

# Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

January/  
February 2005

Happy New Year!

## EBTC Annual General Meeting

Saturday January 22, 2005  
Argyll Community League Hall  
6750 – 88 Street, Edmonton

### Cross Country Ski and Potluck Fondue Party

Ski from 2:30 to 5:00  
Enjoy a great Potluck Fondue Party from 5:00 to 6:30

Then take part in the AGM of the club. Mix and mingle with the current executive. Show your support, and perhaps enjoy the fun of becoming part of the Executive yourself (see page 8 for job descriptions).

We welcome fresh faces with new ideas.

Contact

Maureen Lanuke (436-9004) re executive and AGM  
Al Carlson (458-1471) re ski and potluck

## CYCLING IN FRANCE

May 1-23, 2005

The first cycling trip of the year takes us to the sunny warmth and pastoral countryside of France. We start with a couple of days in Paris to acclimatize ourselves, followed by a week in the vineyards and ancient villages of the Bordeaux and Dordogne areas, some challenging climbs in Provence, finishing off with more vineyards and rural wandering through Burgundy before heading back to a few more days in Paris to catch the Louvre, the Eiffel Tower, and other sights before heading home.

We will be staying in hostels and "Gites" (rural homes that have been converted to hostel-like facilities). The plan is to stay at one location for several days and sortie from that location on day trips in the area.

Planning is still being finalized, but estimated cost is approximately \$4,000 to \$5,000, including airfare. Participants will be responsible for booking their own flights. Deposit \$500. Deadline is January 28, 2005. Maximum 8 people.

Ah, Spring in Paris! What could be better? Come for some of the trip or all of the trip. Call Maureen at 436-9004 for further details.

## Birkebeiner Festival – Rest Stop 2005

Saturday, February 12, 2005

The EBTC will once again be running a rest stop at the Birkebeiner Cross Country Ski event. To do this, we'll need a number of volunteers who are willing to spend their Saturday morning handing out drinks and snacks to hordes of cross country skiers. We'll meet early in the morning, car pool to the Blackfoot Grazing Reserve, be led out to our rest stop and set up camp. After some preparation, the skiers will come, and come, and come... The EBTC has been involved in this event for over 16 years.

We will likely be allocated the "Roundup" feed station again this time, which means that we'll be finished by 2-3 pm. Please contact me (David Williams, 438-1197, meccano@shaw.ca), if you'd like to be involved. The sooner the better! All volunteers normally receive a volunteer t-shirt and are invited to a volunteer wrap up party.

More information about the Canadian Birkebeiner can be found on their website:  
[www.canadianbirkie.com](http://www.canadianbirkie.com)

P.S. If you register to ski in the Birkie please indicate that you're an EBTC member on the registration form!

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

President	Maureen Lanuke	436-9004
Vice-President/Touring	Glenn White	431-1297
Secretary	Nancy Scott	488-9768
Treasurer	Nadine Leenders	438-1987
Membership Coord.	Angela Ziemann	469-0328
Newsletter Editor	Stew Henderson	438-1351
Publicity Coord.	Mark Serediak	488-9768
Social Coord.	Al Carlson	458-1471
Supplies & Equip.Coord	Ernie Mah	988-8322
Education & Safety Coord.	Wally Cook	929-9311
Volunteer Coord.	Doug Bezovie	984-2926
Librarian	Dennis Woo	446-0625
Webmaster	Alan Schietzsch	455-1924

We welcome your comments and suggestions – especially if you have an idea for a trip or outing you think your fellow club members might enjoy!

### Newsletter Enquiries & Submissions

The deadline for the newsletter is the 22<sup>nd</sup> day of each month. Enquiries, articles and jpg digital or scanned photos can be delivered by email to [stew.henderson@shaw.ca](mailto:stew.henderson@shaw.ca) or on paper, CD or 3.5" IBM format diskette to: EBTC Newsletter Editor, P.O. Box 52017, Garneau Postal Station, Edmonton, Alberta T6G 2T5. Stew can be reached by telephone at (780) 438-1351 and by fax at (780) 420-1058.

### Moving?

If you're moving, please give your name, old address, new address and new phone numbers to the Membership Coordinator noted above. This information will ensure that you receive your newsletters.

