

# Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

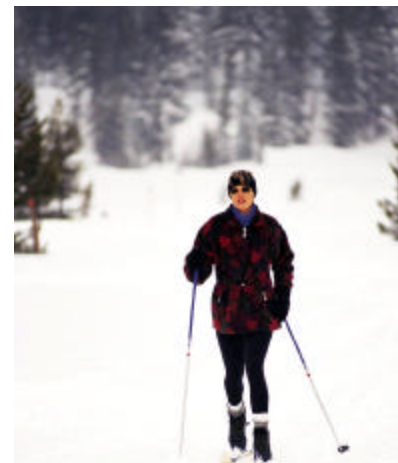
March 2004

## Canadian Birkie is Full of Heart

By Angela Ziemann

Whose great idea was it to spend Valentine's day, Feb 14, 2004 on a frozen ski trail with 2000 other people all trying to cross the finish line up to 55 km later hoping nothing important froze off, instead of spending this day with loved ones eating chocolate?

Christened "Happy Birkie Day" by the organizers of this World Class Event, the 2004 Birkebeiner certainly was full of heart. From the many volunteers including our own EBTC members led by the always well organized David Williams ... to those ski gurus from Swix at the start waxing skis (I should have sought their wisdom, I had to re-wax twice) ...to the welcome sight of the volunteers at the finish feeding us hot soup and those famous hot dogs.



See page 8 →

### Welcome! New 2004/05 EBTC Club Executive

The following people were elected at the February 22 AGM:

President	Maureen Lanuke
Vice-President /Touring	Glenn White
Secretary	Nancy Scott
Treasurer	Nadine Leenders
Membership Coord.	Angela Ziemann
Newsletter Editor	Stew Henderson
Publicity Coord.	Mark Serediak
Social Coord.	Al Carlson
Supplies & Equip.Coord	Ernie Mah
Education & Safety Coord.	Wally Cook
Volunteer Coord.	Doug Bezovie
Librarian	Dennis Woo
Webmaster	Alan Schietzsch

We welcome your comments and suggestions – especially if you have an idea for a trip or outing you think your fellow club members might enjoy!

### Be part of the Tour de l'Alberta

Whether you plan to cycle or not, you can be part of one of the most exciting EBTC events. Join Maureen at her home for a planning meeting on March 24, 7 pm at 1049 – 109 St. Want more info? Call Maureen (780) 436-9004.

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**It's time to send in your 2004/05 EBTC membership** ..... 12

### *EBTC Executive Members*

President	Maureen Lanuke	436-9004
Vice-President/Touring	Glenn White	431-1297
Secretary	Nancy Scott	488-9768
Treasurer	Nadine Leenders	438-1987
Membership Coord.	Angela Ziemann	469-0328
Newsletter Editor	Stew Henderson	438-1351
Publicity Coord.	Mark Serediak	488-9768
Social Coord.	Al Carlson	458-1471
Supplies & Equip.Coord	Ernie Mah	988-8322
Education & Safety Coord.	Wally Cook	929-9311
Volunteer Coord.	Doug Bezovie	984-2926
Librarian	Dennis Woo	431-2182
Webmaster	Alan Schietzsch	455-1924

### *Newsletter Enquiries & Submissions*

The deadline for the newsletter is the 22<sup>nd</sup> day of each month. Enquiries, articles and photos can be delivered on 3.5" IBM formatted diskettes addressed to the EBTC Newsletter Editor, P.O. Box 52017, Garneau Postal Station, Edmonton, Alberta T6G 2T5. Send email to [bikeclub@ecn.ab.ca](mailto:bikeclub@ecn.ab.ca) or [stew.henderson@shaw.ca](mailto:stew.henderson@shaw.ca). Stew can be reached by telephone at (780) 438-1351 and by fax at (780) 420-1058. You can also bring articles to the EBTC monthly member meeting.

### *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 newsletters.

### *E-mail?*

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

### *The editor needs help!*

To save costs and valuable executive time, we encourage all members, where possible, to request the newsletter by email when they renew their membership. By doing this, putting out the newsletter would only involve 2-3 hours a month, lightening the load for all.

**Spokes** is the newsletter of the all volunteer Edmonton Bicycle & Touring Club. **Spokes** is published monthly in the summer and bi-monthly in the winter months.

