

Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

July 2003



GOLDEN TRIANGLE – THE SEQUEL by Glenn White

It was a cold and stormy morning when the EBTC folks huddled in the Hostel at Castle Mountain Junction awaiting road reports from their colleagues from Lake Louise. The reports arrived, and it was clear that, despite the snow, the road was in good shape. Now the fun began! Cram the stuff from 7 vehicles into one van for the trip. It worked, and we were off on the road. The group spread out, but soon congregated in Lake Louise for coffee (that all important fuel for cyclists) muffins and a chance to warm those feet.

Off we went into the wild blue. It actually looked pretty good to start, but then the white stuff came. Just outside of Lake Louise we were pushing a headwind and the beautiful white stuff. Now wait - this is May - what is this doing here? But we survived and by Emerald Lake it was not too bad.

Then we enjoyed the plunge down Kicking Horse Pass to lunch in Field, past the bear browsing on the side of the road, then on into Golden after a couple of minor climbs. Ahhh! - a warm shower and a chance to clean up our bikes as well. Supper was devoured (remember the veggies?) and then off in search of coffee and beers.

The next morning - a good day, sunny and full of promise, we rode the rough road to Radium to a first-class hotel where the hot tub awaited us and an excellent pasta supper in the basement. Lots of good

continued on page 2

The Tour Of All Tours! Tour d'Alberta 2003



Whether you just like to challenge yourself or are training for Ironman, the Tour d'Alberta has it all! Not only do you have a great ride in some of the prettiest countryside in Alberta, but – if you also like to stop and smell the roses – there are great eats both during the ride and after, and cool prizes too!

Come join the fun on Sunday, July 27, 2003. Wind your way through rolling countryside past the French-speaking communities of North-Central Alberta and enjoy a well-earned lunch stop in Legal. Stretch your legs with the 100 km Le Petit Tour, or stretch your endurance with the 100 mile Century Ride.

The Tour d'Alberta is open to all riders of every ability. Helmets are mandatory. Visit the Edmonton Bicycle and Touring Club website at www.ecn.ab.ca/bicycle/ for more Tour information and to print a copy of the registration form, or call Maureen at 436-9004. The first 250 registrants this year receive a free gift, **PLUS** early registrants will be entered in a draw for a cycling jersey signed by Louis Garneau himself!

See you on the road in the Tour d'Alberta.

Food Adventure Tour

I ran this tour two years ago on a sweltering hot summer day. Luckily Angela found Paul Kane Park with its wading pool, so we survived. As usual for me, we'll start at Bee-Bell Bakery, and then seek out a small sampling of bakeries and restaurants that will please our taste buds. We will start out before noon, finding a place for lunch. Then spend the afternoon touring the city, stopping a few times for snacks. To end the day, I thought we'd end up somewhere for supper. That way, our non-cycling partners could join us. Mark the date on your calendar, Saturday, August 9th. Details to follow in next month's Spokes. Al Carlson 458-1471.

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.

© *Copyright 2003 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

the sequel continued

humour, lots of tales of great cycling – ok, so lots of tales about making it to Radium. Then off to find the elusive ice cream store. and replace those calories expended on the ride. Fortunately there was no "lite" ice cream and the calories were safely returned to their rightful spot on our bodies.

The next morning, more good food and then off for the final leg. Who put that hill there? Up to the top - a photo opp - then the reward - a great speeding plunge onto the flats to catch the tailwind. What do you mean it is not a tailwind - it had changed again? Darn! Some good slogging and a few nice rest spots to catch our breath and then push on. The bear decided to check us out for lunch. Fortunately we were just ahead of him and we safely ate up the meal presented at Saskatchewan Crossing. Then off for the final leg or so back to Castle Mountain Junction for some good cheesies and coke, and more lies about how well we have done to make it back in one piece. Eventually everyone arrives safe and sound. We load up the van for the trip back to Edmonton and the fond memories of another great EBTC Bike ride. See you all next year!

