

Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

**November/
December 2004**

End of Summer Beach Party

Don't put away your shorts and sleeveless shirts just yet. You'll need them on **Saturday Nov 20, 2004 at 7:30 pm**, for our "California Beach Party". If the surfs not up, we can check out some slides, pictures that is. Bring any pictures in print or on CD that you may have to share. The beachside hostel has a pool, so wear your trunks if you want, but don't forget your cue. There will be snacks and refreshments provided, but bring along your favorite candy to share.

Where: Edmonton International Hostel, 10647 – 81 Ave
When: Saturday Nov 20, 2004 7:30 pm to 10:30 pm
Info: Al Carlson 458-1471



Christmas Tree Caper 2004

December 17-19, 2004

EBTC Annual General Meeting

Date: January 22, 2004

Location: TBA

Consider taking on a leadership role with the best club in the best city in the best country in....well, you get the idea.

All positions are open to members who are interested in helping shape the Club's activities each year. See page 11 for descriptions of each position so you are ready to put your name forward for election at the Annual General Meeting.

Is it that time already???. No, but the snow is here, and visions of Christmas are dancing in our heads. What can be better to bring in the season than in a cozy hideaway, a large hot tub, the company of great people, the peace of the country, great hiking or skiing, and the perfect Christmas tree on the annual EBTC Christmas Tree Caper?

The scene for this perfect weekend is Shunda Creek Hostel – a cozy hostel built of logs in the heart of David Thompson Country. It is equipped with all of the amenities, so you don't have to worry about "roughing it", and comes complete with a large country kitchen and a comfy lounge area with a great potbelly stove and lots of couches you can sink right into to read that book you've been trying to find time for. Whether you want to join us in our search for that perfect tree to take home, just go for a cross-country ski or a hike in the pristine surroundings of David Thompson Country, or curl up with that good book beside the wood stove, this is a weekend to call your own.

For information or to book your spot, please call Maureen at 436-9004. Deadline is November 16, 2004 because of the hostel regulation of no refund less than 1 month before the event. Estimated cost is \$50 - \$60 depending on whether you stay both nights or only one. Trip deposit: \$50.

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

EBTC Executive Members

President	Maureen Lanuke	436-9004
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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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Cycling thought this month

This is not Disneyland, or Hollywood. I'll give you an example: I've read that I flew up the hills and mountains of France. But you don't fly up a hill. You struggle slowly and painfully up a hill, and maybe, if you work very hard, you get to the top ahead of everybody else.

Lance Armstrong



I know I'm not the only one asking "Where did the year go?", but, man, where DID it go?!! Here we are with December just around the corner, and it seems like yesterday it was winter. Oh, I guess it was winter yesterday, wasn't it?

It's easy to get depressed about the early onset of our Edmonton winter and the end to the busy cycling season (I envy those diehards out there that have the courage to keep cycling through the winter), but the arrival of the snow heralds the next best part of the EBTC activities (some would say the best part) – cross country skiing. We have some of the old "tried and true" activities and exciting new ones – some of which include food, which is always a bonus if you enjoy your food as much as I do!

As well, our erstwhile webmaster and his daughter – both qualified ski instructors – are inviting us all to venture into the world of downhill skiing at a local ski hill – a great way to expand your skiing experiences.

Winter is also the start of our "real" social season, and our first slide show social is planned for mid-November. Planning for the annual AGM and fondue/potluck is underway as well, and, as always we are looking for eager members to come forward to help us keep the club vibrant and growing. If you think you may be interested in one of the positions described elsewhere in the newsletter, please call me or any one of the executive members. Every bit of help we can get is welcome!

So I say, "Bring on the snow, and lots of it!"

Maureen's Musings

It must have been a good year if we were so busy enjoying life and cycling that we don't know where the time went – and the good times will continue with the skiing and the social activities – even more to look forward to – so come and join us for another exciting season after which we hope you'll say "where did the time go?!!!"

Happy skiing everyone!

Maureen Lanuke is EBTC's President

Cycling the Canadian Rockies...

By Gary Garrison

Jasper to Robson (8/28/04)

Eighteen cyclists, one van driver: the goal Was Robson's Lodge, a mountain pass between 94 Ks of rumble-stripped shoulders, two snacks and a lunch. A jaunt, routine for most, some minor climbs, descents and flats, A time to chat, sweat out last night's beer, morning Coffee, to spin, sightsee, breathe deep, relax. Crisp autumn air, blue sky, lakes shimmering. But the west wind abruptly confronted them. Their paces stalled. A gale in their faces Created close drafting. Like geese, common Cause formed a unit, each in their places. No one could have gotten there any faster Even if they'd have missed Debbi's pasta.

