



# Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

March 2006

## Wanted: Trip Ideas

Do you have an idea for a bike trip? Whether it's a long one, a short one, an old one or a new one, we want to hear from you!

Join with other cycling enthusiasts, socializers, chefs, and food consumers to help EBTC plan for the cycling season which is just around the corner.

Our **Annual Trip Planning Meeting** is coming up very soon, and we need your ideas, your energy, and your support. If you have maps or written descriptions already, bring them along with you.

Remember, everyone in this club is a volunteer just like you. If everybody helps plan, coordinates a trip or two, serves on the executive, or helps out the club in some way, we all benefit. And it's fun too!

When: **Sunday, March 12, at 1 p.m.**  
Where: Edmonton International Hostel, 10647-81 Ave.  
For further info: VP Gord Charles (see exec list p. 2)

## Membership Renewals

Be sure to renew your EBTC membership today, using the form on the last page of this issue of Spokes. **All EBTC memberships expire March 31.**

Note that *Spokes* will be available only in electronic form as of April 1, except by written request. Please note that it costs the club \$1.50 to print and mail each hard copy issue we send out.

### Important Note: Registration for Golden Triangle

If you wish to register for this year's Golden Triangle, mail a completed Overnight Trip Registration form, along with your completed membership application form and payment, as well as the \$100 trip deposit to EBTC.

*To register, you must be a member.*

**Remember that to be accepted, your registration cannot be postmarked before April 1, 2006.**

## 2006 Golden Triangle, May 19-22

Kick-start the 2006 cycling season with the traditional May long weekend tour from Castle Mountain Junction to Golden to Radium to Castle Mountain Junction. This is a hostel/hotel, van-supported trip with a limit of 28 people, including the coordinator and one driver. There will be a pre-trip meeting.

Coordinator: Gary Garrison (908-6292) Cost: approximately \$225. \$100 deposit required with Overnight Trip Registration form. Distance/Rating: Intermediate+; 105-115 km/day over mountain passes



**Warning!!!**  
**Do not**  
**adjust your**  
**set!**  
**We are**  
**experiencing**  
**technical**  
**difficulties!**  
This issue of Spokes is coming to you with only a few photos because your new editor's hyperactive virus checker deleted all the photos sent in as e-mail attachments. Rather than delay production, Spokes is coming to you as text only. See Editor's note for details

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

### EBTC Executive Members

|                               |                         |          |
|-------------------------------|-------------------------|----------|
| <b>President</b>              | Alan Schietzsch         | 455-1924 |
| <b>Vi-P/Touring</b>           | Gord Charles            | 487-0206 |
| <b>Secretary</b>              | Marie-Andree Lachapelle | 431-2775 |
| <b>Treasurer</b>              | Cindy Martel            | 433-5178 |
| <b>Membership</b>             | Sue Sohnle              | 459-9830 |
| <b>Spokes Editor</b>          | Gary Garrison           | 908-6292 |
| <b>Publicity Coord. &amp;</b> |                         |          |
| <b>Social Coord.</b>          | Michel Lamontagne       | 466-2615 |
| <b>Supplies &amp; Equip</b>   | Ernie Mah               | 988-8322 |
| <b>Education &amp; Safety</b> | Don Peddie              | 457-2945 |
| <b>Volunteer Coordinator</b>  | Vacant                  | -----    |
| <b>Librarians</b>             | Brian & Susan Gerbrandt | 436-0833 |
| <b>Web/E-mail</b>             | Nadine Leenders         | 438-1987 |
| <b>Past President</b>         | Maureen Lanuke          | 436-9004 |

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 [garrisong@shaw.ca](mailto:garrisong@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. Gary can be reached by telephone at (780) 908-6292.

### 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)

### Get *Spokes* by E-mail and Save Money and Time

**To save costs and valuable executive time, we encourage all members, where possible, to use the electronic version of the newsletter instead of requesting a hard copy. Remember that it costs \$1.50 for each paper copy we print and mail out.**

*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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P.O. Box 52017  
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Edmonton, AB T6G 2T5

### Cycling thought this month...

Isn't it spring yet?  
What's that white stuff on the  
ground anyway?  
And who put it there?

