



Spokes

November 2003

The Newsletter of the Edmonton Bicycle & Touring Club

ANNUAL GENERAL MEETING

Sunday, February 22, 2004
Argyll Community League Hall



Please bring your mess kit and a fondue sauce or cut-up food to share.



Cross Country Ski and Fondue Party

Ski from 2:30 to 5:00

Enjoy a great *Fondue Party* From 5:00 to 6:30

Then take part in the annual General meeting of the club, Mix and mingle with the current executive and enjoy the fun of becoming part of the Executive yourself.

CHRISTMAS TREE CAPER 2003

December 12 – 14, 2003

Is it that time already?? No, but the weatherman is threatening snow for later this week, and thoughts naturally turn to planning for the next few months. What can be better to bring in the season than a cozy hidaway, a large hottub, the company of great people, the peace of the country, great hiking or skiing, and the perfect Christmas tree on the annual EBTC Christmas Tree Caper?

The scene for this perfect weekend is Shunda Creek Hostel – a cozy hostel built of logs in the heart of David Thompson Country. It is equipped with all of the amenities, so you don't have to worry about "roughing it", and comes complete with a large country kitchen and a comfy lounge area with a great potbelly stove and lots of couches you can sink right into to read that book you've been trying to find time for. Whether you want to join us in our search for that perfect tree to take home, just go for a cross-country ski or a hike in the pristine surroundings of David Thompson Country, or curl up with that good book beside the wood stove, this is a weekend to call your own.

For information or to book your spot, please call Maureen at 436-9004. Deadline is November 13, 2003 because of the hostel regulation of no refund less than 1 month before the event. Estimated cost is \$40 - \$60 depending on whether you stay both nights, or only 1 night. Trip Deposit is \$40.00.

RESTAURANT NIGHT:

DATE: Sat November 29

TIME: 6:00 PM PLACE: DOAN's Vietnamese restaurant, 7909-104 street

WHY: just because - RSVP to Angela by November 28 @

aeziemann@compusmart.ab.ca or 469-0328.



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	Vacant	
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 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

Birkebeiner Festival - Rest Stop 2004 Saturday, February 14, 2004

The EBTC will once again be running a rest stop at the Birkebeiner Cross Country Ski event. To do this, we'll need a number of volunteers who are willing to spend their Saturday morning handing out drinks and snacks to hordes of cross country skiers. We'll meet early in the morning, car pool to the Blackfoot Grazing Reserve, be led out to our rest stop and set up camp. After some preparation, the skiers will come, and come, and come...

The EBTC has been involved in this event for over 15 years. We will likely be allocated the "Roundup" feed station again this time, which means that we'll be finished by 2-3 pm. Please contact me (David Williams, 438-1197, meccano@ecn.ab.ca), if you'd like to be involved. The sooner the better! All volunteers normally receive a volunteer t-shirt and are invited to a volunteer wrapup party. More information about the Canadian Birkebeiner can be found on their website: <http://www.canadianbirkie.com/>

P.S. If you register to ski in the Birkie please indicate that you're an EBTC member on the registration form! David Williams, Edmonton, Alberta, CANADA <mailto:meccano@ecn.ab.ca> Meccano
Home Page URL: <http://www.freenet.edmonton.ab.ca/meccano/>



MAUREEN'S MUSINGS – November, 2003

It was an event to remember! The EBTC 25th anniversary party was, in my mind, the highlight of the 25 years (or 26 years, as advised by David Lamb!) this club has been in existence.

From the wonderful hors d'oeuvres served by club members, Michel and his assistant Pat; to the excellent bar service by Georgina, Glenn, Alice and others; to the absolutely fabulous historical vignettes put together by Ernie and then Patrick; and the terrific presentation of this year's Oregon trip by Angela; it was outstanding from beginning to end. The response to the invitation by both former and present EBTC members was overwhelming – 130 people registered, but they kept coming at the door and my guesstimate is that over 150 people attended the event, and of the approximately 20 founders and initial members of the club, only two were unable to attend – both of them not living in the Edmonton area. It was so great to see all of the past and present members and to catch up with events in their lives over the past while – even though a few hours isn't nearly enough time!

Thank you to everyone who helped put it all together, and to everyone who came to celebrate this momentous event in our club's history. You've given us a great start for the next 25 years!

Talking about going forward - this unusually long and pleasant Fall hiatus has allowed us to keep cycling long past our usual time, (thanks to Jasmine and Millie for the great Fall outings!) but winter is coming (fortunately, or unfortunately, depending on your viewpoint). That means more fun and interesting activities with EBTC. Some of the winter ski outings are suggested in this edition of Spokes, but we are always looking for more. Come join us and get the most out of our Alberta winters. See you there!

