



Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

October 2005



Winter's Coming - Trips Needed

What do you mean it will snow? Autumn equinox has just passed and sweat rides have finished for the season, so now is the time to start planning how you want to spend your winter. Yes, Virginia, there will be winter! And it can be GOOD, too!

How about a winter social night, movie, or skating party.... an XC weekender to a hostel? A visit to Jasper or Banff? A short ski trip around the city or the outlying areas? Cross-country? Hiking? Downhill? A winter walk?

Do you have an idea for a winter activity? Whatever it is, we all want to hear from you! If you've got an idea for a trip - whether it has been done before or not, please attend the annual Winter EBTC planning meeting. We need your input to pull together our trip plan for the upcoming ski season.

Sunday October 23 at 1:00 p.m.

Edmonton International Hostel
10647 - 81 Avenue (downstairs)

Help our club have a grrrrrrreat winter season! Bring a small snack to share (optional), and it will be even more fun! See you there.



It's over?? We're leaving?

Not if you help keep the memories alive! If you enjoyed the fun, adventure and great food at any EBTC trip this year, share the memories! Write a story. Send in pictures. Let us know about a recipe that was the talk on the way home. Keep the memories of the 2005 summer cycling season alive!

Birkebeiner Ski Festival - Rest Stop 2006Saturday, February 11, 2006

The EBTC will once again be running a rest stop at the Birkebeiner Cross Country Ski event. To do this, we'll need a number of volunteers who are willing to spend their Saturday morning handing out drinks and snacks to hordes of cross country skiers. We'll meet early in the morning, car pool to the Blackfoot Grazing Reserve, be led out to our rest stop and set up camp. After some preparation, the skiers will come, and come, and come... The EBTC has been involved in this event for over 17 years.

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

More information about the Canadian Birkebeiner can be found on their website:
<http://www.canadianbirkie.com>

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

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

Cycling thought this month

I have always struggled to achieve excellence. One thing that cycling has taught me is that if you can achieve something without a struggle it's not going to be satisfying.

Greg LeMond



Maureen's Musings

Rider Safety. With the number of accidents our riders have experienced this summer, and after the excellent article by our erudite Education and Safety Coordinator, Don Peddie, in last month's Spokes, the issue of the safety of our members is on everyone's minds these days.

One of the mandates of our club – probably the most important one – is to show our riders how to ride safely, while still having fun. Helping each other to obey the rules of the road is EVERY member's responsibility. Even I, who used to be the most conscientious cyclist around, got taken to task on a recent ride for not signaling properly – and rightly so! I was jeopardizing my entire group by my actions. It is easy to slip up, but by doing so you have to realize that – not only are you jeopardizing yourself, but you are also jeopardizing your fellow cyclist. It is not just "oh, there is nobody close, I don't need to signal". Other cyclists and vehicles have a way of appearing out of nowhere, and you are risking everyone when you don't follow the rules of the road.

Sloppy riding is NOT to be tolerated in our club. It is not fun for others if they are worrying because a cyclist is riding erratically or dangerously and jeopardizing the group, or themselves. Elbow Valley Club in Calgary recently went through the heartbreaking experience of a death of a rider on one of their club trips. Can you even begin to imagine how the rest of the group felt when they watched a cyclist die in front of their eyes? That rider chose to ignore a stop sign and didn't see a

truck coming. Everyone is encouraged to – in a friendly way, of course – remind each other when we are not riding in a "safe and predictable manner." It is only by doing so that we encourage and promote the goals of our club – fun and friendly SAFE group riding.

Changing tracks a bit – at our last executive meeting, the subject of succession planning came up. A lot of the executive have been involved with the club – and with the executive – for many, many years. **It is time for a change!** We need new blood, new fresh ideas, new enthusiasm! Most of us are committed to making this club the best club it can possibly be, and we would like to still be involved and help out, but we can only do so by moving over to let new ideas in.

Our discussion included the truism that everyone is so busy these days, and new members might feel intimidated by the thought of taking on a position all by themselves without any assistance. With that, the idea of mentoring came up. The mentor (a current executive member) would "share" an executive position for a year while the new person was learning the ropes. Some of our positions are just too big for one person to handle alone, and "sharing" the responsibility might be the answer on a permanent basis. Others would involve "sharing" for a year, and then the "apprentice" taking on the position as the official elected member.

