

Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

August 2003



EBTC IS 25 YEARS YOUNG! 25th Anniversary Wine & Cheese Party

Come celebrate with us as we mark the 25th anniversary of our club's existence. Twenty-Five years ago EBTC was formed by Maurice Rousseau and a small group of friends who thought that there might be others (especially women, of course!) who shared their love of cycling and who would benefit from the companionship and fun of riding/socializing with a group.

Earlier this year, we told you about the history of the club. Now, you are invited to come and share the stories, photos, and meet the people who made it all happen at our anniversary Wine and Cheese Party on Saturday, October 4, 2003 at the Snow Valley Clubhouse. The modest

cost of \$15/person (non-members and significant others welcome) entitles you to 5 taster glasses of wine to sample, hors d'oeuvres, music and a great evening. Due to cost (which is being partly subsidized by the club to make it affordable for everyone), tickets will not be available on the day of the event. To purchase tickets, please contact any member of the EBTC executive prior to Friday, September 26th.

- WHO: YOU!
- WHAT: EBTC 25th Anniversary Wine & Cheese Party
- WHERE: Snow Valley Ski Clubhouse 119 Street off Whitemud 14304-45 Ave
- WHEN: Saturday, October 4, 2003 from 7:30 to 11:30 p.m.
- COST: \$15/person, which includes 5 taster glasses of wine

For information or to purchase your tickets, please call any of the club executive as listed in your Spokes newsletter. **Deadline is Friday, September 26, 2003.**



Jersey and Sock Pickup

Jerseys and socks may be picked up at 6:30 at the August 13th and 27th Wednesday night Show and Goes (weather permitting, Northeast corner of the Kinsmen Fieldhouse parking lot) or the Pigeon Lake day trip on August 24th (see Spokes or club web page for details).

If you can't make these dates, contact Nadine at 438-1987 or nadine.leenders@ualberta.ca to arrange an alternative pick up.



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



MAUREEN'S MUSINGS



Volunteers! Without them, our lives would be so much poorer. Without them, this club, and many other clubs and organizations would not exist. There are often situations in an organization like the one we had recently, where a trip or event is in danger of being cancelled because a coordinator falls ill or something unexpected comes up. In our recent situation, a club member stepped in to volunteer to run the ride, another one produced and copied maps from previous trips to the area, our dedicated and hardworking webmaster put out a message to club members, and several others worked to make it happen.

Our volunteers are constantly coming through for us. For this week's Tour de l'Alberta, over 50 – yes 50! – members and even non-members of the club have stepped forward to help with everything from planning the route, providing the maps, posters, brochures and publicity; helping out with setup, rest stops, registration, road and bike marshalling, sag wagons, and all of the other hundreds of details involved in a huge ride like this.

So what do the volunteers get from all their efforts besides a lot of hard work? For me, the benefit of volunteering is that you get to meet a lot of wonderful people who, because they willingly give of their time and effort for others, are usually positive, resourceful, organized and fun to be with. So many great friendships evolve from people with like interests who volunteer. Volunteering also fosters self-esteem, because you KNOW that YOU are helping to make a difference in others lives.

The club benefits because, through the efforts of our volunteers, and events like the Tour de l'Alberta, our name becomes known in the community, which will encourage others to join and share the fun!

Elsewhere in Spokes you will read about the 25th Anniversary of the club and the celebration that is being planned for October 4th to mark this momentous occasion. Imagine that! Twenty-five years of people who have volunteered to make this club a reality and to offer their services so that our members can enjoy the fun, safety and friendship of riding with a group! We hope we'll still be around 25 years from now, and if we are, it will be because of our wonderful volunteers. Thank you, volunteers, SO much for your help and friendship throughout the years and in the years to come!

Happy cycling everyone!

Maureen Lanuke, President

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:

- | | | |
|--------------------|--------------------------|----------|
| • Monday August 4 | Sharon & Jim Wilde | 438-4155 |
| • 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

These are training rides for members who wish to push themselves. Riders meet at 6:30 for a 6:45 (sharp!) departure. Rides are 45 minutes out and 45 minutes back, going as fast as you can go.

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.)



On Tap! for August

Food Adventure Tour - Saturday, August 9

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. Al Carlson 458-1471.

