

# Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

September 2005

### Saturday Out and Back Ride

**NEW RIDE!**

Saturday September 17

Cost: Bring your own snacks.

Rating: Intermediate.

Coordinator: Brian Gerbrandt (436-0833), ssbdg@hotmail.com

Description:

Meet at the Sherwood Park Alliance Church on Wye Road at 9:30 AM. Leave at 10:00 AM SHARP. We will spin our pedals east on Wye Road as far as our hearts desire in 1 hour and 15 minutes and then turn around to head back to our starting point. The distance covered will depend on the rider. There are no designated rest stops. This is a non supported ride so be prepared to handle the usual minor hiccups that can occur and ensure you have proper hydration. Coffee follows at the Tim Horton's in the mall across from the church.



**Banff to Jasper 2005**  
See page 7

### September 2005

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<b>1</b>	<b>2</b> Sweat Ride (Change in start time to 6:30 pm)	<b>3</b> Show & Go (change in start time to 6:30 pm)	<b>1</b>	<b>2</b> <b>Jasper to Banff Luxury Tour + Rocky Mountain Adventure Tour</b> (both to the 5 <sup>th</sup> )	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b> Sweat Ride	<b>7</b> Show & Go	<b>8</b>	<b>9</b>	<b>10</b> <b>Ride the Great Divide</b> (to Oct 2)
<b>11</b>	<b>12</b>	<b>13</b> Sweat Ride	<b>14</b> Show & Go	<b>15</b>	<b>16</b>	<b>17</b> <b>Saturday Out and Back</b>
<b>18</b>	<b>19</b>	<b>20</b> Sweat Ride	<b>21</b> Show & Go	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b> Sweat Ride	<b>28</b> Show & Go	<b>29</b>	<b>30</b>	<b>Oct. 1</b> <b>Chilly Chili Ride</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> <b>Ukrainian Thanksgiving Supper Ride</b>

### 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	435-7142
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 22<sup>nd</sup> day of each month. Enquiries, articles and jpg digital or scanned photos can be delivered by email to [stew.henderson@shaw.ca](mailto:stew.henderson@shaw.ca) or on paper, CD or 3.5" IBM format diskette to: EBTC Newsletter Editor, P.O. Box 52017, Garneau Postal Station, Edmonton, Alberta T6G 2T5. Stew can be reached by telephone at (780) 438-1351 and by fax at (780) 420-3839.

### 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](mailto: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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Edmonton Bicycle &  
Touring Club  
P.O. Box 52017  
Garneau Postal Station  
Edmonton, Alberta  
T6G 2T5

### Cycling thought this month

*It never gets easier, you  
just go faster.*

*Greg LeMond*




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## Maureen's Musings

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It's hard to believe that Summer is almost over, and Fall is quickly approaching, but the weather earlier this week gave us a definite sense of what is come - brrrr!

However, all is not lost. Your executive is busy preparing for EBTC's "other" activity – cross-country skiing. Now that we are covered by insurance (thanks to our new insurance provider), we hope that new coordinators will come forward with all sorts of short, or long, trips to fill our calendar. The winter planning meeting has been set for Sunday, October 23<sup>rd</sup>, and our Vice-President/Trips Coordinator will fill you in on the details for that important meeting.

In the meantime, there is still lots of time to get out that bike and fit a few more great cycling trips in. In addition to what is already on the calendar, our wonderful members keep coming up with new and interesting jaunts to whet our cycling appetites. Now that the overseas trips are done, the visitors have left, and the Tour de l'Alberta is over, I might even be able to participate in a few myself! Hope to see you there!

Happy cycling everyone!

*Maureen Lanuke is EBTC's President*

## A Letter to the Editors

*Dear Sir and Madam,*

There we were, 300 or eager, energetic, enthusiastic and hopeful cyclists. Ahhhhhh, the day of The Tour de l'Alberta had finally arrived!