## Inaugural Address

by Our New President Alan Schietzsch

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The Edmonton Bicycle & Touring Club has a terrific history of cycling, friendship, and a social atmosphere. I know the 2006 season just ahead of us will follow that tradition.

I'd like to personally thank our past president Maureen Lanuke, our past *Spokes* co-editors Carol Benoit and Stew Henderson, as well as Angela Ziemann, our past membership coordinator, and David Williams, our past secretary, for their great contributions to our club during their terms in office.

Thanks also go to Dennis Woo, who was our Librarian, and "the two Scotts," Scott Southworth, our volunteer coordinator and Scott Keast, who handled publicity—at this point it feels like maybe I should stop and thank the Academy!

We have some new faces this year, among them chef Michel Lamontagne, who is handling both our social and publicity roles. Cindy Martel of United Cycle has lent us her expertise as our new treasurer, and Marie-Andree LaChapelle to be our secretary. Sue Sohnle takes over the membership position, and Brian and Susan Gerbrandt will serve as our Librarians. They all bring a new enthusiasm to our club executive.

Don Peddie graciously remains on education and safety, and heads up the Cycling 101 rides. Welcome back to Nadine Leenders who was our treasurer; now she'll be keeping our website up to date. Ernie Mah has volunteered to remain our supplies and equipment coordinator for another year, Gary Garrison has stepped onboard as our new *Spokes* editor, and Gord Charles fills out our roster in the VP/touring coordinator role.

Finally, while Stew Henderson isn't technically on the executive, he's taken on an



important new role in our club: coordinating the **2006 Tour de l'Alberta**. Be sure to help him out in our club's exciting keynote event!

Want to become involved with the new EBTC executive too?

**There's still one vacancy left, and it's an easy and fun position. If you enjoy chatting with people, you should become our Volunteer Coordinator. It involves letting members know about opportunities to be more involved in the club by keeping a list of volunteers and their area of interest, and contacting volunteers as needed.**

**If you're interested in writing, editing, or graphic design, Gary would appreciate a hand with the Spokes newsletter too; this is a great way to work as a team and get your feet wet without a huge commitment.**

Just let any of the executive know and we'll be happy to help you join in with this great bunch of people.

As your new president I look forward to hearing your comments and suggestions. I can also be contacted by email at [alans@shaw.ca](mailto:alans@shaw.ca).

With a very early spring on the horizon, we'll all be on our bikes together soon. I hope to see you on the roads this spring. Please feel free to stop and talk to me anytime.

- Alan Schietzsch  
President, EBTC

## **Overcome Fear of Group Cycling - using these Six Easy Steps**

by Don Peddie and Alan Schietzsch

It's easy for new members to become immersed in EBTC activities! Over the years, the EBTC has learned that new and prospective members often wonder just how to get started in group cycling and involved in club activities in general. These people may join or think about joining the EBTC at any time of the year, and wonder "Where do I start?"

For many of us, just showing up with a bicycle to meet a group of Lycra-clad strangers in a parking lot can be quite intimidating. To help diminish this concern, throughout the 2006 cycling season the EBTC will be offering several ways for people to ease into club activities without feeling pressured, worrying about the group cycling too fast and being dropped on a ride, or wondering what type bike to ride. Here are some ideas for you. Details and dates for each of these activities will be published in a future issue of *Spokes* and on the web.

### **Cycling 101: Orientation to Group Riding**

Many cyclists joining a bike club may have always cycled by themselves and may be hesitant about biking in a group. You may need some help on shifting techniques, climbing hills, flat tire repair, etc. You may have questions regarding what additional equipment would be helpful. If so, an orientation ride or two may help get you started more safely and with more confidence. Cycling 101 is a six-week program that will occur early in the cycling season to deal with all these issues. Participants will receive tips and answers to their questions prior to and during rides scheduled to last about an hour. After each ride, everyone is welcome to congregate at a local coffee shop, convenience store, or other nearby location to talk about the ride, the club, other activities, or just socialize before heading home.