Buffalo Lake ride - August 9 - 10

The Buffalo Lake ride, which was originally set to run on the July 7-8 weekend, was rescheduled because of the bad weather at that time. It will be held on the weekend of August 9-10 and will follow the same plan as was originally outlined. There will be day rides in both Bashaw and Stettler, and over night camping in Stettler. Anyone with questions about this ride should contact John Sisson at 431-0359.

"Thunder Lake IS on! - August 16 -17

The dates are August 16 & 17. A nice relaxed, supported trip, 80K per day through the gently-rolling picturesque countryside. We start at the Tempo gas station in Onoway and cycle to the Thunder Lake Provincial Park where we camp overnight. There's a beach and showers; quite civilized. I make dinner, Sonja G. has agreed to do lunch both days as she's so graciously done before, and we have a cheap, but delicious breakfast at the IGA in Barrhead on Sunday. It's so simple! And for those of you with commitment issues, you can sign up as late as the Sunday before, which is August 10 (with your registration form and \$50 deposit, of course).

Call / e-mail Debbie with any questions, Debbi Kowaliuk (462-1266) Email: dkowaliuk@shaw.ca

Ice Cream Challenge Ride - August 17

Coordinator: Al Carson (458-1471) - Check Out local Ice Cream shops - Call Al for details.

"Progressive Dinner Ride - August 23

Coordinator: Dave Aaron (469-7341) - Ride to each course of your dinner - Call Dave for details.

Pigeon Lake Day Trip - August 24 2003

Cost: About \$10.00 for a meal at Mulhurst

Distance/Rating: 60 km with hills Support: A minivan

Coordinators: Nadine Leenders (438-1987) and Dennis Woo (446-0625)

Description: Meet at the Old House Country Restaurant at Mulhurst at 9:30 AM. (To find, take Hwy 39 exit at Leduc and go 16 km to Calmar. Turn south at Esso station onto Hwy 795 for 25 km. Turn west 1 km south of Pipestone onto Hwy 616 for 10 km. Restaurant is on highest hill on south side of hwy. It takes about 50 minutes to get there from south Edmonton.) Cycle around Pigeon Lake, enjoying the rural setting and picturesque views of the lake. The ride is 60 km with rolling hills and good roads. Afterwards, have a meal at the restaurant while enjoying the scenic view of the lake.

Mt. Robson Ramble - August 29-September 01, 2003

Co-coordinators: Millie & Alan Schietzsch (455-1924)

Cost: est. \$300.00 Deposit \$50.00 Dist/Rating: 45-100 km/day (intermediate)

Description: Ride the scenic Yellowhead Pass alongside beautiful mountain lakes. You may see salmon jumping up the falls near Robson, or wildlife at Moose Lake. A smooth wide-shouldered road takes you over the most gradual of the Rocky Mountain passes.

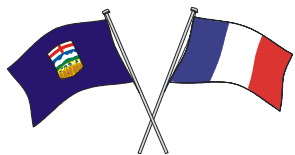
Friday, Aug 29: The van departs Edmonton at 4:30 pm Friday night and we will stay overnight at Jasper hostel.

Saturday, Aug 30: Jasper to Mt. Robson, Overnight at Mt. Robson Lodge (Cabins)

Sunday, Aug 31: Mt. Robson - Jasper, Overnight at Jasper (Whistler) Hostel

Monday, Sept 01: Jasper - Park Gates/Hinton, van returns home to Edmonton. Limit 22 people (2 Vans)

TOUR DE L'ALBERTA 2003 by Glenn White



Hot and sunny was the key word as the cyclists, lead by Grand Marshall, Glenn White, headed out of St Albert for the Tour ride through the French communities North of Edmonton. Our very own Tour de l'Alberta coincided with the conclusion of Tour de France as our 267 sunscreen-covered, brave riders hit the road for a day of cycling.

Thanks to the tremendous job of organizing by Maureen Lanuke and her band of over 50 volunteers, the event was simply marvelous. Everything from the streamlined registration process, to the great food stops along the way staffed by the Birkebeiner Society and other volunteers, was excellent. The feedback was very positive in all aspects.