A centennial century day that most of the cyclists had been training for and preparing their heads and hearts for. Bikes of all makes and models waited at the starting point, their owners as varied and finely tuned and polished up as the bikes themselves! Everyone looked their best to ride either 100 KM or 100 miles on that sunny, warm, July Sunday morning!

But how many of those cyclists had any idea of all the preparations that had gone into making this a first class event? How many pondered with thanks the many countless hours that were spent in the preceding days, weeks and months getting things perfect for this very day?

As we pedaled along the endless stretches of Alberta highway occasionally lost in our own thoughts, we could not help but reflect on how wonderfully well the day had again been organized. There we were enjoying ourselves knowing full well that this day was special, because it was organized by special and dedicated people all of whom volunteered every minute of their time!

It is all too easy to enjoy a day such as this, to take pride in our own accomplishment, in some cases, to be thankful that we can still do it all, without also considering what it took, and who it took, to bring it off so well.

Therefore as two particularly grateful participants, we want to take this opportunity to express our thanks to Maureen and Glenn and their extensive team of volunteers for organizing and making The Tour de L' Alberta a very special day to remember. We know how tirelessly and how endlessly they worked on every aspect and detail that are required to plan such an event.

We thank-you for all of your hard work and dedication in making this day a day we will not soon forget! A job well done!

Thank you very much! Happy cycling!

Marvin Bloos & Jasmine Hohenstein

## Logan Pass Bicycle Tour July 29 to August 1, 2005

by Gary Garrison

(Sung to the tune of "The House of the Rising Sun")

There is a club in Edmonton we call EBTC,  
And it's staged bike tours on many paved roads,  
and even trips for skis.

Some friends, we biked up Logan. We sweated  
and we strained.  
We flew down switchbacks braking hard, to stay  
inside our lane.

First day there was no coffee. People cussed and  
bitched.  
It was too dark for the breakfast guys to find and  
flick the switch.

Corinne, she had it organized, down to a single  
dime,  
So when her chain jammed to the hub, we thought  
it was a crime.

Nadine and Mike were lovers, anniversary bound.  
Mike joked with strangers who played along, kept  
us laughing all around.

The second day we climbed a mountain, at 39  
degrees.  
We conquered that Marias Pass, with but one  
injury.

East Glacier was a party, with wine and food and  
beer.  
We sang, guitarred, and socialized, till morning was  
too near.

The final day was frantic, from 6 a.m. till night.  
Climbs, descents, cattle, rain, and wind, were  
things we had to fight.

When it all was over, the memories gave us pause.  
Hugging our teary-eyed good-byes, we all deserved  
applause.



## Road Rules

By Don Peddie

EBTC Safety and Safety Coordinator

Too many cyclists getting injured... that is my impression of the summer of 2005. Maybe I just heard about more things gone bad or maybe there actually were more collisions and injuries, I'm not sure, but cyclists both local and distant seemed to have many more bad experiences than usual. In our club there were definitely too many injuries and near misses. Most of the incidents this summer seemed to be vehicle carelessness, but there may have been some where inattentiveness on the part of the cyclist could have been a factor

Part of the club's membership form is a waiver, which we agree to when we sign our name. One clause of the waiver we agree to is clause number 2, which states: "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."



Part of the Motor Vehicle Act states: "Cyclists must travel as far to the right of the road as is **safe and practicable.**" (Emphasis is mine.)

**This means we must ride on the shoulder of the road when one is provided,** and it is clear of hazards. Riding two abreast is always illegal in Alberta (but the police generally close their eyes to cyclists doing so when riding on a full-width shoulder). However, when the shoulder is narrow, riding two abreast is extremely dangerous and must not happen. (Incidentally, it will likely trigger an interview with any roaming police cruiser.)

Ride coordinators are familiar with the routes they send us down. They have ridden them frequently and are aware of the hazards and pitfalls along the way. If they feel it necessary to warn of impending danger on any particular section of the route it's because they are trying to keep you safe. Such hazards might include riding single file on dangerous sections of the route and staying inside the white line of the shoulder. Complying with the coordinators request and riding single file while on the dangerous section(s) should be a simple task. To ignore this advice is both foolhardy and rude.

