

Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

May 2002



The Mountain Parks Tour June 28 - July 14

See page 4 detailed information



Monthly Executive Meeting
Monday, 6:30 p.m., May 13, 2002
Members meeting 7:45 p.m.

Location: Edmonton International Hostel
10647 - 81 Ave

The EBTC Come-One, Come-All Annual Charity Fun Ride

The Bow Valley Parkway between Banff and
Lake Louise
See page 4 for information

The Golden Triangle 2002 May 17th. - 20th.

Sunday, May 5, 2002 BEAUMONT - LEDUC LOOP Cost: free (\$ for snacks if you want to buy them in Beaumont/Leduc)

Coordinator: Angela Ziemann (469-0328)

Dist/Rating: meet: 10 am SHARP at the Lions Rotary Park, west side 66 street and North of 23 ave, east of the Safeway at Millwoods Town Centre 35km beg. / 70km int.

Description: This is a Fun and challenging loop suitable for beginners/families if doing only the first leg to Beaumont. An excellent early season challenge/ training ride for those continuing on to Leduc. We will stop for a quick lunch at the Beaumont IGA. the short group heads back to Edmonton, while the rest continue on to Leduc, then Edmonton via Nisku. Only 2 rest stops- Beaumont / Leduc. Must carry own gear, water and food. You can purchase snacks in Beaumont or Leduc.

EBTC Picnic, River Valley Ride and Swap

Date: Sunday, June 2nd **Location:** Picnic Site #2 - Hawrelak Park

Ride: 10:00 am to Noon Picnic and Swap: 12:00-3:00 PM **Cost:** \$2.00 to offset picnic site rental

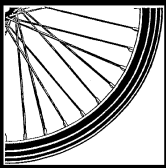
Enjoy a refreshing bike ride through the river valley, then have some fun at the picnic, play some games and win some prizes. Bring your own plate, cup, utensils, meat, and a dish to share. EBTC will supply buns, condiments, and beverages. If you have odd bits of bike parts to sell or swap, bring them along too and we'll set up a swap table after the picnic. Cost is a toonie each to cover the cost of the picnic area and prizes.

Call **Nadine at 438-1987** for further information.

EBTC Hotline Recording: 424-2453 (424-BIKE)

E-mail: bikeclub@ecn.ab.ca

WWW: <http://www.ecn.ab.ca/bicycle/>



Edmonton Bicycle and Touring Club Membership Application Form

First Name _____ Last Name _____ Spouse/Partner _____
 Address _____ City _____ Province _____ Postal Code _____
 Home Phone _____ Work Phone _____ Spouse/Partner Phone _____ / _____
 Additional Household Member(s) _____ Under (18) _____
 Do you wish to receive EBTC Email: Yes No E-mail _____
 Membership Type Single Couple Family Do you have a current First Aid Certificate: Yes No
 Are you interested in: being a leader of a day or weekend trip being 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 Print the newsletter directly from the club website

Yearly Membership April 1 - March 31
 Single \$30.00 - Couple \$50.00
 \$10.00 For Additional Family Member Under Eighteen Years of Age

Half Yearly Membership October 1 - March 31
 Single \$15.00 - Couple \$25.00
 \$5.00 For Additional Family Member Under Eighteen Years of Age

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 _____

The following information is required 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 _____ / _____ / _____ <small>mm dd yy</small>	Signature _____

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.

Please Enclose Membership Fee With Application Form

(For Club use) Member Card Number

Amount Enclosed _____ Date _____

Club members receive a membership card

EBTC Executive Members

President	Al Carlson	458-1471
Past President	Richard Williams	419-6240
Vice President/Touring Coordinator	Neil Morrison	466-3550
Treasurer	Maureen Lanuke	436-9004
Secretary	Vacant	481-4460
Publicity Coordinator	Harry Hoyer	459-4152
Social Coordinator	Nadine Leenders	438-1987
Newsletter Editor	Gord Charles	487-0206
Supplies & Equipment Coordinator	Ernie Mah	988-8322
Membership Coordinator	Angela Ziemann	469-0328
Education & Safety Coordinator	Vacant	
Volunteer Coordinator	Vacant	
Librarian	Vacant	