The Tour encourages riders of all levels to challenge themselves and achieve their own goals for the ride. Each and every person had their reason for doing the ride. A non-competitive setting allowed time for all riders to reach the finish line from the first rider in at noon to the last rider arriving at 800PM. They are all winners and all champions.

The sun shone for the whole ride as cyclists whizzed by golden fields of Canola along the rural roads in the beautiful French towns. Well-positioned rest stops allowed riders to refill water bottles, take a break, and stretch those tired quads. Back at the finish line, a cool Booster Juice awaited the finishers and a smokie on a bun for those looking to fuel up their protein levels. The Music of the Bill Richards Quartet entertained finishers as they rested and recovered from their ride and exchanged stories of their adventures. Those drawn for prizes so graciously donated by our many sponsor's, walked away with an additional bonus beyond the memories of the ride and the friendships made and renewed on the tour.

The event was - to put it simply - one of the best we have ever had. The feedback was positive in all respects. However no event is possible without the commitment of our volunteers. As Maureen said in her editorial, "without them the club simply cannot function". Each and every volunteer contributed to make this a successful and fun-filled experience for the participants. When an event like this comes off without a snag, there is only one way to describe it - Awesome!

Thanks again for a great day and a wonderful event!



Watch the EBTC website for posting of 2003 results!



MS 150 June 7-8, 2003

Thanks to all the EBTC TEAM PRE-DESCENTS members that participated in this fantastic event, and a special thanks to the many more EBTC members that chose to marshal or rode with the ski patrol (first aide) on this year's tour. Despite the wind, rain, tired cyclists, & a few wipe-outs you persevered and some of us (like me) were rewarded with a flat less ride and many memories. I am always amazed that EBTC members take up an entire table at the dinner and how we party hardy at the dance after a long day of riding. Plus, our members are always willing to give less experienced riders a word of encouragement or advice. Ok, so the jerseys didn't make it, but those EBTC socks sure looked cool. Remember, riding against the wind = double the mileage!! Congratulations to all those that finished the ride. See you next year!

Angela Ziemann, team captain.

Here is an excerpt from The MS Society's last e-mail:

Dear Cyclists

Thank you for an incredible weekend! You raised, to date, almost \$780,000. That's a new record!

Questions? Phone the office at 780-463-1190 or check out the web site at <http://www.ms biketours.com/alberta/biketourms150links.htm>
The rain and wind was tough on many of you (especially Sunday) and I thank you for making it through! There were some riders who made it to the finish line, and others who needed to take the bus, but all of you are champions for participating in the Tour and raising so much money for the MS Society. I am so proud of all of you.

There were a few injuries and wipe-outs, but thankfully everyone is going to be okay. Our safety crew was on the scene immediately for any incidents.

Alison Hagan, Bike Tours Manager
Alberta Division, Multiple Sclerosis Society of Canada
alison.hagan@mssociety.ca
Phone 780-440-8765 Fax 780-463-7298
www.ms biketours.com <www.ms biketours.com>

MS
B I K E
T O U R



Cycling for Celiacs

Hello Bicycling Enthusiast,

The Canadian Celiac Association – Edmonton Chapter is pleased to be sponsoring two cycling events this summer!

The long trek ride – takes cyclists from Victoria to Edmonton over 13,000 km of terrain, through 3 mountain ranges and lasts 11 days. August 14 – 24.

The mini ride – takes cyclists on a 5km or 10 km bike ride through Edmonton's river valley. August 24.

All funds raised from these rides go towards helping support those with Celiac Disease either through research, outreach programs or education.

1/ 133 people suffer from Celiac Disease, which is a genetically based permanent intolerance to ingested gluten. When a person who has Celiac Disease consumes gluten (a protein found in wheat, rye and barley) the individual's immune system responds by attacking the small intestine and inhibiting absorption of important nutrients. Currently, the only treatment is a gluten free diet for life.

Please help us spread the word about these cycling events by posting a link on your Web site to ours. www.cyclingforceliacs.org

Thank you for your help. If you have any questions, please don't hesitate to contact me.

