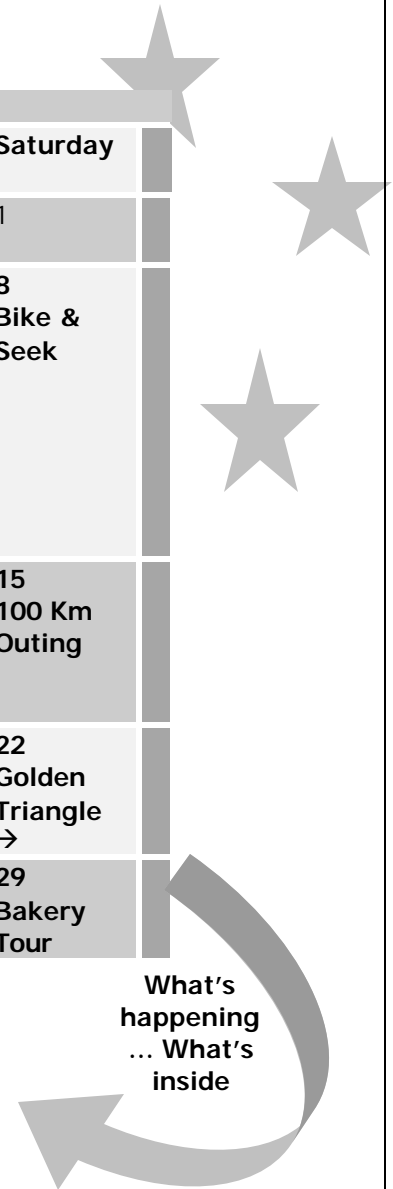


# Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

May 2004

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What's happening ... What's inside

Application forms for the one, the only, the memorable ....>

Now on the EBTC web site  
[www.bikeclub.ca](http://www.bikeclub.ca)



### 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

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!

### Newsletter Enquiries & Submissions

The deadline for the newsletter is the 22<sup>nd</sup> day of each month. Enquiries, articles and jpg digital or scanned photos can be delivered by email to [stew.henderson@shaw.ca](mailto:stew.henderson@shaw.ca) or on paper, CD or 3.5" IBM ormat diskette to: EBTC Newsletter Editor, P.O. Box 52017, Garneau Postal Station, Edmonton, Alberta T6G 2T5. Stew can be reached by telephone at (780) 438-1351 and by fax at (780) 420-1058.

### 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, Alberta  
T6G 2T5

Toleration is the greatest gift of the mind; it requires the same effort of the brain that it takes to balance oneself on a bicycle.

Helen Keller

## Maureen's Musings – May 2004



The winds of change are upon us, and it just keeps getting better and better. New trips keep popping up, the new executive is enthusiastic and committed to making this a banner year for the club, new and eager faces picked up great tips about how to organize day and overnight tours at the recent Tour Coordinator's Workshop, and the first events of the year are about to begin. It's so exciting! I wish I could do it all!

### **Hotline: Thank you Patrick! Welcome Mark –**

On the club's organizational front, Patrick Houston, who has maintained the club's telephone hotline for many years, is taking a well-deserved break for a couple of months. In the interim, our Publicity Coordinator, Mark Serediak, has agreed to maintain the club's hotline. If you are organizing an event and want to have it advertised on the hotline, please call Mark at 488-9768, or email him at [mark.serediak@shaw.ca](mailto:mark.serediak@shaw.ca). If you want to find out about any updates on tour schedules or events, the information will be available on the hotline as well as through the wonderful reminders emailed to members who have email by our web coordinator, Alan Schietzsch.

### **Trip registration: Your work is much appreciated, Linda! Thanks for stepping forward Debby!**

Linda D'Ilio has coordinated collection of trip registration for us for several years and has had to withdraw this year because of other commitments. Linda will still coordinate the registration of the Golden Triangle and Banff-Jasper trips this year. A relatively new member, Debby Schmidt has stepped forward. For trips as of May 1, Debby will contact you to confirm receipt of your registration forms and whether you are on a trip. She'll also provide your information to the trip coordinators. Debby can be reached at 473-6456 or

[debby.schmidt@epsb.ca](mailto:debby.schmidt@epsb.ca), but try to give her a chance to call you before you call her!

Thank you, Patrick and Linda, for all of your hard work over the years. Both of these jobs take hours of volunteer time on a continuing basis, and we are deeply indebted to you for your help. Thank you, too, to Mark and Debby for stepping forward to fill the gap. We look forward to working with you in the months ahead.