Edmonton Bicycle and Touring Club Tour Calendar - Summer 2003

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, July 13, 2003 CALMAR BRUNCH RIDE

Coordinator: Glenn White We will meet at the Devonian Gardens Overflow parking lot on the east side of the parking lot at 9:30 a.m. for a 10:15 a.m. start

Cost: \$12.50 for brunch plus entry fee to Devonian Gardens if you wish to visit. Register by contacting Glenn White 431-1297. Deadline July 8, 2003

Dist/Rating: approx 50K return

Description: Ride from The Devonian Gardens in Devon to Bricco Restaurant in Calmar. We will cycle approximately 25 Kms to Calmar. We will return the same route and arrive back at the Devonian Gardens, where we can hang out and enjoy the gardens and their annual Lilly display. (admission fee \$7.50)

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 is 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 placed 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: \$35. before July 1st., \$50. after

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 (see EBTC Website)

Saturday, August 9, 2003 FOOD ADVENTURE TOUR

Coordinator: Al Carlson (458-1471) Distance: (40 to 60 k in city) Beginner Details: TBA

Cost: money for lunch, snacks and supper

Description: See article in this Spokes.

Sunday August 17, 2003 Ice Cream Challenge Ride

Coordinator: Al Carlson (458-1471)

Cost: money for snacks Dist/Rating: 35 to 50 km Beginner Details:TBA

Description: See article in Spokes

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. 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)

WEDNESDAY NIGHT SHOW 'N GO'S

Show up, and go – that is the theme for these social, easy rides. Meet at 6:30 p.m. at the northeast corner of Kinsmen Parking Lot and cycle through the river valley. Participants decide where they want to go. This is an easy, casual ride that focuses on fun and fellowship. Call Al at 458-1471 for more information.

NOVICE/EASY RIDER RIDES

Just getting back into cycling, or have never done much cycling but want to start doing something? Do you have a family and love to go out for short rides, but are looking for others to join you? Then the Easy Rider rides are just for you! New to EBTC this year, these are short, family-oriented/novice rides that will be coordinated by EBTC families who want to enjoy a slow, short (no more than 10-20 km) ride with other like-minded cyclists, with stops along the way to smell the roses and/or a special event such as a stop at a playground, a picnic, a zoo outing or other activity at the end of the ride. Events are planned by the individual families for the dates they have indicated below. To see what delightful surprise outing awaits you, call the coordinator or check out the EBTC hotline a few days before the event:

- Sunday August 17 Victor Dorian 451-5647
- Sat. August 23 Clifford & Julie Barnett 436-3759
- Monday, Sept. 1 Lorraine Orsini 468-9332
- Saturday Sept 6 Peggy Hurdle 487-5489

There are still dates available for other family/novice oriented rides. If you are interested in coordinating one of these rides, please contact Maureen at 436-9004 or email at mlanuke@epsb.net

Tuesday Night Sweat Rides

June 24 At 7-11 Store - NW corner of 97th Street and 176 Avenue

July 01 Sherwood Park Alliance Church - NE corner of Wye Rd./Range Rd. 231

July 08 St. Albert Wal-Mart – SE corner of parking lot: Villeneuve Rd & Hwy. 2 (St. Albert Tr.)

July 15 Sherwood Park Alliance Church – NE corner of Wye Rd./Range Rd. 231

July 22 At 7-11 Store - NW corner of 97th Street and 176 Avenue

July 29 St. Albert Wal-Mart – SE corner of parking lot: Villeneuve Rd & Hwy. 2 (St. Albert Tr.)

Aug 05 Sherwood Park Alliance Church - NE corner of Wye Rd./Range Rd. 231

Aug 12 St. Albert Wal-Mart – SE corner of parking lot: Villeneuve Rd & Hwy. 2 (St. Albert Tr.)

Aug 19 Sherwood Park Alliance Church – NE corner of Wye Rd./Range Rd. 231

Aug 26 At 7-11 Store - NW corner of 97th Street and 176 Avenue

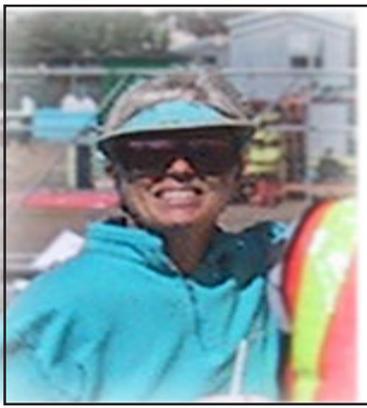
Sept 02 Sherwood Park Alliance Church - NE corner of Wye Rd./Range Rd. 231

Sept 09 St. Albert Wal-Mart – SE corner of parking lot: Villeneuve Rd & Hwy. 2 (St. Albert Tr.)