Robson to Jasper (8/29/04)

Stuffed full to bursting, nobody plastered, Snug in their beds and dreaming of tailwinds, Reviewing roads they'd already mastered, Coasting up hills, socializing with friends, Magnificent scenery to the end— Until the rhythmic cranking, the snoring, Thumping hearts echo water humping tin. A low-slung cloud enshrouded the morning. Four cups of coffee couldn't will it away, So they plastic-bagged heads, fingers and toes Triple-layered clothes. Behind each a spray In the face of the next. Some nearly froze, But most battled that cold drizzle for hours To Jasper, pizza, steaming hot showers.

I LOVE A Bargain

By Jasmine Hohenstein

Ever since I can remember, I have loved a bargain. You know what I am talking about...a good deal. That great find! The super special, bargain-basement blowout, liquidation closeout, slashed-price, bankruptcy and receivership discount, once-in-a-lifetime deal that we all yearn for. Sleuthing out such sales and bargains, I LOVE it!!! Stretching that hard-earned buck a L-O-N-G way can be a challenge! Doesn't everybody LOVE a bargain?? Whether it be a bargain found at Value Village, Holt Renfrew or on Ebay, I love the feeling of knowing I have paid a small amount of cash and in return got a great deal for my money.

From \$5 Gortex jackets to \$7 designer suits and \$4 Italian leather shoes, from clothing to groceries, the list grows with the great bargains I have had!

And what fun. That too is an important part of bargain hunting! While traveling around the globe, I have bargained from Marrakech to New Delhi, Cairo to Istanbul and, I myself

have almost been bargained away for a herd of camels and a few head of cattle in Afghanistan! The world LOVES to bargain and to get a bargain!

So where, you may well ask, does the EBTC come into all of this bargain business, and why is this article in SPOKES?

For those who know me, and know how much I love a great bargain, they know that I know a bargain when I see one! Well it became very clear to me just after I joined the club about a year ago what a bargain being a member of this great club really is! And being a member of the EBTC has got to be one of the BEST bargains going in this town! I did the math one day. For the paltry sum of \$40, you get way more than you ever thought!

"How's that?," you ask. Well, any one person could not possibly take advantage of everything that the club has to offer for the small membership fee!



Jasmine and Marvin check out the bargains at a garage sale found along the Granby route.

In the past year, I counted no less than 100 events, activities, day rides, weekend bike trips, ski outings, (and the list goes on) that the club offers to each of us. That works out to about 40 cents an outing. If that's not a great bargain then what is? It can't be beat if you ask me! That's not even \$4 a month for so much fun!

Where else can you get so much for so little? There is something in this club for everyone, for every level of fitness and for all ages. The EBTC has something going on every month of the year. During some weeks there is almost no day that doesn't offer up some type of activity.

Remember all the fun of shopping for that bargain? Well, the EBTC is a lot of fun and the people are a lot of fun! What else you get for a mere 40 bucks? Loads of fresh air and exercise comes with this sweet deal. Where else can you make so many great friends and learn so much about biking and other sports (like eating)? The EBTC is truly a great find!

So the next time your EBTC membership comes due, or someone comments on the high cost of belonging to a club, think about the great deal you have as a member of the EBTC and what the club has to offer.

Great bargain? I think so, don't you?

Cycling the Eastern Townships of Quebec

Introduction

By Jasmine Hohenstein

It was on my first visit to Granby in the summer of 2003, that the idea popped into my head of organizing an EBTC bike trip to that area. In 2003, I had rented a bike and managed to put on about 800 km in eight days. I had been inspired by the beauty of the countryside, the friendliness of the people and the miles and miles of exceptional bike trails. I had to go back!

After months of planning and organizing, my little "dream" turned into reality, and 10 of us set out for a 9-day adventure of cycling in one of the most scenic areas of Quebec. We flew to Montreal, made our way to Granby (a short 120 km from the airport) and settled into a cozy bed and breakfast (B&B). We rented "comfort bikes" (hybrids) necessary for riding the various types of trails. For some of the group, the bikes took getting used to, for others (like myself) I felt right at home!

The Auberge Du Zoo B & B was our home away from home. Located in a quiet neighborhood next to Granby's famous zoo, Claude was our host. He handed over his house to us — we had the use of it all (read on for Carol C's explanation—suffice to say there was no roughing it!)

We spent our days exploring and cycling to our heart's content in every direction. There was something new to see every day we were there. We were amazed at the hundreds of kilometres of bike trails, taking us through apple orchards, corn fields, scenic rural dairy farms, all along rivers, lakes and streams! Every day was an adventure!

The Granby Group wants to share our adventure with you. In this issue of SPOKES and those that follow, members of our group will share their experiences and their impressions of the Eastern Townships Of Quebec.

We hope you enjoy "the trip" as much as we did!



Day 1—Saturday September 4 ...Getting there

By Carol Carlson

4:30 A.M.

Jas enters the Edmonton International airport and heads to the Air Canada check-in area. Carol B joins her in line, followed by Al and Carol C. Soon Millie arrives and then Patti and Kathy. The Edmonton contingent of the Granby Group is all present and accounted for. (Marv is already in Quebec.)