**And talking about change....** You will have heard me talk about and see my previous notes on the involvement of myself and John Sisson as the club's representatives on the Alberta Bicycle Association's Recreation and Transportation Committee (R & T). Unfortunately, because of family commitments and time involved with my training for Ironman this year, it has become necessary for me to withdraw from this involvement at least until Ironman is over. As a result, **we are actively seeking one or more EBTC members who are interested in working with the ABA**, the province, and the City to help make Alberta the best cycling destination in North America. If you are interested and feel you would like to be involved, please call or email me at 436-9004 or email [mlanuke@epsb.net](mailto:mlanuke@epsb.net). I would be pleased to fill you in on what you need to do. It is wonderful to be instrumental in what direction cycling is taking in the province, so don't be shy!

Your first foray into the ranks could even be to convince Alberta Transportation to redo the stretch of Highway 37 between Highway 779 and Highway 777 at Onoway so EBTC can proceed with plans for the wonderful new 100 mile loop on the Tour de l'Alberta I told you about in the last newsletter. Unfortunately, due to safety concerns about this short stretch of highway, Alberta Transportation has turned down our proposal for the new route this year. They did, however, mention that an upgrade within the next five years to Highway 37 is in the planning stages – all we need to do is convince them to move up the date! In the meantime, the Tour will revert to the relatively easier loops of last year's ride, and the website has now been updated with this year's registration form. Interested in working with the ABA on this and other projects? Contact me!

Happy cycling everyone!

*Maureen Lanuke is EBTC's President*



## Ride the Bow Valley Parkway between Banff and Lake Louise

May 23, 2004

If the Golden Triangle was more than you wanted this early in the season or you were not able to get on it due to the response then here is a great option for you.

Regarded by many as one of the most beautiful rides in Alberta, on this half day 50km ride you will see spectacular scenery and possibly wildlife. We'll ride the Bow Valley Parkway starting at the junction of the Trans Canada highway, just west of Banff on the uphill leg to Lake Louise and end the ride at the famous Laggin's Bakery (World renowned cinnamon buns) at Lake Louise Village. The van will transport us back to our start point; however for the more adventurous there is the option to reverse the route and ride back to the start point, making it a 100km day ride. The return trip is mostly down hill.

NOTE: if you elect this option it will not be supported by the van. Gord will arrange for checking in on your return.

We'll meet at 8:45 am Sunday, May 23rd at the first junction on the Parkway (Hwy 1A), just off Hwy 1, west of Banff and will depart at 9:00 am sharp. Bring your camera, appropriate clothing that allows you to adapt to the unpredictable mountain weather, water bottles, sunscreen, identification, money and a snack. All participants should be capable of fixing their own flats or making minor repairs to their bike and be equipped to do so. This is an intermediate ride and not recommended as your first long ride of the season. It is a 50km ride mountain ride with many uphill sections, be prepared to do some work for your views.

Following the ride we can get back into our vehicles to go and enjoy a well deserved soak in the soothing Banff Upper Hot Springs so remember to bring your bathing suit.

Each participant will be responsible to arrange their own transportation and accommodations, so reserve early as it is the first long weekend of the summer and accommodations tend to book up early. The central hostel booking number is (403) 760-7580 and as of April 19<sup>th</sup> both Banff and Lake Louise Hostels were only 14% booked.

Cost: There is a \$ 5.00 fee which will cover the cost of van support and lunch for the driver.

If you are planning to join this ride please contact Gord Charles at 487-0206 or [gcharle1@telus.net](mailto:gcharle1@telus.net)  
*Ride on!*

### EBTC & Mountain Equipment Co-op .... two bike maintenance clinics in May

These 2-hour clinics normally cost \$15 to \$25 each. EBTC members have a special rate of \$10/clinic. This is a great value and opportunity for anyone who wants to learn bike maintenance skills working with their own equipment. MEC's cycling ambassador, Randy Ross is our instructor.

**Course #1: Saturday May 15, 2004 @ 10:00 am**  
(cleaning & lubrication, tire/tube replacement, brake theory)

**Course #2: Saturday May 15, 2004 @ 1:00 pm**  
(drive train adjustment trouble shooting and set up of shifters and derailleurs)

Cost: \$10/clinic

Location: MEC. 12328 - 102 Avenue, Edmonton

Registration: Register and pay in advance at the MEC member services desk by May 8, 2004. MEC takes VISA, Master Card, and even cash! Note that you must be a MEC member to register for this event. (MEC memberships are \$5/life) Let the desk know you are an EBTC member for the club rate. A minimum of 5 registrants, maximum registrants 10 people per session. Bring your bike, as participants will work in pairs on their own gear during the sessions. See you there!

