



Spokes

August 2009

Check inside:

XV Edition Tour de l'Alberta Update	3
Trivia Time	4
Weekly Rides	5
2009 Cycling Calendar	6

Tour de l'Alberta a big success !!!

See page 3



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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 and Submissions

The deadline for the newsletter is the 22nd of each month. Enquiries and articles can be e-mailed to guru1@shaw.ca. Articles **must** be submitted in Word format and any pictures may be scanned and e-mailed.

Moving?

If you're moving, please send your name, old address, new address and new phone number(s) to the Membership Co-ordinator at the mailing address 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

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 \$2.00 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.

Fees for non-members to advertise in *Spokes* is \$25 for a quarter page, \$50 for a half page and \$100 for a full page.

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 for all articles and advertisements.

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2009 Tour de l'Alberta XV Edition BIGGEST EVER!

A record 853 riders participated in this year's Tour!

Success of the Tour is attributed to over 100 volunteers, 850 participants and 25 corporate partners.

I would like to especially thank:

Travel Alberta
Sturgeon County
Town of Morinville
United Cycle
Mountain Equipment Co-op
Revolution Cycle

The above organizations were instrumental in the Tour's success and went above and beyond their financial contributions.

I would like to thank the following communities for the support provided before and during the ride.

Westlock
Clyde
Thorhild
Red Water
Gibbons
Legal

Without these communities the new 178km route would not have been possible. The community spirit created a whole new dynamic for the event.

The event is continuing to grow and the 2010 edition is looking to be even bigger and could exceed 1,000 riders.

I hope to see all of you out there again next year.

Jason Demers

Trivia Time

I thought we would lighten up this month with some *body* trivia. I cannot guarantee that all this trivia is 100% correct, but it is good for some interesting cycling conversation!

- ✘ The average human blinks their eyes 6,205,000 times each year. *More when we get bugs in them!*
- ✘ The average human will shed 40 pounds of skin in a lifetime. *Exfoliation!*
- ✘ Nerve impulses to and from the brain travel as fast as 170 miles per hour(274 km).
- ✘ During a 24-hour period, the average human (but we are cyclists, so we are definitely NOT average!) will breathe 23,040 times.
- ✘ The average person falls asleep in seven minutes. *You don't? All I can say is...R-e-l-a-x-a-t-i-o-n M-a-s-s-a-g-e!*
- ✘ 15 million blood cells are destroyed in the-human body every second.
- ✘ The average life of a taste bud is 10 days.
- ✘ The average cough comes out of your mouth at 60 miles (96 km) per hour.
- ✘ Every year about 98% of the atoms in your body are replaced.
- ✘ The bones of movable joints are covered with a clear, thick, lubricating liquid called the synovial fluid, which acts like oil to make the joints work smoothly. If it weren't for this fluid, you would squeak when you walk. *This is why massage therapists will move your limbs around during your massage session...cool huh!*
- ✘ When a person is "shocked" the sensation is actually one of blood rushing to the brain.
- ✘ The average adult stands 0.4 inch (1 cm) taller in the morning than the evening, because the cartilage in the spine compresses during the day. *We all need to stretch regularly!*
- ✘ There are 35 million digestive glands in the stomach.
- ✘ There are 62,000 miles of arteries, capillaries, and veins in the adult human body. *Here is the answer to "why does my nose always get stuffed up during a massage?"*
- ✘ There are about 2 million sweat glands in the average human body. The average adult loses 540 calories with every litre of sweat. Men sweat about 40% more than women. *Drink your water!*
- ✘ There are approximately 250,000 sweat glands in your feet and they sweat as much as 8 ounces of moisture per day. *When is the last time you aired out your cycling shoes?*

Source: www.massagenerd.com

Adena Mai-Jardine, BA, PFT, RMT – Massage Therapy & Holistic Centre – 780-738-4769

[Massage Therapy & Holistic Centre](#)



Weekly Rides

Wednesday Night "SHOW 'n' GO"

When: Every Wednesday (weather permitting) night until Al says it's time to stop

Cost: Bring cash for coffee/treats after ride.

Co-ordinator: Al Carlson at 458-1471 or alcarlson@shaw.ca

Show up and go! That is the theme for our weekly social, easy paced rides. We meet at the northeast corner of the Kinsmen Sports Centre parking lot at 6:45 pm for a 7 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 to offer the recreational cyclist. We will begin about May 6, depending on our spring weather. In September we will meet ½ hour earlier, for a 6:35 start.

Tuesday Sweat Rides

The sweat rides will begin on Tuesday, May 12, weather permitting, and will be led by Don Peddie for the north end and St. Albert rides. Bob Atlee will lead the Sherwood Park rides. The sweat rides are an *any-level* ride where we ride out from the start point for 45 minutes and turn around, for a total of an hour and a half. The pace is determined by each individual and no one gets left behind. Everybody theoretically arrives back at the starting point at the same time and coffee usually follows at a nearby Tim Hortons or Second Cup. As this is not a ride in the river valley or on city streets, please be comfortable riding on a highway. The rides start at 6:45pm SHARP at the following locations. If you have any questions, please contact Don at 457-2945 or Bob at 464-0603.

Aug 4	Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231
Aug 11	7-11 – 97 Street and 176 Avenue
Aug 18	St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot
Aug 25	Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231

Sweat Rides begin at 6:30 in September

Sept 1	7-11 – 97 Street and 176 Avenue
Sept 8	St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot
Sept 15	Sherwood Park NW corner of 97 Street and 176 Avenue
Sept 29	St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot



2009 CYCLING CALENDAR

Overnight trip registrations will be processed according to the postmark date on the envelope, on a first come, first served basis. Since our insurance only covers club members, **only EBTC members can participate in EBTC overnight or day trips**. Be sure you have a current membership before you head out on a ride or attempt to register for an overnight trip.

