



Spokes

The newsletter of the Edmonton Bicycle and Touring Club

March 2010

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EBTC

Annual General Meeting

Saturday, March 6, 2010

Delwood Community League Hall

7515 Delwood Road

Edmonton, Alberta

4:30 pm Socializing

5:00 pm Dinner

6:00 pm AGM

There will be no cost to members for dinner

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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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Edmonton, Alberta T6G 2T5

SPRING

is just around the

GORMNER

**Welcome to the start of the
2010 cycling season!**

Once again the
Edmonton Bicycle and Touring Club
is pleased to offer the very popular
Cycling 101 and **Target the Tour** rides.

NEW this year is the **Cycling 201 Ride**
and the **ALLEZ-ALLEZ-ALLEZ Hill Series**.

Cycling 101 Rides

*A 7-week scheduled weekly ride that will help to develop the basic skills of cycling. Mentors will help you with on-road safety, bicycle selection, bicycle fit, the principles of gear selection, pedal cadence, hill climbing, descending and braking, as well as an introduction to group riding etiquette and pace-line riding. Advice on clothing, accessories, nutrition and developing tour-ready fitness will also be discussed. Mid / après ride coffee will be a part of these rides. *This ride will be limited to 20 registered riders.*

Cycling 201 Rides

A scheduled weekly ride that builds on the skills developed in Cycling 101. Open to all members with moderate to advanced skills who want to raise their game. The rides will concentrate on group riding skills including: etiquette and safety, pace-line riding, fine tuning of bicycle fit and efficiency of motion. Mentors will help you to get every last watt to the pavement!

Target the Tour Rides

A scheduled weekly ride that builds base fitness first, then develops speed and endurance. Ride distance /speed will start at 20 - 25km at 15 - 18 kph average and finish off 1 week prior to the Tour d l'Alberta® with a 140 km ride at a 25 kph average. This ride is intended for novice cyclists who want to challenge the Tour d l'Alberta®, or an extended multi-day tour in 2010.

The Allez-Allez-Allez Hill Series

This scheduled weekly ride concentrates on hill climbing. The ride is geared towards the novice cyclist and will prepare you for mountain tours this season. Rides will mostly originate out of the Kinsmen Centre and use bicycle paths and quieter residential streets. The number of climbs and percentage of grade will increase incrementally until multiple ascents of 10% grades have become comfortable. Special ride nights will feature epic rides designed and mapped by EBTC members.

*Participants are limited to 20 for safety reasons.



For more information and to register for the rides email: skeast@runningroom.com or phone 780-467-2499

Cycling with Dr. Jekyll and Mr. Hyde

Who let Mr. Hyde loose? So what is it that can make one annoying motorist turn us into car hating, intolerant ranters on bikes? Yes, that one bad driver really riled us up, and they must be blind not to have noticed us at that intersection. Then on some other occasion, somebody with a trailer gets impatient and passes you with a roar in a really stupid place. Suddenly the world and its cars are all against you. You start to notice the smell of every exhaust that passes you.

What happened to the idea of being at one with your bike doing whatever riding you enjoy? Do we really want all these people to influence our moods?

Do you have two Mr. Hydes? Actually a confession: I've got another Mr. Hyde hidden away.

He comes out when I'm driving a car and guess what? - he rants at some cyclists. You know - the ones that veer across the road without signalling. The ones that come up the inside at speed from miles behind, when you are signalling to turn right and cause you to do an emergency stop as you are turning right. The ones that are riding side by side out past the shoulder line for miles with no obvious reason on a road that's really difficult to pass on. The people that make drivers hate the innocent and responsible cyclists.

Really, these two Hydes need to get together and sort themselves out!

Moderate, reasonable cyclists should speak out, to bad drivers, and to bad cyclists: as cyclists we should expect car users, responsible for a potentially lethal machine, to be very careful and to look out for us and our safety. But the trouble is that we allow the extreme people on the "car side" of the argument to push us into an extreme view on our side. It serves no useful purpose - there will always be extremes on both sides.

We need to engage with the moderate reasonable people on both sides and not let the extremes dictate what we do, feel or say. It doesn't really serve any constructive purpose.

Don't convert more extremists: If you wave madly or stick a finger up at a driver who simply made a mistake, or wasn't quite concentrating, or just didn't see you, you might convert them into a bike hater. Do we want that? Yet it's a challenge to stay calm when your life is threatened by someone carelessly chatting on a cell phone or reading a newspaper on the steering wheel while aiming several thousand pounds of metal inches from your unprotected body.

There are the good guys: I had something happen recently that restored my faith. On a social ride I was feeling the pace (hadn't been out for weeks) and the group I was with got ahead half a km and then turned off to the left and waited for me.

A hundred meters or so from the intersection, I was still head-down, plowing on, and I heard a car behind. Expecting it to pass, I carried on, but the driver must have seen my group ahead, been unsure if I was going to pull out into the middle and he waited until I got to the intersection and turned, which I wasn't expecting.

I made sure I gave a very friendly thumbs up and wave. It felt much better than when I exercise the old middle finger. This upcoming year I hope to take my own advice, and have a happier season!

Alan Schietzsch

