



Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

May 2005



Your assistance please! When paying EBTC with a cheque...

Although the EBTC has a non-profit bank account with reduced fees, the bank has recently begun charging us per cheque if we deposit more than a limited number of items in a month. Please COMBINE payments into ONE cheque if you are paying for more than one event at one time (e.g., if you are paying for your membership and for a trip at the same time).

If you have any questions, please call or email Maureen at 436-9004 or mianuke@shaw.ca. Thank you for helping to keep our club costs to fund more events for members!

Tour de L'Alberta – Registration now open! Forms available at bike clubs or at www.bikeclub.ca

Seek and ye shall find... A family fun event

Bring your bike, your imagination and scavenging skills along to this springtime ride in our beautiful river valley. This exciting ride and fun-filled afternoon will awaken the detective within, as you and your fellow riders compete to win prizes and show who has the keenest eyes and imagination. The ride will conclude with a potluck in the park. Judging will take place at that time.

Coordinators: Marvin Bloos and Jasmine Hohenstein

Date: Saturday, May 7th/2005 1:00 PM - 6:00 PM

Time: 1: 00 PM sharp for a 1:15 PM departure

Place: Meet at Victoria Park main parking lot on River Valley Road (where the ice skating oval is located in the winter). Ride and seek time will be approx 3 hours. There will many options available for a longer or shorter ride. Even if you only want to ride a short distance, you will be able to participate! If you just want to ride and not seek, you are also welcome to come out and join us for a ride and the potluck. The more the merrier!

Rating: Novice to Intermediate (some hills). Everyone, including kids, are welcome on this ride. You have to know the rules of the trails and be members of the club. Distance from 5 to 50 KM! The choice will be yours!

Cost: \$ 5 per person plus a potluck item

PLEASE RSVP no later than Wednesday MAY 4th/2005 to jasmineh@connect.ab.ca or call 475 7224 with any questions you may have and further details. Please include your phone number/email when replying. In the event of poor weather, this event will be cancelled until further notice.

Please bring along the following items:

- A small daypack/backpack or bike pannier to carry your scavenged items.
- A pencil/pen and a small note pad, plastic bag for items collected
- Water bottle
- Potluck item to share

We will provide plates, cutlery, napkins, soft drinks and maps of the river valley

***** DON'T MISS OUT *****

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

EBTC Executive Members

President	Maureen Lanuke	436-9004
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Treasurer	Nadine Leenders	438-1987
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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.

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Cycling thought this month

*A bicycle ride is a flight
from sadness.*

James E. Starrs
The Literary Cyclist



A month ago doctors removed a growth from my arm. The good news is that it is benign. The bad news is that the growth was attached to the major nerve that operates my left arm/hand, and it has almost immobilized the arm and hand, which they are saying could take up to six months to recover. But, no, that is not the really bad news. The REALLY bad news is that I have a wonderful new blue and yellow Marinoni touring bike sitting in my living room, and I can't ride it!!! Fortunately, I have all of these good cycling friends that have volunteered to test it out for me (Hah! Not on your life!!!), but the trip to France beckons only a week away as I write this, and if a person ever had incentive to recuperate quickly, France and a new touring bike have got to be it! My physiotherapist is amazed at the rapid improvement in my range of motion, but she doesn't know the lengths to which a dedicated cyclist will go to make sure they can ride a new bike – especially when that wonderful French wine, cheese, and Mt. Ventoux are calling my name!

The feelings of helplessness brought on by not being able to use a limb – especially when it was under my left arm, and I am left-handed - could have lead to a very major depression. However, once again my wonderful EBTC friends came to my rescue. It is hard to be depressed when Jasmine sends over her out-of-this-world "Jazzy's Breakfast Bread", (you absolutely MUST get this recipe! It is the best bread I've ever had, and I've had a lot of bread in my life!), or when Joice & Diane go out of their way to come over and get me out of the house for a walk – the only exercise I'm permitted to do right now. Then there's Glenn, who has been my left hand, my chauffeur, and generally made himself available for any and every thing I needed. To them, and to the many others who have called, dropped by, and sent cards/flowers – THANK YOU! I am forever grateful.