Jas distributes the Quebec-Eastern Townships Tour manual, a coil bound book with everything anyone needs to know — maps, itineraries, tourist information, schedules, etc. We are all concerned that we will be tested on it so plan to study it during the flight. Right!!!

First question: Where's the coffee? (It is 4:30 a.m. after all.) Although Jas can't produce hot coffee on the spot, she does quickly remove a French press coffee carafe from her carry-on bag to assure all the caffeine addicts that a good cup of coffee would be available every morning in Granby. Among the items Jas has checked is a cardboard box filled with goodies, snacks, treats, decorations, prizes, frozen spinach dip, pasta and frozen pasta sauce for Sunday's dinner.

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A short flight later the group arrives in Calgary. "Where's Mary?" is the question on everyone's mind. Soon Jas spots her friend and introduces everyone. Six degrees of separation seems more fact than fiction with this group. Marv, Jas, Carol B, Millie, Al and Carol C, have all been on trips together before; Jas and Mary have been friends for years, Al and Bernard have been on the Golden Triangle trips both when Bernard lived here and after he moved to Montreal, Bernard and Millie both are from St. Paul, and, Patti and Kathy are related to Carol C's best friend from grade school and she has known them for years. What a small world.

The trip to Montreal was uneventful if somewhat long. The passenger next to Jas was airsick and gets moved to another seat (but leaves his "baggie" behind); Kathy gets sent to her seat for blocking the aisle, Millie tries to sleep, and Al, being the only guy, keeps to himself.

We arrive in Montreal and have lunch while waiting for Marv's flight from Quebec City where he has been "on business!" Within minutes of his arrival the taxi vans show up to transport us to Granby. The final member of the Granby Group, Bernard, will be arriving Monday morning from Montreal in a rental car which we will then have for the rest of the trip.

Less than an hour later we arrive at Auberge du Zoo, our home for the next eight days. Claude, the B&B proprietor and soon to be good friend to all, shows us around. The B&B is a large sprawling house which can sleep at least 20 people. Upstairs there are four bedrooms and two bathrooms. On the main floor there is a formal dining room, a den which later becomes the massage salon, the "Romance" bedroom, a large bathroom with a dressing room area, an informal eating area in the main kitchen, two more bedrooms, a TV lounge, another bathroom with a huge soaker tub, and a smaller kitchen (which is ours to use). Claude's living quarters are downstairs where there is also another bedroom and bathroom. Outside on a covered patio, is a large lovely Jacuzzi which becomes a favorite place in the evening.

We all decide the 25 minute walk into town would be nice and to have dinner at an all-you-can-eat-buffet for \$9.95. The food was great—pizza, pasta, fish, seafood, poutine, roast pork, etc., but the desserts were excellent, especially the cake soaked in maple syrup sauce and the soft ice cream!! The

walk back home is greatly needed and on the way, we stop at Provigo (a grocery store) to pick up lunch provisions for the next couple of days. Back at the B&B, we all head off to our own rooms, unpack, and prepare for the first day of cycling.

Day 2—Sunday September 5 ...L'Estriade (Granby, Bromont, Waterloo, Yamaska Park and home)

By Al Carlson

Up bright and early to be greeted by our host, Claude and his delightful girlfriend, Lise. We feasted on plate-sized crepes, French toast and fruit salad. As became the norm, Marv gave us a reading for the day, a story about three cyclists. Then Jas reviewed the day ahead, with a warning that our two leaders were both directionally challenged. After breakfast, we packed our own lunches.



Having packed our panniers, including two bottles of Claude's special water (more on this later), we set out on a 25-minute hike down to the Velo Gare where our rental bikes were waiting for us. Claude offered a ride, but why waste a lovely morning by riding in a van?

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Well, we found out panniers can be mighty heavy when you are walking. We hiked down the nice wide streets, past a lovely park and arrived at a canal with a bike path leading over to the Velo Gare, right next to a McDonald's, with lots, and I mean lots, of cyclists coming and going. Young ones, old ones (older than me) and everything in between. I am sure it was a typical weekend morning. Across from the path, the canal connected to a beautiful lake with a fountain in the middle.

We all got fitted to our rental bikes, complete with pannier racks, stands (yes, even Millie), locks and spare tubes. The bikes were hybrids with 27 inch wheels, and 21 speeds. I am sure the tubes were never required. I only seem to remember one place where we saw any glass at all.

We headed down L'Estriade towards Bromont. The multi-use trail (walkers, cyclists and bladers) was a nice standard size paved path, which got wider in a regional park. The trail was well marked and easy to follow. Outside the park, the trail narrowed, and sometimes passing other cyclists was just like passing on a busy two lane highway. Not everyone wore helmets except the kids. There were parking lots at most places where the trail crossed a country road, filled with many cars with bike racks.

Bromont was off the bike path, and Marv was at the junction to ensure we did not get lost. Good thing because we headed on a gravel path, thru a camp ground, then onto the road along side lots of slow moving traffic heading in a different direction to us (later we found out all the traffic was because of a huge swap meet).

