



# Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

July 2004

## IT'S CRUNCH TIME! Volunteers Needed!!!

Psssssssssst!

Early Bird Deadline

Tour de l'Alberta: July 11/04

### Logan's Pass

The call is out! If you are looking for that inexpensive holiday and you can spare a few days for seeing spectacular countryside and enjoying the company of a group of eager cyclists, we are looking for 2-3 drivers for the August long weekend trip to Logan's Pass. Remember – drivers go free! If you would like to join this fun trip, please call Maureen at 436-9004 or Dennis at 446-0625 as soon as possible.

### Tour de l'Alberta

As well, we are looking for as many people as possible to help with this year's tour. Due to accident or other circumstances, some of our former volunteers aren't available, and we need LOTS of people help this ride run smoothly.  
...see details on page 4

July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Banff to Jasper (to the 5 <sup>th</sup> )	2	3
4	5	6 Show 'n' Go	7 Sweat Ride Corner Pantry	8	9	10 Strathcona County Ride & ++ Bike-ology (see page 7)
11 Zoom to the Zoo ++ The Tour Baby! (see page 6)	12	13 Show 'n' Go	14 Sweat Ride St. Albert	15	16	17
18 Ft. Sask. Range Rd Ramble	19	20 Show 'n' Go	21 Sweat Ride Sherwood Pk	22	23	24
25 Tour de l'Alberta	26	27 Show 'n' Go	28 Sweat Ride 7-11	29	30 Logan's Pass (til the 2 <sup>nd</sup> )	31
August						
1	2	3 Show 'n' Go	4 Sweat Ride Millwoods	5	6	7
8 Calmar Brunch Ride	9	10 Show 'n' Go	11 Sweat Ride Corner Pantry	12	13	14 Wet 'n' Wild

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

### Cycling thoughts this month

There is something uncanny in the noiseless rush of the cyclist, as he comes into view, passes by, and disappears.

Popular Science, 1891



## Maureen's Musings: July 2004

There has been some question lately about who is responsible for what on an overnight trip.

As I see it, when it comes to overnight trips, the onus is on everyone on the trip to help make it a good experience for themselves and for everyone else. Remembering that we are ALL volunteers – including the person who is coordinating the trip, as well as any drivers – this means that each of us has a responsibility for:

- **Having fun!** Remember, this is a joint non-profit venture, not a commercial enterprise. We have to all work together to make the trip a success. There will ALWAYS be glitches – life isn't perfect. If you are negative, it will affect everyone else – so try to work with your coordinator and fellow trip mates. A little patience and tolerance goes a long way to brightening the mood of a trip.
- **Being your brother's keeper.** Isn't that why you joined the club? So you could enjoy the safety, friendship and camaraderie of doing activities you love with others who share the same interests? This doesn't mean having to look after everyone, but it does mean sharing the load. The principle upon which EBTC is built is that everyone on the trip shares in the preparation and cleanup of meals, helping the coordinator and driver with loading and unloading any vans which may accompany the riders, and generally being willing and able to help wherever help is needed. We all benefit when work is done quickly and efficiently – thus leaving more time to ride and to have fun!
- **Being prepared.** Know how to change your own tire and make minor adjustments on your bike. Carry the tools you need and rain/cold weather gear in case the weather changes – which it does a lot in Alberta! Not being prepared could mean the difference between a safe, happy journey or an emergency trip to the hospital.

There are other factors that contribute to a good trip, but I think the three essentials above capture the spirit and intent of what we all hope to achieve on each new club adventure – working together for the best experience we can have.

Happy cycling everyone!

*Maureen Lanuke is EBTC's President*

### Meal Planning on Trips

As the world changes, so do dietary needs. There are as many ways to handle individual's wants or needs with regard to meal planning on trips as there are people.

Some clubs require that everyone on the trip plan and cook their meals individually. Some clubs collect a sum of money and one person buys for the whole trip for everyone. EBTC has chosen to plan shared meals with everyone pitching in to take meal and cleanup duties. Not only does this reduce the load on everyone, but it also means that fewer cooking/serving/storage items are needed – thus conserving valuable space in the vans.



*continued on page 8*

## Cycling the Eastern Townships of Quebec

By Jasmine Hohnstein

For all of you who have been patiently waiting for some more details on this trip, here they are!

