

# Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

August 2004

## Thunder Lake Trip

If you're tempted by the idea of cycling down country roads at a relaxed pace(\*), camping at a quiet campground with a nice beach and showers, roasting marshmallows over a fire, good food and agreeable company, then join us on August 14/15. Call Debbi at 462-1266 or e-mail [dkowaliuk@shaw.ca](mailto:dkowaliuk@shaw.ca) by August 8th for more info.

(\* ) For all those who have seen Debbi on her new bike, she says, "I'll try to make the Marinoni go slow for this trip!"



August						
S	M	T	W	T	F	S
1	2 Logan's Pass (from the 30th	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 + Thunder Lake (overnight)
15	16	17 Show 'n' Go	18 Sweat Ride St. Albert	19	20	21
22 Pigeon Lake Loop	23	24 Show 'n' Go	25 Sweat Ride Sherwood Park	26	27	28
29 Show 'n' Go	30	31 Show 'n' Go				
September						
S	M	T	W	T	F	S
			1 Sweat Ride 7-11	2	3	4 Cycle the Quebec Eastern Townships (to the 12 <sup>th</sup> )
5	6	7 Show 'n' Go	8 Sweat Ride Millwoods Sobey's	9	10	11

EBTC Hotline Recording: (780) 424-BIKE or 2453  
E-mail: [bikeclub@ecn.ab.ca](mailto:bikeclub@ecn.ab.ca) ▲ [www.bikeclub.ca](http://www.bikeclub.ca)

### EBTC Executive Members

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Vice-President/Touring	Glenn White	431-1297
Secretary	Nancy Scott	488-9768
Treasurer	Nadine Leenders	438-1987
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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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T6G 2T5

### Cycling thought this month

Bicycling is a big part of the future. It has to be. There's something wrong with a society that drives a car to workout in a gym.

Bill Nye, the Science Guy



## Maureen's Musings: August 2004

### THE BEST YOU CAN BE.

I just returned from a week-long, very intense training camp in Penticton which was designed to help me, and other crazy triathletes like me, decide whether we really can complete in Ironman Canada in August as planned.

During the week, **we went through 90% of the Ironman course.** Almost every day for the entire 7-day camp, we did 2 or 3 of the swim, bike, or run sports involved in this long distance triathlon. In addition to that, we also did the full 180 km bike ride one day, the full 3.8 km swim on another day, and a 13, 15, 19 or 22 mile (you chose the distance) run in 39°C heat on the third day.

Yes, the camp was intense, and it was very hard work, but there were two very important lessons that I learned during the camp that will stay with me long after I can no longer do these kind of things. These lessons were not just about sports.

**The first lesson is** that – if you look after your body and make sure you get the proper rest, nutrition and hydration, you'll be amazed at how much you can achieve. I had done a 172 km ride a few weeks before – without following a proper nutrition plan – and into 80 km of headwinds. I almost didn't survive! With the help of my friends, I managed to crawl to where our vehicles were parked, but at that point if you had asked me if I thought I could complete Ironman, I would have

emphatically said "NO"! Just three weeks later at the camp – with the proper rest, nutrition and hydration – I not only finished the 180 km, but I was able to go for a short run after and still feel strong and ready to go longer. What a morale boosting experience!

**The second lesson I learned** at the camp was that everything is relative, and the most important thing is to be the very best you can be. At this camp were some very elite athletes and some ordinary Joes like me – all aiming for a "once-in-a-lifetime" ultimate challenge. Everyone had their own story for why they were there, but the one that had the most impact was one of the women who had been in a serious car accident two years ago and had been told she might not walk again. Here she is – getting ready to do her first Ironman!

What it brought home to me was that **you don't have to be a super jock** like some of the people with whom I train. Even Lance Armstrong in the Tour de France had to fight his way back from an almost fatal illness to get where he is now. EBTC's own Tour de l'Alberta (which took place July 25, 2004) has every range of athlete – each with a amazing story of how they got there.

At my house right now is an 80-year-old woman who broke her hip at Easter. This is after surviving two terrible car accidents that broke most of the bones in her body. She is in a walker and every step is painful, but **she is determined that she is going to get better and her philosophy** is the old adage "laugh and the world laughs with you. Cry and you cry alone." Mary laughs A LOT. With her is her grandson, Alex, who has just completed a 3-week intensive course to help him overcome a speech problem. Each student in the course was required to get up and give a public speech at the end. What courage and determination it took for these children to do that!

The lesson for all of us is that no matter what our challenges or inadequacies in life are – we can all strive to "be the VERY BEST we can be". What wonderful examples these people are of that philosophy!

Happy cycling everyone!