### **Show 'n' Go Rides: Relaxed and Sociable**

Once a person is comfortable with the concepts of group cycling and can easily ride for 90 minutes or so at a relaxed to moderate pace, then it is time to look plan for a Show 'n' Go ride. These rides are open to all EBTC members, and novices are especially welcomed. Maybe you are already knowledgeable about bike mechanics and safety issues but just want to be sure you will not be left behind on a ride to find your own way back to the

starting point. These rides are totally oriented to being friendly and pleasant, with plenty of time to socialize before, during and after cycling.

### **Sweat Rides: Conditioning, Confidence, and Fun**

Sweat Rides are intended to be cycled at a higher intensity, to help members increase their fitness, and improve their cycling abilities. The route is typically out-and-back on the same route. The group begins together and ends together or within a minute or two of each other. In between everyone rides at a speed he or she is comfortable with. Riders coach each other on pace and technique and help each other with any problem that comes up. And since EBTC is a social, recreational club, the group typically has a coffee (or whatever) before going home.

### **Regular Tours: Day Rides and Longer**

If you're already comfortable with group cycling, can maintain yourself and your bike without assistance, and you either know the planned route or can follow a cue sheet, then you may wish to select some of our longer rides. All rides are rated by terrain, expected pace, or distance. Not all longer rides have vehicle support, so you are expected to know how to fix a flat, replace a thrown chain, etc. on your own—but being social, recreational club, there is usually somebody else around to help or at least keep you company.

Typically, the group designates meeting places along the route for snack breaks, and so you simply go at your own pace or in small groups until you reach the destination. At all times, cyclists are expected to be courteous and to follow the rules of the road.

### **How to Choose a Ride**

Although some EBTC rides are somewhat fast and long with few services, the club does not have races nor promote race-like rides. Until you know just how your cycling ability matches a particular ride distance, we suggest that you start with some of the shorter and easier rides. You can always move up to a longer ride later, but if you have a bad experience by taking a ride that is above your present abilities, unfortunately, that may turn you away from riding with EBTC—and we don't want that to happen! As an adult recreational bicycling club, we advocate sociability, sharing the roadway, and safe and responsible cycling enjoyment. Remember: there are two essential requirements for participating in club rides: you must wear a bicycle helmet and have a current club membership.

**Any Questions?** Feel free to call anyone on the executive, the EBTC phone line, or a specific ride's leader for more details. The EBTC has more recreational rides and activities than any other bicycling club in northern Alberta, but we can only meet our goals if we know what you need and can adjust accordingly.

Everyone in the club is a volunteer, and most rides are free or involve minimal cost. Once you see what

is offered and participate in some rides, you may have some ideas of your own and wish to lead a ride near where you live or work. If so, just contact our touring coordinator and help us help each other to enjoy some great cycling with great friends! Happy cycling!

## **Tires: Keep the Pressure Up, But Don't Blow It!** by Don Peddie

*"Don, how much air should I put into my tires?"* is the most frequently asked question I get asked all summer.

The correct tire pressure is a very controversial subject and one of the most misunderstood elements of road riding. The following recommendations are based on my years of experience and from following advice in magazine articles by so-called experts.

Tire manufacturers stamp a maximum tire pressure value on the sidewall of all tires. This number denotes the highest pressure a tire can sustain for long without damage. It is not the recommended pressure for recreational cycling. Two key considerations in deciding on the correct tire pressure are: preventing pinch-flats and providing rider comfort.

**Under-inflation leads to pinch-flats:** the tire is compressed completely against the rim in a spot where the tire goes over an object, trapping the tube against the rim and puncturing it. To be certain your flat is of this type, look at the tube; if it has two slits in it a rim-width apart—very much like a snake-bite—you've got a pinch-flat. The evidence is unmistakable.

**Over-inflated tires produce a harsh, bumpy ride.** Tires inflated 90–95 pounds will demonstrate to the rider the suppleness the manufacturer has built into the tire. Higher pressure will result in a much harsher, more jarring ride. When this is combined with the super-stiff wheels that are currently so common, the result is usually some serious pain to the parts of the anatomy that contact the saddle.

