

Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

April 2005



★ **B.A.D event** – Saturday April 9 (see page 16)

★ **April 10 Spring Classic** – First cycling trip of the year!

★ **Golden Triangle** – Registration opens April 1

★ **Jasper Parkway Tour** – Registration opens April 15

★ **Logan's Pass** – Registration opens April 15

See details in the EBTC 2005 Tour Calendar of this SPOKES



Your fellow club members at this year's Trip Planning Meeting.

Fort Saskatchewan Brunch Ride

Sunday May 1

Something different this year! EBTC is known as the "eat and bike" club, and the annual Fort Saskatchewan Brunch Ride is a good way to start the season in that great EBTC tradition – biking and eating.

Rated as an easy ride, the Ft. Saskatchewan Brunch Ride is a great event for those of you who are just starting to get into cycle touring, as well as the "old-timers" who want to start the cycling season with a fun ride. The roads are mostly flat, with a bit of a longer hill when you enter Fort Saskatchewan. Distance is 23 km each way. To a novice, this can sound intimidating, but we take our time and stop if we need to, so as long as you are reasonably fit, it is fairly easy to complete the ride. Plus there's the added bonus of that great brunch at Mo-Jo's Restaurant (formerly known as Paul's Family Restaurant) in the middle of the ride! (The challenge is in getting back on the bike after the brunch!)

Come and join us and start your cycling season off the best way possible!

Membership Fees

Good news! As a result of the efforts of your executive and the executive of the Elbow Valley Cycling Club in Calgary, EBTC has been able to negotiate a better insurance rate for its members. Single membership rates won't change, but effective with the 2005/06 cycling season, membership rates are:

- Single \$40/person
- Family of 2 \$60/person
- Additional Members \$12.00/person
- Day Fees \$15.00/person

See this month's SPOKES editorial for further details. Remember, your 2004/05 membership has now expired and you will need to renew to continue to enjoy the great benefits our club has to offer!

EBTC Executive Members

| | | |
|---------------------------|------------------|----------|
| President | Maureen Lanuke | 436-9004 |
| Vice-President/Touring | Glenn White | 431-1297 |
| Secretary | David Williams | 438-1197 |
| Treasurer | Nadine Leenders | 438-1987 |
| Membership Coord. | Angela Ziemann | 469-0328 |
| Newsletter Co-Editors | Stew Henderson | 438-1351 |
| | Carol Benoit | 447-0584 |
| Publicity Coord. | Scott Keast | 467-2499 |
| Social Coord. | Al Carlson | 458-1471 |
| Supplies & Equip.Coord | Ernie Mah | 988-8322 |
| Education & Safety Coord. | Don Peddie | 457-2945 |
| Volunteer Coord. | Scott Southworth | 378-0957 |
| 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 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) 420-3839.

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 info@bikeclub.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.

©Copyright 2004 by the Edmonton Bicycle & Touring Club. All rights reserved.

Permission is granted for reprinting articles herein by any non-profit group or publications. Credit to the author and **Spokes** must appear in your publication and a copy sent to:

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

Cycling thought this month

"Think of bicycles as rideable art that can just about save the world."

- Grant Peterson



Maureen's Musings

It's been quite the month! A month with lots of good news – my favorite kind.

First, it was the trip planning meeting which was exceptionally well attended and resulted in many new and different trips, as well as the old “tried and true” favourites like the Ft. Saskatchewan Brunch Ride, Thunder Lake, and – for the first time that I can ever remember – FIVE major trips in one season – Golden Triangle and France in May, Nova

Scotia in September, Jasper-Banff in July, and Logan's Pass in August. What a year! I hope you are as excited as I am when you see the listings in this month's SPOKES.

The most amazing thing is the enthusiasm and the willingness of our club members to volunteer their time and efforts to make all of this work. In an era when volunteerism is at an all-time low, our members really put in that extra time to make our club the “happening” thing it is. We owe them SO much! I know I mention our volunteers a lot in my editorials, but they really deserve mentioning. This year we extended invitations to 86 people for our annual volunteer appreciation brunch. This is 86 people that went out of their way to give their precious time to help the club during the 2004 season. What a terrific team! I can never express my appreciation enough for all they do.

The other wonderful event this month is the (finally!) successful conclusion of negotiations for increased their rates dramatically from \$8/person to \$18/person when the ABA changed insurance providers. insurance for our club members. In 2004, the Alberta Bicycle Association's insurance provider Although we understand there was a choice to get separate policies for racing and for non-racing cyclists, there were some complexities with this, and the ABA elected to take only racing insurance for all members – which meant that recreational cycling insurance rates skyrocketed. In addition, cross-country skiing was dropped, and the club then had insurance coverage for only cycling.

With the assistance of the ABA and Elbow Valley Cycling Club (Calgary), EBTC and EVCC have now formed a new association – the Recreational Cycling Association of Alberta – as a vehicle for obtaining better insurance rates. At present, the rate works out to approximately \$12.00/person; however, if the RCAA obtains more members, the rates may drop even further. As a result of the better rates, and as voted for by the membership at the AGM if we were able to obtain better insurance rates, I am pleased to announce that membership rates for 2005 will be reduced from \$70/couple to \$60/couple, and from \$20 to \$12.00 for each additional member. Day fees for cyclists who wish to join us just for a day will be \$15.00. The added bonus is that our cross country skiing is now covered again, (as is snow-shoeing), and if this weather keeps up, we might have to think of some more weekend cross-country ski trips instead of the cycling trips we so eagerly added to the calendar!

Whatever your passion – cycling or skiing – join us. We promise you won't be disappointed!

Happy cycling everyone!

Maureen Lanuke is EBTC's President

2005 Annual EBTC Picnic

Like to have fun and frolic in the park? Well, join us for the 2005 EBTC Annual Picnic. It will be held on Monday evening, June 13 at 6:30 pm in Hawrelak Park, site number TBA. For those of us on the executive, the picnic will be preceded by a short meeting starting at 5:30 pm. Bring your own meat items to cook on the wood burning grill, and a salad or desert item to share. The club will provide wiener and hamburger buns, condiments and beverages. If you have any park suitable games, please bring them along. Things like bochi ball and frisby. For additional information contact the social coordinator, Al Carlson at 458-1471 or alcarlson@shaw.ca.

In honour of the upcoming 2005 GT, here is the recipe requested from last year's event!

from Christine Kupilik

Muffuletta Sandwich

Round Italian bread, whole
 1.5 C Muffuletta Olive Salad (recipe follows)
 6 oz. Fontina cheese, sliced
 8 oz. Mortadella, thinly sliced
 1 bunch Arugula, washed and dried
 8 oz. Capicola, thinly sliced
 2 Roasted red peppers
 8 oz. Salami, thinly sliced

Insert your knife 1 inch from the top edge of the loaf at a 45 degree angle and cut around the loaf until the lid comes off. Set lid aside. Pull excess bread out of the centre of the loaf to create a hollow effect. Level off the inside of the lid and begin assembly. Brush the lid with some of the oil mixture from the olive salad. Spread the olive salad on the bottom half of the bread and begin to layer the sandwich, starting with the fontina cheese, mordadella, arugula, capicola, red peppers, and finishing with the salami. Wrap the sandwich tightly with plastic wrap and put on a plate. Place a cast iron skillet on top of the sandwich to weight it down and put it in the refrigerator overnight. Bring to room temperature before serving. Cut into wedges.

