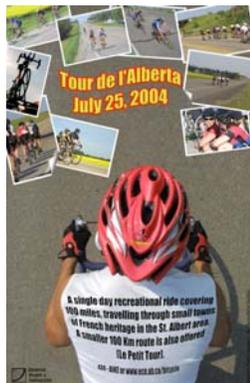


Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

June 2004



If you haven't yet registered for the Tour, what's holding you back?

One day of cycling through some of Alberta's most beautiful French-heritage towns, surrounded by fellow cyclists, great food and friendly people at all rest stops and plenty of great prizes to be won just because you did the sport you love best.

Your application form is waiting on the EBTC web site (www.bikeclub.ca)

EBTC Membership certainly has its privileges

Many bike shops offer EBTC members discounts.

The current list of discounts that could be yours can be found at www.bikeclub.ca

June 2004

Sunday	M	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Sweat Ride West end	3	4 Iron Horse Trail (to Sunday)	5 Ice Cream Tour
6 KaffeeKlatch Ride	7	8 Show 'n' Go	9 Sweat Ride St. Albert	10 Slow Rides	11	12 MS 150 Ride (to Sunday)
13	14	15 Show 'n' Go	16 Sweat Ride Shwd Park	17 Slow Rides	18	19 Cooking Lake - Lindbrook Loop
20 McNally School Round Trip	21	22 Show 'n' Go	23 Sweat Ride North Edm.	24 Slow Rides	25	26 Sylvan Lake Ramble
27 Annual EBTC Picnic and Ride	28	29 Show 'n' Go	30 Sweat Ride Millwoods	July 1 Banff to Jasper (to Monday)	2	3
4	5	6 Show 'n' Go	7 Sweat Ride West End	8	9	10 Strathcona County Ride

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	446-0625
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 22nd day of each month. Enquiries, articles and jpg digital or scanned photos can be delivered by email to 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

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

You get a feeling on certain trails, when you're reacting like you and your machine are just one thing. It's the feeling of physical exertion and speed and technique all wrapped into one.

Ned Overend

Maureen's Musings: June 2004



I've never been quite sure what the protocols of editorials are supposed to be. Are they supposed to review the contents of the upcoming newsletter? Are they to put forth the editor's views of life and the sport our club is all about? I don't really know.

I do, however, know what is consuming my mind and energies right now, so that is what I want to share with you this month.

Last fall I purchased my Father's car because he was no longer able to drive. Dad lives in Ontario, so at the end of April I traveled to Toronto to pick up my Dad and the car and drive to Edmonton with him – stopping along the way for long overdue visits with friends and relatives we hadn't seen for some time. My Dad has been getting pretty frail the past couple of years, so I knew this would probably be the last long trip he would take. Therefore, the trip was especially emotional for me.

Our big trip was, however, not to be. On arrival at the airport in Toronto, I was met by one of my Dad's friends with the news that – somewhere between my getting on the plane in Edmonton and my arrival in Toronto – my Dad had passed away.

Instead of a wonderful trip with quality time to spend with Dad, the next two weeks were spent arranging the funeral and helping my sister and brother clean out his house – which, ironically, had been sold two weeks before his death. Following that, I made the long journey by car across Canada by myself – and, in honour of Dad – I did what we had planned to do and visited everyone along the way.

My Dad was my rock, my voice of reason, my confidant, and my friend. He's been both Mother and Father to me since our Mother died in 1975. All I can think about right now are the things we didn't get to do or say, even though I know we were blessed with some great times together. I know the good memories will come, and I'm glad he was able to go peacefully, but it is hard to focus on those thoughts right now. No matter that he lived a long and good life – my rock is gone, and I'm feeling very lost.

So, although you've heard this many times, my message this month is simple and it has nothing to do with cycling unless you cycle as a family. With Mother's Day just past and Father's Day coming up – cherish your parents. Enjoy every moment you have with them, and never leave them without letting them know you care – even though they can be aggravating sometimes (remember what they had to go through when we were kids??!!) You never know when it may be the last time you see them.

Thank you to all of you who called or sent condolences. Once again, my EBTC "family" is there when I need a shoulder to lean on, and I am so grateful for your friendship and caring.

Let's hope this weather warms up soon! There must be summer out there somewhere!

Maureen Lanuke is EBTC's President



Congratulations!

... to long time EBTC Members Jody and Stephen Low-on on the birth of their first child, Benjamin Edward Marshall Low-On – or Ben Low-On (for short) – was born in a flurry on April 27, 2004. He weighed 7 lb, 1 oz.



..... to EBTC member Gary Keiller on his recent engagement to Rishma. They will be wed this Summer.

ARE YOU A 2004 ABA MEMBER?