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

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

### **VOLUNTEERS NEEDED Going shopping anyway?**

How about helping out, by delivering posters/brochures to local cycling shops and sporting venues. You'd get brochures and posters and deliver them to 1-3 shops, checking the supply periodically. With enough people, this should only take 30 minutes of your time a month. Most of us are at our local cycling shop anyway, so consider it a bonus! Who knows? You might get good deals for your cycling supplies. Please call our volunteer coordinator, Doug Bezovie 984-2926, or Maureen, 436-9004.



## Maureen's Musings – March 2004

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Spring is sprung! The grass is riz! (I wish!) But, the weather is warming up, and Spring and a new cycling season for EBTC cyclists are definitely not far away!

### First, heartfelt thanks

I'd like to thank the outgoing executive for their hard work over this past year. As Marvin remarked that the AGM last weekend, being on the executive entails many hours of, often, unrecognized work behind the scenes to ensure that EBTC members get to enjoy the best we can offer. I know how much time and effort goes into every one of the trips, activities, and club administration; and I'd like to express my deep gratitude to all of last year's executive. To Harry, Gord, and Erik, whose other commitments have prevented them from continuing on the executive, Thank You for the work you did. I hope we will see you out for some rides and socials. All the best with your new commitments.

### Special accolades to Neil

I'd also like to especially thank Neil Morrison for his dedication and hard work with EBTC over the years. Neil, unfortunately, has also had other commitments come up which have caused him to withdraw from the executive this year. When I first met Neil, he was a young man of 17 years of age, who had already been a very active member of the club for a couple of years. Through the years since, Neil has gone out of his way to run trips, serve on the executive, and generally serve as the club's resource and strong right hand.

I, and the rest of the executive, will really miss Neil and his insightful suggestions and feedback at club meetings this year! Neil will still be coordinating the Golden Triangle trip and helping out when he can, so we will look forward to still seeing him around.

☺ THANK YOU, NEIL! ☺

### Welcome, too, to the new executive!

The list of executive members is located elsewhere in the newsletter, but they are already contributing new ideas and enthusiasm, and I think EBTC members can look forward to an exciting year ahead!

### 2004 fees

On an unhappy note, the budget for the 2004 season was approved by the club members at last week's AGM.

As indicated in the meeting and in previous newsletters, the club's insurance has currently been set by the Alberta Bicycle Association's insurance agent at \$23/person. With this in mind, a review of our club expenses for the year, including updating several of our software programs which are overdue for upgrading, indicates our average cost for the year will be approximately \$42/person.

This means that, for the second time since I joined the club in 1986, (the first was 2 years ago) we have been forced to again raise our membership fees. The fees for 2004 have been set at \$40 single, \$70 per family of 2, and \$25 for each extra member in a household.

Although the fees do not quite cover costs for the year, we did not feel we could justify a larger increase and still maintain our focus as an affordable, non-profit club. →→→

*Maureen's Musings, cont'd from page 3*

We are still awaiting the final word from ABA on the insurance charges for the year, and we hope to obtain some cost relief when that happens. As one of our members said, the membership fees are still one of the best bargains around - last year your membership fee averaged out to 50 cents an activity if you had joined all of the activities the club had to offer - so we hope you will agree and join us again for the upcoming season.

The happy note is that it IS the start of a new EBTC membership year, and we're excitedly planning this year's itinerary of trips and activities for our club members.

The new membership form is in this newsletter, as are information about the upcoming tour planning meeting and trip coordinators' meeting. The initial offering of trips will appear in the April newsletter.

Plan a trip, join a trip or a social – whatever it is, we hope to see you there!

*Maureen Lanuke is EBTC's President*

## For Sale

### Diamondback Expert Road Bike

- ❖ Rated by BICYCLING magazine "a better-than-entry-level starter bike" (July 2000, more recent aluminum model).  
1996 model; bought in U.S.A.
- ❖ Size 53 cm. It fits a rider 5'-9" (175 cm)
- ❖ Full chrome-moly True Temper AVR frame. Frame weighs 2.25 kg. (1/3 of a water bottle more than an expensive bike)
- ❖ Chrome-moly fork.
- ❖ Mavic CXP-10 wheels
- ❖ Shimano M-434 clipless pedals
- ❖ RSX levers; Sora front d/r; Tiagra rear d/r
- ❖ Triple rings 26 / 36 / 46 (Shimano "micro drive")
- ❖ 11 x 28 cassette, which gets this old guy up the climb out of Radium quite nicely!
- ❖ Excellent condition, lovingly maintained. A few scratches but never crashed heavily. Asking \$ 400.