*Maureen Lanuke is EBTC's President*

Maureen – Your friends at the EBTC will be sending our best wishes to you when you return to Penticton for the 2004 Ironman!!



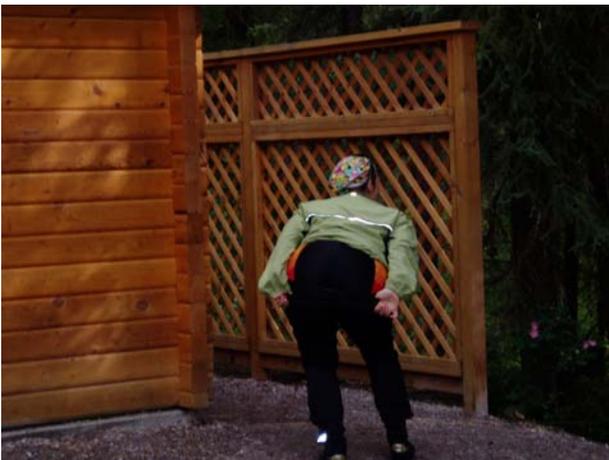
## Progressive Dinner Scores BIG

By Dave Aaron

Once again the progressive dinner was a success beyond unimaginable proportions. Can you say unimaginable? Because I can't! I just wrote it because it looks good.

This 20 km ride by my estimation turned out to be a 40 km ride. Can you say oooops? I can.

This year's four course dinner and ride began with an appetizer at Angela Ziemann's home to which I brought and prepared probably the best spinach dip ever made in history. At least that's what Spanky the dog told me. To top-off our visit, Angela prepared an outstanding tossed fresh salad with ingredients right out of her garden. Angela is the "hostess with the mostess."



Then we rode to Nadine Leenders's home who made us a unique spinach salad with a creamy lemon dill dressing that was out of this world. Can you say, "Out of this world?" I sure can now.

Next, we headed out on the most arduous part of our ride to Millie Schietzsch's place. Can you say Schietzsch? I can't, but I can sure say great cook.

The good news is that Schietzsch wasn't the password to get in! I must say that I didn't think anyone could beat Deb Kowaliuk's dinner from last year, but Millie got as close as one possibly could. Those little baby red potatoes were hot hot hot and her corn was so sweet I must have heard someone screaming "sweet" over a thousand times while I was eating. Her chicken with mango was delectable and the salmon was a delicacy that words cannot describe. Though phenomenal, creative, superb and mmmmmm would make a good start.

We finished off the ride by cycling to my place where Deb Kowaliuk had brought a cheesecake and rice crispy squares for dessert. Can you say to die for? The good news is that I didn't have to kill myself to have a piece. This was the best cheesecake that I had had since my mother last made cheesecake. A true blue cheesecake. None of that light fluffy stuff that you buy at the store or that cheap %%% you get from the restaurant.



Just as we were arriving at my place, a thunderstorm was making its way through town. I couldn't have timed this ride any better. Can you say spectacular? Wow! Now that was lightning! Once again this was a well-attended and extremely successful event.

A big THANK YOU to all the cooks. You out did yourselves. Until next year.

PHOTOS: Two of the great ladies of the progressive dinner – when not in the kitchen. Left: Angela Z.. Right: Debbi K.

# Canmore to Jasper July 1-5/04



## From Robert Kansky

(that's him, in yellow helmet, in photo at right!)

I wanted to thank all the members of this year's phenomenal Banff-Jasper trip. In the spirit of fun, I started to give group members "CB handles" based on something that happened or was said during the trip. Here's the list!



- "Running Rider" J.P. Kansky
- "Warm Booties" Lois Knight
- "Bweeter" Sherri Banks
- "Bweeter Heater" Robert Wood
- "Cool Hand" Peggy Hurdle
- "Hard Boiled" Nadine Leenders
- "Columbine" Debbi Kowaliuk
- "Up Front" Martin Kupilik
- "Moo Shoo" Gary Garrison
- "Bionic" Gord Charles
- "Crossword" Carol Kuzyk
- "Fast Track" Stewart Henderson
- "Patio" Barb Hall
- "Marathon" Michael Moura
- "Easy Rider" Al Carlson
- "Cardiac" Bob Steen
- "Diva" Debby Schmidt
- "Disco" Carol Benoit
- "Downhill" Angela Ziemann
- "Back of the Pack" Robert Kansky



Hey, if you run in to one of these EBTC members sometime soon, don't be afraid to ask how the name came about!