Most cyclists believe that unless the tire is inflated to a very high pressure there will be more rolling resistance, thereby reducing speed for a given effort. This effect is extremely minimal and only needs to be considered when racing.

The key to selecting the correct tire pressure is to match the tire size to your weight. Most cyclists simply select 700 x 23C no matter what our weight is. For those weighing less than 180 lbs (82 kilos), this is a good tire size. However, if you're over 180 lbs, 700 x 25C is a smarter choice. For those of us who weigh over 200 lbs (92 kilos) 28C is the best choice. Another consideration is that, given these weight guidelines, touring riders should lean toward wider tires, racers toward narrower.

With the correct tire size, **inflating to 90 lbs for the front and 95 lbs for the rear will be the optimum pressure for comfortable riding without the risk of pinch flats.** For mountain bike (26") tires, it's much less.

Cornering and descending are smoother and easier, the ride is more pleasant, and at the end of a long ride you feel fresher and less fatigued. An added bonus is that your tires will last as much as five times longer.

So if you're a "max-pressure" type of person, try reducing the pressure bit by bit until you're down to 90 lbs front and 95 lbs rear. Try it. I'm sure you'll be pleasantly surprised.

## EBTC 2005/06 Events Calendar

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

\*\* Please note - This schedule is subject to ongoing changes, corrections, additions etc. Visit the website regularly for frequent updates and always remember to CHECK WITH THE EVENT COORDINATOR(s) for latest information. QUESTIONS or COMMENTS? WANT TO ADD OR MODIFY A TRIP? Please e-mail Gord Charles (gord@grtechnical.com)

### Sunday, March 12 - ANNUAL EBTC TRIP PLANNING MEETING

## Come help decide where we'll be riding this summer!

Do you have an idea for a bike trip? Whether it's a long one, a short one, an old or a new one, we want to hear from you! **Join with other cycling enthusiasts, socializers, chefs, and food consumers** to help EBTC plan for the cycling season which is just around the corner. It will be worth your while!

**For the Annual Trip Planning Meeting we need your ideas, your energy, and your support. If you have maps or written descriptions already, bring them along with you. Remember, everyone in this club is a volunteer just like you. If everyone helps plan, coordinates a trip or two, serves on the executive, or helps out the club in some way, we all benefit. And it's fun too! When: Sun, Mar. 12, 1 p.m. at Edmonton Int'l Hostel, 10647-81 Ave. Info: VP Gord Charles (see exec list on p.2)**

### Tuesday, March 14th, 2006 - Stanski Moonski

Coordinators: Jasmine Hohenstein and Marvin Bloos

**Description:** We don't want to miss out on enjoying a ski on the great "STANSKI" ski trails in St. Albert by moonlight! We will meet at a location in St. Albert and have a good ski followed by a meal in St. Albert. More details TBA.

### Friday, March 17-19, 2006 - Kananaskis Snowshoe Weekend

Coordinator: Jason Demers, 716-3235

**Description:** Try out a new activity in great late winter conditions: warmer weather, and longer days in the mountains (we will be avoiding any areas that have avalanche risk). We will arrange snowshoe rentals through the outdoor centre at the U of Calgary. The organizer will pick them up on the way to our weekend destination. People can drive down to Kananaskis anytime on Friday during the day or after work. Car-pooling is a possibility. We will be meeting at the hostel (location to be determined) for a relaxed evening. Up to 10 participants. More details & cost to come...

