

Spokes

May 2003

The Newsletter of the Edmonton Bicycle & Touring Club

THE OREGON ADVENTURE August 9 – 24, 2003



A description of Oregon's coastal route reads: "Among the nation's more spectacular shorelines, the Oregon coast stretches some 400 miles from Astoria at the mouth of the broad Columbia River to the California border near Brookings. In between, outlined by breakers, lie beaches protected by rocky headlands, miles of sand dunes, lighthouses, and more than 50 state parks and waysides." The description goes on to say that the route rarely deviates from the coast; than, in addition to the above, there is white water rafting on rivers nearby, there are sea-lion colonies, whales, blowholes, rare shrubs, and the northernmost stand of redwoods can be seen in Loab State Park just east of Brookings.

Our two-week trip will leave Edmonton Friday evening, August 8th, with stops in Jasper and Mission, B.C. enroute to Oregon, where we will enjoy all of this wonderful scenery, and hopefully some of the other activities as well. In addition to seeing the Redwoods at Brookings, we will take a short jaunt into Northern California to view the famous Redwood forests there. Next stop is a couple of nights at the deepest lake in North America – Crater Lake – which is an extinct volcano encircled by lava cliffs that rise 500 to 2,000 feet. The lake is 1,932 feet deep and is known for its brilliant blue water. There will be lots of opportunity there to hike, or cycle the 33-mile scenic route around the lake, or just to have a lazy day of hanging out.

The return trip will take us through valleys of Oregon vineyards and covered bridges, finishing up with a stop

in Penticton, B.C. before returning to Edmonton. This is a trip for intermediate cyclists. Days will be relatively short – ranging from 40 km a day to 100 km a day, with a couple of layover days. The terrain is generally rolling, although I understand there are a couple of good hills to test the legs!

Estimated cost is \$975/person, which will cover van transportation and support during the trip, all accommodations (mostly tenting and 2 nights of motels), and all meals except for two dinners when the group will have an evening out. For further information, call Maureen at 436-9004.

100 KM. OUTING UPDATE

100 KM. OUTING Saturday, May 10, 2003
Coordinator: Neil Morrison (466-3550)
Cost: Free (Bring a Lunch) See page for details

B.A.D. Party (Bring A Dish!)

6:00-9:00PM, Sat. May 3, 2003 Edmonton International Hostel
10647 - 81 Ave.

Bring a dish to share at the BAD potluck, one of our most popular parties of the year. This is a great opportunity for new members to meet other cyclists. EBTC supplies the refreshments- juice, tea & coffee. Bring to this event any slides or pictures on CD you should have to share. Don't forget to come out to this event and pickup your great looking socks.

Any questions, or to reserve space in a slide tray, contact Nadine at 438-1987 or nadine@ualberta.ca

Monthly Member Meeting Monday, May 12, 2003

Location: Edmonton International Hostel
10647 - 81 Ave at 6:30 P.m.

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

E-mail: 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	Alan Schietzsch	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 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.

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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

Buffalo Lake Ride

July 5-6, 2003
 Coordinator: John Sisson (431-0359) Cost: TBA Deposit: \$25.00
 Rating: Intermediate Dist: 60-80 km per day

Description: Loop rides in the area of Buffalo Lake from either Bashaw or Stettler. Routes will be to points of interest in the area, and will be run as a chance to practice cycle touring for people who are just beginning to practice longer distance riding. This will be organized as a "budget" trip which uses car pooling and camping or cheaper motels.

MS TEAM PHOTOS AND MEETING

Friday May 30
 Place: Argyll Velodrome parking lot (88 str 68 ave) 6:00 pm, a brief meeting and team picture prior to the training ride. Wear you jerseys. Coffee or restaurant stop to follow ride. Contact: Angela @ 469-0328

UNITED CYCLE TRAINING RIDES:

Take the opportunity to try these out if you can.
 Time: 6:30-8:30 pm, Monday nights
 Where: United Cycle, 10328-78 avenue
 for details call United cycle @ 433-1181

EBTC PRE-DESCENTS MS TEAM

Training Rides: free **Rating:** beginner/ intermediate
 Friday nights starting May 2. These will run on a show and go format, increasing in distance weekly, weather permitting. Time: 6:30 pm, Fridays
Place: Argyll Velodrome parking lot (88 str 68 ave) **Contact:** Angela @ 469-0328