TERRATIMA LODGE SKI TRIP January 30 (arrival), 31 and February 1, 2004

COORDINATOR: Glenn White 431-1297

Terratima offers excellent skiing in the pristine countryside of the foothills south of Rocky Mountain House. Accommodation is in two rustic chalet cabins with room for 6 in each cabin. There are small kitchen cooking facilities in each cabin, as well as a fireplace and small sitting area. A separate bathhouse has showers, a flush toilet, and there are outdoor biffys by the cabins. The main lodge has a hot tub and dining room.

On Saturday we have an option of eating at the Lodge at a cost of \$30/person plus gratuity for a four-course meal (to be decided at pre-trip meeting).

The lodge has about 20 different trails that are track set and others that can be accessed. No guarantees for snow.

A detailed map to the Lodge will be provided at the pre-trip meeting. Maximum Number of participants is 12. Estimated Cost: \$90.00 per person

Registration is by mail to the club's postbox. Deadline is Friday January 2, 2004. Call Glenn for further information.

No Sweat: Coasting Through Oregon

A report on the Group of Eight Oregon Tour, August 8 to 24, 2003 by Gary Garrison

Why would anyone ride in a van with seven strangers for 30 hours—each way, through burning forests and inhaling wood smoke much of the time—just to ride a bicycle? As if that weren't enough of a trial, everyone on the trip had to pair up and sleep in tents for 13 nights. We had to break camp 11 mornings. Every day we each prepared a meal, washed dishes, and even had to take a shower. We guys humoured the ladies and went along with the shower bit, but I had to wonder: is daily showering a punishment imposed on EBTC road trips where women are in the majority?



We all like bicycling, of course, or we wouldn't belong to EBTC, and so we thoroughly enjoyed hammering up those steep, rough, coastal mountains and working up a good sweat—which we weren't even allowed to keep! But that ghastly tailwind! That thing was humming along at over 30 miles an hour a lot of the time—that's 50 in Canadian—and depriving us of good cardiovascular exercise. And those long, steep descents at speeds up to 76k an hour! I thought we were supposed to be pedaling, not coasting—or was this the real, hidden meaning of the Oregon "coast" tour? Besides that, most of the way we had a paved shoulder segregating cyclists from logging trucks and RVs—as if we were wimps and couldn't handle cycling in traffic! They even had signal lights in the tunnels so motorists knew when cyclists were in there.

We averaged about 80 kilometers of cycling a day, but we could have covered a lot more territory if the women hadn't messed everything up. On behalf of the ladies, on the first day Maureen announced that we were on vacation and were going to stop at every lighthouse, store, seal, viewpoint, cliff, store, sea lion, rock, wave, bird, store, blackberry bush, sand dune, and beach we saw along the way. So every day we trudged along behind Maureen. And even though we were all adults, we all had maps, we could all read maps, and none of us would think of leaving others behind, she made us all stop frequently to be sure everyone stayed together and didn't make any wrong turns. But the third day out, we showed her: the seven of us split off into six different groups.

Bad enough that we had to stop at myrtlewood craft shops, souvenir stores, and ice cream parlors all along the way. Every other day the women spent up to two hours shopping for groceries when we could have been cycling. How long would it have taken to fill up a cart with meat, potatoes, beer, and chips? Weren't the guys on vacation too? And after a few days, the women announced that we couldn't afford any more El Sabroso Salsita taco chips—which, by the way, you can't get in Canada. What good was shopping to us guys after that? How's a guy supposed to sweat without salt? That's even harder than making bricks without straw!

The women did some other puzzling things too. The second day on the road, Maureen was cut off by a truck turning in front of her, and she started talking out loud to herself about the Tillamook cheese factory we were going to tour that day. She shrieked something that sounded like "Cheese is nice!" in an angry, clipped tone of voice, almost a curse. For several days, every time she had trouble getting her new Look shoes to lock onto her pedals, she repeated the same phrase. She only stopped talking about that cheese after Stew cleaned the pinesap out of her cleats. The cheese was good, but was there some weird hormone in it that made her act like this?

Irene acted like she was getting addicted to lighthouses. Was she afraid of the dark? She had to stop at every lighthouse and had to have her picture taken in front of it. Besides that, she injured her knee early in the trip, and nothing seemed to help until she bought herself a new, blue, flowered jersey. Those hills, and her knee. What was that jersey made of? At the end of the trip, she secretly stole a chip from my trunk bag, Stew's. We were so upset we gorged ourselves with other salt. Luckily, later she confessed to the theft and returned it to its rightful place of honour.