### Sunday Weekly Snow 'n Go's

**Coordinators:** Audrey Hermutz 439-1423 (home) and Al Carlson at 458-1471 (home) or 452-6900 ext 12 (work)

On any Sunday morning when there is no other local day trip planned, the Snow 'n Go is on. There is lots of great skiing in and around Edmonton, especially at the close by trails at Goldbar and Riverside. We will meet at the Second Cup on 75 St and 101 Ave to decide where to go, in or out of town. Meet at 9:30 for coffee, 10:00 is departure time. If heading out of town, we could car pool. Watch the web or call re trail conditions. Note: *If there is another event scheduled on the Sunday (excluding overnight trips), the Snow 'n Go will be cancelled.*

### Wednesday Evening Slide & Glide

**Coordinator:** Al Carlson at 458-1471 (home) or 452-6900 ext 12 (work)

Join your fellow EBTC XC ski enthusiasts for a midweek outing at some of Edmonton's great winter ski locations. We leave the parking lots at 7pm SHARP for 1.5 -2 hours of generally leisurely skiing. If you need to wax, please arrive a bit earlier. The route varies based on the best knowledge of conditions that night, and ends with hot chocolate and perhaps some goodies. The meeting locations are decided about 10 days in advance, contact Al above. If conditions are not suitable for skiing, then we go skating at Victoria oval if conditions are suitable. Possible locations are:

- Goldbar Park (off 50th Street – meet at Club House)
- Hawrelak Park (meet at the first picnic shelter)
- Riverside Golf Course (lower parking lot across road from the golf course)
- Whitemud Park (off Fox Drive, loop under Fox Drive to end of Road) – meet by footbridge
- Emily Murphy Park (parking lot by the bridge)

## The Best of the Gulf/San Juan Islands May 6-20, 2006—Registration Now Open

What could be better than two weeks cycling in the beautiful Gulf/San Juan Islands during the month of May? If you haven't been there before, the Gulf Islands are the Canadian islands between Vancouver and Vancouver Island. The San Juans are the American islands just south and somewhat east of the Gulf Islands.



The trip will start with a couple of nights on San Juan, one of the flatter islands, perfectly designed for those of us just getting our legs under us again after the winter's uncycling season. From there we will travel to two other American islands, Lopez and Orcas. Lopez is fairly flat, but Orcas is the largest of the islands and offers lots of diversity. This includes a chance to try your hand at sea kayaking and ascending to the top of Mount Constitution for a spectacular, panoramic view of the surrounding islands.

From Orcas, we will move on to the Canadian Islands, spend several nights on Mayne Island and do a couple of day trips from there to Galiano and Saturna Island. Then there's one night on Pender Island, followed by a few nights on Saltspring Island. Mayne is known as one of the flattest of the islands, but it is one we haven't explored for a few years, so we'll have to rediscover what it's really like!! Galiano and Saturna are uncharted territory for us, and so we'll all discover them together. Pender has lots of little coves and side roads good for mountain bikes. The main paved road runs the length of North and South Pender Islands and is a pleasant ride. We'll have a bakery stop—if it's still there!—between the two islands.

We always save the best for last: Saltspring. Although it's the hilliest of the islands, Saltspring also has lots of roads and parks and coves to explore. It's the largest Canadian island, and we understand it has grown tremendously since our last visit. Saltspring has a big arts community, and many painters, potters, and other artists and craftspeople have set up shops out of their homes. There is also the possibility of a day trip to Chemainus, the town that saved itself by painting murals on the side of the buildings.

If two weeks is too much for you, there is an option of joining us for a week, either at the beginning or the end of the trip. This is a self-supported bed and breakfast/cabin/condo trip. You will need to carry your own clothing and toiletries, but no sleeping bags or tents. Meals and clean-up will be shared when we stay in cabins or condos. In the bed & breakfast locations, meals other than breakfast will be either eat out or make your own.

Because the islands can start to get busy in May and we need to pre-book well in advance, deposit for the trip is \$500.00. REGISTRATION OPENS MARCH 1, 2006. Details of the final cost are still being worked out, and we will know more in the near future.

Piqued your interest? Want to know more about it? Call trip coordinator Maureen Lanuke at 436-9004.

COME AWAY WITH US . . . . .



## We Found Snow!

Jasper Ski Trip, January 27-29, 2006

by Gary Garrison

[Sung to the tune of "Let It Be"]

Every single day in January  
we woke up to a world of brown.  
We hadn't had a winter,  
in Edmontown.  
Why it hardly froze,  
the weather people still don't even know,  
but we don't need an answer, give us snow.