Mufuletta Olive Salad

½ C coarsely chopped green olives with pimento
 ½ C pitted and coarsely chopped black olives
 ½ C coarsely chopped pickled cocktail onions (sour)
 ¼ C extra-virgin olive oil
 1 Tbsp red wine vinegar
 1.5 Tsp garlic, minced
 ¼ C roughly chopped roasted red peppers
 ¼ C roughly chopped roasted yellow peppers
 ¼ C basil chiffonade, see Cook's Note*
 2 Tbsp finely chopped parsley leaves
 1 tsp finely chopped oregano leaves
 1/8 tsp chili flakes

Combine all ingredients. Serve at room temperature. The salad can be made up to 1 day in advance.

*Cook's Note: To make a chiffonade, stack the basil leaves 5 or 6 high, roll up, then, with a very sharp knife, cut into fine ribbon.

Bike Maintenance Seminar

Sunday, April 17, 2005

Coordinator: Don Peddie

Where & When: Boston Pizza on Whyte Ave and 108 St. at 2 pm

(NOTE: use the entrance to the WEST of the main doors, go downstairs to the Party Room.)

Cost: Only \$5.00 (please bring extra for pizza or beverage)

Distance/Rating: Just downstairs/everybody!

You're ready for the upcoming season. What about your bike? Maybe it's starting to shift poorly, or the chain skips? Are you concerned about your tires, or if the chain is worn? This is the time to find out!

Aaron Birch, professional bicycle mechanic from Red Bike, will show you how to prepare and maintain your bike to have a trouble free season.

Join us to find out how you can make sure your bike runs smoothly and trouble free, so you enjoy this summer on the road without a care!

This is a great opportunity to socialize (and eat!) with fellow members, too! Please join us and start the season right!

2005 EBTC Member Discounts

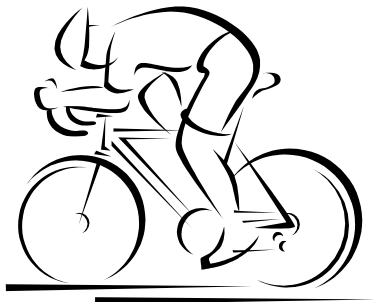
Who doesn't like a bargain? Check out what your EBTC membership gets you at Edmonton's finest bike shops.

You will get the following discounts on regular priced parts and accessories. Please check with dealer for discounts on other items and be sure to take your current membership card.

| | |
|---|-----|
| Cycle-Logic (433-1046)..... | 10% |
| Hardcore Bikes (439-4599)..... | 10% |
| Pedalhead Bicycle Works (433-2085)..... | 10% |
| Pedalhead Road Works (433-0393)..... | 10% |
| redbike (435-2674)..... | 10% |
| Revolution Cycle (486-3634)..... | 10% |
| River Valley Cycle (465-3863)..... | 10% |
| United Cycle (433-1181)..... | 10% |
| Velocity Cycle (466-8133)..... | 10% |
| Way Past Fast (448-0570)..... | 15% |
| Western Cycle (482-5636)..... | 15% |

Tuesday Night Sweat Rides

For those of you who want a challenging workout, but want to ride with a group, then this is the one for you. This is an all level ability fitness training ride and is an



ideal way to train for those longer and challenging highway club trips. We ride out from the start point for 45 minutes and turn around so we all return at the same time. Coffee usually follows, where we can brag or

tell lies about our rides. The sweat rides will be on Tuesdays this year, starting on May 10, weather permitting, and will be led by Ellen Ainsley. The rides start 6:45pm SHARP. For those who want a more leisurely ride, consider the "Show and Go" rides.

May 10 St. Albert Wal-Mart, SE corner of the Wal-Mart parking lot

May 17 Sherwood Park Alliance Church, NE corner Wye Rd/Rge Rd 231

May 24 7-11, NW corner of 97 Street and 176 Avenue

May 31 St. Albert Wal-Mart, SE corner of the Wal-Mart parking lot

NEW for 2005! Thursday Night Cycling 101 ..Slow Rides to Learn Cycling Basics

This will be an eight-week series of one-hour rides from early May to the end of June. These rides are intended for novice cyclists. Speeds will be kept below 20 kmh at first, gradually increasing as bike skills and rider confidence is gained. Other topics will be covered as we ride along, including but not limited to those



mentioned below. **Skills:** group riding, cadence, pace lines, hill climbing, emergency skills: quick turns, quick stops, dodging debris **Topics:** bicycle accessories (computers, pumps, etc), basic bicycle maintenance: flat tires, chains, gears, brakes

Location: 7 - 11 at 97th St and 176 Avenue, **Dates:** May 5 - June 30, 2005

Time: Thursdays, 7-8 pm with coffee afterwards at Second Cup, Namao Centre, for those who desire.

Contact: Don Peddie, 457-2945, dl.peddie@3web.net, www.geocities.com/don_peddie

4 Sweet Weekly Evening Cycling Events for 2005

Come out and join the fun

Wednesday Night "SHOW 'n' GO"

Show up and go, that is the theme for our weekly social, easy paced rides. We meet at the Northeast corner of the Kinsmen Fieldhouse parking lot at 6:45 pm. for a 7:00 pm. (SHARP) start. We go wherever anyone wants to go, so please bring your own ideas for routes. We do stop to chat, have a coffee or ice cream. We ride mostly on bike paths and quiet residential streets. It is a great way to discover what Edmonton has offer the recreational cyclist. We will be begin April 20. In September we will meet ½ hour earlier, for a 6:35 start. Contact Al Carlson, 458-1471, alcarlson@shaw.ca, for more information.

NEW for 2005! Thursday Night Happy Hills

Coordinator: Angela Ziemann, 469-0328

This is an intermediate/ advanced level training session (about an hour) road ride that will focus on strength training using hill climb repeats. This ride is ideal for the seasoned and intermediate cyclist who wants to improve strength and technique to tackle hills whether around Edmonton or those challenging mountain passes. It's great training, and training with a group is simply, well, more fun. We'll vary the level of difficulty of the hills. Each ride will include a short warm-up ride before starting the workout. The benefit of the workout will be related to the effort put into the training ride. The rides are intended to be short and intense but each rider decides how much effort to exert. We'll likely wind up at a coffee shop afterwards to tell stories about how the end of that hill just seemed to move further and further away. We'll meet at Kinsmen Fieldhouse North lot for the first ride at 7:00 pm on Thursday May 5th. More details to follow in May SPOKES.

Shopping for a bike?

by Don Peddie

I frequently get asked, "What bike should I buy, Don?" If I only knew what to tell you... There is so much to consider. There are so many choices in today's world, at so many prices, with so many features, that there's just no exact answer. This is how I see the bike world at the moment.