DATE: September 4th to 12<sup>th</sup> 2004 inclusive  
 TOUR COST: \$950.00 per person (land only) PLUS  
 Airfare/transport to Montreal and personal expenses  
 DEPOSIT: \$300.00 per person  
 TRIP DESCRIPTION : advanced and self supported  
 (average 100 KM per day)  
 MAXIMUM GROUP SIZE 8 plus 2 trip coordinators for a total of 10 people  
 PLACE Granby, Quebec  
 CLOSING DATE July 15, 2004 or when full

We will be based in the city of Granby which is located about 120 KM from Montreal.

I have arranged to stay at a nice bed and breakfast for a total of 8 nights. Our host Claude is a friendly and jolly French Canadian who tries to be very accommodating! I have arranged for the rooms there and you will have options to have your own room or share. The tour cost will be reduced for those who want to share a room. As in most B and Bs, washrooms are not in all rooms. There will also be opportunities for spa treatment and massages!

This bike trip is for those wanting to combine a holiday getaway with biking. We will be spending our days biking an average of 100 KM in the scenic countryside enjoying picnics and cycling at a leisurely pace. For those who want to cycle more or less, faster or slower, there will be some flexibility to do your own thing. The trails and bike loops will be mostly flat with some hills. There are so many biking options in the area!

We will be renting bikes in Granby. This option is more economical and convenient for the most part. The trails consist of paved bike trails as well as sections of fine crushed stone and some roadways. For this type of variety of trails, a hybrid bike will be best suited. The bike rental is included in the cost of the tour.

We will enjoy our breakfasts at the B and B cooked up by Claude and his staff. No worrying about getting up early to cook and clean! We will prepare picnic lunches for our rides during the day. We have the use of the kitchen at the B and B and will be able to prepare our lunches. There will be some flexibility for supper and this will be discussed with the group.

It will be the responsibility of the participant to get to Montreal and depending on the circumstances and

arrival, to Granby. The tour cost does NOT include airfare, cancellation insurance and health coverage as well as expenses of personal nature. Please budget for optional activities (massages, zoo, shopping) and things such as treats and drinks. We will be able to travel to Granby from the Montreal Airport as a group providing that you can arrange your flights for the best suited arrival time. The flight cost depending on the airline will be approximately \$660. There are other things to do in Granby if you choose not to ride every day. There is an excellent Zoo and water park in Granby.

If you require any additional information, and I am sure you will, please email me at [jasmineh@connect.ab.ca](mailto:jasmineh@connect.ab.ca) or please call me at home at 475 -7224.

### It's Crunch Time, continued from page 1

In particular, we need:

- Sag Wagon Drivers – to ride along beside and behind the last cyclist and ensure they are safe and assist with changing tires or transporting people to the start, if necessary,
- Signage assistants – to help put up tour signs at strategic locations along the 100 km and 100 mile routes,
- Directional assistants – to help direct riders at critical intersections and to record 100 mile participants,
- Registration assistants – to help sign up riders at the start and to help with marking of rider numbers,
- Two young children (8 to 12 years old) – to act as flag bearers in the pace vehicle,
- Pace vehicle - to lead the first cyclist out and along the 100 mile course,
- Rest Stop Assistants – to assist our friends from the Birkebeiner Society at the tour rest stops,
- Rider Recorder – someone with fast and accurate typing skills to record rider information on the day of the ride,
- Prize Recorders and distributors – to draw rider names and record them against prizes donated by our sponsors.

If you can help in any way, we need YOU on Sunday, July 25<sup>th</sup>! Please call Maureen at 436-9004. All help is greatly appreciated!



## EBTC 2004 Tour Calendar

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

### 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.

### Sunday July 11, 2004

#### Zoom to the Zoo (rescheduled)

Coordinator: Sophie Mah & Dad(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 in front of the Dairy Queen located in the Blue Quill strip mall (Saddleback Rd ie. 29 Ave and 116 St). Leaving at 10:15 AM. Ride to the zoo to see some of the animals. Have lunch then head back. Treats at the Dairy Queen are an option on return.