Give us snow, give us snow,  
give us snow, give us snow.  
We don't want to have no winter.  
Give us snow.

Our high-tech skis had had no workouts  
Since the March of 2005.  
Our ski legs had grown flaccid.  
It was dry.  
Biking, walking, socializing  
wasn't where we want to go.  
Four weeks into the new year; we need snow.

Give us snow, give us snow,  
give us snow, give us snow.  
We had to have a ski trip,  
Find some snow.

Seven cyclists starved for skiing  
headed west to higher altitude,  
and though the tracks were icy,  
they were good.  
We finished with sore muscles,  
sang and partied on throughout the night.  
We had found the answer; it was white.

We found snow, we found snow,  
we found snow, we found snow.  
The tracks were a little icy,  
but with snow. (X2)



Jessica, Gary, Tammy, Mary Anne, Stephen, Ben and Jody sing and socialize at the Jasper Hostel after a day of skiing on **SNOW!**

## Skiing Lake O'Hara: Uphill Both Ways by Glenn White

Picture this: a wonderful Alberta / BC blue-sky day, fresh white snow, and 12 enthusiastic EBTC skiers. It does not get any better than that. After a quick breakfast at the Castle Mountain Hostel, Bill, Karen, Marlene, Kelly, June, Maureen, Colin, Ed, Jessie, Barb, Jason and Glenn set off. After a caffeine fix in Lake Louise, we were all set—well, sort of.

The keeners in the group, who had heard of a free lunch if they made it to Lake O'Hara Lodge by noon, headed up the 11 km ascent. The more leisurely in the group went to the parking lot for a last-minute attempt to reduce the amount of stuff we needed to bring. Ed and Glenn tied for biggest pack.



Skins on or skins off, it was still a slug going up the hill. But what a beautiful day! Lots of blue sky, wonderful snow, and a balmy minus -24. We were practically in heaven.

On the way up, we made frequent stops. Ed the Mogul Masher attempted to take on the bumps in Olympic style. We arrived at the lodge, enjoyed some beer and other beverages, then a wonderful supper, and later some well-deserved rest.

The next day, after a hearty breakfast, we made up our lunches from a variety of wonderful choices. After a slight delay for preemptive taping of various body parts to prevent blisters, we were on our way to MacArthur Pass for some skiing – but not before we had a class on Avalanche Safety from Peter our guide.

The pace was just fine, and some people tried out snowshoes just for fun. Colin had a little problem with his snowshoes on the way back: he found they don't slide downhill very well! We continued to climb up—does this theme sound familiar? After a few stops along the way, we arrived at the top of a knoll overlooking the most spectacular view of Rocky Mountain peaks in every direction. After a leisurely lunch and exposure to Bill's coat of many colours, we decided that we needed to get back on the skis - if only to get Bill to put away his coat (inset picture). Some of us took it easy on the hill, but not the daring young woman on the skinny skis. Karen just zipped down the hill doing graceful turns and showing us the way. Eventually we assembled for the trip back to the lodge. Somehow we ended up going uphill again. Is it possible that skiing, like cycling, goes uphill both ways?

We split into two groups. Bruce took a group back along a ridge where Kelly attempted to qualify for the Olympics in the aerial competition. According to Marlene it was close to an Olympic medal performance—complete with comments about the physical after-effects of such a daring performance the next day.

The other group worked its way to a ridge overlooking Mount Todoray where we again plotted strategy for our descent. Peter warned us not to get fooled into going left, no matter how tempting it was. Colin was a little nervous as his snowshoes had given up the ghost once before, and despite his best efforts he was soon walking when the harness broke on him. Karen once more led the charge down the hill. Barb decided that despite Peter's advice she was going left and gave her snowshoes

a good workout. Finally, all together we encountered the long steep hill where many of us decided to walk down or slide down on our butts—okay, maybe we didn't decide on our own but had a little help from the hill.

Safely back in the lodge for the night, showers and sharing stories preceded another wonderful meal. We discussed plans to do the trip again next year and developed a few elaborate qualifying criteria. Everyone agreed we would support Maureen if she would get us organized again. You never know. Then the game board came out, and after an hour or so of Cranium the group broke up, but not before many tales of good times and lots of laughs.