Sept 16 Sherwood Park Alliance Church – NE corner of Wye Rd./Range Rd. 231

Sept 23 At 7-11 Store - NW corner of 97th Street and 176 Avenue

Sept 30 St. Albert Wal-Mart – SE corner of parking lot: Villeneuve Rd & Hwy. 2 (St. Albert Tr.)



MAUREEN'S MUSINGS...

JULY 2003

The prime function of EBTC is as a recreational cycling and cycle touring club. As such, it is unique, in that it is one of only two such clubs in Alberta – the other being our Sister club in Calgary – Elbow Valley Cycling Club (EVCC).

For most of our members, the club is a place where they can meet people who have a common interest in cycling for the purpose of recreational cycling and socializing. This is great, because it is the main purpose of the club, and it is all that members need to be involved with, if that is what they are looking for in the club.

There are, however, other facets to the club that are not cycling and socializing. Because of the unique place we hold in the Alberta Cycling community, we and EVCC are seen to be ***THE source of information about cycling touring*** in the province by cycling tourists everywhere, and we often receive requests for advice on routes, road conditions, accommodations and other information about cycling from potential cycling visitors to our province from other provinces and countries.

We are also seen as ***a resource by the City and the Province for input into safe cycling routes and construction of cycling paths both in the city and throughout the province.*** As such, those of us who are interested can have a huge role to play in helping to shape the future of cycling in Alberta.

Because I feel it is important to ensure that Edmonton and Alberta have the best and safest cycling paths and routes for our members and for all cyclists, I have been involved for a number of years on two committees who provide advice and advocate on behalf of our cyclists – ***the Recreation and Transportation Committee of the Alberta Bicycle Association***, and ***the Cyclists' Advisory Committee for the City of Edmonton***. An article elsewhere in this newsletter will tell you about the important work of the ABA R&T Committee. In Edmonton, the Cyclists' Advisory Committee has been actively involved for many years in providing input into the City of Edmonton on design and construction of cycling routes and other cycling issues in our City, and I will tell you more about them and the new ***Trails, Paths & Routes Advisory Committee*** to the City in a future issue of Spokes.

You, too, can have a voice in ensuring that Edmonton and Alberta have the best and safest cycling routes in the world. If you would like to assist with the committee's work, learn the issues and become a provincial bicycle advocate, send me a note or call me. Alternately, if you have an issue concerning cycling that you think needs to be addressed, I would be happy to convey your concerns (or accolades) to the appropriate city or provincial department through these committees. The ABA R&T Committee is currently working on updating our list of Alberta Transportation Operations Managers who are responsible for the various areas of the province, and we hope to have the contact names and telephone numbers on the ABA website in the near future. If you are touring in our bicycle-friendly province and see an area that needs repair or cleaning, please feel free to call these managers and bring it to their attention. If we don't tell them, they may not find out, and the safety of other cyclists may be at risk.

Alberta, from what I've seen as a cycling tourist, is one of the best, most bicycle-friendly places in the world to bicycle – whether it be for recreation, community, or touring. Our dream is to ensure that the future needs of cyclists in our City and Province are met and that cyclists around the world think of Alberta as “the” place to come for bicycle touring. Cycling advocacy is not for everyone, but through it we can help make that dream a reality.

Happy cycling everyone!

Date: Sat. July 12th, 6:00 PM

RSVP: by July 7th

Location: Barb and Ernie's, 9906 - 72 Ave.

Come and try out some delicious German food at “Barb and Ernie's” while socializing with your fellow bike club friends and companions. To attend, RSVP with Nadine at 438-1987 or nadine.leenders@ualberta.ca by July 7th.

Restaurant Night!



Rev. 05/14/2003

EBTC Tour d'Alberta

Sunday, July 27, 2003

Registration Form



Additional forms available from the EBTC website: <http://www.ecn.ab.ca/bicycle/>

- Please fill out one registration form for each rider and mail or bring to ride start,
- You must confirm your registration and pick up event kit between 7:00 AM and 8:00 AM on July 27, 2003, at Bellerose School Gymnasium, 49 Giroux Rd. in St. Albert. Registration closes at 8:00 AM.
- Pre-registrations must be received via mail by July 21, 2003
- **Start times:** Both the 100 mile and the 100 km Tours start at 8:30 AM - SHARP!
- Cycling helmets are mandatory.
- For a nominal fee, enjoy a deep release massage performed by qualified massage therapists at the end of the Tour. Prepay and skip the lineup!

