

Jan-Feb 2008

Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

The AGM Is Coming, Feb. 24

An RSVP Event

Do you want to get involved or learn more about our club, then come to the EBTC Annual General Meeting! Join us at 4:00pm on Sunday, February 24th at the Rundle Family Leisure Centre. A catered dinner will be served at 4:30 with the meeting to follow. Before taking part in the AGM, if weather permits you can enjoy the cross-country ski trails or the skating rink in Rundle Park!

The club is subsidizing the cost of the dinner, therefore the cost is \$4.00/person. We request that you also bring a donation for the Edmonton Food Bank.

To celebrate our club's 30th year the new EBTC 30th anniversary bicycle jerseys will be available for purchase. See details on page 3 of this issue of *Spokes*.

Please RSVP by February 17, 2008 to Susan and Brian Gerbrandt, Social Coordinators at 436-0833 or ssbdg@hotmail.com. An RSVP is required so that sufficient food is ordered for all participants.

See you there!

Directions to ACT Rundle Park Family Leisure Centre

From 118 Avenue (east of 34th Street), turn south into Rundle Park and follow the signs for the ACT Rundle Park Family Leisure Centre – 2909 113 Ave NW

Mark Your Calendar Now!

Jasper-Canmore, July 4-7

The Classic Icefields Parkway tour this year will not be on Canada Day but the following weekend. Don't miss out on this opportunity to experience Banff and Jasper National Parks on two wheels, converting food--glorious food!--into enough energy to carry you and your bike up two heart-stretching mountain passes and along 310 kilometers of the best scenery in the world.

For details see writeup on page 4.

Note: Registrations will not be accepted prior to April 1. Registrations postmarked prior to April 1 will be returned to sender.



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

PREZ SEZ:

During the last meetings for the year, EBTC's volunteer board has been setting things up so next year will be a success. **We want to give next year's exec a solid base so they'll have an easy start.**

At December's meeting, we voted that members who cancel out of a trip receive a full refund **if a replacement is found**. Previous policy was that a full refund would not be given after the trip deadline. We realized that if a replacement is found, the trip budget stays the same in the end. If no replacement is found the trip fee is still kept. That way the remaining participants aren't forced to pay more to make up for someone who drops out.

How much do you want to spend per day on food? There's also been discussion around the daily food budget for trips. Costs have risen, so we increased the budget from \$16 to \$20 daily per trip participant:

- o **breakfast:** from \$3 to \$4
- o **lunch:** from \$3.50 to \$5
- o **supper:** from \$6.50 to \$8
- o **snacks:** remains the same

Just after that meeting, a member suggested that the amount should be raised more, so we're looking for input.

Please let us know what you think is a reasonable guideline on how much you want to spend. Remember that this is a guideline - the budget for a specific trip can be changed **if participants agree** up front that they prefer a more luxurious or economical style of trip. Please email any exec your thoughts.

Discussions with our insurance carrier suggested we remind members that in the case of an accident, an accident report has to be submitted immediately. If there's no report, the insurance company has nothing to go on but after-the-fact hearsay, so they will not accept claims.



Don't wait. Even if you are not sure there'll be a claim, be sure to file a report right away.

Lots of folks have been speculating on **who will run for 2008's EBTC executive at the upcoming AGM?** As I wrote in the last Spokes, we try to turn over about half the board each year so that there are new members with fresh ideas, as well people with helpful experience.

What qualifications do you need? **You don't need to be a cycling expert.** In a bike club it's always easy to find knowledge about cycling. Look inside yourself, at your own skills.

Maybe you like talking on the phone - you would make a terrific volunteer coordinator! Or if you like writing or art, and would enjoy creating a newsletter. Or you are good with numbers, and could help do the books.

It's satisfying. The passion to work together and make things better is what makes EBTC a great club. Be a part of it, **see you at the AGM!**

EBTC Executive Members

President	
Alan Schietzsch.....	455-1924
Vice-President/Touring	
Ed Weymouth.....	489-7711
Secretary	
Marie-Andréé Lachapelle.....	431-2775
Treasurer	
Jam Damgaardl	464-7863
Membership Coord.	
Peggy Hurdle.....	487-5489
Newsletter Editor	
Gary Garrison	908-6292
Social Coord.	
Brian & Susan Gerbrandt	436-0833
Supplies & Equip.Coord	
Ernie Mah	988-8322
Education&Safety Coord	
Don Peddie	457-2945
Volunteer Coordinator	
Eileen Hall.....	922-0884
Librarian	
Millie Schietzsch.....	455-1924
Web/E-mail	
Jim Tegler.....	434-4381
Past President	
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 22nd day of each month. Enquiries, articles and jpg digital or scanned photos can be delivered by email to **gar-risong@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@bikedub.ca

To save costs and valuable executive time, all club members receive e-mail notification when Spokes is posted on the club website and are expected to access it online. Members who cannot access the Internet readily can get Spokes in hard copy by sending in a written request to the EBTC post office box noted below. Remember that it costs \$1.50 for each copy we print and put in the mail.

