



# Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

September 2003



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

Come celebrate with us as we mark the 25<sup>th</sup> 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 26<sup>th</sup>.

- WHO: YOU!  
WHAT: EBTC 25<sup>th</sup> 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.**



EBTC Hotline Recording: 424-2453 (424-BIKE)  
E-mail: [bikeclub@ecn.ab.ca](mailto:bikeclub@ecn.ab.ca)  
WWW: <http://www.ecn.ab.ca/bicycle/>

### EBTC Executive Members

President	Maureen Lanuke	436-9004
Vice President/Touring Coordinator	Neil Morrison	466-3550
Treasurer	Erik De Regt	489-9886
Secretary	Al Carlson	458-1471
Membership Coordinator	Angela Ziemann	469-0328
Publicity Coordinator	Harry Hoyer	459-4152
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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	446-0625

### Newsletter Enquiries & Submissions

The submission deadline for the club newsletter is 22, of each month.

Enquiries, articles and photos can be delivered on 3.5" IBM formatted diskettes, or on paper addressed to the EBTC Newsletter Editor, P.O. Box 52017, Garneau Postal Station, Edmonton, Alberta, T6G 2T5

To arrange for alternate delivery of submissions, the Newsletter Editor can be contacted at (487-0206). Short submissions can be faxed to 443-2004. Submissions can also be sent via e-mail addressed to: [bikeclub@ecn.ab.ca](mailto:bikeclub@ecn.ab.ca) or directly to: [grcharle@telusplanet.net](mailto:grcharle@telusplanet.net)

— these can be included within the body of the e-mail message or as attached word processing and graphics files. Most popular word processor and graphic file formats are acceptable.

...or, bring your articles to the monthly member's meeting.

**Spokes** is the newsletter of the all-volunteer Edmonton Bicycle & Touring Club. It is published monthly in the summer and bi-monthly in the winter months. Excerpts may be used, without permission, provided the source is acknowledged.

Opinions expressed in **Spokes** are those of the author or contributor and are not necessarily shared by the Edmonton Bicycle and Touring Club. The editor reserves the right to edit for clarity, brevity, and content. The editor, is the sole judge of suitability for publication of all articles or advertisements.

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

### Moving?

If you're moving, please give your name, old address, new address and new phone numbers to the "Membership Coordinator" noted above. This information will ensure that you receive your new EBTC newsletters.

### E-Mail ??

The **EBTC** maintains an e-mail directory of members. Occasionally, e-mail or other items received by **EBTC** that are considered to be of interest to the membership are forwarded via E-mail to the members listed in this directory. If you wish to be added to this mailing list please send a request via e-mail to [bikeclub@ecn.ab.ca](mailto:bikeclub@ecn.ab.ca)

Final pick-up for Jerseys and socks will be at the 25th Anniversary Party - Saturday, October 4, 2003 from 7:30 to 11:30 p.m.  
Contact Nadine at 438-1987 or [nadine.leenders@ualberta.ca](mailto:nadine.leenders@ualberta.ca)



## MAUREEN'S MUSINGS



## Friendship.

There is a saying that goes something like "the only thing that is constant in life is change". I've been a member of EBTC for 17 of its 25 years. In that time, I've seen some of those changes:

- From the types of trips we run – longer trips were rare when I first joined the club, and the mountain bike was non-existent. Now we run at least one ten day to two-week trip a year, and the mountain bike is common on shorter rides.
- From the average age of our members – early 30's in 1986, to mid to late 40's in 2003 as the baby boomers shed the responsibilities of families and start finding other interests. As I write, that – too – is changing, as younger people who are starting families also look for a safe, supportive environment to teach their children the joys and safety aspects of cycling.
- From the way we organize transportation of gear on trips – initially carpool and self-support; then a 12-bike trailer which kept detaching from the rental vans (remember the one that chased David Lamb down the highway?!), to cube vans that one of our members kindly rigged with a platform system above the bikes for the other gear (until a close call with shifting luggage put an end to that idea!), to our current system of bike racks on the top of vans.

But, as we celebrate 25 years of existence, there has been one constant that hasn't changed – the friendships made through the club. Dear long-time friends who have supported and encouraged both the club and me personally through the many changes in our lives – and new friends, such as the ones I've met on the recent Oregon trip (keep tuned for October's Spokes for the full story of that excellent trip!).