(For Office Use Only)

Cyclist # _____

100 Mile

100 Km.

Name: _____ Date: _____
(please print) Last Name First Name

Address: _____ Postal Code: _____
Street City / Province

Phone (Home) _____ (Work) _____ E-mail address: _____

Birthdate (Required for insurance purposes): _____ Age on Tour Date ____ ____

I intend to challenge the 100 Mile 100 Km. Loop. ** Change can be made on Tour day.

Please note any medical conditions, which may affect your ability to complete this tour: _____

RunBikeSki participant? Yes No
All RunBikeSki athletes must present passport for event verification at end of the race.

Do you belong to a bicycle club participating in the ABA insurance plan? Yes No
(You must provide proof of membership)

I am interested in becoming a member of the Edmonton Bicycle & Touring Club. Yes No

For more information on the Tour d'Alberta or the Edmonton Bicycle & Touring Club call the EBTC Hotline at (780) 424-BIKE

or check out our web site at: <http://www.ecn.ab.ca/bicycle/>

REGISTRATION FEE

(non-refundable / non-transferable) - FULL DAY PASS
PLEASE CHECK APPROPRIATE BOXES

Member of EBTC or ABA affiliated club.

Club Name _____ Member # _____

\$35 Registration fee

\$50 Registration fee after July 1, 2003 \$ _____

Non-Member (Includes \$15.00 Insurance Fee)

\$55 Registration fee

\$65 Registration fee after July 1, 2003 \$ _____

Pre-paid Massage (\$20 for 20 min.) \$ _____

METHOD OF PAYMENT Total Amount \$ _____

Cheque (payable to EBTC, Edmonton Bicycle Touring Club)

Cash (in person only - do not send cash through the mail)

Send Registration to:

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

Release, Waiver and Indemnity

In consideration of the acceptance of my application to participate in the Edmonton Bicycle and Touring Club "Tour d'Alberta", on July 27, 2003 (the "event"), I, for myself and all of my legal representatives, assume all risks of participation in the event and release, waive and forever discharge The Edmonton Bicycle Touring Club, its sponsors, charities, volunteers, The City of St. Albert and county of Sturgeon, and its municipalities therein contained, all other associated persons and their legal representatives (the "aforesaid") from all claims, damages, costs, expenses, actions, in respect of my death or injury, loss or damage to my person or property howsoever caused, arising from my participation in the event, whether as participant or otherwise, before, during or after the event and notwithstanding that same may have been caused by the negligence of any of aforesaid. I hold and save harmless and agree to indemnify aforesaid against any liability incurred by any of them arising as a result of my participation in the event. I agree to comply with the rules, and regulations of the event. I warrant and represent that: I understand and undertake the risks of the event; and, I am physically fit and have sufficiently trained to participate in the event. I acknowledge that there is no obligation on the part of aforesaid to provide medical care to me during or after the event. I consent to any emergency medical care provided to me as part of the event. I grant permission to use my name, voice and picture in any broadcast, advertising, or other account of the event for any purpose. By submitting this entry, I acknowledge having read, understood and agreed to the above RELEASE, WAIVER and INDEMNITY.

Date: _____

Signature: _____

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 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 is required for each tour.
Mail forms and cheque to:

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

6. If you send in payment to the club for more than one item/activity/event, please combine all payments into ONE cheque and itemize on the cheque a breakdown of what the cheque covers.
7. 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

8. 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.
9. 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.

Alberta Bicycle Association – Recreation and Transportation Committee

The Alberta Bicycle Association's Recreation and Transportation Committee is a provincial-scope bicyclists' advocacy organization. The R&T Committee has been part of the ABA since 1984 and consists of representatives from Alberta's touring and commuter clubs/societies and interested individuals. We currently have but seven members and do our best to spread our influence and workloads by working in partnership with like-minded organizations, e.g. Alberta TrailNet, Active and Safe Routes to Schools, and municipal parks/transportation planners.

Most of our projects are focused on the provincial level, but several of our members are also involved at local/municipal level on separate committees. It is felt that, for the R&T committee, bicycle advocacy leadership is needed from the top – through Alberta Transportation, Alberta Learning and the Solicitor General.

In the past we have had success in working with Alberta Transportation in such issues as:

- The reduction of size of rumble strips and ensuring more stringent controls for contractors on the accuracy of placement of these strips on Alberta highways,
- Input into content of the Alberta Drivers' License Manual to provide more complete coverage of cyclists and how motorists can accommodate them,
- Working with Alberta Transportation staff to ensure the rights and needs of cyclists are addressed in the new Alberta Traffic Safety Act.