Laine Lunde

Cycling for Celiacs Co-ordinator
Canadian Celiac Association - Edmonton Chapter
5R17 - 11111 Jasper Avenue
Edmonton, Alberta T5K 0L4
(780)482-2708
cycling_celiac1@telus.net



Trails, Paths & Routes Advisory Committee and the Alberta Bicycle Association – Recreation and Transportation Committee

As mentioned in the July Spokes, there are many ways of expanding our province's development of a bicycle friendly infrastructure and a supportive 'bike culture'. Through the partnerships mentioned, this Committee's efforts are multiplied. A description highlighting some of these partnerships follows.

- **Working with municipal parks and transportation department staff.** While cycling/pedestrian advisory committees have been on-going via several forms in Edmonton and Calgary, the ABA Recreation and Transportation Committee provides expertise, encouragement and references to Alberta's other centres when requested. At least three Recreation & Transportation Committee members serve double-duty on Edmonton and Calgary's pathway, bikeway and/or trail advisory committees.
 - In Edmonton, the new Committee is known as the "Trails, Paths & Routes Advisory Committee". We are an advisory committee to the City of Edmonton for all aspects of trail/path/route development – not only for cyclists, but for all users. I sit as an independent on the committee, as I feel that my interests involve safe, well-designed paths and routes for all users. For cycling, the Cyclists' Advisory Committee representative on the committee, Gerry Brin, has initiatives involve lobbying for 'missing link' connections between pathways and on-street bike routes, hammering out bylaw changes affecting cyclists, engaging in local education programs for cyclists, providing input on multi-use trails/pathways user surveys and participating on other committees reviewing plans for natural areas' management or revamping municipal cycle plans.
- **Representation on Alberta TrailNet's Trails (ATN) Advisory Council.** Alberta TrailNet is Alberta's representative to the Trans Canada Trail (TCT) Foundation. ATN is responsible for building Alberta's portion of the Trans Canada Trail east to west and north to south through partnership arrangements with local 'trail operators'. In addition to this core project, ATN also assists communities not serviced by the TCT route in connecting to each other via trails within road right-of-ways and elsewhere. The Trails Advisory Council advises ATN's board on policy matters - especially those fostering healthy relationships among trail users and between trail users and adjacent landowners. A recent ATN commissioned contract engaged the professional services of a CAN-BIKE trained engineer to document for Alberta Transportation Planning staff how trails can be reasonably accommodated in Alberta's primary and secondary roads right-of-ways. Roads with or without shoulders can be perceived as less than desirable cycling locations by some cyclists. Providing a paralleling trail or pathway option is one means of encouraging more cyclists. An ATN board position is available for an ABA volunteer who has once-monthly meeting time available. ATN has three full-time and one part-time staff members to assist focusing volunteers' energies.
- **Developing a province-wide Active and Safe Routes to Schools initiative.** Our provincial counterpart program in Alberta is referred to as S.H.A.P.E or Safe, Healthy and Active People Everywhere. Its objective is promoting active and safe routes to schools (ASRTS). With its origins in the Edmonton Public School Board, this group's mission is to encourage school children to employ the 'active' travel modes of bicycling and walking while on their round-trip school commute. Neighbourhoods with less-than-inviting road or road crossing infrastructure for bicyclists or pedestrians receive information on how they can work with their municipal transportation staff to effect change. Personal action details are also provided for how community members can educate and encourage children in safe bicycling/walking practices, such as 'walking school buses', integrating natural history learning experiences into kids' routes or hosting Kids' CAN-BIKE Festivals.

Recreation & Transportation Committee members also share ideas with like-minded bicycle/alternate modes advocacy organizations, such as Better Environmentally Sound Transportation, Way-To-Go, Go-For-Green, Alberta Centres for Active Living, various provincial/state-based advocacy organizations and the U.S.'s Centre for Bicycling and Walking.

For further information on any of the committees or subjects mentioned above:

www.albertabicycle.ab.ca	Click 'Committees'	www.albertatrailnet.com
http://shape.epsb.ca/		www.probike.com
www.flora.org	Pednet	www.best.bc.ca
www.waytogo.icbc.bc.ca		www.centre4activeliving.ca/
www.bikefed.org		www.chainguard.groups.yahoo.com/group/chainguard

Maureen Lanuke
 ABA Recreation & Transportation Committee Representative
 Trails, Paths & Routes Advisory Committee – City of Edmonton
 E-mail – mlanuke@epsb.net

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: _____

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.