The common interest of cycling is a wonderful medium for bringing people together. I don't know what it is about the sport – whether it is the individuality required to break out of the mold and do something different - or that the sport requires people who care for the environment and for the well-being of others - but EBTC members seem to be among some of the most caring and giving people around.

In a world where nothing is certain and suspicion is common, the cooperation and caring of EBTC members leads to the type of friendship where you know you can count on the person to care and to be there when you need them. In Oregon, I experienced, once again, that spirit of caring, giving, and cooperation from a wonderful group of people whom I hope have become, and will continue to be, friends for many years.

I hope that all of you will join us for our 25<sup>th</sup> anniversary party on October 4<sup>th</sup> (see article elsewhere in this issue) to celebrate with old and new friends. Thank you EBTC for making these friendships possible. Thank you EBTC members for giving of yourselves to be a friend to others you have met in the club.

## 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.




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## 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:

There are currently no dates planned for September/October. If you are interested in coordinating one of these rides, please contact Maureen at 436-9004 or email at [mlanuke@epsb.net](mailto:mlanuke@epsb.net)

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## 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.

**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.)

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## Progressive Dinner Rocks! by Dave Aaron

Do you know how to say "fun"? or you now how to say "great food"? No, you don't, unless you were at this year's installment of the Progressive dinner. The food was so good that we now have a spot on the Home and Garden Channel called "Ride and Dine with me". This year's Progressive Dinner was an easy 40 km ride with four dining stops along the way. First, we began with a little spinach dip appetizer at Dave Aaron's. Can you say, "second tonone"? Then it was on to Nadine Leender's place for the salad. Can you say "awesome, amazing and where can I get that recipe"? Then it was on to Debbi Kowaliuk's for the main course. Can you say "succulent, delicious and where in the world did you buy that corn"? Julia Child, eat your heart out! Kudos on the BBQ chicken. Then it was on to Mary Joyce's for dessert. Can you say, "apple pie heaven with exquisite gourmet coffee and where can I buy some more of that tea?" Can you say this was an incredible event? You bet I can, because I was there. A BIG thanks to the chefs! A first class event!

## 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.

### 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. Meet at 10:30 am (for a 10:45 sharp start) at the Playground on your left (opposite the beach) after you enter the Town of Sylvan Lake (We had previously said to meet at Humpty's Restaurant, on the right as you enter town but it looks like they may not have enough parking.)

### Sunday, September 28, 2003 KAFEEKLATSCH RIDE

**Coordinator:** Jasmine Hohenstein

**Cost:** \$8.00 per person ( all you can eat )

**Dist/Rating:** approx. 50 km return trip on paved highway

**Description:** You will think you are in the heart of Bavaria on this rides' destination to the scenic and unique ALPINE FARM. Come join us for a 50 km ride that will treat us to a feast of homemade European cakes/desserts and bread served with coffee or tea in an Alpine setting complete with music and scenic views of the area. The cost of \$8.00 per person will treat you to a feast of all you can eat goodies . Make sure you eat a light lunch to ensure you can sample the great variety of treats .The ride will be approx. 25 KM to our destination and after our KAFFEKLATSCH( coffee break) at Alpine Farm we will ride the 25 KM back to St Albert. I will require an RSVP no later than SEPT 24th so I can let our host know how many hungry cyclists he can expect...all the cakes and offerings are homemade and he will need to know in advance how many cyclists are coming!

Call Jasmine or Heinz at 475 7224 ( or email at [jasmineh@connect.ab.ca](mailto:jasmineh@connect.ab.ca)) for more information/ details and to RSVP

## TIPS FOR GROUP TOURING

(From an article of the Cascade Bicycle Club Education Foundation)

### Stay Alert:

Momentary inattention is the number one cause of accidents. Be aware of what is in front and behind you, watch your line, and keep your hands near your brakes.

### Make Your Own Decisions:

Stop at all stop signs and lights on your own. What's clear for someone else might not be clear for you.

### Ride in a Predictable Manner:

It's especially important to keep a straight and consistent line so other riders and drivers can predict where you're going.