Wally Cook, Education and Safety Coordinator

## Max's & Gord's Mid-week Rides

The update....

Well things are moving along here is the first offering of the Mid Week rides. This is the first time for this type of ride for our club and we want to thank Max and Gord for putting them together. We hope they will be a big hit.

### Tuesday May 4th

Drive out to meet at the South Entrance of Elk Island National Park at 915AM for a 930AM Start. Ride through the Park (National Park Permit is required; may be purchased at self service booth); to highway 15 to Mundare and return on Highway 16 (Approximately 105 km)

### Thursday May 6th

Meet at Callingwood Shopping Center 178 Street-69 Avenue near the Bagel Bin Bakery at 915A.M for a 930AM start. South on 178 Street-Lessard to Highway 60 Devon Road to Devon east on Highway 19 to Rabbit Hill Road to Ellerslie Road (9th Avenue) west to 156 Street to 23 Avenue to Riverbend Road; North to 53 Avenue to the Bike Trail to the Fox Farm cross Whitemud Bridge to 87 Avenue and west to 178 Street to Callingwood . (Approximately 70 km)

These are self supported rides but will be at a leisurely pace however please bring appropriate tools and repair kits to be able to deal with minor problems such as flats etc, also bring sunscreen, appropriate clothing, snack and or lunch and adequate water. You should also bring appropriate I.D and Health Care card, as well as some money as there may be the option to purchase stuff enroute but not on each ride.

Subject to the response to these rides further trips will be announced.

For more details contact:

Max Mayer, 489-7173, [opaski29@shaw.ca](mailto:opaski29@shaw.ca) or Gord Charles, 487-0206, [gcharle1@telus.net](mailto:gcharle1@telus.net)



### B.A.D. Party (Bring A Dish!) and B.A.P. (Bring A Picture!)

- ❖ Fri May 14, 2004
- ❖ 6:00-10:00 pm
- ❖ Edmonton International Hostel  
10647 – 81 Ave

Bring a dish to share at the BAD Potluck Dinner, one of our most popular parties of the year. This is a great opportunity for new members to meet other cyclists. EBTC supplies the refreshments, juice, tea and coffee. You bring food. Bring your own mess kit or borrow dishes from the hostel. Spouses, partners, friends and potential members are most welcome.

Please bring your pictures, photos or CDs. We'll have at least two laptops to view CDs and make copies plus a photo scanner to get those great pictures on the web. Dig out your pictures from last cycling season because we need updated pictures for display boards and presentations. Check out pictures of EBTC events at <http://members.shaw.ca/cyclewithal/>



## Let's Ride

### Sunday Morning SHOW 'n' GO

On any Sunday with no scheduled rides, we meet at 9:45 AM for a 10:05 AM departure at the northeast corner of the Kinsmen Fieldhouse parking lot. EBTC members met at the designated time and place and then decided where to ride—a social ride.



### Tuesday Night "SHOW 'n' GO"

Show up and go – that is the theme for our weekly social, easy paced rides that began April 27 and continue through the summer, weather permitting. We meet at the Northeast corner of the Kinsmen Fieldhouse parking lot at 6:45pm. for a 7:00 PM. (SHARP) start. We go wherever anyone wants to go, so please bring your own ideas for routes. We do stop to chat, have a coffee or ice cream. We ride mostly on bike paths and quiet residential streets. It is a great way to discover what Edmonton has to offer the recreational cyclist. Contact: Al Carlson, 458-1471

[acarlson@ecn.ab.ca](mailto:acarlson@ecn.ab.ca)



### Wednesday Night Out and Back Sweat Rides

For those of you who want a more challenging work out, but want a group to ride with, then this is the one for you. This is an intermediate/ advanced training ride. Please be comfortable riding on a highway. (For those who want a more leisurely pace, consider the Slow or the Show and Go rides.)

We ride out from the start point for 45 minutes then head back, to arrive back at the same time. Coffee usually follows so we can tell lies about our ride. Start locations:

- ❖ Millwoods Sobeyes: SW corner of 23 Avenue and 50 Street – park on edge of lot
- ❖ St. Albert Wal-Mart: Wal-Mart parking lot near the Tim Horton's
- ❖ Sherwood Park Alliance Church: NE corner of Wye Road/Range Road 231
- ❖ 7-11 location – NW corner of 97 St & 176 Ave
- ❖ Corner Pantry - 215 St and Garden Valley Road (23rd Ave.) Directions: Whitemud west to 215 St., south to Garden Valley. It's the blue building on the North West corner.