❖ **Bob: (780) 464-0603**



## Mark Your Calendar

- ▶ March 21, 1 pm  
**Trip Planning** – see page 5  
Edmonton International Hostel  
10647 – 81 Avenue, Edmonton
- ▶ March 24, 7 pm  
**Tour de 'Alberta planning meeting**  
1049 – 109 Street. Please call Maureen  
if you can help (780) 436-9004
- ▶ April 18, 2 pm  
**Learn to Plan a Trip** – see page 11  
Edmonton International Hostel  
10647 – 81 Avenue, Edmonton
- ▶ April 23 & 24  
2<sup>nd</sup> annual **CBC Spin Around the  
Clock Fundraiser**  
All proceeds to support the Livia Stroke  
Foundation, WIN House and the  
Edmonton Chapter of CPAWS.

For more information or to register,  
visit [www.livia.ca](http://www.livia.ca) or leave a message  
for Trevor at (780) 430-7953 or  
[postmaster@livia.ca](mailto:postmaster@livia.ca)

## Trips Needed

What??

Do you have an idea for a bike trip – a long one, a short one, an overnigher, a day trip around town? We want to hear from you!

Your input is needed to pull together our trip plan for the upcoming cycling season. Bring your ideas for a trip - whether done before or not – to the annual trip planning meeting.

If you have maps or write-ups on the proposed trip, bring that along as well. They will help us plan our season's schedule.

Our club thrives on members' input and participation, so we hope you will come out and help us plan our new season of cycling.

### When?

Sunday March 21 at 1:00 p.m.

### Where?

Edmonton International Hostel  
10647 - 81 Avenue

### Why?

To help our club have a GREAT cycling season!

You will also be eligible for a fine door prize draw. And possibly a few little snacks!

## "AS GOOD AS SILVER"

EBTC honoured its volunteers at the February 22 AGM.

Please join us in thanking each of these people who have donated their time to YOUR club.

Al Carlson	Ernie Mah	Millie Schietzsch
Alan Schietzsch	Georgina Orleski	Nadine Leenders
Alice Keech	Glenn White	Nancy Scott
Angela Ziemann	Gord Charles	Natasja (United Cycle)
Bob Curtis	Harry Ehrenholz	Neil Morrison
Bob Davidson	Harry Hoyer	Patrick Houston
Bob Steen	Heather Bitto	Paulette Yakimenko
Carol Carlson	Irene Hanson	Peggy Hurdle
Carol Leitch	Ivy Cheung	Regina Shtybel
Cathy Schreiner	Jan Damgaard	Richard Williams
Charlene Coutts	Jasmine Hohenstein	Rob Papuha
Christina Williams	Jeanette Williams	Roco D'Ilio
Christine Kupilik	Jessica (United Cycle)	Sandy Strauss-Thiessen
Claire McCartney	Jim Wilde	Scott Malcom
Claire Stock	John Chang	Serge LaVallee
Clifford Barnett	John Cushing	Sharon Wilde
Craig Hobbs	John Laarhuis	Shauna Richards
Darren Okrainec	John Sisson	Sherri Henderson
Dave Aaron	Josef Williams	Steve Bitto
David Lamb	Julie Barnett	Stew Henderson
David Williams	Karen Popoff	Sue Sohnle
Deb Holbrook	Ken Leitch	Sue Williams
Debbi Kowaliuk	Kyle (United Cycle)	Susan Nobes
Debby Schmidt	Linda D'Ilio	Susanne Glenn
Del Kostura	Lorraine Nowak	Sylvia Laarhuis
Dennis Woo	Lorraine Orsini	Tony Epp
Don Kennedy	Marilyn Wilson	Vicky Glowacki
Don Peddie	Mark Serediak	Victoria Gallagher
Drew (United Cycle)	Mary Joyce	Willi Bass
Ellen Ainsley	Maureen Lanuke	Yvonne Stern
Erik de Regt	Michel Lamontagne	



## CYCLING MADE EASY

### Part 1

By Don Peddie

Riding a bicycle is fun. It should also be easy. Easy to keep up with others, easy on the body, and easy to cover great distances over the course of a day. Learning how to pedal efficiently is to learn the secret technique of how to have fun on a bicycle.