### Share the Road:

Ride no more than two abreast, or AS IS REQUIRED BY LAW (the law in Alberta is single file). Ride single file in traffic or on trails. Leave room for cars, pedestrians, and others at intersections or places where you pull over. Take turns in small groups when going through an intersection so other users also have a chance to proceed.

### Leave Space Between Yourself and Others:

Leave enough room when riding to be able to dodge obstacles without putting others in danger. Remember also that other riders might not be comfortable if you come too close.

### Always Pass Others on the Left and Call Out when Passing:

It's safer to pass on the left since road debris or potholes are more commonly on the shoulder. Also, most riders will not be expecting you on their right.

### Announce Obstacles and Approaching Traffic:

Call and point out obstacles and traffic for others behind you.

## *Cycling tragedy Needs Advocacy*

By: David Cambon

David Cambon, a cycling advocate in Vancouver, has posted a report on the *Tandem@Hobbes listserve* with a statement on the deaths of Washington cyclists Kathy Husband and John Stoltenberg in Banff National Park this past July 14. The senseless deaths of these two cyclists struck down by a truck driver on the Trans Canada Highway two km. West of Lake Louise, he says, "is a rallying point for cyclists' rights to use Canadian highways safely." He says he would appreciate help in spreading news of this incident to anyone interested, "especially Alberta lawyers who may have some expertise or passion about cyclists' rights, commercial carrier regulations, and so on."

On July 14, 2003, at about 10 a.m., Kathy Husband, a Seattle Public Schools Psychologist and John Stoltenberg, an advanced laboratory manager for the University of Washington's physics department, were riding their tandem bicycle in Banff National Park between the Lake Louise overpass and the turnoff to highway 93 (the Icefield Parkway connecting Banff and Jasper National Parks). Peter Kukucka, a 41 year old truck driver from Richmond, British Columbia, was driving a Valmar (of Calgary, Alberta) Express Lanes truck. Kukucka drove out of his traffic lane onto the shoulder of the highway, hitting the cyclists from behind. Weather conditions were good and Kukucka had a clear view of the cyclists. No other vehicles were involved. Witnesses who saw the truck leaving the road reported that they thought the truck driver was having a heart attack. Kukucka proceeded to drive another 500 meters in the ditch with a punctured side fuel tank before returning to the highway. Kukucka said that he only realized something was amiss when he smashed through a road sign. He told police he was unaware that he had killed the couple

Police do not generally charge drivers with criminal negligence causing death because Alberta traffic law has a strong requirement for intent. And provincial R.C.M.P. say they do not charge drivers with criminal negligence if it appears the driver fell asleep. Kukucka was charged with the relatively minor offenses of careless driving and failing to drive in the centre of the traffic lane. As yet unconfirmed reports from police investigators indicate that Kukucka has previously caused two similar "rollover" type truck crashes in British Columbia. Additional evidence may be presented when Kukucka appears in court in September

The investigation of the deaths of Husband and Stoltenberg is being split between a police investigator at the Lake Louise detachment of the R.C.M.P. and a Commercial Vehicle Compliance Investigator at the Alberta Transportation Traffic Safety Services Division in Calgary. In Alberta, R.C.M.P. do not have the resources to do full investigations of truck crashes. It should be noted that the Province of Alberta has been deregulating commercial carriers and reducing enforcement of trucking companies. A thorough and unbiased investigation of a truck crash in Alberta, says Cambon, should not be expected from Alberta government employees. No investigation of Valmar Trucking has yet been carried out.

Deregulation of trucking in North America has had an extremely negative effect on safety. Truck drivers are forced to work very long hours at low rates of pay. They are chronically fatigued, malnourished, and suffering from the effects of poverty and social isolation. Despite Kucucka's driving record as it stands today, he soon could be driving a truck again. Early reports indicate that no obvious "Hours of Service" violations were indicated in Kucucka's logbook. However, drivers have been known to routinely falsify their logbooks.

Canada has the most lax Hours of Service regulations of any regulated country. Canadian truck drivers can legally work over 80 hours per week. Every 12 minutes in Canada, a big truck is involved in a collision and every 16 hours in Canada, someone is killed in a big truck collision. Worse, Alberta has the most lax commercial carrier regulations in the country. Intra-provincial carriers in Alberta can legally force truck drivers to work 105 hours per week. That's 15 hours per day, seven days a week! The rate of big truck collision deaths in Alberta is 72% higher than the national average. In its 2003 report on Big Truck Safety, the citizens advocacy organization "CRASH" (Canadians for Responsible and Safe Highways) gave Alberta a failing grade, citing the poorest trucking safety record in Canada.