Over a bridge, up a small hill and into Bromont, a typical Quebec small town with a big church and old houses, a few restaurants, pubs, and shops, all in very nice shape, many renovated recently. We found the Chocolate Museum and a picnic table in the back garden for our lunch. The museum had a



number of displays on the history of chocolate, and a store full of lots of sweet stuff to buy. We all knew this was a place worth coming back to see.

Back to the path, and on towards Waterloo. The path wound thru the countryside, with landscape that changed between fields, forest, rocks and lots of weeds with many colored flowers, a nightmare for any one with asthma. Waterloo (Capitale canadienne du velo) is a picturesque town built around a lake. The path winds thru town and we got some help from a local French-speaking cyclist, dressed in very traditional street clothes and no helmet.

We joined up with a cycle path on an old railway line with a crushed cinder surface called La Campagnarde and headed north. The path was very easy to ride on –there were road bikes with narrow tires. We came across a local mud bog. That amused us for a while, but Jas worried that one of the 4-wheelers would swing over towards us and jump out of the mud. Nobody turned over, but a few did get stuck.

When we reached Parc de la Yamaska, we opted to take the non-pay route back to Granby. The pay route winds thru the national (we say provincial) park, which we would take later on in the week. There was a rocky section, with a nice stream alongside, then a forest with large trees and sparse undergrowth, endings at a one km dam forming a large recreational lake, with a nice beach on the far side (the pay side). The path was now paved, and as we entered a regional park, the multi-use path widened as we headed back to Granby. There are a couple of optional routes, around a reservoir and wildlife preserve. This is a great place for cyclists – our circle route had bike paths heading off in all directions.

We began a tradition – ice cream and coffee before heading "home." Carol B asked a very nice Francophone lady where to get coffee, and she gave us halting directions in a bit of English. We found the shop but decided to start with ice cream. We encountered the same lady who insisted on taking us to the coffee shop. It was "tres bien" as she said.

Carol C had a nice day, relaxing with coffee and her book down by lake. She had a nice lunch over looking the canal. She thought she would be in for a wonderful, relaxing week in rural Quebec. We were all so happy to be there in Quebec. Thank you, Jas and Marv.

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Day 3—Monday September 6 ... La Route des Champs (Granby to Mariville and return)

By Al Carlson

Today we must head across town to meet up with the path heading west, La Route des Champs, and after some discussion with Claude, we decide on the best streets to take. Al is appointed leader and we head off. At the first T intersection, he makes a wrong turn and when we reach the highway we stop to study the map. The highway would be very direct, but Jas remembers it has no shoulders. So we retreat, and take the windy route thru town. We stop a few times to have a group discussion about which way to go. We must ride a few km on another highway with a bit of shoulder but Claude's directions are bang on, and soon we are on the bike path. Next time we come to Granby, the new section of path right into town will be complete.

This path is also what used to be rail line with crushed cinder, very straight and flat. Soon the forest opens up and we find an apple orchard on one side, and a vineyard on the other. The vineyard has a sign, "defense d' ???" – "no trespassing," but there are no signs or fence on the orchard side. We stop to take a few pictures, and some people pick apples. They are very good I am told.

At Saint-Cesaire, the path takes a jog around a dairy farm where the farmer didn't want the path heading through his land. It was a nice place to stop and enjoy the country side, waiting for Bernard, who had just arrived from Montreal. Carol C, who now had Bernard's rental car to drive, coordinated the connection via cell phone. Just across the bridge we find the info booth for this section of bike path. Residents must pay an annual fee of \$10 to use the path, but we get a written note granting us free use (Thanks Jas).

On the path, we pass a huge country estate with a vast front lawn surrounded by forests of pine trees and a rocky creek. We almost ride past Rougemont, but we stop to chat with some cyclists, and, thanks to Bernard, we get instructions to head in to town. We encounter a garage sale, and with Jas along,

we must stop. A few people find deals, but Millie couldn't buy the lovely wooden desk she wanted.

We are in apple country, and want to find apple cider for lunch. Alongside an orchard are a few picnic tables so we stop for lunch. They have bottles of cider for sale and some home baked apple pie – incredible! More jars of goodies to increase the weight of luggage going home are purchased. We sampled the many varieties of apples and packed a few in our panniers. Carol C did find the cider which some enjoyed later in the hot tub.



We stopped at a bike roadside rest stop, right beside a farm field with a number of horses. Patty and Kathy rushed over to the horses, and offered them some of the apples we had packed away. Jas and Marv took off ahead to scout out a section of highway we would need to take in a few days. The rest of us headed into, Mariville, in search of coffee and ice cream. We returned via the same path to Granby, thoroughly in love with Quebec. We started to split into groups, with Patti, Kathy and Bernard cycling ahead of Mary, Millie, Carol and Al.