Angela was addicted to cream parlors, both of which in Oregon as seagulls. She stopped at Cannon Beach where she had a milkshake she insisted was \$5 US she spent on it. I think though, because she was the group every time we long drive back to Edmonton. She had a camera too, after all the film she used. Speaking of Cannon Beach, in a parking zone, a cop starts sweet-talks him out of it! The guy hangs out with us for over half an hour and fills us in on all the local lore. I think she did something similar with the U.S. border guard who simply waved us through, no ID check, no questions asked.

Then she practically flew up those hills, and her knee didn't hurt anymore. What was that jersey made of anyway? Then, near the end of the trip, she "rescued" the sacred taco breaking my heart and at the loss that we had to gorge ourselves with other chips and nearly OD'd on pity and remorse, two days later she confessed to the deed and restored the chip

"expresso" shops and ice cream parlors happen to be as numerous as seagulls. I even found one place in Oregon that got an "expresso" worth every penny of the she needs a new watch, 10 minutes late rejoining stopped the van during our trip. She probably needs a new watch she cranked through hers. Debby parks the van in a no writing zone, and she Not only that, but then the

She pulled that same female charm thing on a struggling firewood vendor and ended up with \$30 of wood for \$5, and then again she got \$40 of fresh crabs and tuna for almost nothing just for pleading poverty to a fisherman. Our last day driving to Oregon, she found another bargain; fortunately, Stew and I were able to talk her out of frying up some "free" seabirds she found at our first saltwater beach lunch spot, south of Seattle. She claimed they were free-roaming, public chickens. We forgave her, though. She was obviously still seeing the dozens of deer eyes glowing in the headlights from the long drive the night before.

If it hadn't been for Frankie, whom we adopted as a part-time honorary guy, we guys would have been totally in the dark about what was going on. Not that she was able to explain the other women's bizarre behaviour, but she could translate some of the lingo into terms we could understand and she at least pretended to listen to us. As well, her extraordinary culinary and laundering talent was the perfect match for Stew, who had noticeable deficiencies in both areas. And, she was such a great sport and team player that she laughed at everybody's jokes, no matter how bad they were.

Since nobody else would listen to us, Stew and I spent a lot of time brainstorming ideas for new labour-saving, time-conserving, wealth-generating inventions (See attached.) and trying to laugh our way through all the female-inflicted pain and suffering. And I'm not sure about Sam. A lot of the time he kept to himself, but you never knew when he was going to surprise you with a risqué joke or an unusual perspective on things. You know, I've seen little bottles in liquor stores called Silent Sam, but I doubt they come out at night like our Sam did. He must've stored up what he had to say during the day, because he was busy letting it out both ends at night. (What was in that chili anyway?) It's a wonder Stew ever got any sleep. But Sam's experience driving on the crazy expressways of Montreal long ago saved our bacon on Interstate 5 around Seattle and brought us safely home to Edmonton from Rocky.

As for me, I just kept to myself, noted everything in my journal, and pretended to go along, knowing that when the trip was over, in writing this report I would have the power to add or subtract events from the trip, to change people's characters, and even to alter the itinerary if I felt like it. On the other hand, maybe this really was the most enjoyable tour of the year with the most eye-popping scenery, the fastest descents, the strongest tailwinds, and the most delightful group of cyclists (and driver) ever assembled by EBTC. But what do I know? I have more experience studying fiction than bicycle touring.

Continued Next Spokes.....

Progressive Dinner Rocks! By Dave Aaron

Do you know how to say "fun"? Do 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 to none"? 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!

EBTC Executive Positions

The following is a brief synopsis of the positions of the current EBTC executive. Nominations may be made by contacting the EBTC President.

President coordinates the overall activities of the club and acts as its chief spokesman and executive officer. Is responsible for outside liaison with other societies, associations, government and regulatory agencies. Chairs executive and general meetings. Works through the executive in the delegation of duties and responsibilities towards the achievement of beneficial goals and objectives. Shows fiscal authority for club expenditures. Keeps the general membership informed of club activities through the newsletter and other communications.

Past President attends the executive & general meetings and guides the club in regards to past policies and events.

Vice-President/Touring Coordinator is responsible for organizing the cycling and skiing touring schedule. Duties consist of holding a tour leader workshop to train coordinators on how to run an EBTC trip; getting ideas for trips and volunteers to run the trips; coaching volunteers in how to budget for a trip; set prices for trips, book vehicles and get drivers; reviewing and assessing club policy with regard to trips; reviewing and assessing size and format of trips and type of vehicles used; provide input to treasurer for annual budget. In the absence of the president, the vice-president is the club's spokesperson and may also be called upon to represent the club on various committees.