The first thing to consider is what type or style of cycling do you anticipate doing the most of? Road Biking? Mountain biking? Touring? Racing? Recreational jaunts with others? Any bicycle will do most of these things to some extent but selecting the right bike for a particular job will make it more enjoyable. It's possible to tour on a racing bike, or race on a touring bike, but the person sitting on the bike made for the job at hand will be happier than the person on the saddle of a bike doing a job it wasn't primarily designed for.

Novice cyclists need to decide on what is the PRIMARY type of riding they'll be doing and then buy the bike best suited for that job. A second bike can be considered later if interests change. Most members of EBTC will want some sort of bicycle that performs well on paved roads, is fairly lightweight and will carry a few things to get them through the day. In my opinion, what's commonly called a "sport/leisure" bike will be the bike of choice for them. If they later decide to go on extended tours and carry all their supplies and equipment with them, they might consider buying an actual "touring" bike. If they decide that off-road cycling is their preferred choice then they will want to get a "mountain bike." Establish a price-point for yourself before going shopping and stick with it.

Types of bikes

Categorizing bikes isn't easy, there are so many subtle distinctions between types. A "Road bike" can be a racing bike, a touring bike, a sport/leisure bike, a comfort bike, a tandem, a cruiser, or some other type of bike. A "Mountain bike" can be a cross-country bike, a downhill bike, and maybe even a BMX bike falls into this class. There are even "between" types of bikes such as "hybrids," (they look like a light-weight mountain bike); "cyclo-

cross," (bikes that look like a road bike but are ridden in the dirt like a mountain bike); and recumbent bikes that are low to the ground and the pedals are way out in front.

▲ ▲ Sport leisure bikes

Looking like a racing bike, these bikes are just what EBTC members frequently select as their bike of choice. They weigh a bit more than a racing bike (having less exotic parts) but they are less expensive and easier to handle. They can be fitted with a rear rack (by any good bike shop) to carry a day's clothing and snacks. They are usually fitted with a triple chainring, providing anywhere from 24 to 30 gear selections, making them suitable for getting anyone easily over all hills and up mountains. Prices range from \$700.00 to \$2,500 depending on frame materials and component quality. Many fine aluminum-framed bikes with a quality 27-gear drive train were available in Edmonton last year for under \$2,000.

These bikes are fun to ride, quick and efficient.

They excel on day trips, covering the ground with minimum effort while providing a feeling of comfort. Weighing around 20 pounds, their relatively light weight makes for easy hill climbing and they can be nearly as fast as an outright racing bike if and when you decide to mix it up with your friends. They are sturdy enough to carry a few extra pounds of kit.



They do have some limitations. They are a poor choice for city riding, as their wheels are too fragile to repeatedly hammer into curbs and potholes. They can't be fitted with panniers. They are difficult to control in gravel or dirt but very few club road trips encounter these conditions.

▲ ▲ Touring bikes

At first glance a "touring bike" also resembles a racing bike but a quick inspection will show the difference.

Touring bikes are designed to carry a heavy load. This might include two or even four panniers loaded with all the equipment required for an extended trip, including sleeping apparel, stoves, clothing, and food. They will have special "braze-ons" to mount fenders and carrying racks, front and rear.

→ → →

Shopping for a bike? continued

Often they will have three water-bottle mounts. Their wheels have extra spokes for added strength and the tires will be wider. They are a bit lower for stability and are slightly longer to provide a bit more space for fenders. This added length also tends to make them travel straighter for better control of the heavier load and creates a softer, more comfortable ride than the shorter sport bikes mentioned above. Triple chainrings are standard equipment on touring bikes, providing a full range of gears that will make it possible to climb huge hills or take advantage of strong tailwinds. Touring bikes are readily available in Edmonton, made by Cannondale, Guru, Trek, Marinoni, Giant, Bianchi and others. In 2004, prices ranged from \$900.00 to \$2,000 in Edmonton shops.

A touring bike is a necessity for fully loaded touring. These bikes are also very suited to in-city riding and commuting, especially if fitted with wide and sturdy tires. On the other hand, in my opinion, they are too heavy and sluggish for those who anticipate they will be riding only day trips and short, light jaunts. They are more bike than needed for casual riding and van-supported day trips.

▲ ▲ Hybrids

As the name suggests, a "hybrid" bike is a blend of a couple of other types, having characteristics of both a road and a mountain bike plus a bit of its own personality thrown in as well.

These bikes were created for riding in the city, and work best in that role.

Their frame geometry is a bit more upright than both road and mountain bikes, giving a great view of traffic. The wheels are sturdy enough to take potholes and curbs. The tires are wide enough for comfortable riding over gravel and they resist glass cuts but are not as fat and knobby as a pure mountain bike tire. Fittings are provided for mounting a carrying rack. The handlebars are flat and wide, giving good control and handling. Not as heavy as a pure mountain bike they are great for commuting or running errands. Their upright position makes them appealing to those with back problems.

Out of the city their characteristics tend to work against them. Putting the rider in a very upright posture makes him or her become much more susceptible to the full effect of the wind, hindering

forward progress and making the rider work much harder than it would be for someone riding a road bike. The flat handlebars limit one's choices of hand position and make it difficult to lower the body to reduce wind resistance. The heavier frame, heavier wheels and wider tires all make the bike roll less efficiently, making these bikes slower and harder to pedal than a road bike. They are a compromise – great for in the city or on dirt paths but not very good on a highway or trip.

Cost

How deep are your pockets? Bicycle prices range from \$300.00 (entry level at a bike shop) to \$10,000 (if you must have one of the finest machines available today). With bicycles you get exactly what you pay for. **As the price goes up so does the quality of all the components.**

Manufacturers will sometimes put an inferior part on a bike to hold the price to a certain level but in general all the parts at a certain price-point will be standard for that amount of money and you'll see little variance from one brand of bike to another.



You should purchase your bike at a bicycle shop, not at a "Big Box" store.

The price may seem a bit higher but it's worth every penny. The bike-shop bike will have only quality parts that the shop is willing to repair and maintain. It will have been assembled by a professional mechanic, not by someone hired for a few months to slap together as many bikes as possible to meet the spring rush. The bike shop will welcome you back for many years, the department store will steer you to somebody else when something goes wrong or needs fixing up. The shop will be happy to help you with advice, will give you a trade-in if you choose to upgrade in a year or two, and will make you feel part of a very select group of people, namely those who ride a bicycle.

At 2005 prices, I would say that around \$700 is about entry level, where you might start looking. At this price point the components are all good and will last a few seasons. The frame quality is acceptable, the wheels, brakes and tires are reliable. A more serious bike will cost about \$2,000 and weigh about 20 pounds, several pounds less than an entry level bike.

The 2004 EBTC Volunteers – Our “yellow jersey” leaders

Thanks for all your efforts in making the EBTC the great club it is!