Edmonton Bicycle and Touring Club Tour Calendar - Summer 2003

May 17 - 19, 2003

GOLDEN TRIANGLE

Coordinator: Neil Morrison (466-3550) Cost: \$225.00 DEPOSIT: \$50.00

Dist/Rating: 105 km - 115 km/day over mountain passes. Intermediate +

Description: Kick start the 2003 cycling season with the traditional May long weekend tour. Ride from Castle Mountain Junction to Golden to Radium and back to Castle Mountain Junction. This is a hotel/hostel, van supported trip with a limit of 28 people including coordinators and 1 driver. There will be a pre trip meeting.

*** REGISTRATION OPENS APRIL 1

June 28 – July 1, 2003 JASPER PARKWAY TOUR

Coordinator: Jan Damgaard (464-7863) Cost: Approx. \$220 DEPOSIT: \$50.00

Rating: Intermediate Dist: 30/70/110km per day - some long climbs and descents.

Description: The classic van supported road tour in the Rockies. Ride from Jasper to Banff via Hwy 93, (and possibly Hwy 93a) and the Bow Valley Parkway. This rustic hostel trip will find us staying at Athabasca, Hilda, and Mosquito Creek. There are a couple of tough passes to climb, Bow Pass and Sumwapta Pass, however your reward is a good descent on the other side and great mountain scenery throughout. - Limit of 18 people and 2 drivers.

Note you will need to take the Monday off of work. ***Registration for this trips OPEN APRIL 1, 2003.

FOR THE REST OF OVERNIGHT TOURS, REGISTRATION OPEN FROM MAY 1, 2003

** 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.

Sunday, May 4 2003 FORT SASKATCHEWAN BRUNCH RIDE Dist/Rating: 50 km return, Novice, easy

Coordinator: Maureen Lanuke (436-9004), Cost: \$10.00 for brunch

Description: A fun ride for the novice cyclist or anyone who likes to cycle and EAT! Meet at Hermitage Plaza (127 Ave. & 50 St.) at 9:15 AM. - leave 9:30 SHARP and cycle to the Fort for Brunch at Paul's Family Restaurant in the new Fort Inn.

Saturday, May 10, 2003

100 KM. OUTING

Dist/Rating: Intermediate

Coordinator: Neil Morrison (466-3550) Cost: Free (Bring a Lunch)

Description: Warm up for the Golden Triangle: Meet at the WalMart parking lot in St Albert, (700 St Albert Trail) Departure at 09:00

VICTORIA DAY TEA RIDE - MONDAY May 19, 2003

Dist/Rating: Beginner \$ for tea and goodies meet at 12 PM, North End United Cycle Parking Lot 10328-78 avenue

Description: Ride around the city to multiple locations for a spot of English Tea.

Coordinator: Contact: Angela @ 469-0328

Sunday, May 25, 2003

DEVON BIRD SANCUTARY RIDE

Coordinator: To Be Confirmed

Cost: free, pack a lunch

Dist/Rating: 55 km, 3 km gravel - Beg. to intermediate.

Description: A fun ride for the novice cyclist or anyone who likes to visit the peace and quiet of nature. Meet at Callingwood Plaza (67 Ave. & 178 St.) at 10:00 am. Bring a lunch and your bike lock.

Saturday, May 31, 2003

BEAUMONT BRUNCH RIDE

Coordinator: Angela Ziemann (469-0328) Cost: \$10- 15 for brunch

Dist/Rating: 25 - 30 km beginner ride, plus 30 km optional extension to Leduc for the MS TRAINING RIDE

Description: Meet at the Rotary Park on the west side of 66 St. opposite Safeway at Millwoods Town Centre. (66 St. and 23 Ave.) at 10:00 am. Ride to Beaumont for breakfast An easy, short ride for the whole family. Call Angela to reserve. Option to return directly or loop to Leduc.