### E-mail?

The EBTC maintains an e-mail directory of members. Occasionally, e-mail or other items received by EBTC considered to be of interest to the membership are forwarded via e-mail. If you wish to be added to this electronic mailing list to receive updates, please send your request via email to [bikeclub@ecn.ab.ca](mailto:bikeclub@ecn.ab.ca)

### The editor needs help!

To save costs and valuable executive time, we encourage all members, where possible, to request the newsletter by email when they renew their membership. By doing this, putting out the newsletter would only involve 2-3 hours a month, lightening the load for all.

**Spokes** is the newsletter of the all volunteer Edmonton Bicycle & Touring Club. **Spokes** is published monthly in the summer and bi-monthly in the winter months.

Opinions expressed in **Spokes** are those of the contributor and are not necessarily shared by the Edmonton Bicycle & Touring Club. The editor reserves the right to edit for clarity, brevity and content and is the sole judge of suitability all articles and advertisements.

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

### Cycling thought this month

I still feel that variable gears are only for people over 45. Isn't it better to triumph by the strength of your muscles than by the artifice of a derailleur? We are getting soft. . . As for me, give me a fixed gear!

Henri Desgrange




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## Maureen's Musings

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### Your club needs you!

Our AGM is fast approaching, and we still have a number of positions for which nobody has stepped forward to express an interest in running. If you enjoy cycling with a group and want to see your club remain active and vibrant, call or contact any of the executive to step in and help us help you to share your talents with those who would benefit most – our club members!!

Talking about the AGM – it looks as though it will be a great party again this year. The location will, once again, be Argyll Community League Hall, with a tasty potluck fondue and accompaniments. Bring your offerings, come for the party, stay for the AGM. Help us to ward off the chill of winter in the cozy hall with your fellow EBTC friends. We'll look forward to hearing about your Christmas and winter activities.

And about winter – it looks as though the snow has finally decided to grace us with her presence, and ski outings are now in full swing.

The weekly outings coordinated by Nadine and friends encourage us all to get out to enjoy our winters (even in this deep chill we are having right now!)

The Christmas Tree Caper went off without a hitch – without yours truly and with the good graces of friend, Glenn White, who took over for me when my cousin in Washington, D.C. decided to pick that weekend for his wedding! The small, but select, group had a great time finding and bringing me back a huge 14-foot (or larger!) Christmas tree. It filled my already large living room with its fullness and wonderful scents. Thank God for friends, or it could have been a very "tree-less" Christmas!

On to Terratima next....! Last year's trip to this pristine location gave us the best snow I've ever experienced. It'll be hard to top, but we'll try hard!

As the Christmas season comes to a close, I'd like to wish all of you a 2005 filled with the sun in the sky, the wind at your back, and the friendship of others to keep you company in your travels. Happy New Year!

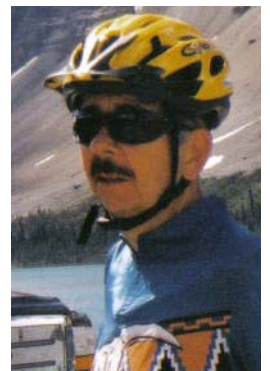
*Maureen Lanuke is EBTC's President*

Psst.....See page 9 for Executive job descriptions!

### The Edmonton Bicycle and Touring Club

By Gary Garrison

If you like cycling, give our club a try.  
 Speed doesn't count and stamina's taboo.  
 Wear any clothing; any bike will do.  
 Only one thing matters, if you're a guy:  
 We liberate body odor. We sweat  
 Till we stink. We shower before drinking--  
 But eat gourmet dinners, and quick thinking  
 Could win you a hamstring massage. And yet  
 Women like it too, if only because  
 They can dress in spandex, sweat like a guy,  
 Flaunt culinary arts, grunt up hills, fly  
 Down, needle the men, and beat them at cards  
 Mountain trips are spectacular, scenic,  
 And grand, even the long grinds up passes  
 While staring at everyone else's asses.  
 Each day's a lark; every meal a picnic.  
 Join now if you can. Our standards are high.  
 You must be any age, a gal or a guy.  
 No bike? Can you ski, eat or drive a truck?  
 Just smile and you're in—if you've got forty bucks.