### Sunday July 18, 2004

#### Fort Saskatchewan Range Road Ramble

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

### 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.

### Saturday August 14, 2004 Wet 'n Wild at Woodlands Water Park (St. Albert)

Coordinator: Sophie Mah & Mom(Allyson Jones) (988-8322)

[emah@phys.ualberta.ca](mailto:emah@phys.ualberta.ca)

Dist/Rating: 15 km/ Beginner - Family Ride Cost: Bring a lunch

Description: We will cycle along the river trails and go under 2 bridges of the Sturgeon River. Afterward, we can partake in a visit at the Water Park. Meet at Woodlands Water Park (corner of Sturgeon Rd and Boudreau Rd.). Leave at 10:00 AM. We will have lunch at the Water Park. Directions to Start: From Edmonton; N on St. Albert Trail, Right on Sturgeon Rd @ bottom of hill, go past jct with Boudreau Rd, 1<sup>st</sup> Left into parking lot.

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

#### More bike themed socials!!!

As a part of the BIKE-OLGY activities, I will be arranging an EBTC social to watch the following bike films. Meet at the second cup coffee shop at the Centennial Library (102 Ave and 100 Street) between 6-6:30pm. We'll go over to the Metro Cinema to catch the flicks. Please rsvp to ange by July 9. (469-0328 or [aeziemann@compusmart.ab.ca](mailto:aeziemann@compusmart.ab.ca)). For details check out the link below.

#### July 10 - Bike-ology

A day for cyclists of all types to get together and worship our beloved bicycles, unicycles, recumbents, MTB, zippy racers, commuters... you get the picture. That evening at Metro Cinema are **The Triplets of Belleville** (7 PM) and

**Breaking Away** (8:30 PM) both classic cycling themed films!

<http://www.edmontonbicyclecommuters.ca/> and select

"Events"

ALSO- TOUR DE FRANCE IS ALMOST HERE!! I am working on a social to watch one or more of the stages on a big screen somewhere- If you have one and would like to host (it's playing on Outdoor Network and Sportsnet) or know of a lounge willing to show "Le Tour" on their big screen, please contact me. Details will be sent via email closer to the date.

## EBTC 2004 Tour Calendar

### Sunday, August 22, 2004

#### Pigeon Lake Loop

Coordinator: Dennis Woo (446-0625) [dennis@commander.ca](mailto:dennis@commander.ca) and Nadine Leenders (438-1987) [nadine.leender@ualberta.ca](mailto: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](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. See page 4 in this SPOKES.

### Sunday September 19, 2004

#### KaffeeKlatch Ride

Coordinator: Gary Garrison (908-6292) [garrison@shaw.ca](mailto:garrison@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

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

### ***Meal Planning on Trips, continued from page 3***

The joint planning and sharing of meals does, however, create some unique challenges when faced with dietary restrictions and preferences. To ensure that the cooks are not faced with an impossible task, they are asked to make only minor adjustments to planned menus – e.g. for vegetarians they might include vegetables for lunches, or make a meatless sauce for pasta and bring along the meat which can be added. For ride participants with more restrictive dietary restrictions or severe allergies, those ride participants (not the person responsible for the meal) may be asked to determine what is being made for meals and to bring along any special food items they require (e.g. rice pasta or special bread for celiacs, sugarless desserts for diabetics etc.) At the discretion of the coordinator and the trip budget, their food allowance may be adjusted slightly for some of these special expenses. Others on the trip may need to be aware of severe food or other allergies so these items can be left out of the trip supplies if needed (e.g. peanut or fish allergies), or so that people know what to do in case of emergency (e.g. asthma sufferers, bee allergies).



The job of meal planning is made easier by sharing the load. When the trip coordinator has their pre-trip planning meeting, everyone is asked to sign themselves up – along with another one or two persons – to make a meal or meals and to volunteer for cleanup duties (the number of meals and cleanup assignments depend on the length of the trip and number of participants). Not only does the sharing of these duties make the load lighter for each individual, but you might even discover new and lasting friendships in the sharing of these activities! Bon appetit!

## 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 the tour: \_\_\_\_\_

Allergies/Diet restrictions \_\_\_\_\_

Contact in case of emergency \_\_\_\_\_ tel: ( ) \_\_\_\_\_

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 # \_\_\_\_\_

<b>Yearly Membership April 1 March 31</b> Single \$40.00 - Family of 2 \$70.00 \$ 25.00 For each Additional Family Member	<b>Half Yearly Membership October 1 - March 31</b> Single \$30.00 - Family of 2 \$50.00 \$25.00 For each Additional Family Member
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### 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

<b>(For Club use) Member Card</b>	
Number	_____
_____	_____
_____	_____