June 7-8, 2003

MS 150 Ride

Contact: Angela Ziemann (469-0328)

Saturday, June 14, 2003

ICE CREAM TOUR 101

Coordinator: Angela Ziemann (469-0328)

Cost: Free, bring \$ for goodies

Dist/Rating: 30km Beginner

Description: This is an easy ride to three ice cream parlours in the city. Meet at the NE corner of the Kinsmen Parking lot at 10:00am. Bring money for ice cream or any other treats your tummy desires.

Sunday, June 22, 2003 WAGNER NATURAL AREA RIDE
Coordinator: REQUIRED **Cost:** free - bring a lunch.
Dist/Rating: 56 km return

Description: A ride which goes to the Wagner Natural Area from Edmonton through St. Albert and north of Big Lake. Return to Edmonton along Highway 16 after touring the nature trail. Meet at the Coronation Lawn Bowling Green at 142 St & 115 Ave at 10 AM.

Sunday, June 29, 2003 COOKING LAKE - LINDBROOK LOOP
Coordinator: Don Kennedy (467-7435) **Cost:** Free + \$ for snacks and/or \$10 - \$12 for optional Teahouse Lunch
Dist/Rating: 92 km. Begin+ - Intermediate (mostly flat).

Description: Tour east from Sherwood Park on hwy 14, past Cooking Lake to Lindbrook. Meet at Wye Road Safeway, Sherwood Park at 10:00 AM. Leave at 10:30 SHARP! Rest and relax (12:30-1:30) by the Lindbrook store at 49 Km. Return to Sherwood Park via secondary hwy 630 (Wye Road). There will be a Treasure Chest Tea house stop at 78 km. at approx. 3:00 pm. Bring a lunch or plan to eat late at the Teahouse.

June 28 – July 1, 2003 JASPER PARKWAY TOUR
Coordinator: Jan Damgaard (464-7863) **Cost:** Approx. \$220 **DEPOSIT:** \$50.00
Rating: Intermediate **Dist:** 30/70/110km per day - some long climbs and descents.

Description: The classic van supported road tour in the Rockies. Ride from Jasper to Banff via Hwy 93, (and possibly Hwy 93a) and the Bow Valley Parkway. This rustic hostel trip will find us staying at Athabasca, Hilda, and Mosquito Creek. There are a couple of tough passes to climb, Bow Pass and Sumwapta Pass, however your reward is a good descent on the other side and great mountain scenery throughout. - Limit of 18 people and 2 drivers.

Note: you will need to take the **Monday** off of work.***Registration for this trips OPEN APRIL 1, 2003.**

Saturday July 5, 2003 CHOCOLATE TOUR
Coordinator: Nadine Leenders (438-1987)
Description: Details to be announced

July 5 – 6, 2003 OVERNIGHT TRIP
Coordinator: John Sisson (431-0359)
Description: Details to be announced

Sunday, July 13, 2003 CALMAR BRUNCH RIDE
Coordinator: Glenn White
Description: Details to be announced

Saturday July 19, 2003 MUNDARE- CHIPMAN FESTIVAL RIDE **Cost:** food costs
Coordinator: Irene Hanson (662-2191)

Description: An easy ride for anyone who likes to cycle and find enjoyment in tasting some old fashion Ukrainian food (there is a charge). In Mundare, there will be a display of quilts and crafts. May have a chance to visit Saint Peter and Paul Shrine.

STARTING POINT: Meet @ Irene's place @ 10:45 to leave @ 11:00 am sharp. Irene's located 3 km past Ukrainian Village on Highway #16 (Yellowhead Highway). A Orange and Brown house on south side of highway. A LARGE sign will be place next to the Driveway. Post ride, please stay for a glass of apple cider. We will have a support vehicle

Sunday, July 27, 2003 TOUR DE L'ALBERTA
Coordinator: Maureen Lanuke (436-9004) **Cost:** Entry Fee
Dist/Rating: 100 miles or 100 km Intermediate to Advanced

Description: A 100 mile Century ride or optionally a 100 Km tour passing through towns north of Edmonton. The 100 Mile century ride is also the official cycling leg of the Runbikeski triple endurance challenge. Further details TBA

August 9-24, 2003 OREGON ADVENTURE
Coordinator: Maureen Lanuke (436-9004)
Rating: Intermediate **Dist:** 40-100 km/day – rolling, with some steep climbs
Cost: \$975/person **Deposit:** \$100/person **Deadline:** July 4, 2003

Description: Two weeks cycling the Oregon Coast and exploring the California redwoods and North America's deepest lake. Costs include transportation, van support, accommodation (tenting and a couple of nights in motels), and all meals except 2 group dinners in restaurants. Trip departs Friday evening Aug. 8th. See article elsewhere in May newsletter for further details. For information, call Maureen at 426 9004. **Limit:** 20 cyclists and 2 drivers.