### Letter from the Editor

Hello Everyone,

*Happy New Year*

The year 2004 was a very successful one for the club. Many great trips and memories were made during the year. Our SPOKES newsletter is a great way to share our experiences. I want to thank Carol Benoit for all the outstanding work she has done this past year in putting together the SPOKES layouts and sharing in with the mail outs. She had chosen to stay behind the scenes in 2004 but now is the time for her to come out of the closet and get due recognition as a Co-Editor. Based on the number of hours we have both put into putting together, printing, and mailing out each SPOKES edition, I do not know how only one person was able to take on this task in the past.

I would also like to thank all the story, trip and article contributors this past year that made this such a great newsletter. The year 2005 looks to be another terrific one and I look forward to those special times.

Til later,  
Stew Henderson

### Congratulations to the Serediaks

Nancy and Mark are the new proud parents of Callum Matthew Serediak, born at 10:10 a.m. on Wednesday, December 29/04.



Nancy writes: Callum measured 21 inches (2 inches longer than the average of 19 probably thanks to Mark) and tipped the scales at 8 lbs 10 oz. He pulled a fast turn at the end and put himself in breach, meaning C-section only (nothing I'd recommend, ouch).

Everyone's home from the hospital now and doing pretty well, considering the lack of sleep. Alas, no Birkie for me this year but I'm sure we'll all be cycling together come spring. We hope everyone had a great holiday season that maybe wasn't quite so hectic as ours!

### Want to explore Nova Scotia this year?

Carol Benoit and I have been looking at organizing a trip to Nova Scotia this year.

Before getting in to detailed planning, we would appreciate your feedback as to any member interest in this trip.

We are looking at either a 9-day trip limited to Nova Scotia or a 14-day trip to also include PEI.

We are looking at exploring the Cabot Trail, Anapolis Valley, Lunenburg, Peggy's Cove and Halifax. You can get more details about the trip locations from the commercial cycling web site [www.atlanticcanadacycling.com](http://www.atlanticcanadacycling.com)

The terrain can be hilly with narrow shoulders and the weather inclement so you will have to be prepared with both fitness and clothing.

As to travel arrangements:

- ❖ You book your own flight.
- ❖ We will stay at B&Bs mostly, camping otherwise.
- ❖ Van supported (with roof bike rack).
- ❖ The trip will tentatively happen the end of August, beginning of September across the long weekend.

I have cycled the Cabot Trail and its fabulous coastal and ocean scenery. We have Jody Marshall and Ernie Mah to consult with about their travels to this area.

Let us know by email by Feb 15/05 if you are interested in participating in this trip.

Thanks

Stew ([stew.henderson@shaw.ca](mailto:stew.henderson@shaw.ca)) and  
Carol ([acb29@shaw.ca](mailto:acb29@shaw.ca))

## Cycling the Eastern Townships of Quebec

In SPOKES, November-December 2004, Jasmine Hohenstein introduced the Granby Group – 9 cyclists and 1 almost full-time support person – who traveled the Eastern Townships on two wheels last fall. Days 1-4 appeared along with Jasmine’s introduction, the next three days are below.

As Jasmine said ...“We hope you enjoy ‘the trip’ as much as we did!”

### Day 5—Wednesday September 8 ... The Chambly Canal Route

By Kathy Gingras

It started out the same way that it had every morning, a wonderful breakfast of pancakes, French toast with real Quebec maple syrup (of course), eggs and coffee. It seemed to be a lazy morning, maybe it was just me but it was beginning to feel like our lives in Granby were our actual lives.....as though we could spend all day out on our bikes, eating wonderful food, enjoying amazing scenery and not even giving it a second thought! As usual we discussed the many riding options for the day and agreed to meet out front at 9 am.

The Chambly Canal ride had a few memorable and defining characteristics. First (and perhaps most importantly!) it was Marvin’s birthday, a truly wonderful way to spend a birthday ☺. Secondly, the route we were taking headed back to Farnham, the suspected town of Patti’s cell phone, lost the day before. Once in Farnham, Patti and I quickly headed back to the quaint coffee shop that the two of us and Bernard had visited the day before.

We thought perhaps Patti had left her phone at the cafe as we had dashed out in a caffeinated frenzy the day before and did not check to see if we had left anything behind. Unfortunately the phone was not there, however the helpful owner offered to call Patti’s cell number and see if anyone would answer.