### Contacts:

- ❖ Angela Ziemann, 469-0328  
[aeziemann@compusmart.ca](mailto:aeziemann@compusmart.ca)  
(south and east rides Millwoods Sobeyes and Sherwood Park Alliance Church)
- ❖ Don Peddie, 457-2945 [dl.peddie@3web.net](mailto:dl.peddie@3web.net)
- ❖ Ellen Ainsley, 459-6928 (north/ west rides 7 -11 and the TBA ocation)

We meet at 6:15 PM for a 6:30 PM SHARP start at the following locations. Note: the start time may change in September due to less daylight.

May 5	St. Albert Wal-Mart
May 12	Sherwood Park Alliance Church
May 19	7-11
May 26	Millwoods Sobeyes

June 2	Corner Pantry
June 9	St. Albert Wal-Mart
June 16	Sherwood Park Alliance Church
June 23	7-11
June 30	Millwoods Sobeyes

July 7	Corner Pantry
July 14	St. Albert Wal-Mart
July 21	Sherwood Park Alliance Church
July 28	7-11

Aug 4	Millwoods Sobeyes
Aug 11	Corner Pantry
Aug 18	St. Albert Wal-Mart
Aug 25	Sherwood Park Alliance Church

Sept 1	7-11
Sept 8	Millwoods Sobeyes
Sept 15	Corner Pantry
Sept 22	St. Albert Wal-Mart
Sept 29	Sherwood Park Alliance Church



### Thursday Slow Rides

The maximum speed will be 20 km/hr By staying at an easy pace we will become comfortable while riding in a group, learning how to ride in close proximity to others. Basic skills of cycling will reviewed as we ride. Meet at 7 PM, departing from the 7-11 gas station at 176 Avenue and 97 Street. The plan is to continue until June 24. But, things are subject to change, depending on the interest shown. Keep watching SPOKES or the web site or contact Don Peddie, 457-2945, [dl.peddie@3web.net](mailto:dl.peddie@3web.net)

# CYCLING MADE EASY

## Part 3

By Don Peddie

**Try This on Your Next Ride...** Smooth your pedal stroke!

Quality riders have a fast, supple pedal stroke. You can spot them from a distance because they're smooth as silk. They handle wind or hills without any noticeable effort.

All of us can get closer to a pro stroke. It happens from practicing the following simple techniques.

### ❖ Pedal slower

The ultimate goal is to pedal at 90-100 rpm in most circumstances. But it's hard to practice good form while spinning a high cadence. Your feet get going faster than your brain. You can't remedy faults that way.

So change to a bigger gear and slow your cadence to 75-80 rpm. Now you can feel the pedal all the way around the stroke. You can concentrate on the segments and improve them.

When you're smooth at 80 rpm, increase to 85, then 90 and, finally, 100 rpm.

### ❖ Aim for the handlebar.

You've probably heard to pull through at the bottom of the stroke like you're scraping mud off the sole of your shoe. And that's still the right image.

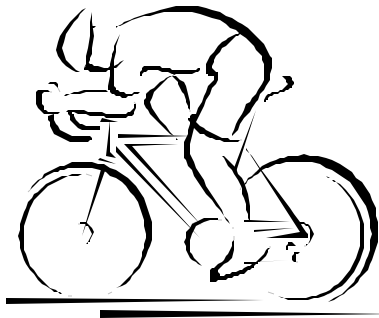
But equally important is what happens on the other side of the pedal circle. As your foot comes up the

back, push your knee toward the handlebar. This helps you overcome the "dead spot" that results as your foot transitions across the top, from up to down.

### ❖ Descend like a whirlwind

After using the first two techniques and getting the feel for a rounder, smoother stroke, head for the hills. Descents help you practice at high rpm.

Leave your bike in a relatively low gear as you start down. Build your cadence steadily until it is well over 100 rpm. See how fast you can spin before your stroke gets choppy and you start bouncing on the saddle.



The key to a smooth blur is relaxation. Don't tense your upper body, strangle the handlebar or *force* your legs to turn faster. *Let* them turn faster. When you can succeed at 120+ rpm, it'll help you be silky at a mere 100 rpm.

### ❖ Get feedback

It's easier to remedy pedaling shortcomings if you can see yourself in action. Have a friend videotape you from a moving car (not in traffic). Watch your shadow on rides when the sun is low. Put a large mirror next to your indoor trainer.

And keep at it. Improvement comes quickly, but even veteran roadies can refine their stroke. Give it some thought each time you ride.