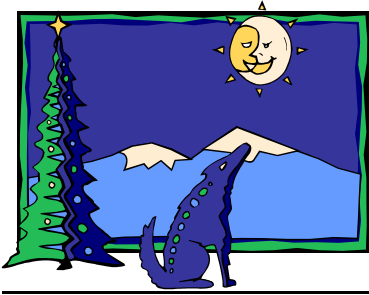
Al Carlson
Al Rankin
Alan Schietzch
Amy Ward
Angela Ziemann
Bob Davidson
Bob Steen
Brian Gerbrandt
Carol Benoit
Carol Carlson
Carol Leitch
Cathy Schreiner
Claire Stock
Dave Williams
Deb Baradziej
Debbi Kowaliuk
Debby Schmidt
Dennis Woo
Diana Salomaa
Diana Woronka
Don Kennedy
Don Peddie
Doug Bezovie
Ellen Ainsley
Ernie Mah
Garry Garrison
Garth Levey
Georgina Orleski
Gerry Burt
Gerry Hanson

Glenn White
Gord Charles
Gordon Andreiuk
Greg Asseline
Harry Ehrenholz
Henry Dembicki
Henry Unrau
Ilya Luraye
Jan Damgaard
Jasmine Hohenstein
Jeanette Williams
Jessica James
Joanne Hanson
John Blade
John Cushing
John Sisson
Joseph Williams
Judy Simon
Ken Leitch
Kevin Bladon
Kim Hardstaff
Kim Shawnke
Kurt Ziemann
Laurel
Lindsay Scilley
Lois Knight
Marilyn Wilson
Mark Seridiak

Marvin Bloos
Maureen Lanuke
Max Meyer
Millie Schietzch
Nadine Leenders
Nancy Scott
Neil Morrison
Norbert Brinkman
Olga Jagodnik
Paulette Yakimenko
Peggy Hurdle
Richard Heikkila
Richard Williams
Sam Ludmer
Sandi Darrel
Scott Keast
Scott Southworth
Shawna Brown
Steve Bitto
Stew Henderson
Sue Chan
Susan Gerbrandt
Susan Nobes
Susanne Glenn
Tyrisha Hardstaff
Vicki Glowacki
Wally Cook
Wayne Long
Willis Bass

Scenes from EBTC's volunteer recognition event held last month





February Full Moon Frolic

By Marie and Werner
(a.k.a Jasmine H. and Marvin B.)

Embrace winter!

That is my motto. Now if only I could convince the rest of our city hibernators to do just that! If you live in a winter city common sense suggests it would be a good idea to learn to love that long and chilly season. Unfortunately the "embrace winterites" are still a minority. Fortunately, within EBTC there are a few others, who, like us, do have a passion for winter. It didn't take much prodding to get them out for our second annual FEBRUARY FULL MOON FROLIC. (F2MF) Can I say it was a "howling good time?"

OK, so the moon was not quite full and made a late appearance, (Marv's job!) but those are just minor details! Marv was waiting anxiously all winter long to cook up his all-time favorite and very special Frolic Werewolf Bean Extravaganza. A bean dish so extraordinary, so spectacular, so wonderful, that we even had a contest to see who could guess the "mysterious" ingredients. Delicious, lip smacking Werewolf Beans! (Marv wrote this part.)

Many, many long hours were spent planning the special menu, shopping for just the right and finely balanced, just-so, exquisite and masterful blend of ingredients, and lastly, agonizing over and then lovingly preparing this culinary masterpiece for our special group of soon-to-experience pure bliss and joy, cross-country gastronomically refined ski-junkies. (He did this part too!)

And, with palpitating and anxious hearts, we watched the weather. Would it hold? Would all be well? With above average temperatures for the weeks preceding our event, we hoped, we planned against the odds, that our ski days were not numbered! The snow was melting quickly, the tracks were getting worn! Were we doomed? Would we be able to ski? Someone suggested biking, "maybe we could bike the trails?" they said. I

cringed at the thought! Biking in February? Sigh, not a snowflake in sight. I was certain we were down to a very special and select few who, on a daily basis, like me, wished, nay prayed, for snow!

Late in the week we were advised by my contact, Blackfoot Ed, that although things looked pretty dismal in the city, the trails were holding up pretty well. So, undaunted, we cooked and baked and planned for our special night at Cooking Lake. Marv and I decided that we would do a test run of the trails in the afternoon before our group meet.

Soon enough the day arrived and off we went.

On our arrival we were amazed that the trails, for the most part, were good, not super, but good! We had a delightful, sunshine filled ski before our special guests would soon arrive for dinner. We started up a roaring fire in the shelter, set the tables, lit the candles and carefully prepared the final stages of Marv's not to be missed (some say "to die for") superb by any standard, bean dish. (Marv again!) The delicious, almost other-worldly aroma of the beans (that word "beans" just doesn't do this special heavenly dish, justice) soon filled the shelter stimulating our already, we can hardly wait, ravenous appetites. (Guess who!) Our guests started arriving and to the many exclams of delight and wonder at such treasures, we all started on the feast. The curious in the group embarked on their "guess list". What, pray tell, was in those, (dare we use that pedestrian word again!) beans, anyway?

After dining, and though reluctant to leave the site of our so recently experienced pleasures, we started our ski by the fading light of Sol. Under a crystal clear sky, we were treated to a glorious sunset as we skied along the now somewhat icy but still manageable trails. There was to be a prize for the fastest skier so Mark, Karel and Olga made off like speeding bullets, leaving most of us in the dust (?). Mary, who had come all the way from Calgary for this special event was enjoying the trails. Glenda, who had done an awesome job of training Susan in her newly acquired sport, were both zipping along famously. And although there was the always present danger of some of us (especially the coordinators) getting lost, nobody did! We arrived at Meadow Shelter just as darkness cloaked the park. The speedsters had the fire roaring and the cabin was so cozy and warm that nobody wanted to leave. Wouldn't it be fun we thought, just to stay overnight and sit around the fire and tell stories and play games? Sadly, being without jammies and bags, we had to go!

➔ ➔ ➔

February Full Moon Frolic, continued

Headlamps were adjusted and dessert at the trailhead was beckoning. Time to head back. With the moon *still* not making an appearance, we relied on our headlamps and the light from a dazzling star filled sky to guide our way back to the finish line. Stars, so many stars!

Not realizing that Marv did not bring a headlamp, or own one for that matter, and well aware of his high calibre skiing skills, his acute sense of direction, particularly in the dark in the middle of the forest, I willingly gave him mine (if it was expected that he should find his way back ALIVE!) I planned to catch the light from my fellow skiers together with the light from the stars, and thus manage the trails. Somehow, I wound up on my own, and alone. It is an odd sensation to ski in almost total darkness, the hills coming as little surprises now and again!

We all made it back safely to the shelter, behind Mark, who proved to be the fastest skier that evening, walking away with that prize. Jasmine's renowned Black Forest cake was cut and her all time specialty dessert was devoured with great satisfaction and acclaim, in record time. Olga (with help from all the geniuses at her table), took the prize for guessing the magic ingredients in Marv's mouthwatering, if you missed it you should kill yourself, to call it "beans" doesn't do it justice.

It was easy to relax and mingle as we now watched the moon make a spectacular but *somewhat late* appearance. (Marv to take note for next year!) And thus it was that another February Full Moon Frolic (F2MF2) came to an end. We hope the memories of a fine nighttime ski will last, if not a lifetime then at least until F2MF3!