This way if they only spoke French, she could talk for us, as neither Patti or I can speak any French.



Granby Group, clockwise, starting from top left: Al, Marvin, Mary, Jasmine, Millie, Carol B. Patti, Kathy and Bernard. Carol C. was having her own adventure on four wheels.

To our surprise someone answered! It turned out that Raymond, a resident of Granby, had spotted Patti’s phone on the road and picked it up. Raymond had been answering Patti’s cell phone each time it rang in hopes of finding out who and where was the owner. To our great amusement, Patti’s office had called in hopes of reaching her and instead got Raymond who was a Francophone.. Then Patti’s husband called who also got Raymond. It was a little confusing! Needless to say, everything turned out fine and Patti got her cell phone back....

The group headed off from Farnham towards Chambly, stopping in Saint-Jean-sur-Richelieu to meet up with Millie and have lunch. Realizing that we were a little short on time – there was a long way to go – we ate our sandwiches quickly and headed out alongside the beautiful canal, passing boats and locks on the way. Chambly is a charming town with a grand church and a delicious chocolate shop. Once in Chambly, Bernard, Patti and I started searching for a place to get a nice coffee (coffee seemed to be a theme for the three of us).

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Granby, continued from page 5

We rode around Chambly and to our despair could not spot a cafe that was open. Our caffeine craving was calling us back to a spot that Patti had sighted on the way to Chambly. So the three of us left the group and backtracked to the cafe, deciding that we would meet everyone at the departure time after we had our coffee. Somehow we ended up missing the meeting time and the group had started back to Granby. Bernard's cell phone was put to good use so that Marvin and Jasmine could give us directions to connect with the right path.

The ride back from Chambly was long.... beautiful of course, but it felt like each kilometre was equivalent to 10. What really kept me going was the positive atmosphere of the group. Oh, and Marvin's quirky chalk messages on the path. Marvin and Jasmine, who were ahead, had written delightful chalk messages on our path, helpful notes like "Only 200 km left to go!" at one point I thought they must be serious as I had no concept of how far we actually had left to go. But beginning to know Marvin a little bit better, I quickly surmised that he was pulling our leg! We had only about 12 km left at that point. Before we knew it, we had returned to our B&B.

Dinner was Quebec poutine (French fries, cheese curds and gravy) and birthday cake for Marvin. It was a completely deserving dinner after cycling a wonderful 120 km.



## **Day 6—Thursday September 9 ... Montreal for some**

By Mary Macieyowski

As a new member to the EBTC, I was thrilled to be a part of this outstanding trip made even more special by the wonderful company.

After a few hundred kilometers on the bike, Hurricane Frances gave us a welcome reprieve. With the downpour, we would have a day to do as much or as little as possible.

Patti, Kathy and I decided to go on a Montreal shopping adventure. Bus service is limited out of Granby but off we went. We caught the subway to McGill underground shopping as recommended and first stop was a caffeine fix.

There were so many shops, so little time. We surfaced on to St. Catherine's briefly during a dry moment. And then, more shops. Patti was most successful, even getting a purse with a look-a-like picture of her beloved Henri, her Yorkshire terrier, on it. We were not counting on a delayed subway train and so, despite heroic attempts, ie. running in the rain and a cab ride to the bus station during rush hour, we missed our bus.

After some negotiation, we had a pricey cab ride back to the B & B. Millie and Carol B. had outdone themselves with a Mexican theme night dinner, complete with décor. A superb meal it was and we went to bed stuffed.

## **Day 7— Friday September 10 ... Magog to North Hatley**

By Carol Benoit

After a day of rain-induced rest (much enjoyed by various limbs and body parts), we started out again, more bright and more early than before.

Our B&B host, Claude, as well as Carol C. drove us to Magog. We started here, rather than an earlier starting location because it was still spitting a bit upon waking up.

Marv and Jasmine headed out to cycle through the Parc national de Mont-Orford. The rest of us were intent on reaching North Hatley for lunch. →→→

Granby, continued from page 6

We headed out eagerly, cycling along the shore of Lake Memphremagog. A brief stop to remove some outerwear and Al, Millie and I promptly lost our fellow riders. So, we consulted our maps, got two false starts (one of them being a hill we didn't need to climb!), and then were on our way.