The next day we headed off in different directions. Jason, Jessie, Kelly and Marlene decided to get in a little tour around the lake. Colin and June headed out the trail due to a commitment in Edmonton. Karen and Bill decided to try a few more hills before heading home. Barb, Ed, Maureen and Glenn went part-way with Peter towards Linda Lake then doubled back, thus confirming that their snowshoes had worked just fine. Then back to the lodge, a quick lunch, last-minute packing, and off for a great run down the hill. Telemark skis are great but do not work well uphill! After putting skins on and off and on and off a few times, we made it back to the parking lot, loaded up our vehicles, and headed home.

It was a great group and trip with lots of good memories and wonderful pictures to remind us of the marvelous time we had. A special thanks to Maureen for organizing our trip and again ensuring the EBTC gang had a wonderful time, be it winter or summer.



## **Tour de L'Alberta July 23, 2006—Volunteers Needed!! (Yes, Right Now!)**

Hard to believe that we are planning for the 2006 Tour de l'Alberta already, but the Tour is getting bigger and bigger every year, and we REALLY need help!

In addition to executive members, the club is also seeking interested volunteers to help us continue to run a great EBTC ride. If we are going to continue to be able to offer this wonderful event, it is imperative that a committee is formed to help share the duties – and the excitement! The following is a list of committee positions available for the Tour. Remember, the Tour de l'Alberta is the club's main fund-raiser and biggest exposure for publicity to bring in new members. Our deadline for determining whether the Tour will be offered in 2006 is December 31<sup>st</sup>. If YOU don't volunteer for this vital event, the Tour is in danger of becoming just another great memory! Please don't let that happen!

Please contact Stew Henderson immediately at 438-1351 or 910-4462, or by email at [stew.henderson@shaw.ca](mailto:stew.henderson@shaw.ca) to participate in the fun and excitement of planning our signature ride!

### **Tour de l'Alberta – Committee Positions**

- **Tour Coordinator** – Responsible for the overall organization of the Tour. Coordinates with committee members to make the Tour great!
- **Volunteer Coordinator** – works with all committees to obtain volunteers for the various duties involved in the Tour.
- **Registration Coordinator** – Maintains and updates lists of riders. Ensures lists are forwarded to the webmaster for publication when the ride is finished. With the assistance of the Tour volunteer coordinator, obtains and coordinates the volunteers who man the registration tables on the day of the Tour.
- **Publicity Coordinator** – In conjunction with Chili's Restaurant, is responsible for organizing the promotional media breakfast in support of the Tour. Also writes and coordinates all promotional articles, events, broadcasts and other publicity involving the Tour. Obtains any needed volunteers to speak about the Tour.
- **Sponsorship Coordinator** – In conjunction with the Tour volunteer coordinator, obtains volunteers to solicit prize donations for the Tour. Develops methods to ensure recognition of sponsors. Liaises with the Prize coordinator to record and deliver all prizes.
- **Prize Coordinator** – Responsible for liaising with the Sponsorship Coordinator to obtain and record all prizes and prize winners, and to ensure delivery of same to the winners. In conjunction with the Tour volunteer coordinator, obtains volunteers to assist with these duties, as well as to stuff and deliver rider finisher bags as cyclists reach the Finish line.
- **Bike Marshall Coordinator** – With the assistance of the Tour volunteer coordinator, obtains volunteers and coordinates the bike marshals, the bike mechanics and the sag wagons who follow cyclists and help them to obey safety rules and assist with minor repairs.
- **Traffic & Safety Control Coordinator** –With the assistance of the Tour volunteer coordinator, obtains the marshals who control critical intersections along the route, and coordinates the marshals and the police/ambulance services. Organizes volunteers to direct access to parking. Organizes the pace car that leads riders out on the ride. Reviews safety arrangements and ensures cyclists are aware of safety regulations.
- **Rest Stop Coordinator** – Obtains and coordinates the food and beverages for the various rest/lunch stops along the route, and liaises with the Canadian Birkebeiner volunteers who man the rest stops. In conjunction with the Tour Volunteer Coordinator, obtains volunteers to assist with lunch and rest stop pickup and deliveries on the day of the Tour.
- **Signage & Site Coordinator** – Obtains and ensures all signs are in place along the route. With the assistance of the Tour volunteer coordinator, obtains & coordinates the volunteers to assist with sign placement and site setup and takedown on the day of the ride. Coordinates with suppliers/service providers to organize placements and fulfill service needs (e.g. electricity, tables/chairs, etc.)
- **Recorder Coordinator** – With the assistance of the volunteer coordinator, obtains and coordinates volunteers who record rider numbers along the route and at the finish line.