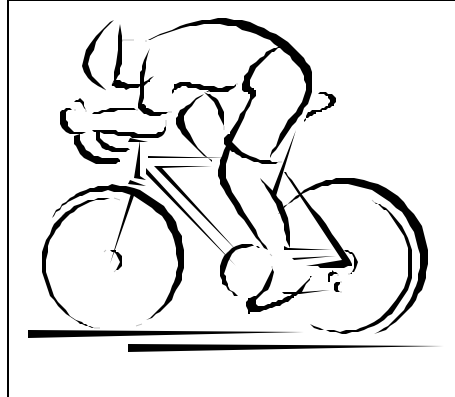
#### **Cadence, RPMs, leg turnover, spinning.**

To a cyclist they all mean the same thing - namely, the number of times your pedals go around per minute. A high cadence is the key to cycling -- the secret to making cycling easier, faster and more enjoyable.

#### **"A high pedal cadence makes cycling easier." Remember that.**

Years ago at the beginning of the running boom, the great guru of running, Dr. Kenneth H. Cooper, said "Run naturally if it's correct, otherwise run correctly until it becomes natural." This truism applies directly to riding a bicycle. Actually it is even more pertinent because cycling is not a "natural" human function.

Bikes have been around for 120 years at best, and we humans did not evolve on a



bike saddle. The first thing we had to learn was to balance the bicycle so it stayed upright, and achieving that the next step is to learn the skill of propelling the bicycle in the most efficient manner. This technique is called "spinning," that is, making the pedals go around approximately 90 times per minute.

As in many good things, however, achieving this skill of using a consistently high cadence at all times can be a very difficult skill to learn. Beginning cyclists often pedal at 50 - 70 RPM and continue in this fashion until they are tired and must slow down. This may well be why far too many of those who begin cycling fail to progress onward to become a cyclist. They simply never learn the easy way. Consequently, they always find club trips too hard for them.

To make it even worse, when they are with the club, they have the additional discouragement of watching everybody else disappear over the horizon ahead of them, seemingly with ease.

#### **What is most remarkable is the novice's resistance to advice.**

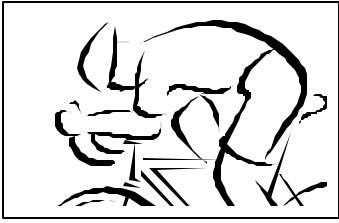
Fellow cyclists will use encouragement, logic, cajolery, and even threats in their efforts to help these beginners learn to gear down and spin faster, thereby improving their cycling ability. Even if they initially shift down on command, at the first distraction they shift up again to ride at 60 RPM, pushing the pedals painfully against a large resistance, or they slow down and drop from the group.

At the same time, those who are coaching them become exasperated and angry at what they perceive as stupid stubbornness, which only makes the situation worse.

#### **One great theory regarding pedalling cadence exists, and I subscribe to it:**

...→

*Cycling Made Easy, cont'd  
from page 6*



As humans, we have evolved for walking and running with a natural cadence of about 120 steps per minute, or 60 RPM. This rhythm is so natural that beginning cyclists adopt it and tend to stick with it. It's just "natural." Intuitive.

### **But it ISN'T efficient on a bicycle!**

The efficient cadence of 90 - 100 RPMs is an "unnatural" action which the brain must learn, then accept, and then believe; and then the body must be taught to perform. Once the brain learns and accepts this to be correct and necessary, the legs will become adept at it and the fitness required to travel long distances using this method will develop. The results shown by those who ride the Tour de France clearly show that a high cadence is the best way to ride a bicycle.

The built-in control system (to move one's legs at 60 rpm) is so strong, and so

unrecognised, that beginning cyclists don't realise that it needs to be overcome. On the other hand, experienced cyclists who have learned to pedal faster do not realise why this tendency is so difficult to get past. Too often the greatest teacher becomes the "school of hard knocks," and it's only after too many painful experiences that the novice finally begins to strive to overcome the built-in evolutionary control system. After a few sessions in which the novice cyclist persists in his or her attempts to ride a reasonable distance at a reasonable speed by using a big gear and low RPM (50 - 70), they sooner or later find that weakness and pain will force them to slow down.

Slowing down and gearing down usually happens simultaneously, and favourable results are quickly noticed as the pedalling immediately becomes easier and more enjoyable. A few episodes of this and most novices are ready to accept instructions to gear down right from the start and to pedal using a higher RPM, or cadence.