## Let's Ride

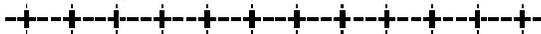
### Sunday Morning SHOW 'n' GO

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. Al Carlson, 458-1471, [acarlson@ec.ab.ca](mailto:acarlson@ec.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. 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](mailto:aeziemann@compusmart.ca)  
(south and east rides Millwoods Sobeys and Sherwood Park Alliance Church)
- ❖ Don Peddie, 457-2945 [dl.peddie@3web.net](mailto:dl.peddie@3web.net)
- ❖ Ellen Ainsley, 459-6928 (north rides)
- ❖ Gord Charles, 487-0206, [gcharle1@telus.net](mailto:gcharle1@telus.net),  
(west-end rides)

We meet at 6:30 PM for a 6:45 PM SHARP start at the following locations. Note: the start time may change in September due to less daylight.

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



### A call for memories...



I've heard some news of the great trips the club has put on this year. Let's spread the good news to the other club members. If you have been asked or would like to write a story about your day or overnight trip, please forward your story to me very soon so it can be included in the next SPOKES. The article can be one paragraph or a page. Electronic jpeg photo files would be great as well. Thanks and look forward to reading all about it.

Stew Henderson  
SPOKES Editor email: [stew.henderson@shaw.ca](mailto:stew.henderson@shaw.ca)

## The July 11 Beaumont Biskaswike

by Gary Garrison

While the ITU women's championship triathlon was going on in Hawrelak Park on Sunday, July 11, Stew Henderson and I decided we would get in a training run for the Tour de l'Alberta. Little did we know that we would be participating in our own version of the triathlon: the Beaumont Biskaswike (Bike/Skate/Swim).

When we left Stew's house on the south side at 1:30 p.m., it was sunny and warm. The forecast said a 60% chance of showers. Many low, gray clouds had passed over earlier, but the remainder of the day looked promising: a beautiful day for a ride to Beaumont, Leduc and back.



GaRy



We had a nice tailwind as we headed east on 34<sup>th</sup> Avenue and were able to cruise at 42 km/h between traffic lights. When we turned south on 50<sup>th</sup> Street, we took turns drafting to cut down on the effect of the westerly crosswind, which was steady but relatively gentle. Although we were still going strong, we decided to stop at the top of the hill in Beaumont and talk about where to go from there. The sky ahead was darker than what we just came through, and we couldn't tell if the heavy gray haze that way was rain in the distance or just high humidity from all the rain we'd had before.

Then we looked north: black as night horizon to horizon, a heavy curtain of rain. Looking back on it now, that scene reminds me of a line in a Bob Dylan song, "That long black cloud is comin' down; I feel I'm knockin' on heaven's door."

A few loonie-sized drops of rain splashed on the sidewalk, and a cyclist we passed on the road invited us into the restaurant next door for coffee with him and his wife. We instantly decided that was a really good idea. So we got permission to bring our bikes in and visited for an hour as the storm raged outside. At 3:30 the rain stopped, and we all decided it was time to head back into Edmonton. When we got outside, the clouds were still heavy and black to the north, but that was the way home, so away we went. Our westerly crosswind west had become a southerly wind and enabled us to cruise at 40 up 50<sup>th</sup> Street until we found that westerly wind again five or six kilometers further on. Then the rain started coming down, hard, fast, and heavy. Stew said this reminded him of biking past the Columbia Icefields. I replied, "Except it's not snowing." So I guess what happened next—and all across Edmonton—was really my fault.

About a kilometer south of Ellerslie Road, a southbound motorist yelled out the window at us: "TROUBLE!" At first I thought he was just joking, that maybe he knew Stew and me from some other trip and how we like to fool around. About half a kilometer later we saw cars ahead pulling off the road and parking for no apparent reason. Then we discovered the trouble he warned us about: a layer of ball-bearing-sized hail covering the road, and it was still pelting down. Using our best winter cycling techniques on the ice, we turned left to find shelter in a building or under some trees. But there was little shelter to be had, and so we decided to keep going north to a grocery store in Mill Woods. Then, just north of Ellerslie Road, there was only rain and a light covering of hail at the edges of the road.



STeW

So we kept going. We turned west on Mill Woods Road, and just west of 66<sup>th</sup> Street we had to go all the way to the left curb to avoid a deep puddle covering the road. A block later we biked on the sidewalk to avoid more standing water, which got deeper and deeper as we went along until, even way off the side of the road, the water was well above our hubs. Several cars were stranded in the middle of what was by now an Olympic-sized pool. Stew even found time to take a swim.

We split up at 91<sup>st</sup> Street and 34<sup>th</sup> Avenue. Stew headed west to encounter several more temporary lakes. I went north through the Mill Creek ravine to downtown. In the ravine the bike path had only a little hail on it, but on both sides hail had piled up enough to lower the air temperature about 10 degrees and to create dense fog. Despite the fog, I noticed several raging waterfalls in the ravine that I had never seen before: just like Athabasca Falls except with muddy water!