Dear EBTC members,

We are organizing the CP100 Bike-a-thon (formerly the Great Alberta Stationary Bike Race) on Saturday May 15th at 9:00 AM at Rundle Park and Rundle Centre. The funds go to the Cerebral Palsy Association of Alberta.

Teams of up to 5 people collect pledges and compete on stationary bikes or recreational bikes to see who can ride farthest in 100 minutes. It's a family event and there will be Subway subs, snacks, prizes, mascots etc. We could really use your help in promoting this event.

A link to the event is <http://www.cpalberta.com/bikeathon.htm>. Please contact me if you'd like more info. Many thanks,

Sean French, The Communicators - events and awareness inc. 403.667.7174

## EBTC 2004 Tour Calendar

**NOTE: All overnight trip registrations will be by post-marked date, on a first-come, first served basis.**

### Saturday May 8<sup>th</sup> 2004

#### Bike and Seek (scavenger Hunt)

Distance: Around Edmonton +/- 30 km/Novice, Intermediate Cost: \$5.00 plus meal +/- \$10.00

Coordinator: Jasmine Hohsenstein (475-7224) [jasmineh@connect.ab.ca](mailto:jasmineh@connect.ab.ca)

Description: Join us for an early season ride and scavenger hunt, a great way to get to know the roads around Edmonton at the end of the ride get together for dinner in a local restaurant. Meet at 1:40 PM for a 2:00 PM start at Victoria Park on River Valley Road in the parking lot.

### Friday, May 14, 2004

#### B.A.D. Party

Coordinator: Al Carlson (458-1471) [acarlson@ecn.ab.ca](mailto:acarlson@ecn.ab.ca) Cost: dish to share

Description: see article on page 5 of this SPOKES. ... 6:00 - 10:00 pm at the Edmonton International Hostel, 10647 – 81 Ave.

### Saturday, May 15, 2004

#### 100 KM. Outing

Dist/Rating: Intermediate Coordinator: Neil Morrison (466-3550) Cost: Free (Bring a Lunch)

Description: Warm up for the Golden Triangle: Meet in the SE corner of the WalMart lot in St. Albert (700 St. Albert Trail) . Meet at 8:45am for a 9:00 am sharp departure. Diver needed for this trip. Contact Neil Morrison if available to drive.

### Sunday, May 16, 2004

#### Beaumont Ride

Coordinator: Angela Ziemann (469-0328) [aeziemann@compusmart.ab.ca](mailto:aeziemann@compusmart.ab.ca) Cost: Bring lunch or \$ to buy one

Dist/Rating: 25 - 30 km/beginner ride + 66 km optional loop to Leduc - good training ride for the MS Bike Tour

Description: Meet at the Sobey's far lot on 23 Avenue and 50 St at 10:00 am. Ride to Beaumont. An easy, short ride for the whole family. Beginner group will head back to the city. Intermediate/Advanced ride continues to Leduc. There will be one rest stop in Beaumont and one at the Tim Horton's in Leduc. Call Angela to reserve.

### May 22- 24, 2004

#### Golden Triangle

Coordinator: Neil Morrison (466-3550) Cost: \$225 DEPOSIT: \$100

Dist/Rating: 105 km - 115 km per day over mountain passes/ Intermediate +

Description: 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 with a limit of 28 people including coordinators and 1 driver. There will be a pre-trip meeting.

### Saturday, May 29, 2004

#### Bakery Tour

Dist/Rating: approx 30 km/ Beginner Cost: baked goods at 2 or 3 bakeries

Coordinator: Al Carlson (458-1471) [acarlson@ecn.ab.ca](mailto:acarlson@ecn.ab.ca)

Description: Meet at top of McKinnon Ravine bike path at 148 St and Summit Drive, just north of 100 Ave, at 9:45 am for a 10:00 AM start. We will ride, then stop for lunch, ride some more, and stop for dessert. We head back up McKinnon Ravine between 2 - 3:00 PM.

### Sunday May 30, 2004

#### Zoom to the Zoo

Coordinator: Ernie Mah (988-8322) [emah@phys.ualberta.ca](mailto:emah@phys.ualberta.ca)

Dist/Rating: 28 km/ Beginner - Family Ride Cost: Bring a lunch

Description: Meet at the Dairy Queen Blue Quill (Saddleback Rd and 116Ave) at 10 AM. Ride to the zoo see some of the animals. Have lunch then head back. Treats at the Dairy Queen are an option on returning.