Trailing a group of cyclists is a perfect vantage point to see how they are interacting with traffic. When traffic passes with no disruption then the cyclists are doing their job. On the other hand, witnessing a steady succession of brake lights and seeing vehicles swerving left, crossing the centre line, it's equally certain that the cyclists are failing their responsibilities. They are putting themselves and others at risk. A honking horn is a sure sign of a cyclist failing to be straight, steady and predictable. Any collision can be lethal.

If 20 cyclists are riding single file but one cyclist is wandering repeatedly into the traffic lane it is that person's actions that are remembered. If you don't think your actions are irresponsible, ask someone who is following behind you and witnessing the rash of brake lights as drivers do their best to avoid killing you.

Of course, all other rules of the road must also be complied with. When a law is broken or disregarded, such as making an improper turn, he or she is giving all cyclists everywhere a bad name. It is illegal to cross the highway to the left (opposing) shoulder when approaching an intersection, turn left onto the left (opposing) shoulder in the new direction, then make your way to the right-hand side of the road when traffic permits, as one of our club cyclists was observed doing recently. If such action is simply to avoid the delay at a traffic light then some anger management might be in order. If a person is too intimidated to get into the proper left turn lane on a busy thoroughfare, then adopt the pedestrian method and ride through the intersection, dismount and walk across in the desired direction when traffic or the lights allow. (Our website has a complete section on how to position yourself in traffic, very comprehensive and easy to understand with excellent diagrams and explanations.)

Cyclists who disregard traffic laws are not welcomed in the large fraternity of cycling. They are especially not welcomed in any particular club in any particular club, as they not only jeopardize the lives and safety of their fellow cyclists, but they also can cause the insurance rates of the club to rise - thus threatening the very existence of the club that has to try and pay the higher insurance rates.

## Introduction to Touring: Wabamun Lake Overnighter

By Kyle Younger (Age 12), with Alan Schietzsch

Never taken a tour before? Never bicycled on quiet country roads? This was the trip for you. We cycled from Brightbank outside of Stony Plain on a two day ride around Lake Wabamun for a fun adventure.

Kyle says: "At first I thought it would be just another bike ride but then after we got through the first few hills I realized it would be a lot harder than I thought.

This was my first overnight trip. I met some new and interesting people and they were better than I thought they would be.



On the way there we stopped at Seba Beach for ice cream cones and milkshakes while a little rain cloud passed by.

Then it was sunny and warm again. When we finally got to Camp Oselia it was pretty good there, I had a nap and then we watched a movie.

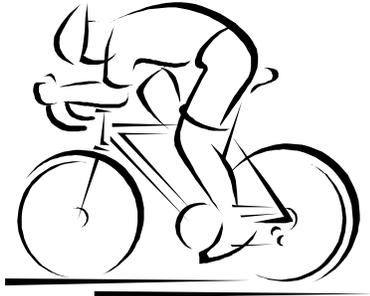
The next day I cooked breakfast and we had yogurt, pancakes and cereal.

When we rode back I was excited because I knew that they were same hills as I rode the day before. We returned the next day through the town of Lake Wabamun, then back to the start.

After I was finished was really tired and slept on the couch - but also wanted to it again! We had some adventure and excitement and learned to tour.

## 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 6:30 pm 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

September Start time: 6:30 pm SHARP

September 6 – 7-11

September 13 – St. Albert Wal-Mart

September 20 – Sherwood Park Alliance

September 27 – 7-11

## 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 6:30 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](mailto:alcarlson@shaw.ca), for more information.

## Chilly chili ride, picnic and potluck

Are you ready for some fun in the fall? Come out with your bikes and your families to enjoy an afternoon of cycling, eating and socializing in our wonderful river valley. The cycling season is slowly coming to an end, so let's come out and enjoy the great bike trails along the river before the snowflakes make their debut!