Our trip was exciting enough, but after seeing the news photos of the Whitemud Freeway where cars were submerged in rivers of ice and hearing about West Edmonton Mall's roof caving in, I realized we were lucky. If we had been in another part of the city or if the storm had been just a few kilometers over, we could have easily been stranded somewhere or hammered by the heavier hail some places got. Or maybe we'd have found a place to hole up and have a few beers until the storm really was over. Nonetheless, our imaginations never stopped working for you and for cyclists everywhere to make cycling even better in the future. As a result of this unscheduled, unauthorized, non-club trip, we managed to come up with five more inventions.

1. Capillary action sump pump bicycle socks
2. Retractable bicycle outriggers with skate blades for ice and inflatable pontoons for water
3. The puddle depth-finder
4. Helmet eavestroughing to divert rainwater and sweat so they don't get in your eyes.
5. Helmet air vents just the right size to stop hailstones that are big enough to knock you out. I'm sure some engineer somewhere could do that calculation.

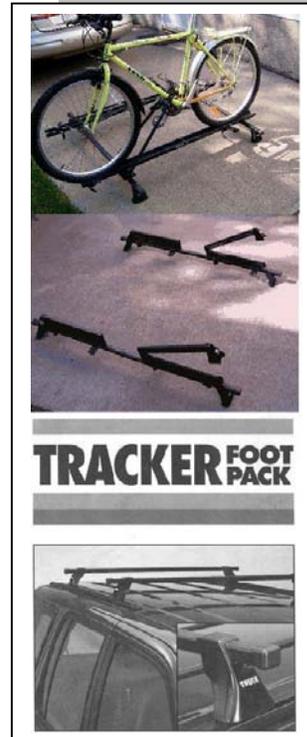
## For Sale

.. all or part, the first buyer gets the locks!

One set of two **THULE lockable bicycle carriers**. These are for a roof rack and are the kind with the clamp for the down tube, where you leave the front wheel on the bike. They fit square THULE roof rack bars. They are suitable for bikes with round or oval down tubes and "not feather - light" frame tubing. They are used; some wear and tear but perfectly serviceable.

One set of four **THULE lockable ski racks**. The "jack knife" style. These fit square THULE roof rack bars. They hold a total of four pairs of skis or two snowboards. They are in as - new condition.

One set of two **THULE square bars**, with a set of four **THULE TRACKER Adapters** to fit the factory roof rack track. This set-up replaces the Mickey Mouse factory roof rack and gives you a good "skookum" rack while using the metal track in the roof to avoid straps, rubber pads which wreck the paint, etc. I had mine on a GM mini van; THULE's index says they will adapt to a whole bunch of Toyotas, Fords, Jeeps, Mazdas, etc.



Included with the bike racks and / or the ski racks: One set of four lock cores and keys, and the special tool needed to swap the locks from the ski racks to the bike racks. The ski racks use four locks; the bike racks two. If the ski racks sell first, the bike racks will go without locks (and vice versa).

Asking \$25 apiece (CHEAP!!) or \$50 for the lot. Bought new, all this stuff would cost over \$250. I have digital pictures of all this stuff; if you wish I can e-mail them.

Contact Bob, 464-0603, [atleerj@shaw.ca](mailto:atleerj@shaw.ca)

## EBTC 2004 Tour Calendar

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

### **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 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 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) [garrisong@shaw.ca](mailto: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](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 our coordinators for the latest information.** Trip questions? Comments? Contact Glenn White 431-1297 [whitegd@telusplanet.net](mailto:whitegd@telusplanet.net)

## Want to ride faster?

- ❖ NEW Raleigh Competition bicycle, very fast and light
- ❖ 56cm Kinesis Superlight frame, carbon fork, Shimano 105 triple, Mavic wheels, all high end parts about \$2000 in shops.

To get performance at nearly half the price? call Alan Schietzsch at 455-1924 ([alans@shaw.ca](mailto:alans@shaw.ca))

## 2004 Tour de l'Alberta

**Sunday, July 25, 2004**

277 cyclists

100 miles/100 km

30°+ Celsius

**What a ride!**



277 Tour de l'Alberta cyclists at the starting line.  
See the September SPOKES for details and more photos.

## 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: \_\_\_\_\_

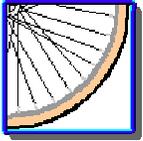
Deposit  Paid in Full  Amount Enclosed \$ \_\_\_\_\_

### 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

*(For Club use) Member Card  
Number*

\_\_\_\_\_

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