Newsletter Enquiries & Submissions

The submission deadline for the May newsletter is April 22, 2002

Enquiries, articles and photos can be delivered on 3.5" IBM formatted diskettes, or on paper addressed to the EBTC Newsletter Editor, P.O. Box 52017, Garneau Postal Station, Edmonton, Alberta, T6G 2T5

To arrange for alternate delivery of submissions, the Newsletter Editor can be contacted at (487-0206). Short submissions can be faxed to 443-2004. Submissions can also be sent via e-mail addressed to: bikeclub@ecn.ab.ca or directly to: grcharle@telusplanet.net — these can be included within the body of the e-mail message or as attached word processing and graphics files. Most popular word processor and graphic file formats are acceptable.

...or, bring your articles to the monthly member's meeting.

Spokes is the newsletter of the all-volunteer Edmonton Bicycle & Touring Club. It is published monthly in the summer and bi-monthly in the winter months. Excerpts may be used, without permission, provided the source is acknowledged.

Opinions expressed in **Spokes** are those of the author or contributor and are not necessarily shared by the Edmonton Bicycle and Touring Club. The editor reserves the right to edit for clarity, brevity, and content. The editor, is the sole judge of suitability for publication of all articles or advertisements.

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

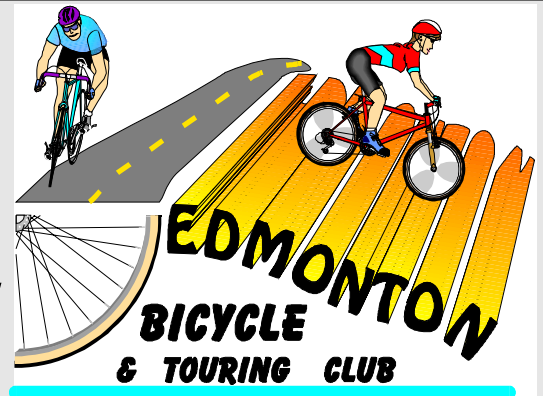
Moving?

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 new EBTC newsletters.

E-Mail ??

The **EBTC** maintains an e-mail directory of members. Occasionally, e-mail or other items received by **EBTC** that are considered to be of interest to the membership are forwarded via E-mail to the members listed in this directory. If you wish to be added to this mailing list please send a request via e-mail to bikeclub@ecn.ab.ca

**EBTC
 Mission
 Statement**



*The mission of the EBTC is to promote for its members recreational cycling, skiing, and other social activities.
 This promotion shall include both the maintenance of an active group engaged in the club's activities and ongoing input into cycling related issues on both a civic and provincial level*

The Mountain Parks Tour June 28 - July 14, 2002

The Mountain Parks Tour -Jasper to Banff - Banff to Waterton Waterton to St. Mary (Montana)

This is a spectacular trip for mountain scenery .It traverses through four National Parks (Jasper, Banff, Waterton and Glacier-Montana) and two provincial parks (Kananaskis and Chain Lakes). You will climb and descend many hills and 5 major passes; Sunwapta, Bow, Highwood, Logan and Marias. Daily cycling distance varies between 45 km and 110 km and averages about 80 km per day. There are two scheduled rest days, one in Banff on day 5 and one in Waterton on day 11. Our accommodations will be a combination of hostels and camping. This sort of trip is not for everyone. It requires endurance, persistence, and patience with yourself and your fellow riders and drivers. However, if you are willing to accept the challenge, you will reap the rewards of an adventure.



The tour is divided into 3 parts. We will start in Jasper with three support vehicles and 33 people. When we arrive in Banff, one van will take 11 people back to Edmonton and the remaining 22 continue to Waterton. When we arrive in Waterton, the second van will take another 11 people back to Edmonton and the final 11 continue to St. Mary.

Therefore you can register for a portion of the tour or the entire trip. You may register for Jasper to Banff (June 28 to July 1) or Jasper to Waterton (June 28 to July 8) or Jasper to St. Mary (June 28 to July 14)

Please be specific on your registration form. The cost of the trip has not been finalized, please stay tuned to next months newsletter for the final numbers. Want more information? Call Neil @ 466-3550.

Registration for this trip OPENS APRIL 1, 2002 and deposit for the trip will be \$ 100.00.