Saturday October 1, 2005

Coordinators: Marvin Bloos and Jasmine Hohenstein

- Meeting time: 12:45 pm SHARP for a 1:00 PM departure for cyclists, 4 pm for the potluck chili meal.
- Place: Meet at Goldbar Park parking lot (end of 50<sup>th</sup> street south side). Ride will start from here and end here for the picnic.
- Cost: \$ 7.00 per person for a superb chili meal with all the fixings plus cold drinks. We will supply cutlery/bowls and cups.
- Rating: approx 50 KM on paved trails with some hills. There will be no support or sweep but there will be options to do shorter routes.
- What to bring: Snacks, appetizers, or a dessert to share with the group. Thermos of hot beverages. Wood to burn for the fire, chairs, blankets, games. Even if you are not riding, everyone, including family are welcome to join in on the fun!

\*\*\*\*\*RSVP\*\*\*\*\* Please RSVP by SEPT 27<sup>th</sup> to Jasmine ([jasmineh@connect.ab.ca](mailto:jasmineh@connect.ab.ca) or 475-7224) or with any questions you may have about this ride.

Memories of  
Banff to Jasper  
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.**

### **September 2 -5 – Jasper Banff Luxury Tour**

**Cost:** Estimated \$455, DEPOSIT \$200

**Dist/Rating:** Intermediate / advanced

**Coordinator:** Adam Morton 904-7012 email adam.morton@ualberta.ca (he is out of town until August 17 but will reply by email) and Bernice Aebly 481-8159

**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.

### **September 2-5, 2005 -- The EBTC Once In A Lifetime Alberta Centennial Fall Classic Rocky Mountain Adventure Bike Tour**

Registration closed July 25, 2005. Limited to 8 participants due to hostel accommodations.

**Cost:** Approximately \$215.00 (TBA) for the weekend (Deposit \$100.00)

**Dist/Rating:** Intermediate, self-support cyclists. Due to the meal arrangements, riders must be able to get from Shunda Creek Hostel to Saskatchewan Crossing in time for supper about 5 pm (final details will be worked out at the pre-trip meeting). You will need to estimate your travel time and make sure you leave the hostel in time to meet for supper. You will need to be familiar with bike safety while riding on highways, be able to manage their own bike repairs on-route and carry their day supplies with them. There will not be a sag wagon or support vehicle. You will be required to carry your own water, snacks, and lunch for the day

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

**Description:** A fun-filled tour from Nordegg along the David Thompson Highway to Saskatchewan River Crossing (Rampart Creek located on the world famous and spectacular Icefields Parkway) and back again. We will overnight at Nordegg at the Shunda Creek Hostel which is pleasantly nestled in the woods, complete with outdoor hot-tub, and surrounded by mountains and beautiful pine forests.

### **September 10 - October 2 inclusive - Ride the Great Divide**

Cost: TBA. DEPOSIT: \$100

Distance/Rating Approx. 100-200 km/day Advanced (Mountain Passes)

Coordinators: Garry McCagg 424-8686 gary.mccagg@telus.net

Description: A beautiful long tour of the Great Divide From Edmonton to Jasper and down the Great Divide to Yellowstone National Park then back to Edmonton (direct). Accommodation will be camping, hostels and/or hotels. Maximum 8 -12 riders

### **Saturday September 17 – Out and Back Ride**

See page 1 of this SPOKES for details.

### **Saturday 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.)

### **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).  
NOTE: Must pre-register with Millie as space will be limited.

## 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

<p><b>Yearly Membership    April 1 March 31</b>                  Single \$40.00 - Family of 2 \$60.00                  \$ 12.00 For each Additional Family Member</p>	<p><b>Half Yearly Membership    October 1 - March 31</b>                  Single \$30.00 - Family of 2 \$50.00                  \$12.00 For each Additional Family Member</p>
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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**