August 30 - September 1, 2003 JASPER TO MT. ROBSON
Coordinator: Millie Schietzsch 455-1924
Rating: Intermediate, 45-100 km/day.

Description: Aug 30 Overnight at Mt. Robson Lodge (Cabins) Aug 31: Mt. Robson to Jasper, Overnight at Jasper (Whistler) Hostel, Sept 01: Jasper to Park Gates/Hinton. Ride the scenic Yellowhead Pass, along a wide-shouldered road alongside beautiful mountain lakes. Cost: TBA . Limit 11 people (1 Van)

ANYONE INTERESTED IN CO-ORDINATING ANOTHER TOUR, THERE IS STILL ROOM AVAILABLE.
 PLEASE CONTACT NEIL MORRISON @ 466 3550



MAUREEN'S MUSINGS May 2003

Being a president is a tough job. It's not the many meetings or trying to work out the logistics of everyone working together to make this a great club. No, the toughest job is figuring out what to write for the monthly editorial! It's not that I lack things to say. As those of you that know me, know, I do tend to have lots to say about any subject!

The tough part is thinking about what I can say that would be interesting and helpful to you, the members and fellow cyclists. It is hard to impart the enthusiasm and the love of cycling that I feel so that it will encourage our members, or cyclists who are contemplating joining the club, to make time in their busy lives to come out and enjoy the freedom, pleasure and health benefits of being on a bicycle with a group of like-minded enthusiasts. It's you knowing that, in addition to helping you to improve your strength, stamina and overall fitness in a non-impact sport – you are also participating in a sport that will take you all around

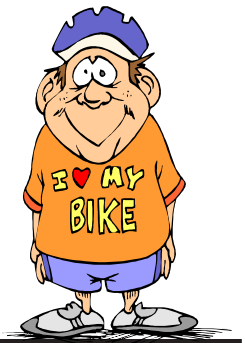
the world at minimum cost, while meeting people of different cultures and experiencing all of the adventure that that entails!

People love cyclists! Sure there is the odd eccentric out there that hates anyone who is different – I can still remember meeting up with some 10-year-old kids in Nova Scotia who couldn't figure out who these people were in these funny clothes and keep hassling us with how silly we were! But, generally, when people see you loaded down with panniers and struggling up yet one more hill, they are more than eager to meet you, offer you a meal or a place to stay, or just help you out in any way they can. Even as a day touring cyclist, I have met and enjoyed more kindness and friendliness from strangers than I ever have when traveling as a regular tourist.

To top all of the benefits of a healthy lifestyle and meeting new people, what could be better than the vision of yourself cycling down Alberta country roads on a warm, sunny summer day with the views of shimmering wheatfields beside you and the feel of the pedals turning steadily beneath your feet? Ah, heaven!

Now when did my mechanic say my bike would be ready from its Spring tuneup? I think I just talked myself into going out for a ride!

Happy cycling!



Wednesday Night Show & Go Rides

The Wednesday night show and go rides will begin as the weather permits, hope to see lots of you out again this year. Please check the website for the latest information (Anyone interested in helping coordinate these ride, please contact any member of the executive).

Tuesday Night Sweat Rides

The sweat rides will be on Tuesdays again this year starting May 13, and led by Ellen Ainsley. Hopefully we will have nice weather like last summer. We will meet at 6:30pm for a 6:45pm (sharp) start at the following locations:

May 13 St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail)

May 20 Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231

May 27 7-11 - NW corner of 97 Street and 176 Avenue

May 27 7-11 - NW corner of 97 Street and 176 Avenue

June 3 Sherwood Park Alliance Church - NE corner of Wye Rd/Rge Rd 231

June 10 St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail)