That evening, Marv served champagne to Millie and Carol B in the hot tub. Then Carol B had a massage in the spa, which Claude is trying to establish in his B&B. She was so relaxed, that she had a hard time staying awake for the Thai food dinner we ordered in off the French menu in the phone book.

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Day 4—Tuesday September 7 ... Vins et Petit Fruits, The Wine and Berry Route

By Jasmine Hohenstein

The weatherman had been threatening us for days...rain rain and more rain. Every day I prayed for sunshine! PLEEZZZ, we need sunshine today -- especially on this route through one of Quebec's more famous rural areas. Today was no different than the previous ones, the weatherman was wrong, my prayers were answered and the sun shone on us once again! Wonderful!

Marvin (aka Werner) started the morning off with a joke. If it wasn't funny, we called him Werner. That is another story! Breakfast was plentiful and delicious and if Marv didn't get a chuckle out of us, Claude, our jovial host sure did! Claude always made sure our tummies were full before we left the house in the morning!

Off we went with our first stop in Farnham. This town was to become the favorite coffee stop for Patty and Kathy. The trail to Farnham is fine hard-packed crushed stone, easy to ride on with our bikes. I love this 25 km section of trail that takes you through farmland, cornfields, over small creeks and pastures dotted with grazing cattle or horses.

Leaving Farnham, our route was no longer "bike only" but country roads with very little traffic. We passed quaint gingerbread-type cottages and no nonsense farmyards, the smell of "you know what" permeating the country air! A smell I really don't mind (in the country). As lunch time approached, we began searching for a scenic spot to park our bikes and our butts! We settled in nicely at a local farm/antique dealer along our route. We stopped and asked if it would be okay to picnic on the lawn. Not only was permission granted, we were given a warm and friendly welcome and chairs were

summoned to make our lunchtime picnic more comfortable. Millie and Carol looked as if they never wanted to leave! But we had to move on, with wineries and other interesting places to visit. The flat roads became little hills and bigger hills but we peddled on.



We visited "The Goat People" a charming couple with a friendly farmyard filled with nattering billy goats and products like face cream to make you look younger, shampoos, soaps lotions and potions! Our panniers were getting heavier all the time (our wallets lighter)! At the apple orchard roadside fruit and beverage stand, the house specialty seemed to be apple ice wine and apple ciders.

The proprietors, we named them Bill and Bob, looked as though they had never missed a meal in their lives! They had a dry sense of humor and after numerous tasting of apple beverages and complimentary apples, reminded us that we should walk our bikes off the property carefully just in case someone accidentally fell off and intended to sue them. With all these stops, we were not making much progress and not one stop yet to a winery!

"Rides Like The Wind" (AKA Marv/Werner) jumped on his bike and zipped down the road like greased lightning.

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I tried to keep up, the others were trailing behind and soon we had passed every winery without as much as a glance! What was Werner thinking? I finally was able to catch up to tell him that on this wine-route tour, some of us never stepped foot into a winery, how were we going to explain that to the folks back home? Never mind, we just kept riding!

Meanwhile....Millie and Carol had made the decision to rendezvous with Carol C and cut some of the bike km so there would be more time to taste wine. Cell phones are great, when they work and it was today that they were not working as they should. Poor Carol C was "out there somewhere" looking for the girls, and the girls were "somewhere out there" waiting for a ride! Eventually they were able to "connect" and they found each other! I think Carol and Millie made the most of the wineries!

The small villages and town we passed through were quaint and colorful and by now we were making our way back to Farnham. Some had gone on ahead, they had maps, we had cell phones. Marv and I found the bike maps for this route were dreadful! Things were just not the way they seemed, and we were just not in the places we thought we should be in. Two directionally challenged trip coordinators and, before we knew it, we were really wondering where we were! We never stressed. We knew we could always ask, but we were on "less traveled" roads. It did not take long before a helpful motorist came to our rescue. Without Bernard, we hoped our good Samaritan spoke English. We were relieved to know that he did and knew where we were. When he asked where we were from and we told him Edmonton, he kept repeating ED-monton over and over again...ED-monton and wondered how we got there.

We were pretty worn out after our 110 KM wine route adventure and the hot tub was nothing less than fabulous! But the best was yet to come! It was BBQ night at the Auberge Du Zoo. After all of that riding, The Granby Group could have eaten a cow. Carol C and Al put on a delicious spread of everything one would find at a BBQ plus more!

And so we finished off the evening reminiscing about the memorable day we all had cycling.

Signs of Bike-a-holism

by Alan Schietzsch

Compiled from many other bikeaholics...