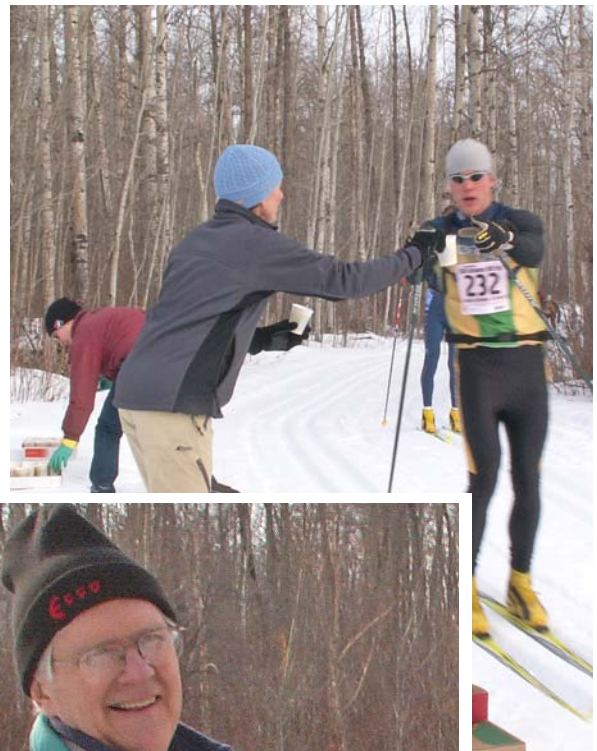
Embrace winter, we sure did!

2005 Birkebeiner Festival – EBTC Rest Stop

By David Williams

The EBTC once again ran the Roundup rest stop at the Birkebeiner Cross Country Ski event on Saturday, February 12, 2005. Many thanks to this year's volunteers: Susan Jones, Jan Damgaard, Don Kennedy, Al Carlson, Steve Bitto, Ernie Mah, Dennis Moore, Al Rankin, Wendy Williamson and Gary Garrison

Race results available on the Canadian Birkebeiner website: www.canadianbirkie.com



EBTC 2005 Tour Calendar

NOTE: All overnight trip registrations will be processed by mail only and by the envelope post-mark date on a first-come, first served basis. Overnight trip registrations with a post-mark earlier than the trip registration allows will NOT be processed.

Registration opens April 1/05 for the following trip

May 21 - 23 - 2005 Golden Triangle

Cost: \$225.00 DEPOSIT: \$100.00

Dist/Rating: 105 km - 115 km/day over mtn passes. Intermediate +

Coordinators: Neil Morrison (466-3550) Garry Garrison 908-6292

Description: Kick start the 2005 cycle touring season with the traditional May long weekend tour. Ride from Castle Mountain Junction to Golden to Radium and back to Castle Mountain Junction. This is a hotel/hostel, van supported trip with a limit of 28 people including coordinators and 1 driver. There will be a pre trip meeting.

Registration opens April 15/05 for the following trips

July 1 – 4 – Jasper Parkway Tour

Cost: Approx. \$220 DEPOSIT: \$100.00

Rating: Intermediate

Dist: 30/70/110km per day - some long climbs and descents.

Coordinator: Angela Ziemann (469-0328) aeziemann@compusmart.ab.ca

Description: The classic van supported road tour in the Rockies. Ride from Jasper to Banff via Hwy 93, (and possibly Hwy 93a) and the Bow Valley Parkway. This rustic hostel trip will find us staying at Hostels along the way Athabasca, Hilda, and Mosquito Creek. There are a couple of tough passes to climb, Bow Pass and Sunwapta Pass, however your reward is a good descent on the other side and great mountain scenery throughout. Limit of 9 people and 2 drivers.

July 29 - August 1 inclusive – Logan's Pass

Cost: TBA. DEPOSIT: \$100

Distance/Rating Approx. 80-100 km/day Intermediate (Mountain Passes)

Coordinators: Stew Henderson 438-1351, stew.henderson@shaw.ca/ Corrine Schneider 987-2947/ corrine.schneider@blackgold.ca

Description: A beautiful challenging 4-day tour of Glacier National Park and the Going to the Sun Road in beautiful Montana. Participants will require the Friday off work for travel. Accommodation will be hotels and suppers will be at restaurants. Maximum 20 riders plus 2 drivers.

Day trips do NOT require registration unless otherwise noted. Registration for overnight trips listed below opens May 1/05, unless otherwise specified

Sunday, April 10 – Spring Classic

(alternate: Apr 30 as a rain-out day if weather is bad on the 10th)

Cost: \$8/person for the meal (pay at the ride)

Rating/Distance: 15km Easy, 62 km Intermediate, or 124 km Advanced

Coordinators: Alan, Millie & Emily Schietzsch (455-1924, info@bikeclub.ca)

Description: Start off your cycling season like the Europeans - with a bang! In the spirit of the Paris-Roubaix and Milan-San Remo bike races, a big one day spring fling that gets your body kick-started for the upcoming season. After this, every ride will feel so easy! Choose the distance that suits your mood: 15km, 62km or 124km! All rides begin in front of the Library on Main Street of Alberta Beach. The 124 km option starts at 10:30 am and cruises west, then north through the hills near Sangudo, before returning to Alberta Beach for the meal. The 62 km begins at Noon, circling the beautiful lake before returning. Too long? Try the mini-fling - just 15 flat km from Alberta Beach to the village of Gunn (for ice cream) and back, with plenty of time to join the big after-ride feast when the 3 groups join together to celebrate their adventure.

EBTC 2005 Tour Calendar

Sunday, May 1 – Fort Saskatchewan Brunch Ride

Where: Meet at southwest corner of parking lot Clareview Arena 3804 – 139 Avenue and cycle to Mo-Jo's Restaurant in the New Fort Inn in Fort Saskatchewan. The arena is behind the big box stores north of 137 Avenue – access from 137 Avenue left on 38 Street. Paul's Family Restaurant is now called Mo-Jo's Restaurant, but it is still the same location with the same great brunch.

When: Arrive at 9:45 AM. - leave 10 a.m. SHARP

Cost: \$9.95 Adult/\$7.95 child + GST for brunch

Dist/Rating: 50 km return, Novice, easy

Coordinators: Don Peddie 457-2945 dl.peddie@3web.net & Maureen Lanuke (436-9004), mlanuke@shaw.ca

Description: See page 1 of this SPOKES. A fun ride for the novice cyclist or anyone who likes to cycle and EAT!

May 1-23 - EBTC Cycling in France

TRIP IS FULL

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

Description: The first multi-day cycling trip of the year takes us to the sunny warmth and pastoral countryside of France. We start with a week in the vineyards and ancient villages of the Bordeaux and Dordogne areas, followed by some challenging climbs in Provence, and finishing off with more vineyards and rural wandering through Burgundy before heading Paris for a few days to catch the Louvre, the Eiffel Tower, and other sights before heading home. We will be staying in hostels and "Gîtes" (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. Estimated cost is approximately \$4,000 to \$5,000, including airfare. Participants will be responsible for booking their own flights. Ah, Spring in Paris! What could be better?