### June 4-6, 2004

#### Iron Horse Trail - St Paul to Heinsberg

Dist/Rating: 50/km/day, Intermediate Cost: \$60 DEPOSIT: \$30

Coordinator: Doug Bezovie (780) 984- 2926 , [doug.b@interbaun.com](mailto:doug.b@interbaun.com)

Description: This is the first EBTC mounting bike tour over the Iron Horse Trail, 259 Km of historical abandoned railway line, running from Smoky Lake to within 30 Km of the Saskatchewan border. We'll camp at Elk Point Friday and Saturday night. Your trip includes the "Show & Shine" and community-wide garage sale before cycling through scenic mixed food forest, then visit to the salt plant or ruins of the Fort George-Buckingham House Provincial Historic Site. Saturday night, we'll attend the Heinsburg Country Fair, Music Festival and Barbecue Supper. Sunday, we'll cycle from Elk Point to St Paul, stopping along the way to see historic sites. Participants are responsible for their own breakfasts, lunches & supper on Fri. night, shared vehicle costs, entrance fees if required.



## EBTC 2004 Tour Calendar

### Saturday, June 5, 2004

#### Ice Cream Tour

Dist/Rating: approx 40 km/ Beginner Cost: 2 ice cream treats

Coordinator: Al Carlson (458-1471) [acarlson@ecn.ab.ca](mailto:acarlson@ecn.ab.ca)

Description: Meet at Woodcroft Community Hall, 114 Ave and 139 St at 12:15 PM for a 12:30 PM (Sharp) departure. We will be heading for St. Albert and after exploring the bike paths, we will visit Mootastic Ice Cream Parlor. A bit more of St. Albert,, then back to Edmonton to another shop with ice cream. Then back to the start between 4 – 5 PM.

### Sunday June 6, 2004

#### KaffeeKlatch Ride

Coordinator: Jasmine Hohenstein (475-7224) [jasmineh@connect.ab.ca](mailto:jasmineh@connect.ab.ca) Cost: +/- \$10

Dist/Rating: 50 km/ Beginner - Intermediate

Description: Meet at 1 PM at St Albert Wal-Mart enjoy a ride in the countryside starting near St Albert to a quaint country style home at an Alpine Farm to enjoy an unlimited amount of coffee and cake and other goodies.

### June 12 - 13, 2004

#### MS 150 Ride

Contact: Team captain required ... if you're interested, contact Maureen (436-9004) [malanuke@epsb.net](mailto:malanuke@epsb.net) or Glenn (431-1297)

[whitegd@telusplanet.net](mailto:whitegd@telusplanet.net) Description: Watch for details in upcoming SPOKES newsletters.

### Saturday, June 19, 2004

#### Cooking Lake - Lindbrook Loop

Coordinator: Lois Knight (466-9536) [knight-lois@shaw.ca](mailto:knight-lois@shaw.ca)

Cost: Free + \$ for snacks and/or \$10 - \$12 for optional Teahouse Lunch

Dist/Rating: 92 km/ Beginner - Intermediate (mostly flat).

Description: Meet at Wye Rd Safeway, Sherwood Park at 10 AM for 10:30 AM SHARP. Tour east from Shwd Park on hwy 14, past Cooking Lake to Lindbrook. Rest and relax (12:30-1:30) by the Lindbrook store at 49 km. Return to Shwd Park via secondary hwy 630 (Wye Road). A Treasure Chest Tea House stop at 78 km. (3 pm). Bring a lunch or eat late at the Teahouse.

### Sunday, June 20, 2004

#### McNally School Round Trip

Coordinator: Al Rankin (465-4284) [arankin@compusmart.ab.ca](mailto:arankin@compusmart.ab.ca) Dist/Rating: 25 km/ Beginner Cost: Bring your own snacks

Description: Meet at McNally School 8440 105 Avenue for a 10:30 SHARP start

### Saturday June 26, 2004

#### Sylvan Lake Ramble

Coordinator: Greg Asselin (440-0716) [gasselin@telus.net](mailto:gasselin@telus.net) Dist/Rating: 70 km/ Intermediate Cost: Snacks and cost of a meal

Description: Details to be provided

### Sunday, June 27, 2004

#### Annual EBTC Picnic and Ride

Coordinator: Al Carlson (458-1471) [acarlson@ecn.ab.ca](mailto:acarlson@ecn.ab.ca) Dist/Rating: 25 km/Beginner Cost: \$2

Description: Pot luck picnic. Bring your own meat to cook and dish to share. Meet in Hawrelak Park at 9:45AM leave at 10 AM sharp for a pre-picnic ride. Return to Hawrelak Park for the picnic site to be confirmed

### July 1 – 5, 2004

#### Banff to Jasper Adventure

Coordinator: Angela Ziemann (469-0328) [aeziemann@compusmart.ab.ca](mailto:aeziemann@compusmart.ab.ca) Cost: Approx. \$300 DEPOSIT: \$100

Dist: 30/70/110km per day - some long climbs and descents Rating: Intermediate

Description: An extended version of the CLASSIC mountain tour from Canmore to Jasper. Experience spectacular scenery, wildlife, great food, good friends, rustic hostel accommodations (co-ed), a few hills thrown in for good measure.