## Letter from the Editor

Thanks to Carol Benoit and Stew Henderson for doing such a bangup job on *Spokes* for the last two years. I'm missing their expertise already! I just started doing this job, and I've run into one snag after another. I'm sure that's mostly inexperience with this layout, not being quite set up to do *Spokes* on the club computer and nursing my old clunker through this huge document, battling my overzealous virus checker that deems every photo to be "unsafe," et cetera. I'm now looking for an oversized condom to put around my computer to use instead of that infernal virus checker. If anybody knows where I can find one, please phone me! In the meantime, I am grateful for everybody's contributions and support. I just hope I come out of this issue alive!

Gary Garrison (908-6292)

PS. Just because you've received this issue of *Spokes*, that doesn't mean I actually did survive. I typed this message before the issue was put in the mail—assuming it does get mailed! In lieu of flowers, please send donations to the MS Word Overdose foundation, PO Box 666, Inferno, WA 99999, or see the website: [www.MSWOF.fatalities.com](http://www.MSWOF.fatalities.com)

## It's a Boy !

Martin, Christine and big brother Matthew are very pleased to announce the arrival of our precious Michael Joseph.

Michael was born December 8, 2005, weighing 5 lbs, 10 oz.

We look forward to getting on the trails for some family rides.

The Kupiliks



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## 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 Stn.**  
**Edmonton, AB 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.

EBTC SPOKES

Club website: [www.bikeclub.ca](http://www.bikeclub.ca)

2006-2007



## Edmonton Bicycle and Touring Club Membership Application Form

rev 03-06

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Spouse/Partner \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Spouse/Partner Phone \_\_\_\_\_  
 Additional Household Member(s) \_\_\_\_\_

Do you want to receive regular club news email updates? Yes  No  Your Email: \_\_\_\_\_@\_\_\_\_\_  
**EBTC's "SPOKES" newsletter is published directly on the club's website, so members can print or view online.**

Membership Type: Single  Family of 2  Additional  Do you have a current First Aid Certificate: Yes  No   
 Are you interested in being a: leader of a day or weekend trip  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

**Annual Membership April 1 - March 31**  
 Single \$40.00 - Family of 2 \$60.00  
 \$ 12.00 For each Additional Family Member

**Winter Membership October 1 - March 31**  
 Single \$30.00 - Family of 2 \$50.00  
 \$12.00 For each Additional Family Member

### Release, Waiver And Assumption of Risk

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

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

DATED AT \_\_\_\_\_ ALBERTA, THIS \_\_\_\_\_ DAY OF \_\_\_\_\_, 200\_\_\_\_\_

### The following information is 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 \_\_\_\_\_

**All household members MUST sign - If under age 18, parent or guardian's signature is also required.**

**Helmets:** Cyclists are required to wear bicycle helmets while riding under the auspices of the EBTC. Helmets must meet currently accepted safety standards.

**Amount Membership Enclosed \$ \_\_\_\_\_ (Optional) donation to TransCanada Trail Foundation \$ \_\_\_\_\_**

(For Club use only)

Member Card Number

Date received \_\_\_\_\_ initial \_\_\_\_\_ # \_\_\_\_\_

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

**Please make cheques payable to: Edmonton Bicycle & Touring Club,**  
 P.O. Box 52017 Garneau Postal Stn., Edmonton, AB T6G 2T5