Maureen's Musings

Speaking of depression – how could one possibly be depressed if they are active with EBTC? If you like cycling, or even just enjoying the fellowship of others, this club offers everything. The season opener – the "Spring Fling" was really just that: a little bit of something for everybody. Everyone I've spoken with had a wonderful time, and enjoyed the good home-cooked Ukrainian feast so much that they didn't leave much for the last riders in! It looks like the rest of the season will be offering more of the same: memberships are flowing in, overnight rides that are open are filling up fast, and all of those new bikes that were ordered in January are starting to arrive. Even the weather is cooperating!

So, get out those bikes and start riding – you'll never know what pleasures are in store for you until you do! Me – well I'll be looking forward to the day the doctor says I can get back on my bike. In the meantime, there's always that French wine and those romantic French men (whoops! Did I say that??) to help drown my sorrows!

Happy cycling everyone!

Maureen Lanuke is EBTC's President

For Sale

2002 Cervelo Prodigy Roadbike
 - only 8400 kms
 58 cm Themacrom steel frame
 - white with red decals
 Shimano 105 brakes & gearing
 with new chain & cables
 New Ultegra 12/25 9-speed cassette
 Spinergy SR-3 deep rim wheelset
 New Michelin Pro Race tires
 Flightdeck computer & Aero bars
 Matching cages and bottles
 New 2004 Specialized Body Geometry saddle
 Ritchey one-sided clip-in road pedals
 Immaculate condition - \$1500 firm

Call Bob at (780)439-2634

Spring Classic a Big Success

by Debbi Kowaliuk, Alan Schietzsch, and Angela Ziemann

Find a great spring day complete with sunshine, a fairly large group of enthusiastic riders and you have makings of a beautiful day on the bikes. What a wonderful way to kick off our cycling season.

We had three choices to ride that day:

- The Classic "kick start your butt and heart" 125.7 km ride led by Alan,
- the 65 km "jump start your season" ride led by Millie and
- the "gradual ease into cycling" 15 km led by Alan & Millie's daughter, Emily.

Whatever route you chose, it was a success. The weather man co-operated; sorry Alan, despite your claims, it was the weather man, not you and that other guy who set this up for us.

Once we got our maps, we headed out from Alberta Beach for our 125.7 km ride with a nice leisurely pace. Then bang - the first of many flats occurred for poor Emma. Repairs were made and we tried to catch the peleton, but it was out of sight. Support driver Sonia finally caught up with the lost souls and soon the peleton had a chase pack of four that was a little behind and stayed there.

We survived flats, headwinds and pot holes and Alan's famous Muur d'Sangudo hill in search of the elusive picnic area, returning safe and sound to Alberta Beach. A wonderful Ukrainian meal with a few glasses of red wine eased our aching muscles.

Emily did a great job leading the 15K group for those of us who wanted a shorter ride, especially if, like me, it was the first time on the bike this year. Perfect weather, delicious food, generous and friendly hosts (love the new deck). Olga suggested some of us check out T.T. Turtles Coffee Grounds, a delightful snack spot with an outdoor patio and fire pit, and turtles EVERYWHERE. A definite day ride possibility, since we shouldn't impose on Millie's mom TOO often!

A big thanks to Alan and Millie for organizing our first Spring Classic Ride and based on the comments soon to become the Annual Spring Classic.



Learn a new cycling term: peloton. Andrew Schietzsch demonstrates in the photo above. Andrew S. is just ahead of the peloton ("bunch") and a few riders near the back are in danger of "falling off the peloton" or "losing contact" if they don't keep up with the main group. Good to know cycling expressions!

