



Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

October 2004

EBTC Hotline Recording: (780) 424-BIKE or 2453
 E-mail: bikeclub@ecn.ab.ca www.bikeclub.ca

Trips needed

What do you mean it will snow??? The fall solstice is just around the corner or by the time you read this it will have been around the corner so now is the time to start planning how you want to spend your winter... yes, Virginia, there will be winter!

Do you have an idea for a winter escape... a weekender to a hostel...a visit to Jasper or Banff...a short ski trip around the city or the outlying area? We want to hear from you!

We need your input to pull together our trip plan for the upcoming ski season. If you've got an idea for a trip - whether it has been done before or not - please attend the annual ski tour planning meeting.

Wednesday October 20/04 at 7:00 p.m.
Edmonton International Hostel 10647 - 81 Avenue

Why? To help our club have a grrrrrrreat ski touring season! You will be eligible for a fine door prize draw and be able to indulge in some great snacks!

Memories of Mt. Robson 2004



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

Cycling thought this month

Cycle tracks abound in
Utopia.

H.G. Wells



Our Fast World . . .

Everything is fast these days. The emphasis is on "bigger, better, faster" – with the result that the lives of most of us seem to be out of control. The constant lament is (and I am among those culprits) "too much to do and too little time."

This insidious "fastness" seems to be creeping its way into the mentality of club members. Recently one of our members approached an executive member and asked if they could advertise a ride that would be only open to cyclists who could go a certain speed. The answer, of course, was "no," but it made me think about our club philosophy.

When the founders of the club named it, they called it the Edmonton Bicycle and Touring Club for a reason. There are lots of clubs out there that will cater to racers and cyclists whose only interest is in going fast. Our club's crowning feature is that it caters to all abilities of cyclists – both those that enjoy going fast, and those who like to "stop and smell the roses." Our focus is on those who want to cycle with a group for the purpose of socializing and getting the most out of the scenic countryside our rides take us through.

So many times I'll say to the fast cyclists in our group "Did you see that beautiful baby horse with its mother, or the exquisite flower, or..?" including a myriad of other sights on the ride – and the answer is usually no. For them, the joy of riding is in the speed they can achieve – but what are they missing along the way?

In the last couple of years, I, too, have gotten caught up in the world of triathlons and racing and my speed on the bike has increased as well.

Maureen's Musings: October 2004

Sometimes it makes me sad, and I remember the time Brian's daughter (then only 12 years old) and I took a little bike ride on the river valley trails. Although I was a fairly slow adult cyclist at the time, I was still too fast for her and I missed a number of sights that she picked up. I was more interested in getting from point A to point B than I was in enjoying the journey, and I thought later "what a waste!" Sure, I enjoyed what I saw, but think how much more I would have enjoyed if I had taken the time to experience it.

I think of EBTC as an oasis in our fast world. It is about taking that time. Sure, there are members of the club who like to go fast – and that's great. But the club's focus is – and I hope always will be – in serving as a venue for all cyclists, including the casual, slower cyclist. Our club supports getting out to meet others, in a non-intimidating atmosphere of acceptance and encouragement, to just enjoy the sport of cycling whatever the pace.

Let's focus on acceptance and inclusion rather than separation and exclusion. Celebrate life! – or as my recent visitor keeps telling me – "slow down a little, dear" and enjoy the journey.

Happy cycling everyone! Enjoy the last of those fall days!

Maureen Lanuke is EBTC's President

Chilly chili ride and picnic

Saturday October 23/04 (*NOTE CHANGE in DATE*)

- ▶ 1 pm for the ride, 4 pm for meal and picnic (Come even if you do not plan to ride)
- ▶ Hawrelak Park (look for us at one of the larger sites in the park)
- ▶ \$ 5 per person for chili and all the fixings and cold drinks (pay at the park)
- ▶ 40 - 50 KM river-valley ride/ no support vehicles/ options to do shorter rides, ride at your own pace

What to bring?

Snacks, appetizers or a dessert to share □ Thermos of hot chocolate, coffee or tea □ Bowl/ plate and cutlery □ Chair and blankets □ Wood to burn if you have it. We supply cold drinks and napkins. Vegetarian? You can be accommodated.