- ❖ You begin to get jittery after one full day of not riding.
- ❖ Other people have tattoos, you have a permanent black grease mark across the calf of your right leg.
- ❖ The first thing you ask when you regain consciousness is "How's my bike?"
- ❖ Your bike rack is worth more than your car.
- ❖ Your legs are tanned only to mid-thigh and you have a brown spot on the back of your hands.
- ❖ You buy a car based on whether or not a bike will fit in the trunk/back.
- ❖ You pull up hard on the steering wheel trying to bunny hop your car over a pot-hole.
- ❖ You can actually remember which valve type is Presta and which is Schraeder, and are adamant about defending your favorite.
- ❖ Your spouse begins to automatically assume that you'll be on a club ride every weekend, or worse yet your non-riding spouse begins to learn bike jargon.
- ❖ Someone in a car asks for directions and you accidentally give them a route that includes bike trails, or a route that bypasses all freeways/busy roads, or is very scenic.
- ❖ You meticulously care for your bike, while your \$20,000 car quietly rusts away.
- ❖ You pull your car into the driveway and twist your heel to clip out of the accelerator.
- ❖ You see glass on the road and point it out for the car behind you.
- ❖ While driving you try to stand up to go over speed bumps/railroad tracks.
- ❖ You plan, and actually look forward to, a two-week bicycling vacation trekking across mountainous terrain and setting a goal of 100km a day, rain or shine!
- ❖ You view the holidays, birthdays, and anniversaries as times to exchange gifts of bicycling components and accessories.
- ❖ You find it amazingly easy to justify the purchase of a third bike - this one being just for special rides
- ❖ You have two sets of good friends - those that bike and those that don't bike.
- ❖ You bring your bike into the house - preferably into the living room or the bedroom.
- ❖ You read this expecting it to be funny then realize that it all applies to you.

EBTC Executive Positions

President coordinates the overall activities of the club and acts as its chief spokesman and executive officer. Responsible for liaison with other societies, associations, government and regulatory agencies. Chairs executive and general meetings. In conjunction with the club executive, develops and maintains club policies and procedures. Delegates executive duties and responsibilities towards the achievement of beneficial goals and objectives. Shows fiscal authority for club expenditures. Keeps the general membership informed of club activities through the newsletter and other communications.

Past President attends the executive & general meetings and guides the club in regards to past policies and events.

Vice-President/Touring Coordinator is responsible for organizing the touring schedule. Duties include a tour leader workshop to train EBTC coordinators; getting ideas for trips and volunteers to run the trips; coaching volunteers budgeting for a trip; set prices for trips, book vehicles and get drivers; reviewing and assessing club policy with regard to trips; reviewing and assessing size and format of trips and type of vehicles used; provide input to treasurer for annual budget. In the absence of the president, the vice-president is club spokesperson and may be called upon to represent the club on various committees.

Treasurer is responsible for EBTC money. Duties include: provision of financial statements, balancing of the accounts (chequing, savings & petty cash), issuing cheques, assisting the tour coordinators with trip/event expense reports and maintaining EBTC "break even" policy. Knowledge of the Accpac "Simply Accounting" Windows program helpful.

Secretary records minutes of each meeting and provides copies to each executive member. Empties mailbox and distributes mail. Records trip registrations and payments and maintains master trip list. Confirms trip applications and maintains close contact with trip leaders.

Publicity Coordinator organizes the semiannual membership drives (1) Nov-Dec X-country skiing and (2) April-May cycling. Advertises through the media; distributing brochures, posters and cards; booking of classrooms for the spring info nights and developing other innovative techniques for recruiting members at large. Responsible for organizing public displays and info seminars.

Social Coordinator has the ability to dream up and then make into reality the year's social events. Motto: if it isn't a bike ride or ski trip, it must be a social.

Newsletter Editor is responsible for collecting information for the newsletter, then typing it and formatting it for printing and/or coordinating volunteers to assist with these tasks. Responsible for transmitting electronic copy of newsletter to webmaster for addition to the club web site and for taking newsletter to the photocopiers and picking it up, getting address labels from the membership coordinator, getting stamps from the post office, folding and stuffing newsletters and finally getting them to the post office.

Education and Safety Coordinator promotes safe cycling/skiing within the club by example and through education. A clean riding record with no demerits for speeding or careless riding while under the influence required. Responsible for contributing ideas to executive meetings and articles to the newsletter to help the club continue to operate without any major incidents causing injury.

Supplies and Equipment Coordinator stores and maintains touring equipment. Compiles inventory and keeps track of the various supplies. Informs trip coordinators of the available equipment; assists with compiling list of needed trip supplies and arranges for delivery and pick-up of supplies for trips.

Membership Coordinator is keeper of all membership forms and maintains an accurate list of names, addresses and phone numbers. Provides address labels to newsletter editor, mails membership cards, crests and application forms. Answers the "what are you all about?" letters.

Volunteer Coordinator is responsible for finding committed volunteers to assist with various EBTC events and for providing them with information on the duties involved. (e.g. dances, century ride, Birkie Rest Station etc.)

Librarian Maintains the Club's library

Webmaster Maintains the EBTC website and responds to or forwards email received by the club. Forwards email to the general membership regarding events, as requested by the event organizers and approved by the executive.