The Overnight Trip Registration forms are available [here](#)

Elk Island Park-Lamont

Date: Saturday, August 8

Time: Meet at 10:45 am for 11 am SHARP start

Co-ordinator: Irene Malcolm at 662-2191 or ismalcolm@mcsnet.ca

Where: at Irene's house located 3 km past Ukrainian Village gate on Highway 16. A large sign and balloons will be placed at the driveway

Distance/Rating: 70 km beginner/novice

Description: This route will take us through Elk Island National Park on a newly paved road with only 2 Texas gates and some rolling hills. You may even see some wildlife. We will continue to Lamont where we can stop at town hall park area for a lunch break. Cycle around Lamont to Highway 15 going east to Junction 834. Here we will travel south to Irene's house, where we can stay for awhile and have some apple cider and some social time.

Geocache a Go Go!

Date: Sunday, August 9

Time: To be determined

Cost: Free

Rating/Distance: To be determined

Co-ordinator: Greg Pommen at 434-5082 or gpommen@yahoo.ca

Where: To be determined

Description: What could be more natural than combining geocaching with cycling?

Geocaching is essentially a treasure hunt where a GPS point and an often cryptic clue are used to locate the treasure or a "cache." It sounds easy but don't be fooled! This geocaching event is too far to walk, but impractical by car so cycling is the most logical and fun way to whisk you between GPS points. This is a self-supported EBTC event where helmets and a mechanically sound bicycle are required. If you don't have a GPS unit, no problem, you can still attend as geocachers will be formed into groups (the most fun way to geocache). If you can bring a GPS unit that is awesome, the more the merrier, but make sure you can manually enter GPS points (lat/long format in degrees, minutes and map datum WGS84). Some units do not allow manual entry of GPS points. Cell phones are very welcome. A sense of humour is required!



Night Riders

Date: Saturday, August 22

Co-ordinators: Bernie Lee at 637-6064 or bblee@shaw.ca and Greg Pommen at 434-5082 or gpommen@yahoo.ca

Time: 8 p.m. Approximately two hours in the River Valley

Ever wonder what it would be like to ride in the pitch black gleaming with every garish colour of the rainbow joined by your cycling buddies? Well who hasn't! Wonder no more! Join Bernie and Greg for a fun-filled night riding through the river valley! If that weren't incentive enough, we'll end the evening by roasting hot dogs and marshmallows. Weather permitting of course.

Everyone must have a minimum of a head and tail light, however the more lights the better, be creative, express yourself in light! Bonus geek points if you can affix a red light sweeping back and forth to the front of your bicycle.

Pigeon Lake Ride

Date: Sunday, August 30

When: Meet at 9:30 a.m. for a 10 a.m. departure (weather permitting).

Cost: Approximately \$15 at the local restaurant.

Distance/Rating: 60 km, rolling hills. Intermediate. Van supported.

Co-ordinators: Sid Bennett at 604-0466 or sid.bennett@shaw.ca, Anne Marie Adachi at anne-marie.adachi@gmail.com, Chris Sommerfeldt at 434-0165 or csommerf@shaw.ca.

Where: Meet at Cedar Crest Inn Restaurant on Lake Drive in Mulhurst. To get there, travel south on QE2 for 39 km beyond Ellerslie Road. Take exit 497 west (right) on highway 616 for 14 km, turn south (left) on highway 795 for five km and turn west (right) on highway 616 for 13 km. The restaurant is a 50 minute drive from south Edmonton.

Description: Ride over rolling hills around Pigeon Lake and enjoy the rural setting and scenery. Afterwards have a meal at the Cedar Crest Inn Restaurant while enjoying beachfront views from the outdoor patio. This ride is van supported and weather permitting.

Dr. Seuss' Footloose Caboose

Date: Sunday, September 6

When: Meet at 8:30 a.m. for a 9 a.m. start

Cost: Approximately \$12 for lunch. **RSVP by September 2.** Limit of 20 riders.

Distance/Rating: 95 kms. Intermediate/advanced.

Co-ordinator: Dan Boonstra at 447-3680 or 289-3680 or rsvpdanboonstra@gmail.com.

Where: Meet at Tim Horton Station on Wye Road beside the Sobeyes at Clover Bar Rd in Sherwood Park.

Description: We will ride to the Footloose Caboose Café, which is situated about 12 km south of Hastings Lake corner, on Highway 14. Enjoy a lovely meal in the old refurbished caboose dining car.



Fort Saskatchewan Ramble

Date: Saturday, September 12

Cost: Bring your lunch and snacks.

Distance / Rating: 80 kms, intermediate

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

Description: Meet at 50th Street and 106th Avenue, northeast corner of the parking lot, at 9:15 a.m.; leaving at 9:30 a.m. sharp. We will ride through northeast Edmonton to Fort Saskatchewan where we will stop for lunch at Legacy Park (west of the Caboose Station) where there are washrooms and picnic tables. We will continue our ride through the range roads to Ardrossan, and back to 50th St. and 106th Ave., via Baseline Road, where we can stop for a coffee at the Blues Java Bar.



Calgary Test Ride Centre

Phil Waldenberger

(403) 813-1260

email: rides@santanatandem.ca

www.santanatandem.ca



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Phil Waldenberger

Never mind the logo ...
I want the car!



It may not be the Tour de Anywhere, but I was happy it was over!