The cycling trail – amazing – as they all were on this trip. With a bit of dampness in the air, but the sun breaking through the clouds, we cycled through fields and then in to the forest. We met no one on the trail, except two parks workers in a truck who told us, in excellent English, that we couldn't get to North Hatley the way we were going (we were heading north while our destination was south). But, we consulted the three different maps we had and Al was sure there was a way, so Millie and I kept pedaling in agreement.



At various times, we saw 4 sets of cycling tracks in the somewhat damp trail, so assumed that the four in front of us (Mary, Patti, Kathy and Bernard) were off on the wrong direction too. It didn't really matter – we were touring the Eastern Townships.

We toured the west and most of the north of Lac Magog through forest, eventually arriving at Rock Forest. From here, there was a different view of the lake, covered in fog, surrounded by magnificent homes and acres of green lawn.

We were just a few kilometres from Sherbrooke when the trail we were on intersected with another. We met up with a local woman who had planned to cycle to North Hatley on this new route, so we followed. Up, down, gentle twists and turns past fields, forest, camp grounds, picnic areas and homes. There was even a place where we had to get off our bikes to travel through a cattle gate.

North Hatley!! If you've ever been to the Maritimes, you'll appreciate the view we had and the sights we enjoyed – blue water, houses along the shore line, quaint shops, friendly people. It was surprisingly, a pre-dominantly English-speaking community.

Al spotted the bikes of the four who had traveled before us, so we stopped for lunch at the same spot. (We had packed our own lunch -- but this was an opportunity to sit in the sunshine, on a deck, being served a wonderful lunch from a combination restaurant/art gallery – so we happily ignored our brown lunch bags.) Millie was ecstatic over her coffee/chocolate beverage while the desserts – indescribably good.

We were happy to have Mary join the three of us for the return home. Thank heavens we'd had a good lunch – we needed the energy for the towering hills. The countryside was again through farms, and we had plenty of time to look while catching our breath at the top of each steep grade. Just like the morning, lots of stops for pictures too – old churches, breath-taking panoramas and maple leaf colours.

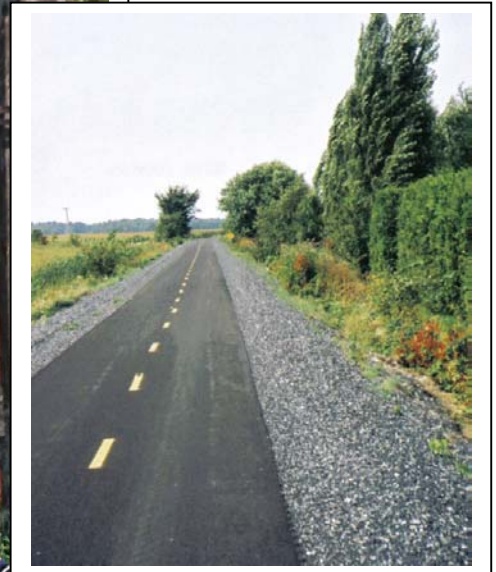
We were touring, so got a bit behind and the rest of the group was waiting eagerly for us in Magog for our host to help transport our bicycles back to Granby.

Another day that will long be remembered.



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Granby, continued from page 6





## 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 in 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 2005

### Weekly Ski Events

#### ▶ **Sunday Weekly Snow 'n Go's**

Each week a ski trip will be planned for the local area. Meet at McDonald's 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. Possible locations are:

- ❖ Goldbar Park (off 50<sup>th</sup> 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 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](http://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.

#### **January 28, 29 30, 2005      Terratima Trek      TRIP IS FULL**

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.

## EBTC Tour Calendar – Winter 2005

### One day and overnight ski trips, continued

#### **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.parkplandcounty.com/Tourism/Chickakoo-lake.htm#Winter](http://www.parkplandcounty.com/Tourism/Chickakoo-lake.htm#Winter)

Following the ski we will meet at Jasmine's Kitchen for chai, hot beverages and goodies.

#### **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.

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### ***The Rules Regulations and other stuff***

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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](http://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

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

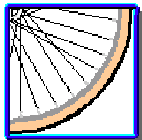
Deposit  Paid in Full  Amount Enclosed \$ \_\_\_\_\_

### 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*

\_\_\_\_\_

\_\_\_\_\_