EBTC Tour Calendar – Winter 2004/05

Weekly Ski Events

▶ Sunday Weekly Snow 'n Go's

Each week a ski trip will be planned for the local area. Meet at Tim Hortons at Capilano Mall. The decision on where to ski will be made at that time. Meet at 9:40 AM prepared for a 10 AM departure. Note: if there is another event scheduled on the Sunday (excluding overnight trips), the snow 'n go will be cancelled.

▶ Wednesday Evening Slide and Glide

Join your fellow EBTC cross country ski enthusiasts for a mid-week outing on some of Edmonton's great winter ski locations. We will leave the parking lots at 7 p.m. SHARP for approximately 1.5 to 2 hours of generally leisurely skiing. The route will vary based on the best knowledge of conditions that night, and will end with hot chocolate and perhaps some goodies (attempts to match Ernie's great cookies are welcome). The meeting locations will be decided about 10 days in advance, and you can check the website or contact Al Carlson at 458-1471 (home) or 452-6900 ext. 12 (work) (please do not leave messages for me to return your call if you miss me). If conditions are not suitable for skiing, then we will go skating at Victoria Oval if conditions are suitable. Starting November 10, possible locations are:

- ❖ Goldbar Park (off 50th Street – meet at Club House)
- ❖ Hawrelak Park (meet at the first picnic shelter)
- ❖ Riverside Golf Course (lower parking lot across the road from the golf course)
- ❖ Whitemud Park (off Fox Drive, loop under Fox Drive to end of Road)
- ❖ Emily Murphy Park (parking lot by the bridge)

One day and overnight ski trips

Sunday November 21 2004 Downhill Glide

Location: Edmonton Ski Club (behind Muttart Conservatory pyramids)

Coordinator: Alan Schietzsch 455-1924 alans@shaw.ca

Cost: Lift Ticket (Al will arrange group rate)

Description: This is a great way to kick off the ski season and try out some downhill skiing on Sunday, November 21. If you've never tried downhill, or are a little rusty, Alan and his daughter, Emily, are CSIA certified alpine ski instructors, and will be available to offer tips and support as you glide down the hill. Rental skis and boots are available at low cost. You can also see more at Edmonton Ski Club's website: www.edmontonskiclub.com Subject to snow conditions and hill opening. Watch the Website for more details.

Saturday, December 11, 2004 Tawatinaw Valley Cross Country Ski

Location: Tawatinaw Valley is located about one hour north of Edmonton on Highway 2

Coordinators: Henry Dembicki / Diane Salomaa 490-5082 summitrg@interbaun.com

Cost: \$5.00 ski fee plus share of gas.

Description: A great way to start your ski cross country ski season. The Tawatinaw Valley Alpine Nordic Centre offers 25 Kms of groomed trails. It has a Chalet and food bar. More information can be found at www.west-teg.net/~tvalley/hillp2.htm We will meet at 9:00 a.m. at the Westmount Shopping Centre (northeast corner) for a 9:30 a.m. SHARP start. Car pooling will be arranged at the start.

December 17, 18 19 2004 Christmas Tree Caper

Location: Shunda Creek Hostel

Coordinator: Maureen Lanuke 436-9004 mlanuke@shaw.ca

Cost: Approximately \$50- \$60 plus share of gas. Car pooling will be arranged

Description: The Annual Christmas Tree caper to Lovely Shunda Creek area. Join us for a weekend hunting the wiley Christmas tree. We will carpool to Shunda Creek Hostel near Rocky Mountain House, enjoy a weekend of leisurely skiing, good company, and finding that perfect Christmas Tree for your festive season. A pre-trip planning meeting will be held.

EBTC Tour Calendar – Winter 2004/05

One day and overnight ski trips, continued

Sunday January 9, 2005 Chickakoo Lake

Location: North of Stony Plain

Coordinators: Henry Dembicki / Diane Salomaa 490-5082, summitrg@interbaun.com

Cost: Donation at trailhead - plus bring your lunch and snacks

Description: Chickakoo Lake has 40 Kms of groomed trails and some challenging hills. Ski through scenic forests and watch for wildlife on the trails. More information can be found at www.parklandcounty.com/Tourism/Chickakoo-lake.htm#Winter
Meet at 9:30 a.m. at Westmount Shopping Centre (northeast corner). for a 10:00 a.m. SHARP start. After the ski, we will debrief over chili at Henry's and Diana's home. Call Henry or Diana to register so they can get a count for chili. Details provided at departure time.

Saturday January 15, 2005 Snow and Ice with Coconut Rice

Location: Ski in the Edmonton Area (location TBA)

Coordinator: Jasmine Hohenstein / Marvin Bloos contact Jasmine 475-7224 jasmineh@connect.ab.ca

Cost: Approximately \$20 per person for the meal

Description: A leisurely ski in the Edmonton Area, followed by a scrumptious multi-course Thai feast. Limit of 15 participants, so register early.