RSVP (or questions?) jasmineh@connect.ab.ca or 475-7224 by **OCTOBER 15th**

A Funny Thing Happened on the Way to the Tour

By Marv Bloos

I am writing to thank our President Maureen, our V.P., Glen White, (her able and key assistant), and the many other club and non-club volunteers for the wonderful job done for this year's *Tour de Alberta Century Ride*. It was thanks to them, that I have a new riding partner. Here's the scoop.

My five step plan to a new bike

I had done a "century" before, probably 9 or 10 times, at least five with the club. However, this year's Tour stands out and has a special story all of its own. It begins with last year's Christmas letter to some old friends. Well actually, it all starts because I hadn't sent out a Christmas letter to my old friends last year. -- (Make that several years.)

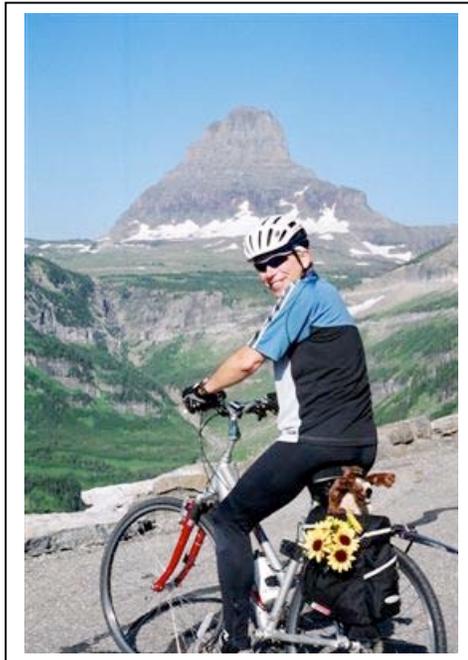
So, about February and still feeling guilty, I thought, why not an Easter letter? After Easter had been and gone, I decided a nice spring Letter would be "down" as my daughter might say, and so, with the help of my ghostwriter, my Spring Letter was prepared.

Well, in the letter, we reviewed my biking activity including last year's Tour. I threw in the fact that I might even spring for a new bike for this year's Tour. There it was, I don't quite know why I put that in my letter, but now the idea of this year's Tour and a new bike were sort of linked, if you know what I mean.

My next prompt was the annual installment of that "spring fever/bike envy" (SF/BE) we all experience when joining those early May rides. That's usually when we first see the other people's hot looking "better than ours" bikes. A dose or two of SF/BE soon sent me to the shops. I was thinking Marinoni (the current EBTC flavour of choice) but, and as usual, because I had left matters a little late, I was disappointed to learn that if I were lucky, it would take 6-8 weeks, post-order, to get my custom-

coloured, faster-than-a-touring-bike, hand and lovingly made in Montreal, Marinoni, delivered. That was *after* I got around to making all those decisions like colour schemes, shape of wheels, bells, whistles, air pressure and so on. Thus, for me, given my per hour rate of decision making, that 6-8 weeks would stretch to at least October and that would be no good given that the Tour was in July.

As you know dear reader, thinking is one thing and doing another. Sometimes disappointment is required before action is achieved. So it was about that point, when my new bike hopes were dimming, that helpful friends cycled to the rescue (so to speak).



Unanticipated consequences will do it every time!

It seems that two of the club vets, Don and Bob, were trying to convince Jazzy (rides like the Energizer Bunny) Ho to get a road bike. As I understand it, they planned to train her up in secret, enter her in local races as a "dark horse" and then make a killing by betting on the outcome. Well, Jas liked her trusty 25 kg Trek 7200 fully-loaded "hog mama" hybrid just fine. She wasn't the least bit interested in making the move to a road bike or to a professional racing career. (She is quick to remind me that "Lance Armstrong also rides a Trek!"). However, she did tell me, as I was bemoaning my sorry "new-bike" plight, that Don Peddie had told her that one

of our own, Al Schietzsch, builds bikes. And, as luck would have it, Al was registered to go on this year's Golden Triangle -- so was I.

How not to get the bike you thought you wanted

Thus it happened that on a Saturday night in Golden, my "new bike for the Tour" plans started to take shape. Alan and I talked bikes over caviar and red wine, waiting for dinner to be prepared. (Did I tell you what a wonderful trip this year's Golden T was? Good food, good company and superbly organized!) I told Al I was thinking of getting something more than a touring bike, but not a full road/race bike. I remember telling him specifically that I didn't want a race bike. As matters turned out Al happened to have a couple of bike frames at home that he thought might fit.