Publisher Information & Policies

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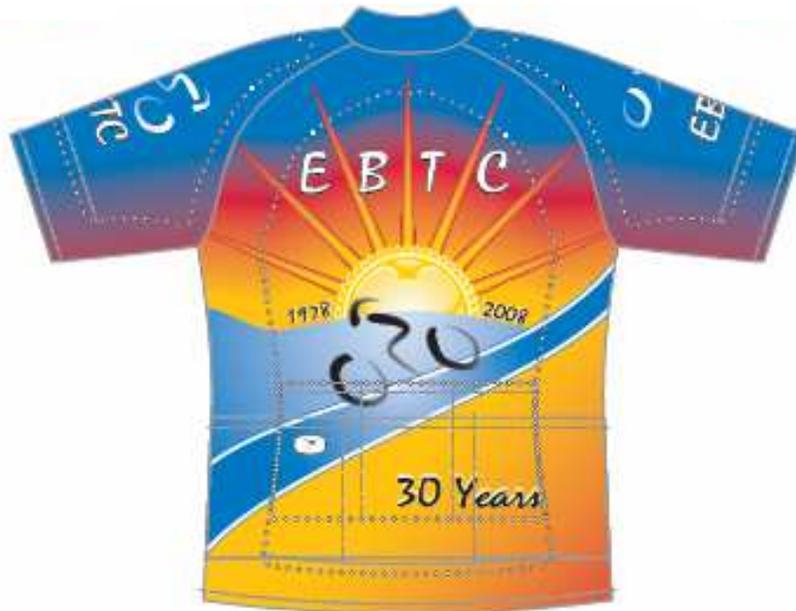
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Edmonton Bicycle &
Touring Club
P.O. Box 52017
Garneau Postal Station
Edmonton, Alberta T6G 2T5

Quote of the Month

You never have the wind with you - either it is against you or you're having a good day. ~Daniel Behrman, *The Man Who Loved Bicycles*

EBTC is 30 years young! Let's show the club's colours!



EBTC members are able to purchase this colourful Sugoi bike jersey designed by club member Ernie Mah. We'll have a sale table set up on AGM day, February 24, in the Rundle Family Leisure Centre from 2:30-4:00 PM. The club executive has agreed to subsidize the cost of the jersey and club members can purchase as many jerseys as they wish at the very low price of \$45!

The jersey comes in a raglan style which offers a traditional, semi-fitted cut with a smooth shoulder line, in women and men sizes. Use the sizing chart below to start figuring out the sizes you will need.

WOMEN	S	M	L	XL	2XL	MEN	S	M	L	X L	2X L	3XL
Waist	27"	29"	31"	34"	37"	Waist	30	32	34	37	40	42
Chest	34"	36"	38"	40"	42"	Chst	37	39	40	44	47	49
Bust/Cup	32B-34A	34B-36A	36B-38A	38B-40A	40B-42B							

Note: Only personal cheques will be accepted on February 24. This is not an ordering day; we'll have the jerseys with us for distribution.

See you there!

Mountain Parks Classic Tour

Jasper to Canmore via the Icefields Parkway

July 4 through 7

Description: The "Classic Van Supported Mountain Tour", rated one of the Ten Best Bike Rides on the planet.

Dates: Friday morning, July 4, through and including Monday evening, July 7.

Registration opens: April 1. \$150 trip deposit is due on this date.

Final Trip Deadline: June 1.

Participant limit: 20 plus two drivers.

Distance / Rating: approx. 310 km total, 100-110 km per day. Intermediate Plus. There are two major mountain passes with sustained grades of up to 9%. Your bike should have a low "granny gear" for the big mountain passes (e.g., a 28- or 30-tooth chainring and a cassette cog of at least 28 teeth).