Current projects on the R&T's commitment list include:

Negotiations with Alberta Transportation

- More work on design, installation accuracy and sweeping practices regarding grooved and milled rumble strips on the highway shoulders to help minimize threats to cyclists' safety,
- Placement of cyclists' signage off primary and secondary roads to municipal cycling routes
- Maintenance of existing signage on designated provincial cycling routes such as Highway 40 in Kananaskis,
- Rules of the new Traffic Safety Act that affect cyclists – e.g. riding two abreast, definition of a bicycle as a vehicle, right hand turn signals, and
- Convincing them that an Alberta Bicycle Plan would be the most effective way to ensure the standardization of future bicycle route/path development for Alberta cyclists.

Education Initiatives

- Ensuring that bicycle education is included by Alberta Learning in our provincial school curriculum,
- Upgrading, promoting and expediting the delivery of CAN-BIKE cycling skills courses,
- Raising Alberta cyclists' awareness of the benefits of the R&T Committee and ABA, and
- Informing and empowering cyclists to be their own best advocates.

There are many ways of expanding our province's development of a bicycle friendly infrastructure and a supportive 'bike culture'. Through the partnerships mentioned above, this Committee's efforts are multiplied. We will tell you more about these partnerships in August Spokes.

Enabling ABA members to be their own best bicycling advocates is a 2003 objective for R&T Committee members. We're only as strong as our least-informed member. We look forward to working particularly with ABA members, and cyclists everywhere, to make Alberta's roads and services more bicycle friendly. Please let us know what resources you need to improve your cycling environment.

Maureen Lanuke

ABA Recreation & Transportation Committee Representative

E-mail – mlanuke@epsb.net

ITEMS

1991 Miyata 600 Touring Bike. 50 cm, drop bars, bar end shifters. \$450. Like new - ridden only 3 times around the city.

Would fit someone with approximately a 30" inseam.

Here's a picture:

<http://www.ualberta.ca/~jrnorris/Miyata/miyata600.jpg>

Contact: Judy Norris

Judy.Norris@telusplanet.net Phone: (780) 447-2864

Item wanted: Looking for Shimano 7-speed, SIS technology gear shifters, mounted on the down tube, and compatible with Dura Ace.

Contact: Al McCalder

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 accessories

Way Past Fast

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

Western Cycle

10429 - 124 Street, 482-5636
www.westerncycle.com

10% off parts and accessories

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

BIKE-OLGY EVENT - CITY OF EDMONTON JULY 12, 2003

Mark your calendars July 12 for the BIKE-ology festival - a celebration of the bicycle and ecology. The fun will start at Beaver Hills House Park (corner of Jasper Avenue and 105 Street Downtown) between 12 and 4 PM. Ride on down to enjoy all sorts of cycling activities - displays and info by cycling groups and retailers, bike art, free mechanic checks and helmet fitting, cycling demo's, solar powered music, environmental fair, children's activities and more.

Got a bicycle ballet you want to perform? Or a cool bike to show off? Let Claire Stock know and she'll fit you into the schedule!

The City of Edmonton has extended an invitation for EBTC to participate in the annual Bike-Ology Event on July 12, 2003. As part of that event, they have also extended an invitation to EBTC to set up a display.

If you would like to help the club by volunteering your time to host the EBTC Display booth for a couple of hours, please contact Nancy Scott at 488-9768 (evening is best) for further details.

Ice Cream Challenge Ride

As those of us who joined Darren on Saturday, June 14 well know, finding an ice cream shop is a bit of a challenge. Two tries, and no ice cream! But we forgave him, due largely to the great lunch we had at Urban Fare. Imagine, Mango Curry Chicken Wrap. Delicious! Thanks Darren, for organizing this tour after Angela had to drop out due to her running training.

But back to the challenge. We need to find some ice cream shops that are still located, where we thought they were, and (most importantly) are open when we arrive. I know of four shops in Old Strathcona, but there must be more around town. Anybody who knows where we can find a local Ice Cream Shoppe, please let me know by phone, or on some Wednesday Show 'N Go. Then we'll build a tour around a few shops to see a bit of the city, as we dream of the next treat. Mark Sunday, August 17th on your calendar. Contact coordinator Al Carson 458-1471.