The EBTC Come-One, Come-All Annual Charity Fun Ride

The Bow Valley Parkway between Banff and Lake Louise

Regarded by many as one of the most beautiful rides in Alberta, this one day metric Century (100kms, 50 each way) is a shorter and easier alternative to the Golden Triangle. You will see spectacular scenery and wildlife. We'll ride the Bow Valley Parkway (Hwy 1A) from just west of Banff on the uphill leg to Lake Louise (50 kms) and lunch at the famous Laggin's Bakery (perhaps on their world renowned cinnamon buns), and then reverse our route on the Parkway downhill back to Banff. Following the ride you can enjoy (and may need?) the soothing Banff Upper Hot Springs (remember to bring your bathing suit and extra funds for the Hot Spring with you to the ride).



We'll meet at 9:00 am Saturday, May 18th, at the first junction on the Parkway (Hwy 1A), just off Hwy 1, west of Banff and will depart at 9:30 am sharp. Be sure to bring a rain shell, water for the first 50 km (we can refill at Louise), snacks and money for lunch.

All participants should be capable of fixing their own flats and be equipped to do so. This is an intermediate ride and not recommended as your first long ride of the season. It is 100 km in all, with uphill sections.

The cost of the ride is a donation of \$15.00, which will be collected at the start and donated this year on behalf of the EBTC to Breast Cancer Research.

Organize your own transportation and accommodations, but reserve early as it's the first long weekend of the summer and places tend to get booked up months in advance. (The number of the Banff Hostel is (403) 762-4122).

Non-members are welcome and helmets are mandatory. Ride rain date: May 19th.

Volunteer drivers with support vehicles urgently needed.

If you are planning to join the ride please advice Bob prior to May 15th at 482-5403. No pre-registration or deposit required

Edmonton Bicycle and Touring Club Tour Calendar-Summer 2002

FOR ALL OVERNIGHT TOURS, REGISTRATION OPEN FROM MAY 1, 2002 or April 1, 2002 if Noted

Please read the Tour Registration Policy before filling out your registration form. To ensure 'First come, First served', registration form(s) and cheque(s) will not be accepted by tour leaders. All tour registrations will be considered received as indicated by the dated postmark.

** The schedule is subject to ongoing changes, corrections, additions etc. Always refer to the most recent issue of the newsletter and check with tour coordinators for latest information.

Sunday, May 5, 2002 BEAUMONT - LEDUC LOOP Cost: free (\$ for snacks if you want to buy them in Beaumont/Leduc)

Coordinator: Angela Ziemann (469-0328)

Dist/Rating: meet: 10 am SHARP at the Lions Rotary Park, west side 66 street and North of 23 ave, east of the Safeway at Millwoods Town Centre 35km beg. / 70km int.

Description: This is a Fun and challenging loop suitable for beginners/families if doing only the first leg to Beaumont. An excellent early season challenge/ training ride for those continuing on to Leduc. We will stop for a quick lunch at the Beaumont IGA. the short group heads back to Edmonton, while the rest continue on to Leduc, then Edmonton via Nisku. Only 2 rest stops- Beaumont / Leduc. Must carry own gear, water and food. You can purchase snacks in Beaumont or Leduc

Saturday, May 11, 2002

100 KM. OUTING

Dist/Rating: Intermediate

Coordinator: Neil Morrison (466-3550)

Cost: Free (Bring a Lunch)

Description: Warm up for the Golden Triangle with this distance ride bordering the town. Depart at Kinsmen Field house by 9 am, ride through river valley north to St. Albert. Proceed to Namao and south on Old Fort Road and east to Victoria Trail, then south on 17 Street back to Kinsmen.

Saturday, May 18, 2002

FAMILY FUN RIDE

Coordinator: REQUIRED

Dist/Rating: Intermediate

Description: Details to be announced

May 18 - 20, 2002 GOLDEN TRIANGLE **Dist/Rating:** 105 km - 115 km/day over mountain passes.

Coordinator: Neil Morrison (466-3550)

Cost: \$200.00

Deposit: \$50

Description: Kick start the 2002 cycling season with the traditional May long weekend tour. Ride from Castle Mountain Junction to Golden to Radium and back to Castle Mountain Junction. This is a hotel/hostel, van supported trip with a limit of 28 people including coordinators and 1 driver. There will be a pre trip meeting.