More Marv...→

So, on an early June evening, I went over to have a look. Al presented me with two choices: (1) an aluminum Italian Carrera pro-race frame and, (2) a nice, higher-end, carbon/aluminum but not quite a full road-bike, but just the sort of bike I was looking for, Raleigh.

After some talk and pinching the frames and kicking the tires and doing the other usual stuff when you're out shopping bikes, I left *chez Schietzsch* to think things over. I am not a racer. I have no aspirations to race, so why would I want a professional race bike? Exactly!

Well, first things first. Did I really want to spend that kind of money on a new bike? Too late for that – I already had the bug, and I hoped I could figure out how to explain things at home later. If I got one of Al's frames that would mean I couldn't pick my own custom colour scheme like you can with the 6-8 week Marinonis. That was probably a good thing because it would take me at least 6-8 weeks just to figure out what colours I wanted. I had to admit, the Carrera came loaded with very flashy colours, lots of orange and I liked orange. But a race bike for heaven's sakes? And, it was an aluminum frame. I'd heard some negative things about aluminum frames. Oh, what to do?

It's not who you know, it's who you phone

Well, I did what I always do when it comes to all things bike, I phoned up Peddie for a second opinion. After describing both bikes and their relative merits, Don didn't take long with his answer. "Marv," he said, "Aluminum frames are getting a bad rap. If I had the money for an extra bike, I'd buy that Carrera in a heartbeat." Well, that settled it. My next call was to Al, my personal bike designer (how many of you can say that!) "Al", I said, "let's get that Carrera set up to go."

Al was great. He put together the gear combo that I wanted, mounted a great sets of wheels, found me a flashy seat that was love at first sit, tracked down this wonderful orange bar tape (did I say how much I like orange?) and then, once it was almost there, measured me up (and down), and dialed all those readings into my new bike. It fit like a glove!

Courtship and honeymoon

There's a big difference, I soon discovered, between the way a trusty old friend, we've see a lot a miles together, Miyata with bar-end shifters, a relaxed steel frame and fat tires, and, a youthful, slimmer, true road-bike with brake-lever shifting and skinny tires, handle.

Our first few outings, there was that awkward period of adjustment and anticipation when you first spend time with someone you think you're really going to like. After the friendship starts to gel, you experience that "new-bike, it fits really well and rides like a dream, it's great-to-be-alive-and-riding-my-new bike" joy. Then you just want to be out there riding. Well, that's how it was for me, how was it for you? Mind you it wasn't all perfect. My second ride, I blew a spoke. Replacing the spoke *via* Al - is another whole story. There were no spokes to be had in Canada for my special wheels. Al had to order the spoke from the U.S. Al gave me the wheels (also hot!) off Millie's bike, who was grounded until my spoke showed up).

By the time all the small adjustments were made, it was two weeks to the Tour. I needed to log some long rides on The Bike so she and I could get used to one another. Two 100 km Saturday rides with the Wheels of Fire on the usual Villeneuve training route took care of that. My speed was increasing, my heart rate was dropping and the sky seemed always to be blue. New bikes will do that for you!

The Challenge is made

Last year, riding for team Miyata and going-for-broke all-out as fast as my little legs could pedal, I did the course in 6:37 (well actually is was 6:36:56, but who's keeping track). Clearly, I had my work cut out for me if I was to break 6 hours. For me the bottom line was I was having fun, and no matter how I did in the upcoming Tour. From where I sat, my new bike was worth every penny!

The Big Day

Well, the rest is history. The Bike and I had a very good day and, thanks to several combinations of other riders with whom we paced, team Carrera beat Team Miyata's record time by 38 minutes, and, made the benchmark of finishing in 6 hours or less – stops included.

If you've never done a Century ride, start thinking about it. The trick is to train some, and to learn to ride with your mouth full – ask me about that sometime. For now, it's enough to close the way I started, with thanks to friends, EBTC and The Bike, for a great day and a great ride. "Thanks for the memories!"

Next Spokes: December 2004

Now's the time to write your stories of the 2004 cycling season. Send them to Editor, (stew.henderson@shaw.ca)



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 \$ _____

(For Club use) Member Card
Number

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