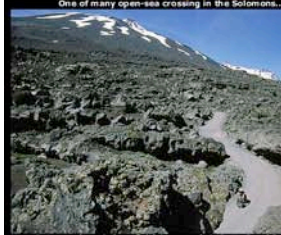
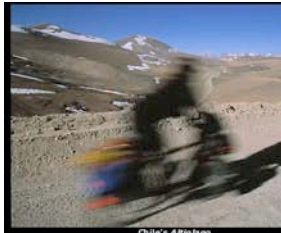
So many of you have skills that our club can desperately use. We need your help NOW to keep our club going strong for the next 30 years! We urge you to come forward and explore the endless opportunities you have to make our club even greater than it already is. Share a position. Take on a position. Get involved!

Talking about getting involved - get out there and enjoy the last of our regular riding season!
Maureen

Happy cycling everyone!

Maureen Lanuke is EBTC's President

Cycling the Pacific Ring of Fire



(Not run by EBTC, but definitely of interest to members, and we ARE invited!)

Thursday October 13 @ 7:00 pm

Place: Robertson-Wesley Church

(across the street from Mtn. Eqpt. Co-op)

Cost: FREE

"Cycling the Pacific Ring of Fire Part 2: A Mariner's Journey!" is a multimedia documentary presentation of an epic expedition on mountain bikes undertaken by Canadian adventurers, Janick Lemieux and Pierre Bouchard, as they "volcano-hopped" around the globe's largest ocean.

Come and meet them as they share their tales and discoveries gathered during the second stage of their ambitious "cyclo-volcanic" quest - 11,000 kilometres and 18 months astride their mounts from Patagonia to Indonesia via the South Seas' fabled isles of paradise and fire.

Over 1,000 stunning images portray their fabulous journey as the adventurers provide witty and insightful commentary and observations, intertwined with melodies and rhythms of Montreal composer Martin Tremblay. This highly volatile, explosive and "subversive" cocktail of culture, nature and adventure will enthrall you!



Speaking of skiing...

The Edmonton Nordic Fair and Ski Swap (The best opportunity in Edmonton to buy and sell used cross-country equipment) will be held on Sunday, November 6, 1 to 4 pm at Goldstick Pavilion (off Baseline Road headed toward Sherwood Park).

Doug Bezovie is organizing some tables for EBTC members to sell their stuff. To do this, Doug needs the following.

Sellers: If you are interested in putting any of your stuff up for sale or swap, please send Doug an email or call him or call him 984-2926 so that he can let the organizers know how many tables are needed by EBTC. There aren't any costs involved to either the seller or the buyer for this service.

Volunteers: Can you help man the tables, to sell the equipment and handle the monies? If you're interested in taking a shift of one hour or more, please let Doug know. If there are a lot of people wanting tables, they will set up tables outside in tents (so dress for the weather!).

Bring cash for items you wish to purchase. Hot drinks will be provided. Reply directly to Doug Bezovie at doug.b@interbaun.com, 984-2926

Bicycle program puts wheels beneath kids' dreams

Good grades get students back in the saddle

Mike Sadava



ON SATURDAY

The old picture of the eight-year-old boy on the BMX with a goofy grin expressing pure joy says a lot about what a bicycle can mean to a kid.

That youngster came through a lot of hard times — a single mom working at a fast-food joint to put herself through high school; a difficult stepfather; and some learning problems of his own.

But he had his wheels, a donated Schwinn BMX.

"Why does any kid love his bike?" this cyclist says today. "It's liberation and independence. Your first set of wheels." That cyclist was Lance Armstrong, as quoted in *Sports Illustrated*.

There might not ever be an Edmonton kid who goes on to win the Tour de

France, but Armstrong's thoughts about what a bike means to a youngster lose none of their validity.

Fortunately, there are adults in this community who share the awareness about the meaning of bikes.

The Brick Sport Central has given about 1,600 reconditioned bikes to needy kids in the past year.

And then there's "Bicycle Bob" Steen, who has been working through Sport Central to get donated bikes into the schools.

Steen loves to cycle more than anything else. You might see him spinning around the city or in the mountains on his red Italian Knuota road bike with a level of energy typical of someone much younger than his 65 years.

Through his volunteer efforts, hundreds of bikes have gone out to elementary-school students from financially strapped families as a reward for working hard at school.

Steen, a retired upper-level provincial bureaucrat, got the idea for the Student Bicycle Awards Program a couple of years ago when he wanted to combine volunteer work with his passion for cycling.

Acting on recommendations from teachers, he has made himself known to every public and Catholic elementary school in Edmonton. He gets bikes to kids who don't have one and whose families can't afford one.

The only catch is they have to be making good progress at school to be eligible for a bike.

Steen thinks the bike can make a difference by showing these youngsters



KELLY TAYLOR, THE JOURNAL

Bicycle Bob Steen knows how to gear up students to get their own set of wheels.

that good things can happen when they do well in school.

"It's a reward for their efforts at school," he says. "Together with the idea that everybody remembers their first bike, I thought I could have an impact."