- ❖ Refund policy for ABA secondary insurance (Racing License) members

The cost of our insurance coverage with the Alberta Bicycle Association (ABA) has skyrocketed in recent years. As a result, EBTC was forced to increase its membership fees at the 2004 AGM to recover some of these costs. However, it was brought to the attention of the executive that some EBTC members already held an ABA membership in the form of a membership in another cycle club or through direct ABA membership with a racing license.

Realizing it is not fair for these people to pay for 2 or more ABA memberships (insurance), the EBTC executive has taken under consideration a refund policy for the **ABA insurance portion** of the EBTC membership fee.

Q:

When does the EBTC phone list get published in SPOKES?

A:

The EBTC member list, with telephone numbers, is published three times a year: mid-summer, fall and winter. The actual publishing months depends on newsletter content to ensure there are no extra postage costs.

The next EBTC member list will be published with July SPOKES.

SPOKES offers members the option of not having their name and contact number printed in the list. Contact Angela for more information, (780) 619-2528. aeziemann@compusmart.ab.ca

This policy applies **ONLY** to those EBTC members that can show proof of ABA membership **PRIOR** to joining EBTC (as secondary insurer).

The refund request procedure is as follows.

1. A written request for insurance refund must be submitted to EBTC via mail. One request per person per membership year.

2. A photocopy of a current ABA membership, racing license, or primary cycling club membership that is ABA affiliated, issued in the EBTC members name, must be included with the request. It should also show the date the membership was issued.

3. Include your EBTC member # and contact information (ph #, address).

4. The request will be processed and validated by the membership coordinator. If all criteria are met, a refund cheque in the amount of \$18/member* (maximum) will be issued and mailed to you.

5. The refund policy is not applicable if EBTC is your **PRIMARY** insurance holder (meaning you signed up with EBTC club first and do not hold a separate ABA license).

6. *The insurance refund policy is subject to review by executive. The amount of refund will depend on the current year ABA insurance rate applied to EBTC. Only one refund/ member will be considered/ issued per membership year.

7. Refunds are not retroactive. You can only apply for a refund in the current membership year if your membership with the ABA is in the same year, ie. you can not apply for a refund for last year's insurance.

EBTC's 2004 Top 10 Safety and Riding Guidelines

The joy of cycling that we feel is a result of experiencing great rides. “Great rides” are those that we return from with no injury or illness because we are conscious of our own and our cycling peer’s safety on the road or trail.

The following is EBTC’s top ten list of critical areas to address in order to help in maintaining a safe ride.

1. **Use the Right Equipment** – Ride on a bicycle that you know is in good working condition. In particular it must be appropriate to the type of ride/terrain and have good brakes, steering, tires and a bell.
2. **Personal Protective Equipment** – All riders must wear a properly fitting CSA or SNELL approved helmet that is in good condition. Wear clothing appropriate to conditions in order to maintain a reasonable body temperature and protection.
3. **Know Your Physical Capacity** – All riders must operate their bicycles within the limits of their own technical skills and physical condition or capacity.
4. **Respond to Road and Trail Conditions** – Be aware of current conditions including visibility, traction, terrain, traffic and congestion. Ride so that you can accommodate these conditions and still maintain control of your bicycle.
5. **Share the Road/Trail** – Use bells and vocal cues to alert other riders and pedestrians to your presence when passing. Reduce speed in high pedestrian traffic areas. Use standard hand signals on streets and roads to indicate your planned actions.
6. **Look before you Leap** – Double check your path and that of those behind you before making lane changes or abrupt moves on trails. Scan your path ahead in order to be able to respond to any unforeseen hazards. All vehicles carry more mass and velocity than a bicycle and rider and as a result present deadly force in a collision.
7. **Respect the Law** – Bicycles are vehicles and are subject to the same traffic laws as motorized vehicles. These laws include the use of signals, lights at night, and obeying road signals and signs and posted speed limits. Riders on roadways are required to travel in single file no matter the width of the road shoulder.
8. **Manage Your Health on Route** – Dehydration is a potential hazard when out on a ride. Plan for regular intake of fluids to avoid dehydration. As well, be aware of hypothermia which can creep up on you when riding in cooler and particularly higher humidity conditions. Adjust the layers of clothing you wear, and cover up when you stop to avoid inadvertently lowering your body temperature and triggering the onset of hypothermia. Both dehydration and hypothermia reduce your performance and impede judgment, potentially leading to more serious health threats.
9. **Manage Fatigue** – On longer rides fatigue can be a significant factor. It reduces reaction time, affects judgment and causes riders to reduce their field of view, focusing more in the immediate area around their bike. (e.g. staring at the front wheel and not scanning the road/path ahead.) Take breaks to rest and reorient yourself for safety.
10. **Communicate** – Communication is a two way street. Share your concerns and observations with the ride leader. Listen to advice on hazards and avoiding injuries and incidents. Your positive mental state will go a long way to having a Great Ride.

