Evening entertainment, supper, presentation, dance, movies,
- . . . and more!

Register Today! This tour can fill up! Space is Limited to 1200 cyclists!

Register or, print off the brochure on-line at

<http://www.ms biketours.com/alberta/biketour.htm> or phone the office at 780-463-1190.

Once registered, we'll send you a pledge book and newsletters with information on the tour.

## Cycling Atlantic Canada by Bob Davidson

This past summer I finally completed my cross Canada bicycle trip.

I have been working my way across Canada piece at a time on the bicycle for the last several years. This summer, 2002, I cycled through Atlantic Canada to complete the journey. flew from Edmonton to Moncton - from Moncton I bicycled to Prince Edward Island and from there to Cape Breton Island, Nova Scotia - from Port Hawksbury on Cape Breton I hitch hiked to Halifax with the bike - from Halifax I cycled to just outside Bridgewater Nova Scotia where friends of my sister-in law picked me up to drive me into Bridgewater. I did a short sightseeing trip to Lunenburg - From Bridgewater I was driven to Digby Nova Scotia where I hopped the ferry to St John, New Brunswick. I cycled through the St John River Valley into Quebec and Riviere du Loop then on to Quebec City - I traveled by bus to Montreal and then cycled to Trenton Ontario via Picton and Prince Edward County. I wanted to cycle from Trenton To Hamilton but a family get together in Cambridge required my presence so I hopped the bus again. The following day I drove to Hamilton to see my mother in the nursing home. I flew back to Edmonton from Hamilton.

Total distance this segment 2,500 kms. I mostly rough camped but met some wonderful people along the way who hosted me in their homes.

### Some highlights of the trip:

As in any adventure its the people you meet who make the journey interesting. I met lots of friendly people - and yes a couple of unfriendly ones too.

Prince Edward Island wasn't as bike friendly as I thought it would be. The scenery is gorgeous and the people pleasant but the roads were busy with motor home traffic and trucks. There are lots of craft shops of all descriptions on the island. I met up with a woman from work, Donna Reeves and her husband George - George is Island born and raised. I had my first bike problem in over 7,000 miles - a couple of broken spokes - I did a roadside repair then found a bike shop in Summerside to fine tune the wheel. I had planned to bicycle three days on PEI but ended up staying a week. I cycled from Borden to Summerside to Indian River to see St Mary's Church then to Cavendish Beach and Charlottetown and on to Wood Island to catch the ferry to Nova Scotia. Canvendish Beach is much too touristy for me. I did stop by Lucy Maude Montgomery's childhood home and the old air force base at Summerside. I saw Confederation Square in Charlottetown.

I met a woman at the Hostel in Charlottetown who wanted to drive up to North Cape PEI - she invited me along to help pay expenses and for company - we drove from Charlottetown to North Cape then over to East Cape - end to end - 650 kms in one day. Id like to go back again and explore the old rail trails that crisscross the province.

From PEI I headed up to Cape Breton. I planned to cycle for about five days on Cape Breton but ended up taking two weeks. I did a side trip to Fortress Louisbourg where I had my first foul weather on this trip and first flat tire crossing the country. I rode over 4,000 miles across the country without a flat tire then I had my first one within sight of the Atlantic. I encountered my first foggy day on Cape Breton - for a prairie boy the fog was really unusual to see

The real Cape Bretoners are warm and lively. The music of the Island will keep the heart and feet moving. The Lyrics and Laughter Group at the Louisbourg Playhouse was worth seeing/hearing for a mere \$10. The scenery on Cape Breton is fantastic. Safe drinking Water was an issue - no water at Parks Canada back country campgrounds - seems every one is scared of bad water due to the situation at Walkerton. met my first unfriendly people on the Cape - I stopped to ask permission to camp on an ocean front property just before dark and was told the campground was 15 miles down the road - the license plates on the vehicles in the driveway were from out of province - so the reputation of Cape Bretoners is still intact. I stopped by Ritas's Tea House at Big Pond and had two beers and a pasta salad even though Rita's favourite drink is tea - \$22.

There are a couple of small hills on Cape Breton, MacKenzie Mtn - its only about 550 meters, French Mtn about 500 and Smokey about 400 so there are no really big hills - at least I didn't find them difficult.

I was hosted by Margaret MacKlimes (a parishner from the church where I work) Brother Dave at Judique and the Sutherlands in Sydney Mines. Geeze, the Sutherland sisters are all greyer than the last time I saw them 35 years ago. Mrs. Sutherland is in her 80's and doing well.

The original plan was to catch the ferry from Sydney to Newfoundland and cycle across that province but after spending four wet days at Louisbourg and the Newfoundland weather forecast calling for a week of rainy unsettled weather I headed south for the mainland of Nova Scotia. From the causeway I hitched hiked to Halifax then cycled to Brigewater where I was hosted by Madeena and Agon, friends of my sister-in-law. I did a short side trip to Lunenburg. Agon drove me to Digby to catch the ferry to St John New Brunswick.