And a very special thanks to Sonia our faithful support person, always looking after us and making sure we were OK. She ferried food for us and water and picked up the stragglers. And a great big thank you to Millie's parents who opened their home to us and prepared a wonderful meal at the end of our ride.

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.

Legend: Locations

St. Albert: SE corner of Wal-Mart parking lot
 Sherwood Park: Sherwood Park Alliance Church, NE corner
 Wye Rd/Rge Rd 231
 7-11: , NW corner of 97 Street and 176 Avenue

May	June
May 10 St. Albert	June 7 Sherwood Park
May 17 Sherwood Park	June 14 - 7-11
May 24 7-11	June 21 - St. Albert
May 31 St. Albert	June 28 - Sherwood Park

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

Weekly cycling events

this summer

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

Thursday Night Happy Hills

Coordinator: Angela Ziemann, 469-0328

We'll depart at Kinsmen North lot at 7:00 pm starting May 5

This is an intermediate/ advanced level training session (about an hour) road ride which will focus on strength training using hill repeats. This ride is for the seasoned rider who wants to improve strength and technique to be able to tackle those hills around Edmonton or the mountain passes. It will also appeal those intermediate riders who want to build their strength and skills in tackling hills. It's great training, and training with a group is simply, well, more fun. We'll vary the hills and each ride will include a short warm-up ride and then tackle hills of different levels of difficulty. The benefit of the work out will be related to the effort put into the training ride. They are short and intense but each rider decides how much to put into it. 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. Ride will be cancelled in inclement weather (rain or snow).

NEW for 2005!

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.

May 1-23 - EBTC Cycling in France

TRIP IS FULL

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.

Saturday May 7 – Ride and Seek (Scavenger Hunt)

Distance: Around Edmonton +/- 30Kms

Cost: \$5

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. See page 1 of this 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. Contact Jasmine or see the website form meeting location and starting time.

May 21 - 23 - 2005 Golden Triangle

**REGISTRATION OPENED APRIL 1, 2005*

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.

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 at 1:00 pm, 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: 115 Km Intermediate

Coordinator: Corinne Schneider 987-2947/ corinne.schneider@blackgold.ca

Description: Meet in Devon at the Extra Food store for 9:00AM SHARP departure. 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: HURRY! This ride is filling up quickly! 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 (www.bikeclub.ca).

EBTC 2005 Tour Calendar

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.

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 Dairy Queen located in the Blue Quill strip mall (Saddleback Rd i.e. 29 Ave and 116 St), ready to depart at 10:15 am. Ride to the zoo, have lunch (and ice cream) then head back. Or skip the ride and meet at the zoo.

July 1 – 4 – Jasper Parkway Tour

TRIP IS FULL

Saturday July 9 – Blackfoot Ramble

Cost: Bring your own snack

Rating: Easy Distance: 30 Kms return

Coordinators: 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 1:00 pm 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 pm.

EBTC 2005 Tour Calendar

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. 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 (www.bikeclub.ca).

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 1 PM (Location to be confirmed, watch for update in SPOKES.) Enjoy a wonderful ride through Edmonton's River Valley on the river valley trails. Then enjoy a wonderful meal at the Thai Valley Grill after the ride.

July 29 - August 1 inclusive – Logan's Pass

**REGISTRATION OPENED 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/ Corinne Schneider 987-2947/
corinne.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.

August 6 and 7 - Kananaskis (Ribbon Creek) Mountain Bike

Cost: \$100, DEPOSIT: \$100

Dist/Rating: Beginner with some technical sections

Coordinator: Jan Damgaard, 464-7863 or 417-8534, jantax@shaw.ca

Description: Registration deadline is June 24, 2005 – maximum 14 riders. Leave the city behind you on Friday night (August 5th) when we car pool to Ribbon Creek Hostel. This is an opportunity to mountain bike in beautiful Kananaskis Country for a couple of days based out of the Ribbon Creek hostel as we explore the trails in the area. Meals at the hostel will include breakfast, lunches and snacks, supper will be at the Kananaskis Lodge or car pool to Longview for one of the best restaurants in the west. There will be a pre trip meeting.