Enjoy life on two wheels!



"Cycle Shorts"

Education and Safety
Discussions for EBTC Members
by the Safety Guy, Wally Cook

When the weather gets hot, there is increased potential for conditions such as heat cramps, heat exhaustion and heat stroke. These are potentially serious conditions that occur when body temperature increases above normal – approximately 37C.

What to Look For

- **Heat Cramps** – Muscle cramps, spasms in the legs and stomach area. Body temperature is normal, skin is moist.
- **Heat Exhaustion** – Cool, moist skin even while sweating. Pale or red with slightly elevated temperature, headache, nausea or vomiting, dizziness, weakness and overall exhaustion.
- **Heat Stroke** – High body temperature (up to 41C) red, dry, hot skin, irritability, strange behavior, loss of consciousness, fast weak and irregular pulse, fast breathing.

Treatment

Try to cool the sufferer by placing them out of the sun and in a resting position. Provide fluids, stretch muscles slowly (for cramps) and loosen tight clothing. Sponge the body with cool water and fan them. For cases of exhaustion and stroke, place cold packs around neck, groin, feet and armpits. Seek medical attention.

Prevention

- Reduce work load or effort. Slow down, rest more often and rest in cool and shady areas.
- Wear loose and light clothing; a well-vented hat/helmet that has a visor.
- Drink lots of fluids.
- Avoid caffeinated drinks and alcohol.
- Plan your trips to avoid the hottest part of the day.
- Monitor your condition and adjust as soon as you notice changes.

Riding smart in hot weather will keep you riding healthy for the entire summer!

1st Ride "N" Seek

Saturday May 8, 2004

by Victor Dorian

This scavenger hunt on bikes, organized by Jasmine Hohenstein, was a memorable day for me! My sons, Andreas (12) and Sascha (not quite 10), joined me for this event, their second EBTC ride – they had participated in a couple of short family rides last year. We cycled a total of some 30 km for the day, including the 20 km event. Their friend Drew, also 12, another upcoming cyclist, was there as well, along with Dad Roger, another long-time EBTC member. Although Sascha was a little fatigued for the 5 km ride home, I was impressed by his stamina – he never complained.

All three boys, as well as the 20 or so "big kids" enjoyed the ride and scavenging, from Victoria Park to Concordia College and back, via our beautiful River valley trails. Jasmine did a wonderful job creating a fun and challenging day, with two different activities occurring simultaneously. The first involved seeking a number of items to scavenge, based on 11 fill-in the blank riddles. Here are a few samples:

- ---- up the --- to win (we got a few funny looks while searching garbage cans for Tim Horton's cups)
- Oh dear me, I've lost my ----- (Andreas, being a kid, did well finding quite a few of these, well hidden by Jasmine)
- No ifs ands or ---- (lots of these yucky objects were located)
- ---- does not grow on trees (but it does grow on posts and garbage cans it seems...)

The second series of tasks (13 in all) consisted of looking out for some interesting bits of information along the route...

- This historic road goes up, leading to the seat of power, where he asked if he was being called a liar -----
- Pumping stations, there are two, get their years, that's the clue: -----, -----

Not only did all the participants have great fun during the event, but there were lots of rewards at the end. Yes, you guessed it, there was food, two types of delicious, fancy cake to eat, and even a thermos of coffee for those who wanted to enhance the flavours of the treats. Jasmine's creative spirit also showed through in her choice of awards, which included a nifty home-made bicycle trophy and a small hand-made mirror for helmet head viewing. Everyone got

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.

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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

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 Sobeys: 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
(south and east rides Millwoods Sobeys and Sherwood Park Alliance Church)
- ❖ Don Peddie, 457-2945 dl.peddie@3web.net
- ❖ Ellen Ainsley, 459-6928 (north rides)
- ❖ Gord Charles, 487-0206, gcharle1@telus.net, west-end rides

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.

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

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

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

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

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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

EBTC 2004 Tour Calendar

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

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

Description: This is the first EBTC mountain bike tour on the Iron Horse Trail, 259 Km of historical abandoned railway line that was also once part of the Carlton Cart Trail that went from Winnipeg to Edmonton. We'll camp at Elk Point Friday and Saturday night. Your trip includes the "Show & Shine" car show and community-wide garage sale before cycling through scenic mixed food forest, a visit to the salt plant or ruins of the Fort George-Buckingham House Provincial Historic Site. Saturday evening, we'll attend the Heinsburg Country Fair, Music Festival and Barbecue Supper. Sunday, we'll cycle from Elk Point to St Paul, visit the Boian Romanian Museum and feast on an ethnic supper there. Your fee includes registration to the Iron Horse Society Ride, all meals on Saturday and Sunday including the ethnic supper, 2 nights camping and car shuttles. Participants are responsible for shared vehicle costs and entrance fees if required.