..... to be continued in the next issue of Spokes

## Companion(s) Wanted

Companion(s) wanted for a multi-day Self supported bike/camping trip; dates can be arranged.

**Day 1-** Drive to Pocahontas Campground (Jasper Park) Cycle (unloaded bikes) to Miette Hot Springs/enjoy the pool and ride back to the Campground (round-trip 30 km).

**Day 2-** Drive to Jasper; leave the vehicle(s) for 2 days. Cycle to Mt.Robson Campground (overnight)

**Day 3-** Cycle back to Jasper (round-trip 160 km) Camp at Whistler Campground)

**Day 4 -**Cycle to (a) Honeymoon Lake campground - 51 km from Jasper (camping) , (b) cycle to Jonas Creek Campground) 77 km both outgoing rides will be via # 93A-Athabasca Falls; return on # 93 Camp in Jasper

**Day 5-**Leave vehicle(s) and camping gear in Jasper, Cycle to Maligne Lake and return (app.106 km)

After the cycling; we could stay 1 more night; or return to Edmonton.

Most people are in good physical condition and will probably handle the few hills with ease; I made these trips several times on my own and I am no Spring chicken.

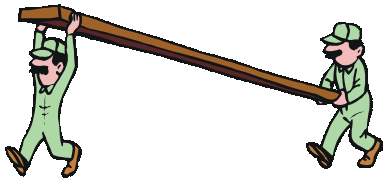
If anybody is interested, please send an e-mail to [makiopa29@interbaun.com](mailto:makiopa29@interbaun.com) (until March 30th)

I am changing my Internet supplier to Shaw on March 31st and will have a new address.My Fax/Tel is 489-7173.

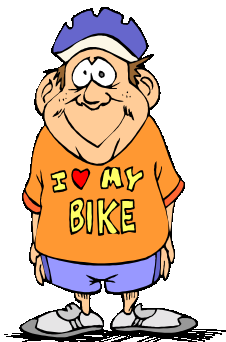
Thanks

Max

## NOTICE BOARD



## 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

8530 - 109 Street, 433-2085  
[www.pedalhead.ca](http://www.pedalhead.ca)  
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

### Hardcore Bikes

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>

### 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



# Edmonton Bicycle and Touring Club Membership Application Form

Rev. 28-Feb-2002

Spokes March 2003

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Spouse/Partner \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Spouse/Partner Phone \_\_\_\_\_  
 Additional Household Members \_\_\_\_\_

Do you wish to receive EBTC Email? Yes • No • Email Address \_\_\_\_\_

Membership Type: Single • Couple • Family • Do you have a current First Aide Certificate? Yes • No •

Are you interested in: being a leader of a day or weekend trip • being a driver of a support vehicle • being a volunteer •

Do you wish to have your name and phone number made available to other EBTC members? Yes • No •

Do you wish to receive the club newsletter by: Regular Mail • Save paper and club costs! download directly from the club website •

**Yearly Membership April 1 - March 31**  
 Single \$30.00 - Couple \$50.00  
 \$10.00 For Additional Family Member

**Half Yearly Membership October 1 - March 31**  
 Single \$15.00 - Couple \$25.00  
 \$10.00 For Additional Family Member

### RELEASE, WAIVER AND ASSUMPTION OF RISK

I hereby acknowledge and agree that in consideration of being permitted to participate in cycling, skiing or other programs or activities organized or operated by the Edmonton Bicycle and Touring Club or its agents (hereinafter called "EBTC"):

1. that I acknowledge that the sports of cycling and skiing and some of the other programs and activities of EBTC are dangerous, exposing participants to many risks and hazards, some of which are inherent in the nature of the sports themselves, and others which results from human error and negligence on the part of persons involved in preparing and organizing cycling and skiing programs, and other activities.
  - a) that as a result of the aforementioned risks and hazards, I as a participant may suffer serious personal injury, even death, as well as property loss;
  - b) that some of the aforesaid risks and hazards are foreseeable and others are not;
  - c) that I nevertheless freely and voluntarily assume all the aforesaid risks and hazards and that accordingly my preparation for and participation in the aforesaid cycling, skiing and other programs and activities shall be entirely at my own risk;
  - d) that I understand that neither EBTC nor any of their members, officers, directors, employees, contractors or agents assume any responsibility whatsoever for my safety during the course of my preparation for or participation in the aforesaid cycling, skiing or other programs or activities;
2. I understand that cycling is an activity that is governed by the terms and conditions of the Motor Vehicle Act, and I agree that I will obey the laws and regulations set out in the Act;
3. I agree to always wear a safety helmet which meets current cycling safety standards when cycling in activities sponsored by EBTC;
4. that I have been given the opportunity and been encouraged to seek independent legal advice prior to signing this agreement;
5. I do hereby release EBTC, their members, officers, directors, employees, contractors and agents from all liability, and do hereby waive as against EBTC, their members, officers, directors, employees, contractors, and agents, all recourses, proceedings, claims, and causes of action of any kind whatsoever, in respect of all personal injuries or property losses which I may sustain arising out of, or connected with, my preparation for or participation in the aforesaid cycling, skiing or other programs or activities, notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of EBTC or any of their members, officers, directors, employees, contractors or agents;
6. that this agreement need not be brought to my attention each time I participate in any EBTC event or activity in order for the agreement to be effective;
7. that I have carefully read this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement; that I fully understand the same; and that I am freely and voluntarily executing the same;
8. that this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is binding on myself, my heirs, my executors, administrators, personal representatives and assigns.