Saturday, May 7 – Great Human Race

Not an EBTC event, but lots of members participate...

Where: Butterdome, University of Alberta, Edmonton

When: Race starts at 10am. on Sat May 7. Entry forms at The Running Room.

Description: Each year the Great Human Race supports hundreds of non-profit organizations in your community ranging from human services to environmental to sports and wellness to the arts. When you walk, run or wheel in the Great Human Race, you are working together with others to generate financial support for countless worthy causes. Support your favourite non-profit organization by participating in the Great Human Race. As a participant, 80 per cent of your collected pledges are directed to the non-profit organization you've chosen. If you are unsure of which non-profit organization you'd like to support click here to view a listing of some of the participating organizations (To be updated to 2005 eventually).

Saturday May 7 – Ride and Seek (Scavenger Hunt)

Distance: Around Edmonton +/- 30Kms

Cost: TBA

Coordinator: Jasmine Hohenstein (475-7224), jasmineh@connect.ab.ca

Description: Join us for an early season family ride and scavenger hunt where kids are welcome. It is a great way to get to know the roads around Edmonton. The ride concludes with a picnic. See details in May SPOKES.

Sunday, May 15 – KK4 100 KM Outing

Dist/Rating: 100 km/Intermediate

Cost: \$12.00

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

Description: This is a longer version of the popular Kaffeeklatsch Ride, with a stop at the Alpine Farm for European treats. Check May SPOKES for more details.

May 21 - 23 - 2005 Golden Triangle

*** REGISTRATION OPENS APRIL 1

Cost: \$225.00 DEPOSIT: \$100.00

Dist/Rating: 105 km - 115 km/day over mtn passes. Intermediate +

Coordinators: Neil Morrison (466-3550), Garry Garrison 908-6292

Description: Kick start the 2005 cycle touring season with the traditional May long weekend tour. Ride from Castle Mountain Junction to Golden to Radium and back to Castle Mountain Junction. This is a hotel/hostel, van supported trip with a limit of 28 people including coordinators and 1 driver. There will be a pre trip meeting.

EBTC 2005 Tour Calendar

Saturday May 28 – Bike and Sauna

Cost: Snacks Provided. Bring something for a potluck

Dist/Rating: 60 Km Beginner Intermediate

Coordinator: Richard Heikkila (965-3156), richard.heikkila@gov.ab.ca

Description: Meet at Richard's house, 5503 93b Ave to ride to Fort Saskatchewan and return for sauna and potluck bbq.

Saturday June 4 – A Day at the Bay

Cost: +/- \$10.00 for lunch

Dist/Rating: 100 Km Intermediate

Coordinator: Corrine Schneider 955-6046/ 987-2947 corrine.schneider@blackgold.ca

Description: Meet in Devon for 9:00AM SHARP departure. Exact location will be provided in May SPOKES. This is not a shopping trip! Start at Devon climb the training hill out of Devon follow our "private highway" to Highway 39 through Thorsby on to Mulhurst Bay for lunch at the beach house.

June 11 - 12 - 2005 MS 150 Ride

Contact: Peggy Hurdle 487-5489 hurdle@shaw.ca

Description: Join us for the Annual MS 150 ride more details and our team sign up to follow. There's a special MS 150 page on the EBTC web site

June 13 - 2005 EBTC Annual Picnic

Location: To be confirmed - watch Spokes for more details.

Contact Al Carlson, 458-1471, alcarlson@shaw.ca

Description: Come out and enjoy a break after the MS Ride. Catch up with other club members and have some good food at the Annual EBTC Picnic.

Saturday, June 18 – Cooking Lake – Lindbrook Loop

Cost: Free + \$ for snacks and/or \$10 - \$12 for optional Teahouse Lunch

Dist/Rating: 92 km. Intermediate (mostly flat).

Coordinator: Lois Knight (466-9536), knight-ken@shaw.ca

Description: Tour east from Sherwood Park on hwy 14, past Cooking Lake to Lindbrook. Meet at Wye Road Safeway, Sherwood Park at 10:00 AM. Leave at 10:30 SHARP! Rest and relax (12:30-1:30) by the Lindbrook store at 49 Km. Return to Sherwood Park via secondary hwy 630 (Wye Road). There will be a Treasure Chest Tea house stop at 78 km. at approx. 3:00 pm. Bring a lunch or plan to eat late at the Teahouse.

Saturday, June 25 – Sunshine Madness (TBC)

Cost: \$25.00

Dist/Rating: 25 Km Beginner

Coordinator: Al Carlson (458-1471), acarlson@shaw.ca

Description: The longest day of the year has just passed by, so we have plenty of sunshine into the evening. This allows us to partake in our two great passions, cycling and eating. Come out and enjoy the one of the longest days of the year with our Eat Ride Eat (Ride) event. Suggestions for where to eat welcome. See May SPOKES for meeting location details.

Sunday June 26 – Foot-Loose Caboose

Participants: approximately 30 - Call/email John to reserve your spot

Cost: Approximately \$10 for lunch

Dist/Rating: 100 to 110 Km Intermediate

Coordinator: John Blades 662-4945, jwblades@telusplanet.net

Description: Meet at Tim Horton's by Sobey's in Sherwood Park on Wye Road for a 900 AM Sharp start. We will ride to the Footloose Caboose Café about 12 Kms South of Hastings Lake Corner on Highway 14. Enjoy a lovely meal in the old refurbished caboose near the old station where the owner lives.

Sunday June 26 – Zoom to the Zoo

Cost: Bring a lunch

Dist/Rating: 28 Km Beginner Family Ride

Coordinator: Sophie Mah & Dad(Ernie Mah) (988-8322) emah@phys.ualberta.ca

Description: Meet in front of the Dairy Queen located in the Blue Quill strip mall (Saddleback Rd i.e. 29 Ave and 116 St). Leaving at 10:15 AM. Ride to the zoo to see some of the animals. Have lunch then head back. Ice Cream treats at the Zoo and/or Dairy Queen are optional. People are welcome to skip the ride and meet us at the zoo.

EBTC 2005 Tour Calendar

July 1 – 4 – Jasper Parkway Tour

**REGISTRATION OPENS APRIL 15, 2005*

Cost: Approx. \$220 DEPOSIT: \$100.00

Rating: Intermediate

Dist: 30/70/110km per day - some long climbs and descents.

Coordinator: Angela Ziemann (469-0328),

Description: The classic van supported road tour in the Rockies. Ride from Jasper to Banff via Hwy 93, (and possibly Hwy 93a) and the Bow Valley Parkway. This rustic hostel trip will find us staying at Hostels along the way Athabasca, Hilda, and Mosquito Creek. There are a couple of tough passes to climb, Bow Pass and Sunwapta Pass, however your reward is a good descent on the other side and great mountain scenery throughout. Limit of 9 people and 2 drivers.