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

5. A separate registration form is required for each tour.
 Mail forms and cheque to:
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

Jasper Banff Photos



MS Tour 2003



Edmonton Bicycle and Touring Club Tour Calendar - Summer 2003

** Always refer to the most recent issue of the newsletter and check with tour coordinators for latest information.

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.

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 - REGISTRATION IS CLOSED

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 9-10, 2003 BUFFALO LAKE RIDE

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.

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 16-17, 2003 THUNDER LAKE TRIP

Coordinators: Debbi Kowaliuk (462-1266) - Email: dkowaliuk@shaw.ca

Dist/Rating: Between 75 km to 80 km per day

Cost: Approx. \$80.00 **Deposit:** \$50.00

Description: The classic Thunder Lake trip. Cycle from Onoway to Thunder Lake Provincial Park, which has a nice beach. This will be a van supported camping trip. Anticipated distance will be 75 km on Sat. and 80 km on Sunday.

August 23, 2003 PROGRESSIVE DINNER RIDE

Coordinator: Dave Aaron (469-7341)

Description: The 2003 version of the EBTC "Progressive Dinner". Earn your meal by riding to each dinner course at the residence of an EBTC member. For details, contact Dave Aaron (469-7341).

August 24, 2003 PIGEON LAKE DAY TRIP (Minivan Support)

Coordinators: Nadine Leenders (438-1987) and Dennis Woo (446-0625)

Cost: About \$10.00 for a meal at Mulhurst

Distance/Rating: 60 km with hills - Minivan Support

Description: Meet at the Old House Country Restaurant at Mulhurst at 9:30 AM. (To find, take Hwy 39 exit at Leduc and go 16 km to Calmar. Turn south at Esso station onto Hwy 795 for 25 km. Turn west 1 km south of Pipestone onto Hwy 616 for 10 km. Restaurant is on highest hill on south side of hwy. It takes about 50 minutes to get there from south Edmonton.) Cycle around Pigeon Lake, enjoying the rural setting and picturesque views of the lake. The ride is 60 km with rolling hills and good roads. Afterwards, have a meal at the restaurant while enjoying the scenic view of the lake.

August 29 - September 1, 2003 "MT. ROBSON RAMBLE" (JASPER TO MT. ROBSON)

Coordinators: Millie & Allen Schietzsch 455-1924

Dist/Rating: Intermediate, 45-100 km/day.

Cost: est. \$300.00 **Deposit:** \$50.00

Description: Van departs Aug 29 to Jasper (Hostel) - Aug 30: Jasper to Mt Robson, overnight at Mt. Robson Lodge (Cabins) - Aug 31: Mt. Robson to Jasper, overnight at Jasper 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:** 22 people (2 Vans)

September 13, 2003 SYLVAN LAKE OUTING

Coordinator: Millie Schietzsch (455-1924)

Cost: Bring a lunch, or you can buy lunch or ice cream.

Dist/Rating: 62 km, some rolling hills on nice paved roads (intermediate.) Self-supported.

Description: Day trip in the scenic Sylvan Lake area. Meet at 10:30 am (for a 10:45 sharp start) at Humpty's Restaurant (on the right as you enter town) in Sylvan Lake. Car pool or go on your own. Tour through the small communities of Eckville, Benalto, as you pedal around the Lake. Afterwards we can enjoy the sunny beach and munch on summer resort fare.

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 McC Calder

Invitation from Sherrie! Cyclathon - August 17, 2003

Please help out an EBTC friend by coming to our first Beth Israel Synagogue Cyclathon. This will take place at 3 PM on Sunday, August 17, 2003 at 131 Wolf Willow Road (the big red brick synagogue in the west end). Longest route will be 50 km through the river valley and there are shorter routes to choose from. You can walk, run, roller blade or cycle. Bring your kids if you like. It will be a great family outing. Registration fee is \$15.00; please help us by getting pledges and if you get over \$50 your registration fee will be waived. Bring a little money to join us afterwards for a delicious barbeque. Please phone Sherrie at 453 - 1873 (work) for more details and.....thanks for your help!!!

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

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

6945 - 75 Street, 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.

Message Board