Kilometre Achievement Program

REGISTRATION FORM

Last Name _____ First Name _____

Street Address _____ City _____

Postal Code _____ License/Membership # _____ Club Affiliation _____

Home Phone _____ Work Phone _____ Fax Number _____

Birth Date (YY/MM/DD) ____/____/____ Age _____ Sex (M or F)

Date you are starting your log: ____/____/____

Signature: _____ Date: ____/____/____

Lifetime Registration Fee: \$5.00

Please make cheque payable to:

Alberta Bicycle Association
 11759 Groat Road, Edmonton, AB T5M 3K6
 Phone: 780-427-6352 or Fax: 780-427-6438
 Toll Free: 1-877-646-BIKE (2453)
 E-mail: office@albertabicycle.ab.ca

1. Only ABA members are eligible. This includes all licensed and unlicensed affiliated club members (NOTE: this means EBTC Members) as well as all independent general and licensed members.
2. The program runs from January 1 to December 31 each year.
3. Record all kilometers on the log provided. All entries are based on the honor system. Submit your log to the ABA office by January 15th the following year.
4. All kilometers on the road apply, whether touring, racing, all terrain, training or riding to work.
5. No kilometers on indoor trainers or rollers are to be counted.
6. Amateur kilometers only: no riding at work, i.e. bicycle courier, etc.
7. Lifetime totals will accumulate regardless of absence of membership for a given year, i.e. illness, leave, etc. However, participants who are inactive for two consecutive years will forfeit their lifetime total and will be required to start over.
8. The award schedule, based on lifetime kilometers as of December 31 each year, is as follows:

Annual/Lifetime Kilometers: < 2000 - Diploma 2,000 km - Level I Recognition & Diploma 4,500 km - Level II Recognition & Diploma 6,000 km - Level III Recognition & Diploma 15,000 km - Bronze Recognition 30,000 km - Silver Recognition 45,000 km - Gold Recognition 60,000 km - Platinum Recognition 9. A trophy will be awarded at the ABA Annual General Meeting to the top mileage achiever of each year. 10. Kilometer Achievement Awards will also be presented at the ABA Annual General Meeting. If you have any questions about the program, please contact the ABA office at: 780 427-6352.

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 not be accepted by tour leaders. All tour registrations will be considered "as received", where indicated by the dated stamp (*postmark*) 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.

MS TEAM EBTC NEWS- May 2003

Welcome to all the new additions to TEAM EBTC. If you want to participate, There are plenty of spots left -contact myself or the MS society for an application form.

Current Team EBTC Pre-descents Members:

Angela Z (your fearless leader)	Anna S	Glenn W		
Steve B	Sherrie B	Barb L	Richard B	Ron
Peggy H	Theresa P	Ernie M	Carol K	
Sherrie L	Harry H	Ruth W	Jay L	

If you don't see your name on the list, please contact Angela @ 469-0328

I hope you all had the opportunity to attend the TEAM EBTC social and bike clinic at Allan's. MMMMM.... Pizza and chain lube!! I just received my first MS 150 newsletter. Some note worthy info:

Team prizes:

- Highest average pledge
- Largest new team
- Highest fundraising team
- Best team photo
- Best team name
- Best t-shirt/ jersey

(Ok, I know we can win this one- order yours ASAP! and make sure you wear it ride

NOTICE BOARD

Companion(s) Wanted

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

- Day 1-** Drive to Pochantas 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 opaski29@shaw.ca

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

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.

CycleLogic

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
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 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.



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"):

- 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.
 - 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;
 - that some of the aforesaid risks and hazards are foreseeable and others are not;
 - 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;
 - 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;
- 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;
- I agree to always wear a safety helmet which meets current cycling safety standards when cycling in activities sponsored by EBTC;
- that I have been given the opportunity and been encouraged to seek independent legal advice prior to signing this agreement;
- 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;
- 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;
- 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;
- 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

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

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 _____
 (qty) _____ @ \$65 each \$ _____



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

Style: Short Sleeve Tank (circle one)
 Unisex/Men Women (circle one) size _____
 (qty) _____ @ \$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 _____ qty _____ @ \$0

size _____ qty _____ @ \$0

size _____ qty _____ @ \$0

Extra pairs @ \$10 each pair

size _____ qty _____ @ \$10 _____

size _____ qty _____ @ \$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**