Saturday July 9 – Blackfoot Ramble

Cost: Bring your own snack

Rating: Easy Distance: 30 Kms return

Coordinator: Henry Dembicki / Diana Salomaa 490-5082, summitrg@interbaun.com

Description: Off-road ride along the Lost Lake trail from Waskehegan Staging Area to Islet Lake return. The trail is gentle undulating. Meet at the Safeway gas bar at Capilano Mall to arrange car pooling

Sunday July 10 – Sweet Tooth Ride

Cost: Bring money for treats

Rating: Beginner Distance: 30 Km

Coordinator: Al Carlson 458-1471 alcarlson@shaw.ca

Description: Meet at 1:00PM at MEC, 12328-102 Ave for a ride around town in search of treats. With a new ice cream shop across the street, Second Cup next door, and Carol's Sweets a block away, you must arrive with a sweet to begin the ride. Our leisurely tour will wind up by 4:30.

Sunday, July 17 - 2005 EBTC Tour de l'Alberta

Description: EBTC presents the 2005 Tour de l'Alberta starting at St. Albert, Alberta. The 2005 Tour is an official event for Alberta's Centennial Celebration. All participating cyclists have a choice of two versions:

The 100 mile (160 km) Tour de l'Alberta or 100 Km. le Petit Tour de l'Alberta.

Both tours consist of a single day-ride which travels through the small towns of French heritage in the areas North of Edmonton. The tours are not races, but rather are recreational rides for cyclists who are able to complete the distance. At the same time, the event provides a supportive venue for cyclists of any level who might wish to pursue personal time goals: Some like to go fast, that's OK. Others prefer slow, that's great too! It's not a race, it's a fun challenge for ALL cyclists! Bicycle helmets are mandatory. Current info on club website. Registration forms being updated – stay tuned for further details. To become involved as a volunteer, call Maureen at 436-9004.

Saturday July 23 – Thai-athalon

Cost: Cost of your meal (+/- \$23.00)

Dist/Rating: 50 Km Beg / Intermediate

Coordinator: Jasmine Hohenstein (475-7224), jasmineh@connect.ab.ca

Description: Meet at 100PM (Location to be confirmed) Ride Edmonton's River Valley and enjoy a wonderful summer ride through the trails in the river valley. Then enjoy a wonderful meal at the Thai Valley Grill after the ride.

July 29 - August 1 inclusive – Logan's Pass

**REGISTRATION OPENS APRIL 15, 2005*

Cost: TBA Deposit: \$100

Distance/Rating Approx. 80-100 km/day Intermediate (Mountain Passes)

Coordinators: Stew Henderson 438-1351, stew.henderson@shaw.ca/ Corrine Schneider 987-2947/

corrine.schneider@blackgold.ca

Description: A beautiful challenging 4-day tour of Glacier National Park and the Going to the Sun Road in beautiful Montana. Participants will require the Friday off work for travel. Accommodation will be hotels and suppers will be at restaurants. Maximum 20 riders plus 2 drivers.

EBTC 2005 Tour Calendar

Sunday August 7 – Fort Saskatchewan Ramble

Cost: Cost for your meal (+/- \$10.00)

Distance / Rating: 80 Kms Intermediate

Coordinators: Brian and Susan Gerbrandt 436-0833, ssbdg@hotmail.com

Description: Meet at Gold Bar Park parking lot (50 street just south of the river) at 900AM for a 915 AM departure. We will ride through north east Edmonton to Fort Saskatchewan where we will stop for lunch. We will continue our ride through the Range Roads to Ardrossan and back to Gold Bar Park via Wye Road.

Sunday, August 14 – Bridges of Sturgeon County

Cost: Bring your lunch and snacks

Rating: Intermediate, Distance: 65 Kms

Coordinator: Don Peddie (457-2945) dl.peddie@3web.net

Description: We will cycle over 5 bridges of the Sturgeon River, dropping into the valley and climbing back out. 7 Climbs in all. A chance to challenge your climbing skills. We meet at 1030 AM for an 1100AM start at Kingswood Park on Winston Churchill Avenue which becomes Sturgeon Road to the Junction of Kingswood Dr; parking lot is on the left.

August 19-20 – Thunder Lake Trip

Cost: Approx. \$80.00 Deposit: \$50.00

Dist/Rating: Between 75 km to 80 km per day

Anticipated distance: will be 75 km on Sat. and 80 km on Sunday.

Coordinator: Carol Benoit 447-0584, acb29@shaw.ca

Description: The classic Thunder Lake trip. Cycle from Onoway to Thunder Lake Provincial Park, which has a nice beach. This is a van-supported camping trip.

Saturday August 20 – Beaumont Bike and Splash

Cost: Bring a lunch and bathing suit

Dist/Rating: 10 km/ Beginner - Family Ride

Coordinator: Amélie Mah & Mom (Allyson Jones) (988-8322) cajones@ualberta.ca

Description: We will cycle along trails and quiet streets around Beaumont. Afterwards, the kids and kids at heart can play in the Beaumont and District Lions Water Play Park located in the Four Seasons Park.

Meet at the Water Park parking lot at the corner of 60 St and 38 Ave. Leaving at 10:30am. People are welcome to skip the ride and meet us at the Water Park. Directions from Edmonton: Travel S. on 50th St into Beaumont. Go past Beaumont and turn Right on Hwy 625. Turn on 1st Right into Four Seasons Estates back into Beaumont. Follow this road (60St.) north until it dead ends and turns left to become 38 Ave. Park in the lot at the corner on the right.

Sunday, August 21 – Pigeon Lake Loop

Cost: Meal cost approx \$15

Rating: Beginner/ Intermediate

Distance: 60 Km

Coordinators: Dennis Woo (446-0625) dennis@commander.ca and

Nadine Leenders (438-1987) nadine.leender@ualberta.ca

Description: Meet at the Old House Country Restaurant at Mulhurst at 9:30 a.m. (To find, take Hwy 39 exit at Leduc and go 16 km to Calmar. Turn south at Gas station onto Hwy 795 for 25 km. Turn west 1 km south of Pipestone on to Hwy 616 for 10 km. Restaurant is on highest hill on south side of hwy. It takes about 50 minutes to get there from south Edmonton.) Cycle around Pigeon Lake, enjoying the rural setting and picturesque views of the lake. over rolling hills and good roads. Afterwards, have a meal at the restaurant while enjoying the scenic view of the lake. This is van supported ride.

August 28 – September 10 inclusive - Nova Scotia / PEI

Cost: Estimate about \$100 / day for land costs

Distance/Rating: Approx. 80-100 km/day Intermediate

Coordinator: Stew Henderson 438-1351 stew.henderson@shaw.ca

Description: Travel through scenic Nova Scotia exploring the Cabot Trail, Annapolis Valley, Lunenburg, Peggy's Cove and Halifax. The option of travel to PEI is being considered. Route and travel plans will be finalized by early May. This will be a van supported trip staying at Bed and Breakfast locations. Participants must make their own travel arrangements to Halifax and return. Maximum number of participants is limited to 6 – 8. Check Spokes for future updates

EBTC 2005 Tour Calendar

Sunday October 1 – Chilly Chili Ride

Cost: +/- \$8.00

Dist/Rating: 50 Km Beginner / Intermediate

Coordinator: Jasmine Hohenstein (475-7224), jasmineh@connect.ab.ca

Description: Join us in celebrating Edmonton's Fall Colours as we ride in our beautiful river valley. We will enjoy the beautiful fall colours and the crisp clean air. Meet at 1:00pm Ride Edmonton's River Valley then enjoy a wonderful Chili Meal and dessert. (Location to be confirmed.)