**Optimum cadence is 90 - 100 RPM for recreational cyclists, higher for racers.**

There's no question that a higher level of fitness is required to run than to walk; to cross-country ski classic technique than to merely walk on skis; and so it is with this pedalling technique. At first, shortness of breath will be a limiting factor, but quickly your body will improve and adapt to getting the needed oxygen to the legs in order to sustain this faster pedalling technique. Maintaining a higher cadence will "naturally" bring about an increase in fitness, an added bonus for any recreational cyclist.

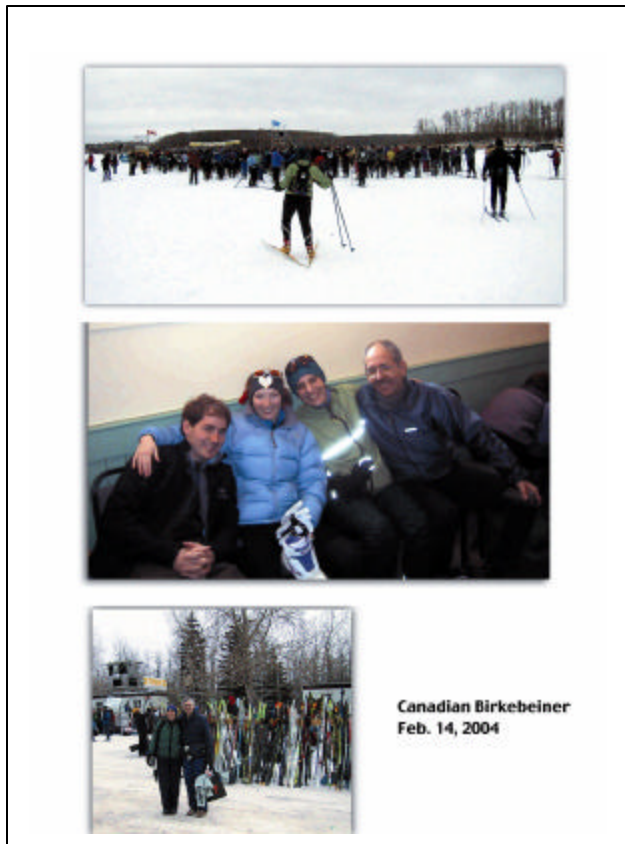
**Early in this new season, right from the start, concentrate on speeding up your pedalling cadence.**

Cadence counters are built in to some bike computers and I recommend buying this type. Otherwise, count the number of times your right knee comes up for a one minute interval. Strive for 90 RPMs. Keep working at it, it will come, and your cycling will be much more enjoyable during the 2004 season.

Next month I will deal with another aspect of cycling - learning how to get the most out of your multi-gear bicycle by knowing how and when to select the proper gear for the terrain.

## **The New Safety Guy.....Wally Cook**

Check out the new safety stuff on the EBTC web site soon. Wally has added a lot of cycling safety information, from choosing equipment to riding in traffic, braking, group riding skills and even riding in rain or at night.



Then there are the athletes themselves, which ranged from elite athletes (whom I never saw except as they whizzed past me at the start line) to the rest of us more "leisurely" types who were just out to enjoy the day and try and cross the finish before all the checkpoints closed.

It sure is an amazing sight to look ahead of you and see nothing but a colourful mass of lycra, fleece and skis stretch out ahead of you as far ahead as you can see.

Conditions were not perfect, as the cycle of freezing and thawing the week previous made hills very icy and dangerous. It had cooled off to a fairly comfortable -13C but with a bit of a wind chill, which one could really feel over any open areas and upon stopping at the aid stations.

I was just thankful it was not the -30C conditions that we were training in only a few weeks before. Also that it was not the slushy +8 it was a few days before. That had made me more nervous than the cold, I HATE klister with a passion.

Kudos to the trail groomers. They did an excellent job despite the unfavorable weather.

This year's event was my second Birkie attempt, and my first try at 31 km. It also marked the END of my half RUNBIKESKI challenge for which I was extremely thankful!

My time was respectable too but not nearly as fast as Glenn's. He whizzed past me at the 20 km mark after having a broken ski at the start line... Glenn you have to show me how to do that!

Congratulations to all that participated in any of the events. Results can be found on the Birkie web page @ [www.canadianbirkie.com](http://www.canadianbirkie.com)

One hint to next year's organizers: now where exactly was the Valentine's chocolate?? It must have been gobbled up by the fast people before I got there...