Treasurer is responsible for the EBTC money. Duties include: provision of financial statements, balancing of the accounts (chequing, savings & petty cash), issuing cheques, assisting the Touring Coordinators with trip/event expense reports and maintaining EBTC "break even" policy. Knowledge of the Accpac "Simply Accounting" Windows program would be very helpful.

Secretary records minutes of each meeting and provides copies to each executive member. Empties mailbox and distributes mail. Records trip registrations and payments and maintains master trip list. Confirms trip applications and maintains close contact with trip leaders.

Publicity Coordinator is the organizer of the semiannual membership drives (1) Nov-Dec X-country Skiing and (2) April-May cycling. This includes advertising through the media; distributing brochures, posters and cards; booking of classrooms for the spring info nights and developing other innovative techniques for recruiting members at large. Also responsible for organizing public displays and info seminars.

Social Coordinator responsibilities involve the ability to dream up and then make into reality the year's social events. Motto: if it isn't a bike ride nor a ski trip then it must be a social.

Newsletter Editor is responsible for collecting information for the newsletter, then typing it and formatting it for printing and/or coordinating volunteers to assist with these tasks. Responsible for taking newsletter to the photocopiers and picking it up, getting address labels from the membership coordinator, getting stamps from the post office, folding and stuffing newsletters and finally getting them to the post office. Responsible for maintaining the club computer hardware & software. Currently, the newsletter editor also acts as webmaster and maintains the EBTC web pages.

Education and Safety Coordinator is responsible for promoting safe cycling/skiing within the club by example and through education. You must have a clean riding record with no demerits for speeding or careless riding while under the influence. Responsible for contributing ideas to executive meetings and articles to the newsletter which will help the club to continue to operate without any major incidents causing injury.

Supplies and Equipment Coordinator is responsible for storage and maintenance of the touring equipment. Compiles an inventory and keeps track of the various supplies. Informs trip coordinators of the available equipment; assists with compiling a list of needed supplies per trip and arranges for the delivery and pick-up of supplies for trips.

Membership Coordinator is keeper of all membership forms and maintains an accurate list of names, addresses and phone numbers. Provides address labels to newsletter editor, mails membership cards, crests and application forms. Answers the "what are you all about?" Letters.

Volunteer Coordinator is responsible for finding committed volunteers to assist with various EBTC events and for providing them with information on the duties involved. (e.g. dances, century ride, Birkie Rest Station etc.)

Librarian Maintains the Club's library

Webmaster Maintains the EBTC website and responds to or forwards email received by the club. Also forwards email to the general membership regarding events, as requested by the event organizers and approved by the executive.

WEDNESDAY NIGHT CROSS-COUNTRY SKI RAMBLES

With the early arrival of winter, we've been caught off guard! We don't have volunteers to run the Wednesday night skiing yet. **If you are interested in coordinating these outings for the club, please call Neil at 466-3550 as soon as possible.** In the meantime, if you wish to join your other EBTC cross-country ski enthusiasts, you are invited to show up at the following locations for some skiing fun. Participants will leave the parking lots at 7 p.m. SHARP for approximately 1.5 to 2 hours of skiing, and the route will be decided by the people who show up. If you haven't been to these locations before and need directions to the location, please call Neil.

November 12	GoldBar Park – meet at Ski hut
November 19	Hawrelqak Park – meet at 1 st Picnic Shelter
November 26	Whitemud Park – (foot of Keiller Road) – meet by footbridge
December 3	Riverside Golf Course –meet Parking Lot across from Golf Course
December 10	GoldBar Park – meet at Ski hut
December 17	Hawrelak Park – meet at 1 st Picnic Shelter
January 7	Whitemud Park – (foot of Keiller Road) – meet by footbridge
January 14	Riverside Golf Course –meet Parking Lot across from Golf Course

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

SUNDAY SNOW AND GO's

coordinator: Angela

aeziemann@compusmart.ab.ca or 469-0328.

These day skis will begin as soon as we have enough base and trails are set. With the recent snow it should be pretty soon. Please watch EBTC emails or call Angela for details. The location will be Goldbar park unless otherwise noted. The details will be posted on my voicemail by the Friday prior.

EBTC 25th Anniversary Jerseys FINAL ORDER DEADLINE: November 10, 2003 FIRM!!

Please make sure your payment is SENT to EBTC before this date as no additional orders will be made as we want to have the Jerseys delivered by Christmas. These jerseys WILL NOT be available next year. Note: short sleeve only is available.

For Sale:

Bicycles Accessories And Parts (new, never used)
Helmet mirror- Rhode Gear \$10, Anti-thief Wheel
security cams \$10, Full leather seat Norex (France) \$20
Ph. Doug @ 984-2926 (Edmonton).

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