Saturday October 8 – Ukrainian Thanksgiving Supper Ride

Cost: \$8.00 payable at the ride

Dist/ Rating: Beginner – Intermediate / 60Km

Coordinator: Millie Schietzsch, 455-1924

Description: Meet at NOON at the Museum on Main Street in Alberta Beach. Supper following the ride. A cycling trip around Lac St Anne - starting and ending at Alberta Beach. We ride through Darwell (great little store with ice cream and goodies) and return by completing the circle through the hamlet of Gunn, along the scenic lake front. Bring a good appetite for the Ukrainian Thanksgiving Feast to follow at 4728 - 48 Street (a block off Main Street).

Alberta beach is 60 KM NW of Edmonton, via Highway 16 west, 43 north and secondary road 633 west.

Shopping for a bike? continued from page 7

It will have some carbon fibre parts, the gear train will be very smooth and be trouble free for several years. Bikes in this range are fine for most of us, they'll give years of quality service and will carry us on every trip we want to take. Bikes costing more than this tend to become very specialized and lightweight. It's said that every pound of weight saved on a bike costs \$1,000 and you'll find that's pretty accurate. If you want to ride a 15 pound bike rather than a 20 pound one, you'll have to pay for the privilege.

Fourteen years ago I bought a touring bike when I joined EBTC, "just in case" I ever wanted to go on a fully loaded tour. I still have this bike but I've never gone on a fully loaded tour. I have since bought a sport bike and am much happier with it. Every case and every person is different, nobody can decide what's best for you. Sometimes even your own choice may turn out to be wrong. Make a decision, stick with it for a year or two and then think it over again. All bikes are fun. They will bring you great pleasure, take you to places you've never been to and have you meeting people who are like-minded, energetic and interesting.

I'm always open to questions and conversation regarding bikes. I can be reached at dl.peddie@3web.net if you need clarification of any points or are still unsure of what bike might be best for you. Get out there and ride.

Remember:

NOBODY CAN PEDAL THE BIKE FOR YOU.

A "B.A.D." start to a new year Saturday, April 9

What better way to get ready for a new cycling year than with another great EBTC BAD event? If you're new or been around a while but never experienced a BAD event with EBTC, you're in for a treat. BAD stands for **B**ring **A** **D**ish event. Everyone brings a delicious something to eat that you share with other members. You'll discover that your fellow cyclists enjoy a wide range of foods. No formal food planning takes place, however we always seem to cover the major food groups. It is a great way to start of a new cycling season and to help new members get to know fellow cyclists so they feel comfortable in our club.

You are also welcome to bring any pictures in print or on CD that you may have to share or exchange. Beverages will be provided by the club.

Where: Edmonton International Hostel,
10647 – 81 Ave

When: Saturday April 9, 2005, 6:30-9:30 pm

Info: Al Carlson, 458-1471,
alcarlson@shaw.ca

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 . 03/05

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 Additional 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 being 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

| | |
|---|---|
| Yearly Membership April 1 March 31 Single \$40.00 - Family of 2 \$60.00 \$ 12.00 For each Additional Family Member | Half Yearly Membership October 1 - March 31 Single \$30.00 - Family of 2 \$50.00 \$12.00 For each Additional Family Member |
|---|---|

Release, Waiver And Assumption of Risk

I hereby acknowledge and agree that in consideration of being permitted to participate in cycling, skiing or other programs or activities organized or operated by the Edmonton Bicycle and Touring Club or its agents (hereinafter called "EBTC"):

1. that I acknowledge that the sports of cycling and skiing and some of the other programs and activities of EBTC are dangerous, exposing participants to many risks and hazards, some of which are inherent in the nature of the sports themselves, and others which results from human error and negligence on the part of persons involved in preparing and organizing cycling and skiing programs, and other activities;
- a) that as a result of the aforementioned risks and hazards, I as a participant may suffer serious personal injury, even death, as well as property loss;
- b) that some of the aforesaid risks and hazards are foreseeable and others are not;
- c) that I nevertheless freely and voluntarily assume all the aforesaid risks and hazards and that accordingly my preparation for and participation in the aforesaid cycling, skiing and other programs and activities shall be entirely at my own risk;
- d) that I understand that neither EBTC nor any of their members, officers, directors, employees, contractors or agents assume any responsibility whatsoever for my safety during the course of my preparation for or participation in the aforesaid cycling, skiing or other programs or activities;
2. I understand that cycling is an activity that is governed by the terms and conditions of the Motor Vehicle Act, and I agree that I will obey the laws and regulations set out in the Act;
3. I agree to always wear a safety helmet which meets current cycling safety standards when cycling in activities sponsored by EBTC;
4. that I have been given the opportunity and been encouraged to seek independent legal advice prior to signing this agreement;
5. I do hereby release EBTC, their members, officers, directors, employees, contractors and agents from all liability, and do hereby waive as against EBTC, their members, officers, directors, employees, contractors, and agents, all recourses, proceedings, claims, and causes of action of any kind whatsoever, in respect of all personal injuries or property losses which I may sustain arising out of, or connected with, my preparation for or participation in the aforesaid cycling, skiing or other programs or activities, notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of EBTC or any of their members, officers, directors, employees, contractors or agents;
6. that this agreement need not be brought to my attention each time I participate in any EBTC event or activity in order for the agreement to be effective;
7. that I have carefully read this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement; that I fully understand the same; and that I am freely and voluntarily executing the same;
8. that this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is binding on myself, my heirs, my executors, administrators, personal representatives and assigns.

DATED AT _____ ALBERTA, THIS _____ DAY OF _____ 200_____

| | | |
|---|-------------------------------------|-----------------|
| The following information is for MANDATORY for insurance purposes | | |
| Print Name _____ | Date of Birth _____ / _____ / _____ | Signature _____ |
| Print Name _____ | Date of Birth _____ / _____ / _____ | Signature _____ |
| Print Name _____ | Date of Birth _____ / _____ / _____ | Signature _____ |
| Print Name _____ | Date of Birth _____ / _____ / _____ | Signature _____ |
| mm/dd/yy | | |
| All household members MUST sign - If under age 18, parent or guardian signature is also required | | |

Helmets: Cyclists are required to wear bicycle helmets while riding under the auspices of the EBTC. Helmets must meet current safety requirements.

Amount Membership Enclosed \$ _____

Optional donation to Trans Canada Trail Foundation \$ _____

| | |
|--|-------------------------------|
| <i>(For Club use) Member Card Number</i> | |
| Date received _____ | initial _____ # _____ # _____ |

Club members receive a membership card. **No** refunds are given for membership fees.

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