Steen still remembers going out with his paper-route money and buying his first bike, a three-speed Raleigh racer he says was "to die for."

The program is going into its third year and so far has distributed 200 bikes.

"When I give the bikes to these kids,

some of them have never ridden before and within 10 minutes they master it," he says. "It's amazing how quickly some of them get it."

One of his best "customers" has been St. Elizabeth Catholic school in Mill Woods, a school in a struggling neighborhood with a large population of recent immigrants. In June, Steen delivered 25 bikes to the school — everything from one-speeds to mountain bikes.

"You see just one of those kids you do this for and you don't need any other

reward," he says.

Coleen Anderson, who teaches English as a second language at St. Elizabeth, says many people don't associate Mill Woods with other high-needs areas like those in the inner city.

But with 70 English-as-a-second-language students, many of them recent arrivals from war-torn countries such as Sudan who are struggling financially, there is a lot of need for support. Anderson says she plans to hand out flyers about the program at meet-the-teacher night in September and hopes to get more bikes to kids before the snow flies.

"This helps the kids stay motivated," she says. "It's really gratifying for them. We keep emphasizing that, if you work hard, you'll get this."

There is a lot of crime in the area and a lot of bikes get stolen, she says. But United Cycle has provided locks at cost and the teachers show kids how to properly lock them up. There are even some locks in the school to ensure that bikes will be locked even if the owner has forgotten to bring the lock.

The one problem she has with the program is that kids are eligible for only one bike, even if a previously donated bike is stolen. She has seen a couple of kids with their hearts broken after their donated bikes were stolen.

Jim Harvey, general manager of The Brick Sport Central, says they welcomed Steen's enthusiasm when he approached the organization with his idea of getting schools involved.

"He's somebody who wants to put time and energy into this," Harvey says. "If he reaches a few more kids, that's great."

Contact Mike Sadava via phone, 429-5334; fax, 429-5500; or e-mail, msadava@thejournal.carnwest.com

A Military Secret

By Don Peddie

One day, many years ago, I put down the book I was reading, quickly stood up and went to the kitchen for a glass of water. As I reached the doorway I "crashed," falling heavily backward and sprawling on the floor. Hearing the thud as I hit the deck, my wife called from another room checking to see if I was OK. Quickly regaining my senses I responded that I was fine, that I was just checking on something. "Yeah," she said as she found me lying there on my back, "If you're so fine then why is your slipper on top of the fridge?"

Caught!

Until this time nobody else had ever known about my problem with dizziness.

For 31 years I kept this secret from the doctors and medical personnel of the Canadian Army. Each spring this phenomenon would occur. I worried that if I reported it I might be diagnosed with some terrible problem and my military career would be abruptly ended with a medical release. The dizziness was an innocent enough little happening that I could live with it, and I developed ways to minimise the effects. I eventually recognised that it always came with my improving level of physical fitness and I began to almost welcome it as a sure sign that I was indeed getting fitter. My secret was safe until the day I hit the floor at home when I finally had to admit that sometimes when I stood up quickly I saw black spots and got very dizzy.

Perhaps you know what I'm talking about.

Not until I had been retired for several years did I actually happen upon an article discussing this phenomenon.

This type of sudden dizziness is called *vasovagal syncope*. When it occurs only occasionally, it's nothing to be alarmed about. In fact, the fitter you get the more likely it is to occur.

The cause is low blood pressure – too low to get enough blood to your brain when you go quickly from lying or sitting to standing. It can happen to people with low pulse rates, too. In other words, the underlying causes are good things. They define fit people like runners and cyclists.

The way to cope is to bend over, squat down, or sit back down as soon as the spots appear. If you don't, you too could find yourself on the floor with your slipper resting on the fridge. Give the dizziness a moment to fade. Then continue on your way and feel happy that your fitness training is working.

But of course, if you have dizzy spells that are not brought on by rising too quickly, that's probably not a good thing. Tell your doctor. Chances are good that your military career is not at risk.

Mag Trainer for Sale

Variable load full-frame Norco Mag trainer with handlebar load control.

Comes with a 56 cm 10 speed frame or can be adjusted to fit other size of frame – \$150.

Call Scott @ 467.2499 evenings, 423-2822, ext. 31, weekdays or 905-6937 (wireless).

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"):

- 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;
- 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;
- that some of the aforesaid risks and hazards are foreseeable and others are not;
- 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;
- 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;
- 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;
- I agree to always wear a safety helmet which meets current cycling safety standards when cycling in activities sponsored by EBTC;
- that I have been given the opportunity and been encouraged to seek independent legal advice prior to signing this agreement;
- 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;
- 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;
- 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;
- 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