Full!

### Saturday July 10, 2004

#### Westend Ramble

Coordinator: Ed Fortin (288-6086) [ed\\_fortin@shaw.ca](mailto:ed_fortin@shaw.ca) Distance: 100 km Rating: Intermediate Cost: Bring your own snack

Description: Slow leisurely ride, looping southwest of Edmonton. Start and end in Wedgwood -- 184 St and Wedgwood Blvd ... meet near the fountain we leave at 8 AM sharp. Sag wagon support.

### Sunday July 18, 2004

#### Fort Saskatchewan Range Road Ramble

Coordinator: Brian & Susan Gerbrandt (436-0833) [sbdg@hotmail.com](mailto:sbdg@hotmail.com)

Dist/Rating: 70 km/Beginner - Intermediate Cost: bring your own snack

Description: Meet at Goldbar Park, 10 AM Sharp, ride to Ft Saskatchewan, return through range roads to Goldbar via Baseline Rd.

### Sunday, July 25, 2004

#### Tour de l'Alberta

Coordinator: Maureen Lanuke (436-9004) [malanuke@epsb.net](mailto:malanuke@epsb.net) Cost: Entry Fee

Dist/Rating: 100 miles or 100 km/ Intermediate - Advanced

Description: A 100-mile Century ride or 100 Km tour passing through towns north of Edmonton. The 100-mile century ride is also the official cycling leg of the RunBikeSki triple endurance challenge. Get your entry form on the EBTC web site.

## EBTC 2004 Tour Calendar

### July 30 – August 2, 2004

#### Logan's Pass

Coordinators: Dennis Woo (446-0625) and Maureen Lanuke (436-9004) Cost: TBA DEPOSIT: \$100

Distance/Rating: Approx. 80-100 km per day/ Intermediate (mountain passes)

Description: A beautiful, challenging 4-day tour of Glacier National Park and the Going to the Sun Road in spectacular Montana. Participants will require the Friday off work for travel. Accommodation is to be determined, but may be a combination of camping and motels. Trip will be van-supported. Maximum 30 riders plus drivers.

### Sunday, August 8, 2004

#### Calmar Brunch Ride

Coordinator: Glenn White (431-1297) [whitegd@telusplanet.net](mailto:whitegd@telusplanet.net)

Rating: Beginner... one large hill Cost: Meal cost approx \$15, Optional Devonian Gardens entrance fee

Description: A leisurely ride from the Devonian Gardens Parking lot to Calmar for a great brunch served on the patio. Return and spend the afternoon at the Devonian Gardens.

### August 14 - 15, 2004

#### Thunder Lake Trip

Coordinator: Debbie Kowaliuk (462-1266) [dkowaliuk@shaw.ca](mailto:dkowaliuk@shaw.ca) Cost: Approx. \$80 DEPOSIT: \$50

Dist/Rating: between 75 km (Saturday) to 80 km (Sunday) per day

Description: Classic Thunder Lake van-supported camping trip. Cycle from Oneway to Thunder Lake Provincial Park (a nice beach!).

### Sunday, August 22, 2004

#### Pigeon Lake Loop

Coordinator: Dennis Woo (446-0625) [dennis@commander.ca](mailto:dennis@commander.ca) and Cost: Meal cost approx \$15

Nadine Leenders (438-1987) [nadine.leender@ualberta.ca](mailto:nadine.leender@ualberta.ca) Dist/Rating: 60 km/Beginner/Intermediate

Description: Meet at the Old House Country Restaurant at Mulhurst at 9:30 AM. Take hwy 39 exit at Leduc and go 16 km to Calmar. Turn south at gas station onto hwy 795 for 25 km. Turn west 1 km south of Pipestone on to 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, over rolling hills and good roads. Afterwards, have a meal at the restaurant while enjoying the scenic view of the lake. This is a van supported ride.