## The Golden Triangle

### Registration opens April 1, 2004

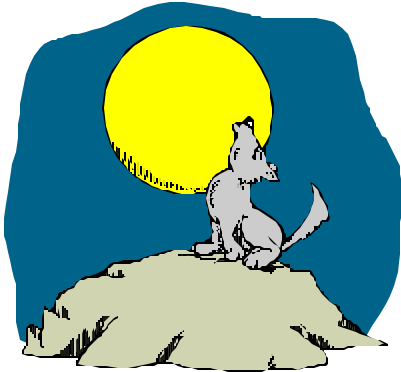
Kick start the 2004 cycling season with the traditional May long weekend tour. Ride from Castle Mountain Junction to Golden to Radium and back to Castle Mountain Junction. This is a hotel/hostel, van supported trip.

Register by mailing your completed 2004 membership form & cheque plus the overnight trip registration form and deposit. Only EBTC members may participate in this trip.

**TEAM EBTC PREDESCENTS is looking for a new team captain for the MS Tour in June.** You must be a paid registrant of the tour to be a captain. Please let me know ASAP if you are interested as the MS Society needs a contact person. The Society is offering FREE workshops to team captains, and the dates for those are coming up fast!! Please contact me: Angela Ziemann, (780) 469-0328, [aeziemann@compusmart.ab.ca](mailto:aeziemann@compusmart.ab.ca)



## Moonlight Howl



February 6, 2004  
 Coordinators Marvin Bloos and Jasmine  
 Hohenstein

By Glenn "Wolfman" White

A hooooooooooooooooowling great success!

A hearty band of moonlight travelers gathered at Waskahegan Staging Area for a night of frivolity and laughs.

To ensure our safety, co-host, Marv, explained the route, detailing the way out and the way back as well as the strategic location of flags carefully placed by Heinz to guide us.

The next step was to do what this group really does well! We began to eat! The main course was Werewolf Beans compliments of Marv and Jasmine our hosts. The meal was served in a beautifully set table complete with napkins and an appropriate visit from the Werewolf. The beans were complimented with wonderful great chunks of fresh bread. Then it was on to the ski trail.

Glenn agreed to be the sweeper to ensure everyone made it to Meadow Cabin and back safely. The moon was not quite up on the way out but made an appropriate appearance part way back home rising just over Neon Lake to make a spectacular appearance and add to the wonderful evening. On the trip lots of jokes from the rag tag group at the back Scott, Jane and Glenn clarifying how perfect the snow was and sharing many oohs and aaahs about the way your butt hit the snow and the sound made when careening around corners.

Soon we were all in the candle lit cabin for hot chocolate and more tales. But then we realized that we had not had dessert. Dessert is Jasmine's trademark so everyone suited up again and headed back to the trails.

The group took a variety of routes back with one common goal ... dessert!

Arriving back at the parking lot, we were treated to a lovely dessert, along with beverages and a somewhat roaring fire. More tales and then off to our respective homes with memories of another great EBTC trip.

## Banff to Jasper Adventure July 1-5, 2004

### Registration opens APRIL 1, 2004

- ❖ Rating: Intermediate to advanced (lots of hills!) 50-100 km/ day
- ❖ Deadline for registration: MAY 1, 2004
- ❖ Limit: 19
- ❖ Deposit \$100, estimated cost \$300

An extended version of the CLASSIC mountain tour! The adventure starts in Canmore and ends in Jasper. Experience spectacular scenery, wildlife, great food, good friends, rustic hostel accommodations (co-ed), with a few hills thrown in for good measure. An option to hike, hot tub or just relax in Banff Thursday evening. Two vans depart Thursday morning and return Monday night (you must take Thursday, Friday and Monday off work). One more van driver required. Interested? Please contact me: Angela Ziemann, (780) 469-0328, aeziemann@compusmart.ab.ca

Register by mailing your completed 2004 membership form & cheque plus the overnight trip registration form and deposit. Only EBTC members may participate in this trip.

## Terratima Treasure Chest

By Jasmine Hohenstein

Let me tell you about this wonderful place and our recent trip there. Terratima means:

### EARTH, I AM YOUR FRIEND

This wilderness treasure is nestled in the Boreal Forest in the beautiful Foothills of the Canadian Rockies. When I say "nestled", I really do mean tucked far away from the hectic hustle and bustle of *ANYTHING!*

If you are looking for luxury - like room service, fancy bathrooms and a Coke machine down the hall, this is not the place for you! But if you are searching for a unique outdoor experience that will soothe your soul, rejuvenate your body and put your mind at ease, make your way to this tranquil wilderness paradise located in a storybook setting.