Cost: Deposit for this tour will be \$150. Total cost per person will be in the neighbourhood of \$425 (to be confirmed at the registration opening date). Up to the final trip deadline, the trip deposit is non-refundable unless a replacement can be found. After the trip deadline, the entire trip fee is non-refundable unless a replacement can be found, and the deposit is non-refundable. For a full description of the EBTC trip deposit, deadline and refund policy see the TOURING POLICIES & GUIDELINES on the club web page, <http://www.bikeclub.ca/fmo/policy.html>.

The itinerary: Early Friday, we'll drive out to Lake Annette in Jasper to start our journey down the Icefields Parkway. A short ride will take us to the Athabasca Falls hostel for Friday night. Saturday, it's up and over the Sunwapta Pass, past the Columbia Icefields, down the "Big Bend" and on to the Rampart Creek hostel with its charming log-cabin sauna. Sunday we cycle up the Bow Summit to Peyto Lake, then on to the Lake Louise hostel. Monday it's a medium length push to Canmore via the Bow Valley Parkway (1A), then climb in the vans for home.



Accommodation: Hostelling International hostels, in bunk house style sleeping rooms. Athabasca Falls and Rampart Creek are "wilderness hostels"; i.e., "no running water except creeks and rivers". The Lake Louise hostel is like a hotel. All hostels have complete kitchen facilities.

Meals: Participants will pair up to handle food shopping, cooking and cleanup, with each pair responsible for at least one meal for the entire group.

Pre Trip Meetings: There will be two mandatory pre-tour meetings, timing to be announced.

Co-ordinators: Peggy Hurdle (487-5489, peggyhurdle@yahoo.ca) and Bob Atlee (464-0603, atleerj@shaw.ca)

EBTC 2007/08 Winter Calendar

Note: All overnight trip registrations will be processed by mail only and by the envelope postmark date on a first come, first served basis. Overnight trip registrations with a postmark earlier than the trip registration date will not be processed. This schedule is subject to changes, corrections, additions, etc. Visit the website regularly for updates and always check with the event co-ordinator for the latest information. If you have questions or comments or want to add or modify a trip, please contact Ed Weymouth at fasteddie_58@hotmail.com or telephone 489-7711.

Friday Nights at Goldbar: (Only on dates indicated below).

When: February 1 and March 7

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

Description: What better way to spend a Friday evening than in the fresh air, enjoying the wonderful snow and the illuminated 10 km of trackset trails at Goldbar Park? We'll meet at the heated shelter at 6:45 pm and start skiing at 7:00 pm SHARP for 1½ hours of invigorating fun.

Afterwards, there will be hot chocolate and munchies. Goldbar Park is located east of 50th Street and north of 109th Avenue.

Wednesday Night Ski "Snow 'n' Go"

Wednesdays at Goldbar Park

Coordinators: Nadine Leenders (438-1987) nadine.leenders@ualberta.ca

Al Carlson (458-1471) or alcarlson@shaw.ca

Every Wednesday during the ski season, join your fellow EBTC cross-country ski enthusiasts for a mid-week outing at some of Edmonton's great skiing locations. We will leave the parking lots at 7:00 pm

SHARP for approximately 1.5 to 2 hours of generally leisurely skiing. If you need to wax on site, please arrive a bit earlier. The route will vary based on the best knowledge of conditions that night and will end with hot chocolate and perhaps some goodies. Meeting locations will be decided about 10 days in advance, and you can check the club website or contact either coordinator for updates. Ski areas most often used are as follows:
Goldbar Park – east of 50th Street and north of 109th Avenue.

Hawrelak Park – meet at first picnic shelter.

Riverside Golf Course – lower parking lot across the road.

Whitemud Park – off Fox Drive, loop under Fox Drive, to end of road.

Emily Murphy Park – parking lot by the bridge.



February Full Moon Howl – Thursday, February 21, 2008

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

Another evening spent outdoors under the light of the silvery moon.

Details to be announced.

Leap Year Bowling Night – Friday, February 29, 2008

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

Come join us for a fun filled evening that will only happen once every 4 years! We'll play a game or two of bowling followed by snacks and food at a nearby eatery. Details to be announced.

Austria by Bike, Film Night and Potluck—Saturday, March 15, 2008

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

Come and enjoy an entertaining evening where we will share our images of beautiful Austria, stunning scenery and the bike routes of the areas around Salzburg and the trails along the Danube River. Details to be announced.

EBTC Potluck Dinner April 13

Where: Capilano Community Hall, 10810 54 Street

When: Sunday, April 13, 4 to 8 pm.

More details to follow.

Coordinators: Brian and Susan Gerbrandt, EBTC Social Coordinators, 436-0833

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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.