### Sunday, August 29, 2004

#### Bridges of Sturgeon County

Coordinator: Don Peddie (457-2945) [dl.peddie@3web.net](mailto:dl.peddie@3web.net) Dist/Rating: 65 km/Intermediate Cost: Bring your lunch

Description: We will cycle over 5 bridges of the Sturgeon River, dropping into the valley and climbing back out - 7 climbs in all - a challenge to your climbing skills. We meet at Kingswood Park in St. Albert at 9:45 AM for 10:00 SHARP start. You'll find Kingswood Park on Winston Churchill Ave which becomes Sturgeon Rd at the junction of Kingswood Dr; parking lot is on the left).

### September 4 to 12, 2004

#### Cycle the Quebec Eastern Townships

Coordinator: Jasmine Hohenstein (475-7224) [jasmineh@connect.ab.ca](mailto:jasmineh@connect.ab.ca)

Dist/Rating: 60 - 100 km per day/ Advanced Cost: +/- \$1500

Description: Bed and Breakfast based in Granby, Quebec with day rides in the scenic country side. Watch for details in future SPOKES newsletters.

### Sunday September 19, 2004

#### KaffeeKlatch Ride

Coordinator: Gary Garrison (908-6292) [garrisons@shaw.ca](mailto:garrisons@shaw.ca) Dist/Rating: 50 Km/ Beginner - Intermediate Cost: +/- \$10.00

Description: Back by popular demand - a repeat of our June trip. Come and enjoy the fall colours. Meet at 1 PM at St Albert Wal-Mart. We'll ride through the countryside to a quaint home and enjoy an unlimited amount of coffee and cake and other goodies.

### Saturday September 25, 2004

#### Thai-athlon

Coordinator: Jasmine Hohenstein (475-7224) [jasmineh@connect.ab.ca](mailto:jasmineh@connect.ab.ca) Cost: +/- \$23.00

Dist/Rating: 50 km/ Beginner - Intermediate

Description: Meet at 1 PM Ride Edmonton's River Valley and see the colours of the fall then enjoy a wonderful meal at the Thai Valley Grill after the ride (Location to be confirmed)

### Saturday October 2, 2004

#### Chilly Chili Ride and 100th Anniversary

Coordinator: Jasmine Hohenstein (475-7224) [jasmineh@connect.ab.ca](mailto:jasmineh@connect.ab.ca)

Dist/Rating: 50 km/ Beginner - Intermediate Cost: +/- \$8.00

Description: Join in celebrating Edmonton's 100th Anniversary. We will enjoy the beautiful fall colours and the crisp clean air. Meet at 1 PM and ride Edmonton's River Valley then enjoy a wonderful chili meal and dessert. (Location to be confirmed.)

**\*\* The schedule is subject to ongoing changes, Always refer to the most recent issue of the SPOKES newsletter and check with tour coordinators for the latest information.** Trip questions? Comments? Contact Glenn White 431-1297

[whitegd@telusplanet.net](mailto:whitegd@telusplanet.net)

# EBTC 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 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 required)*

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

Deposit  Paid in Full  Amount Enclosed \$ \_\_\_\_\_

## EBTC 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 an EBTC member. This form is required ONLY for overnight tours.
3. For tours with a fee of less than \$100, full payment is required with registration, 50% is non-refundable.
4. For tours with a fee of more than \$100, a minimum deposit of \$100 is required with registration. 50% of the deposit is non-refundable. The trip coordinator may set a minimum deposit which is higher than \$100 for longer multi-day trips.
5. The balance of the trip fee is due and payable at least 7 days prior to the departure of the trip.
6. A separate registration form is required for each tour. Mail forms and cheque to:
 

**EDMONTON BICYCLE & TOURING CLUB**  
**P.O. Box 52017, Garneau Postal Station**  
**Edmonton, Alberta T6G 2T5**
7. Registration must be by mail, received at least **2 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 \$50 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 \$50 non-refundable deposit is forfeited.
9. If your registration and deposit are received after a tour is 'full', you can choose to:
  - a) have your cheque destroyed, or
  - b) have your name placed on the waiting list, and your deposit held by the club. If you are not accepted from the waiting list, your deposit will be refunded.



# 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  Do you have a current First Aid Certificate: Yes  No

Are you interested in being: leader of a day or weekend trip  a driver of a support vehicle  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's 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 for 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 \_\_\_\_\_

mm/dd/yy

**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. Club members receive a membership card.

**Please** enclose membership fee with application form. Amount Enclosed \$ \_\_\_\_\_ Date \_\_\_\_\_

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

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

*(For Club use) Member Card  
Number*

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