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

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

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. We will have to limit the number of cyclists joining us on this ride to 50. Alpine Farm has limited seating and another group of guests is expected on that afternoon. So, register early to avoid disappointment.

June 12 & 13, 2004

RONA MS Bike Tour - MS 150 (15th annual)

Coordinator: Peggy Hurdle, 487-5489, hurdle@shaw.ca

See article on this page.

Saturday, June 19, 2004

Cooking Lake - Lindrook Loop

Coordinator: Lois Knight (466-9536) 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.

Riders Wanted!

RONA MS Bike Tour - MS 150

15th Annual: June 12 & 13, 2004

Can you believe it?! Only 2 and half weeks to go before the MS 150 Cycle Event! This year the event takes place on June 12 and 13th, 2004 and we hope for good weather! As in previous years, let's try and have the largest number of cyclists from one club cycling! Again, we will try to get a picture of the entire team done and a good time seems to be on Saturday night (more information to follow as to the location and time). If you have any ETBC cycling gear and want to wear it – great!

This year I have been asked to be the Captain for this event. My name is Peggy Hurdle and my home e-mail is: hurdle@shaw.ca and my home phone number is 487-5489.

RONA MS Bike Tours provide Canadians with the opportunity for a leisurely one- or two-day ride through scenic and often spectacular parts of the country. The first MS Bike Tour was held in 1989 and attracted over 600 cyclists while raising more than \$400,000. This is the 15th year of this event.

Who out there challenges me to go over the \$1,000.00 amount in pledges?

You don't have to be a pro. All you need is a bike and the passion to help find a cure for MS. Want to be a cyclist for the RONA MS Bike Tour? This popular event has been known to "sell out" in some communities, so register today.

EBTC 2004 Tour Calendar

Sunday, June 20, 2004

McNally School Round Trip

Coordinator: Al Rankin (465-4284) 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
 Dist/Rating: +/-75 km on Hwy 11 and Red Deer bike trails/ Intermediate (shorter route available for those not so energetic).
 Cost: Snacks and cost of a meal (est. \$5-\$10 per person)
 Description: Meet at Centennial Park (parking lot) in Sylvan Lake (on south side of main road, middle of town, across from the beach) at 9:45 AM, leaving at 10:15 AM. Ride south to Hwy 11, then east to Red Deer (67 St.) connecting with Waskasoo bike trails following them to Discovery Canyon, looping and returning to Sylvan Lake (rest stop on the bike trails at Croquist House on the Bower Ponds). Barbeque in the park and spend the remainder of the day on the beach. We'll barbecue hamburgers, serve ice tea and pop, visit the Big Moo for ice cream. Looking for a few people to bring their portable barbecues – let me know. If bad weather is forecast on the Friday before the ride, the trip will be cancelled or rescheduled.

Sunday, June 27, 2004

Annual EBTC Picnic and Ride

Coordinator: Al Carlson (458-1471) 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 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!

Sunday July 18, 2004

Fort Saskatchewan Range Road Ramble

Coordinator: Brian & Susan Gerbrandt (436-0833) ssbdg@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 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.

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
 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 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 Onoway to Thunder Lake Provincial Park (a nice beach!).

EBTC 2004 Tour Calendar

Sunday, August 22, 2004

Pigeon Lake Loop

Coordinator: Dennis Woo (446-0625) dennis@commander.ca and Nadine Leenders (438-1987) nadine.leender@ualberta.ca

Cost: Meal cost approx \$15

Dist/Rating: 60 km/Beginner/Intermediate

Description: Meet at Ye Olde House Restaurant at Mulhurst at 9:30 AM. Cycle over rolling hills around Pigeon Lake enjoying the rural setting and picturesque scenery. Afterwards, have a meal at the restaurant while enjoying scenic views. Ride is van supported. To get to Ye Olde House Restaurant: Drive Hwy 2 South for 39 km beyond Ellerslie Road, exit west on #616 for 14 km. Turn south on #795 for 5 km and west on #616 for 10 km. Restaurant is located on south side of highest hill. Drive is 45 minutes from south Edmonton.

September 4 to 12, 2004

Cycle the Quebec Eastern Townships

Coordinator: Jasmine Hohenstein (475-7224) 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) garrisong@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

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

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

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

Description: 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

FOR SALE

Slightly used Recumbent Compact Long Wheel Base Bike

"CANNONDALE EASY RIDER"

Listed as \$2695.00 CDN. Brand New - Sacrificed Sale for \$1600.00.

Regarded as the most comfortable bike by various Bike Magazines.



Price - \$1600.00

Call or Email: Cesar Uson
(780) 461-6945 – home,

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 14 days 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 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*