Will the deaths of Husband and Stoltenberg be taken seriously by Alberta officials? Wire services carried this story internationally. Further bad publicity for Alberta's tourism industry could result if these deaths are relegated to that of just another "tired driver" accident. Alberta depends on tourism. The Alberta government is fully aware of the large number of cycle tourists on its highways, and actively encourages cycle tourism in the province. The Alberta government, however, is not likely to admit that its road transportation policies were instrumental in causing these two deaths. Cyclists who frequent these highways are in grave peril unless, and until, these policies are substantively changed.

An additional disgrace for Canada is that Husband and Stoltenberg were killed in Banff National Park, a major international tourist destination and a UNESCO World Heritage Site. Banff National Park is one of the most spectacular cycling destinations on earth; hundreds of cyclists arrive there daily. Years ago the main safety issue in the park was giant motor homes that swerved onto paved shoulders, whacking cyclists with their protruding mirrors. Now the main safety issue is big trucks on the portion of the Trans Canada Highway that passes through the park. Motor home drivers haven't improved their driving. Truck drivers have become much worse.

Cyclists are protected from trucks on the Icefield Parkway because trucks aren't allowed on the Parkway. Trucks are allowed to drive through part of Banff National Park because the Trans Canada Highway is the main truck route in Canada. The section of the Trans Canada Highway that passes through the park offers little protection for cyclists. Priority is given to motorized traffic and unnecessary passing lanes intrude onto the paved shoulder that otherwise gives cyclists plenty of road space. It was at the terminus of one of those intrusions where Husband and Stoltenberg were killed. R.C.M.P. have had their hands full with the many crashes caused by dangerous drivers on that stretch of highway. Policing and truck safety are not improving. At the very least, separated bike lanes should be installed adjacent to the Trans Canada Highway, forthwith.

Cambon has contacted the Canadian Federal Minister of Transport, David Collenette. In the past, says Cambon, Collenette has refused to address truck safety in Canada. Despite such tragedies on the highways, Collenette is more interested in addressing "the demands of Canadian trucking company lobbyists who wish to further reduce truck safety." The Government of Canada in Ottawa has the power to improve the Trans Canada Highway for cyclists. The Federal Minister responsible for Banff National Park is Sheila Copps: Cyclists are urged to contact her with a brief supporting statement of their own (or a copy of the above article) at: (Copps.S@parl.gc.ca) or

The Honourable Sheila Copps, Minister of Canadian Heritage  
Edifice Jules Leger - Terrasses de la Chaudière  
15 Eddy Street, 12th Floor - Hull, Quebec, Canada - K1A 0M5  
Phone: (613) 995-2772 , Fax: (613) 994-1267

Edited and submitted By O.J.

A perfect touring bike. Trek 520 , size 20"/50 cm, 36-spoke Mavic touring wheels, Deore DX components throughout, 3x7-speed drive train, bar-end shifters. This bike will fit someone about 5'5". It is in perfect shape, essentially brand new having been ridden only once to Fort Saskatchewan.

It has all braze-ons, etc. for racks, fenders, 3 water bottles, and complete 4-pannier touring. Asking \$400.00 Phone Don Peddie at 457-2945.



For Sale:

"Shimano SPD high end clipless pedals These pedals are for a mountain bike - \$60 OBO. Also, Shimano 105 lightweight clipless pedals for sale. These pedals are for a road bike, and are blue - \$70 OBO. Please call Ellen at 454-9838".

### Diamondback "Expert" road bike

Size 53 cm Full Chrome - Moly Steel frame; Mavic Wheels;  
RSX / Sora / Tiagra components, triple rings, mountain gearing.

1996 model; bought in U.S.A. asking \$ 450. please call Bob, 464-0603

## 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 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.

## FOR SALE: MIYATA 210 TOURING BIKE

18 speed, 50 cm (19.75" frame) 27 x 1.25 tires, cantilever brakes, randoneer bars, cromoly tubing, quick release wheels.

Asking \$100 OBO. Please contact Kathryn at 479-7206 or Maureen at 436-9004.