**Although Terratima does not boast luxury "Hiltonstyle",** it does offer a different kind of luxury and civilized comforts for all who venture there. The accommodations at Terratima are for those people who are looking for a serene and secluded place away from the noise and stress of the city. There are numerous charming cottages that will

accommodate up to 6 people, tucked amidst the majestic trees in the forest. The Wolfwillow Lodge can accommodate 30 people. Although the cottages have no running water and toilets, there is a cozy and convenient bathhouse nearby. For those who want to sit under an open sky and gaze at the stars after a day of skiing or hiking, there is a hot tub outdoors on the deck of the bathhouse. It is here that you can sit back and relax as you breathe in the clean country air and soak away your worries and your cares! This *is* luxury....luxury of a different kind!

I had heard of Terratima before, but had never had the opportunity to go there. When I read about the trip that Glenn was planning there, I was interested in going....very interested! Glenn started planning the Terratima Ski Getaway months before, and I must tell you that Glenn leaves no rock unturned when it comes to planning and detail....**especially** when it comes to **FOOD!** Our emails and conversations prior to the trip were filled with....hhhhmmmm....should we have nachos or bruschetta before dinner...or both? The trip was full and 12 of us planned on going.

Read the conclusion of Terratima in the next issue of Spokes....

## Ever coordinated a club trip before?

Attend EBTC's "Learn to Plan a Trip" Course and learn how!

**April 18, 2004, 2 p.m. ★ Edmonton International Hostel, 10647 – 81 Avenue ★ Free to EBTC members**

Now is your chance to be a part of our club's cycling season - your opportunity to ensure that all of our trips get to go ahead for the season. We are holding an open house on trip planning. At this open house, you'll learn what is involved with planning and coordinating a trip. Whether you are leading a day trip in the city, or an overnight trip, this open house is for you!

Come out and learn from seasoned veteran planners like Al Carlson, Neil Morrison and the new guy on the block, Glenn White. As well, share with each other the tricks and time savers that have worked for each of us! We will show you how easy it is to plan and coordinate a great ride. We will share ideas and tips we have learned on how to plan your trip, how and where to get equipment, check lists, and reports (yes, we do need to account for the money we manage on the trips).

Enjoy a snack and share stories and ideas and get your handy dandy trip planning kit! Contact Glenn White at 431-1297 if you have any questions.

# Overnight Tour Registration Form

Please read the Tour Registration Policy before filling out your registration form. To ensure 'First come, first served', registration form(s) and payment(s) will not be accepted by tour leaders. All tour registrations will be considered "as received", where indicated by the dated stamp (postmark) on the envelope.

**Please fill out a separate registration form and cheque for each tour.**

Name of Tour: \_\_\_\_\_

Tour Date(s): \_\_\_\_\_

Your Name: \_\_\_\_\_ EBTC Membership Card # \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ If under 18 please check

Do you have a current first aid certificate?: Yes  No

Please note any medical conditions affecting 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 required)*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Deposit  Paid in Full  Amount enclosed: \_\_\_\_\_

## Overnight Tour Registration Policy

1. Registrations may be limited on some tours. *All registrations will be dated by the postmark.*
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 and cheque is required for each tour.

Mail forms and cheques to:

6. Registration must be by mailed and received at least **3 weeks** before the tour departure date. Registrations after this date must be dropped off directly to the tour coordinator and accepted at the tour coordinator's discretion.

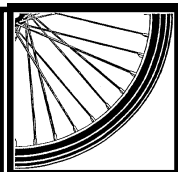
### Refund Policy

If you cancel within 7 days of the date of the tour departure with a replacement being found, the \$25.00 non-refundable deposit is forfeited. If you cancel within 7 days of departure without a replacement being found, the full tour fee is forfeited. If you cancel more than 7 days before the tour departure date with a replacement being found, the full tour fee is refunded. If you cancel more than 7 days before the tour departure date without a replacement being found, the \$25.00 non-refundable deposit is forfeited.

8. If your registration and deposit are received after a tour is 'full', you can choose to:

a) have your cheque destroyed, or

b) have your name placed on the waiting list, and your deposit held by the club. If you are not accepted from the waiting list, your deposit will be refunded.