Saturday January 22, 2005 Ski and Sauna

Location: Blackfoot (TBA)

Coordinator: Richard Heikkila 465-3155 richard.heikkila@gov.ab.ca (469-0328)

Cost: No cost, but bring food for a potluck and your own snacks for the trail

Description: Meet at Richard's house 5503 - 93B Avenue at NOON for a 12:30 P.M. SHARP start. Drop off food and arrange car pooling. Drive to Blackfoot and enjoy an afternoon of skiing, then meet back at the parking lot at Blackfoot at 3:30 p.m. to drive back to Richards for a relaxing Sauna and potluck.

January 28, 29 30, 2005 Terratima Trek

Coordinator: Glenn White 431-1297 whitegd@telusplanet.net

Cost: \$120 per person plus share of gas. Deposit: \$50.

Description: Terratima offers excellent skiing in the pristine countryside of the foothills south of Rocky Mountain House. Accommodation is in two rustic chalet cabins with room for 6 in each cabin. There are small kitchen cooking facilities in each cabin, as well as a fireplace and small sitting area. There are outdoor biffys by each cabin, but Terratima also offers the luxury of a separate bathhouse with a hot tub, showers, and flush toilets. A pre-trip meeting will be held where carpooling will be arranged and a detailed map to the Lodge will be provided. Maximum Number of participants is 12.

Saturday February 5, 2005 Chick and Chai

Location: Chickakoo Lake Ski Area north of Stony Plain

Coordinator: Jasmine Hohenstein / Marvin Bloos contact Jasmine 475-7224 jasmineh@connect.ab.ca

Cost: Donation at the Trailhead, plus cost of food

Description: Meet at the Chickakoo Lake Parking in the early afternoon. Further details TBA. More information on Chickakoo Lake can be found at www.parklandcounty.com/Tourism/Chickakoo-lake.htm#Winter
Following the ski we will meet at Jasmine's Kitchen for chai, hot beverages and goodies.

EBTC Tour Calendar – Winter 2004/05

One day and overnight ski trips, continued

Saturday February 26, 2005 Full Moon Frolic

Coordinator: Jasmine Hohenstein / Marvin Bloos contact Jasmine (475-7224) jasmineh@connect.ab.ca

Cost: +/- \$8.00

Description: Blackfoot Cooking Lake. There is nothing like skiing through the forest by the light of the moon. After a delicious supper of Marv's famous Werewolf Beans, we will ski to the shelter and back (approximately 16 kms return). The evening will wrap up with a "to die for" dessert. Unlimited number of participants but an RSVP is needed by February 22.

The Rules Regulations and other stuff

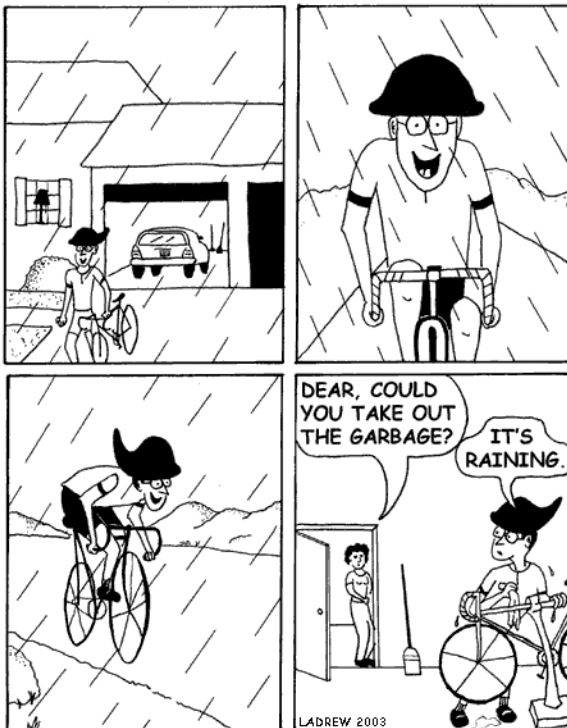
Registration for all over night trips must be done using an EBTC Overnight Tour Registration Form which can be found on the website or in SPOKES. The form must be completed and mailed, along with the trip deposit, to:

Edmonton Bicycle and Touring Club
PO Box 52017, Garneau Postal Station
Edmonton AB T6G 2T5

Please note: The schedule is subject to ongoing changes, corrections, additions etc. Always refer to the most recent issue of SPOKES, visit our website at www.bikeclub.ca and check with tour coordinators for latest information.

Any questions or comments?

Please contact Glenn White, EBTC VP / Touring Coordinator, 431-1297, whitegd@telusplanet.net



The Birkie needs committee help!

It takes 650 volunteers to make the Canadian Birkebeiner Festival happen in February. Many enthusiastic skiers look forward to this great event every winter! There is much preparation behind the scenes ahead of time to make this festival successful. For more information, please call the Birkie office at 430-7153.

Cartoon submitted by Alan Schietzsch

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: _____

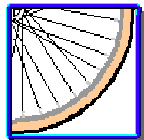
Deposit Paid in Full Amount Enclosed \$ _____

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 # _____

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
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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