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 times. We meet at 10:30 am, for 11:00 am 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 20-21 – 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.

EBTC 2005 Tour Calendar

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 28 – 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: Meetin location will be announced in future SPOKES at location in 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

September 2 -5 – Jasper Banff Luxury Tour

Cost: Estimated \$455, DEPOSIT \$200

Dist/Rating: Intermediate / advanced

Coordinator: Jan Damgaard, 464-7863 or 417-8534, jantax@shaw.ca

Description: Registration deadline is July 22, 2005 – maximum 10 participants including the driver and coordinator. Do the classic Jasper to Banff trip in the early fall. Enjoy the crisp clean mountain air as you cycle this famous parkway. Some serious climbing and descents will exhilarate and thrill you as you view the fall scenery. We will be hotelling and hostelling, all in private rooms based on double occupancy. We will stay in the Sunwapta Falls Lodge, Columbia Icefields Chalet and Lake Louise Hostel. The price does not include breakfast or supper but includes snacks and a sag wagon. Travel arrangements will be made at the pre trip meeting.

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. We'll ride in our beautiful river valley, enjoying the beautiful fall colours and crisp clean air. We'll cycle, then sit down to a wonderful chili meal and dessert (location to be confirmed.)

EBTC 2005 Tour Calendar

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. We'll cycle around Lac St Anne - starting and ending at Alberta Beach. We ride through Darwell (great little store with ice cream and goodies) and complete the circle route through the hamlet of Gunn, along the scenic lakefront. 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 (Hwy 16 west, 43 north, 633 west).

Left to Loosen

By Verner (Marvin Bloos)

"Left to Loosen" and "Thin is in"... just two of dozens of useful tips Aaron Birch gave the over 30 people in attendance at Boston Pizza on April 17th. On that far too windy to really enjoy a bike ride, Sunday afternoon, Aaron, a top-rate mechanic at **Redbike** (10918-88th Ave) spent over two hours treating us to an excellent, well organized presentation on the 101 repairs and other things you should know how and when to do with your bike. (Be gentle!)

For example, you are out for a ride on a deserted stretch of road and while looking at a dead moose in the ditch you don't see the railway tie on the road and you crash. You get up, dust yourself off and check the damage. Upon inspection you find that your derailer is toast, your front wheel is bent into a pretzel, your rear brake is wrecked, your front tire is flat and you have no patch, spare tube or pump, and, your chain broke. What do you do? No problem! Aaron told us how to handle all of that (call a cab) and much more besides.

Personally I liked his demonstration of proper flat-tire fixes and how to avoid those heart-stopping tube-explosions, as well as how to get your shifting working smoothly, and where to lubricate, how often and with what, and how to true a wheel ("left to loosen") and why not to buy a Capagnolo chain, and how to properly stuff leaves, twigs and moss into your tires and ... you get the picture. It was *all* good stuff. Most of all, I understood that if, after several hours and numerous test rides, you still can't get things quite right there is one last thing to do. You take your trusty steed to Aaron at **Redbike** because he *does* know what he is doing.

I figure by the time you factor in the time-cost of your own unproductive efforts, the lost opportunity costs of all those rides with a defective do-dang as well as the additional costs to undo the mistakes you made when trying to fix your bike, well then, had you done the proper repairs in the first place, they would practically be free.

With the single exception of the person who found it dull and left early, all the rest of us came away with far more information and know-how than we had any right to expect. Best of all, there was all the pizza you could ask for. If you missed it, you missed out!

Thank you, Aaron Birch, and, thank you, Don Peddie, who organized this very successful event and who found a true gem to make the presentation.

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
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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.

Amount Membership Enclosed \$ _____

Optional donation to Trans Canada Trail Foundation \$ _____

(For Club use) Member Card Number

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**