DATED AT \_\_\_\_\_, ALBERTA, THIS \_\_\_\_\_ DAY OF \_\_\_\_\_, 200\_\_\_\_\_

The following information is required for insurance purposes

<u>Printed Name</u>	<u>Date of Birth</u> (mm/dd/yy)	<u>Signature(s)</u>
_____	____/____/____	_____
_____	____/____/____	_____
_____	____/____/____	_____
_____	____/____/____	_____
_____	____/____/____	_____

All household members must sign - If under age 18, parent or guardian signature also required

**Helmets:** Cyclists are required to wear bicycle helmets while riding under the auspices of the EBTC Helmets must meet current safety requirements.

**Please Enclose Membership Fee With Application Form**

**Amount Membership Enclosed \$ \_\_\_\_\_ Date \_\_\_\_\_**

*Club members receive a membership card.*

**(For Club use) Member Card Number**

\_\_\_\_\_

\_\_\_\_\_

Cheques payable to: Edmonton Bicycle And Touring Club, P.O. Box 52017 Garneau Postal Station, Edmonton, Alberta T6G 2T5



# EBTC 25th Anniversary Apparel Order Form

## EBTC 25 th Anniversary Cycling Jersey

A coolmax full colour design in women or unisex classic cut fit.  
 Full colour design can be seen on our website.  
 Available in short sleeve or tank style. \$65 each.  
 (will be ordered in lots and called for pick up when in)



Style: Short Sleeve    Tank    (circle one)  
 Unisex/Men    Women    (circle one)    size \_\_\_\_\_  
 (qnty) \_\_\_\_\_ @ \$65 each \$ \_\_\_\_\_

Style: Short Sleeve    Tank    (circle one)  
 Unisex/Men    Women    (circle one)    size \_\_\_\_\_  
 (qnty) \_\_\_\_\_ @ \$65 each \$ \_\_\_\_\_

Style: Short Sleeve    Tank    (circle one)  
 Unisex/Men    Women    (circle one)    size \_\_\_\_\_  
 (qnty) \_\_\_\_\_ @ \$65 each \$ \_\_\_\_\_

WOMEN'S SIZING CHART			
SIZE	WAIST	BUST/CUP	HIP
XS	24-26"	30B-32A	34-36"
S	26-28"	32B-34A	36-38"
M	28-30"	34A-34C	38-40"
L	30-32"	34C-36B	40-42"
XL	32-34"	36C-38B	42-44"
XXL	34-36"	38C-40B	44-46"

MEN'S / UNISEX SIZING CHART		
SIZE	WAIST	CHEST
XS	26-28"	34-36"
S	28-30"	36-38"
M	31-33"	38-40"
L	34-35"	40-42"
XL	36-37"	42-44"

**Jersey sub total \$** \_\_\_\_\_

## 25th Anniversary Coolmax Cycling Sock

Limit 1 \*free pair per paid member

size \_\_\_\_\_ qnty \_\_\_\_\_ @ \$0

size \_\_\_\_\_ qnty \_\_\_\_\_ @ \$0

size \_\_\_\_\_ qnty \_\_\_\_\_ @ \$0

Extra pairs @ \$10 each pair

size \_\_\_\_\_ qnty \_\_\_\_\_ @ \$10 \_\_\_\_\_

size \_\_\_\_\_ qnty \_\_\_\_\_ @ \$10 \_\_\_\_\_

**Sock sub total \$** \_\_\_\_\_

**1 \*free\* pair with each *paid* membership!**



Sizing Chart	
Small/Medium	fits Men 5-10
Large/XL	fits Men 9-13



**Membership payment enclosed \$** \_\_\_\_\_

**TOTAL payment enclosed \$** \_\_\_\_\_

**Please Enclose Cheque With Application Form  
 payable to: Edmonton Bicycle and Touring Club**