# Edmonton Bicycle and Touring Club Membership Application Form

Rev . 02/04

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Spouse/Partner \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Spouse/Partner Phone \_\_\_\_\_ / \_\_\_\_\_

Additional Household Member(s) \_\_\_\_\_

Do you wish to receive EBTC Email: Yes  No  E-mail \_\_\_\_\_

Membership Type Single  Family of 2  Additional  Do you have a current First Aid Certificate: Yes  No

Are you interested in: being a leader of a day or weekend trip  being a driver of a support vehicle  being a volunteer

Do you wish to have your name and phone number made available to other EBTC members? Yes  No

Do you wish to receive the club newsletter by: Regular Mail  Save paper! download directly from the club website

Are you a current ABA member? Yes  No  Membership # \_\_\_\_\_

**Yearly Membership April 1 - March 31**  
Single \$40.00 - Family of 2 \$70.00  
\$25.00 For each Additional Family Member

**Half Yearly Membership October 1 - March 31**  
Single \$ 30.00 - Family of 2 \$ 50.00  
\$ 25.00 For each Additional Family Member

### Release, Waiver And Assumption of Risk

I hereby acknowledge and agree that in consideration of being permitted to participate in cycling, skiing or other programs or activities organized or operated by the Edmonton Bicycle and Touring Club or its agents (hereinafter called "EBTC"):

1. that I acknowledge that the sports of cycling and skiing and some of the other programs and activities of EBTC are dangerous, exposing participants to many risks and hazards, some of which are inherent in the nature of the sports themselves, and others which results from human error and negligence on the part of persons involved in preparing and organizing cycling and skiing programs, and other activities.
  - a) that as a result of the aforementioned risks and hazards, I as a participant may suffer serious personal injury, even death, as well as property loss;
  - b) that some of the aforesaid risks and hazards are foreseeable and others are not;
  - c) that I nevertheless freely and voluntarily assume all the aforesaid risks and hazards and that accordingly my preparation for and participation in the aforesaid cycling, skiing and other programs and activities shall be entirely at my own risk;
  - d) that I understand that neither EBTC nor any of their members, officers, directors, employees, contractors or agents assume any responsibility whatsoever for my safety during the course of my preparation for or participation in the aforesaid cycling, skiing or other programs or activities;
2. I understand that cycling is an activity that is governed by the terms and conditions of the Motor Vehicle Act, and I agree that I will obey the laws and regulations set out in the Act;
3. I agree to always wear a safety helmet which meets current cycling safety standards when cycling in activities sponsored by EBTC;
4. that I have been given the opportunity and been encouraged to seek independent legal advice prior to signing this agreement;
5. I do hereby release EBTC, their members, officers, directors, employees, contractors and agents from all liability, and do hereby waive as against EBTC, their members, officers, directors, employees, contractors, and agents, all recourses, proceedings, claims, and causes of action of any kind whatsoever, in respect of all personal injuries or property losses which I may sustain arising out of, or connected with, my preparation for or participation in the aforesaid cycling, skiing or other programs or activities, notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of EBTC or any of their members, officers, directors, employees, contractors or agents;
6. that this agreement need not be brought to my attention each time I participate in any EBTC event or activity in order for the agreement to be effective;
7. that I have carefully read this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement; that I fully understand the same; and that I am freely and voluntarily executing the same;
8. that this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is binding on myself, my heirs, my executors, administrators, personal representatives and assigns.

DATED AT \_\_\_\_\_ ALBERTA, THIS \_\_\_\_\_ DAY OF \_\_\_\_\_ 200 \_\_\_\_\_

The following information is **MANDATORY** for insurance purposes

Print Name _____	Date of Birth _____ / _____ / _____	Signature _____
Print Name _____	Date of Birth _____ / _____ / _____	Signature _____
Print Name _____	Date of Birth _____ / _____ / _____	Signature _____
Print Name _____	Date of Birth _____ / _____ / _____	Signature _____

All household members MUST sign - If under age 18, parent or guardian signature is also required

**Helmets:** Cyclists are required to wear bicycle helmets while riding under the auspices of the EBTC. Helmets must meet current safety requirements.

**Please Enclose Membership Fee With Application Form**

**Amount Membership Enclosed \$ \_\_\_\_\_ Date \_\_\_\_\_**

**Optional donation to Trans Canada Trail Foundation \$ \_\_\_\_\_**

(For Club use) Member Card Number

\_\_\_\_\_  
\_\_\_\_\_

*Club members receive a membership card*

**Cheques payable to: Edmonton Bicycle And Touring Club P.O. Box 52017 Garneau Postal Station Edmonton, Alberta T6G 2T5**