***** REGISTRATION OPENS APRIL 1**

Saturday May 18, 2002

BANFF TO LAKE LOUISE & RETURN (HIGHWAY 1A)

Coordinator: Bob Steen

(482-5403)

Dist/Rating: Intermediate

Description: Regarded as one of the most beautiful rides in all of Alberta. A one day metric Century fun ride alternative to the Golden Triangle. Ride Hwy 1A from just west of Banff to Lake Louise (50 km), then lunch at the famous Laggins Bakery before return ride back to Banff. Depart 9:30 A.M. Must carry a rain shell, equipment to fix a flat, water and snacks. After the ride, consider a relaxing dip at the Hot Springs. Organize your own accommodations and meals in Banff.

Additional costs: The cost of the ride is a donation of \$15.00, which will be collected at the start and donated this year on behalf of the EBTC to Breast Cancer Research. Support vehicle(s) and driver(s) needed. If planning to attend, call Bob Steen 482-5403.

Saturday, May 25, 2002

BAKERY TOUR 101

Coordinators: Al Carlson (458-1471) and John Sisson (431-0359)

Cost: \$ for goodies

Description: Learn to ride safely on city streets while sampling scrumptious goodies from bakery to bakery. Ride a little, eat a lot. A great family ride. Watch for more details.

MS BIKE TOUR-June 8-9,2002

team coordinator: Peggy Hurdle ph. 487-5489

hurdle@powersurfr.com

please contact Peggy for more info on how to become a member of team EBTC PREDECENTS for the MS Bike tour. Being on the team qualifies you for extra prizes. and it's FUN!!!

Saturday, June 15, 2002

COOKING LAKE - LINDBROOK LOOP

Coordinator: Lois Knight (466-9536)

Dist/Rating: 92 km. Begin+ - Intermediate (mostly flat).

Cost: Free + \$ for snacks **and/or** \$10 - \$12 for optional Teahouse Lunch

Description: Tour east from Sherwood Park on hwy 14, past Cooking Lake to Lindbrook. Meet at Wye Road Safeway, Sherwood Park at 10:00 AM. Leave at 10:30 SHARP! Rest and relax (12:30-1:30) by the Lindbrook store at 49 Km. Return to Sherwood Park via secondary hwy 630 (Wye Road). There will be a Treasure Chest Tea house stop at 78 km. at approx. 3:00 pm. Bring a lunch or plan to eat at the Teahouse.

Sunday, June 23, 2002 ICE CREAM TOUR Dist/Rating: +/- 30km Beginner
Coordinator: Angela Ziemann (469-0328) **Cost:** Free, bring \$ for goodies
Description: A fun ride around town, where we will stop for goodies to at least 3 shops. bring your appetites! details TBA

Sunday July 14, 2002 MIQUELON LAKE RIDE Dist/rating: : 50km+ one way.
Coordinators: Ellen Ainsley / Angela Ziemann (469-0328), **Cost:** free
Description: Meet at the Beaumont IGA at 8:30 am. for an 8:45 am. (SHARP) departure to Miquelon Lake for a day at the beach.

July 20-21, 2002 MINK LAKE RESORT Dist/Rating: Intermediate semi-support: 70 kms/dy
Coordinator: Lois Knight (466-9536) **Cost:** \$35.00
Description: This scenic trip will find us rolling from Calmar West to Hwy 622 proceeding North and Northeast to Resort which sports a mini golf course and a man made lake with good swimming. Note arrival of home-baked goodies on Sunday morning. Deadline June 21.

Saturday, July 20, 20 MUNDARE AND CHIPMAN RIDE Dist/Rating: 75 km An easy ride for anyone who likes to cycle
Coordinator: Irene Hanson at 662-2191
Description: An easy ride for anyone who likes to cycle and find enjoyment in tasting some old fashion Ukrainian food (there is a charge). In Mundare, there will be an outdoor display of quilts and crafts. May have a chance to visit Saint Peter and Paul Shrine as well. Meet at Irene's place at 10:45 am - leave at 11:00 am sharp. Irene's place is located 3 km past Ukrainian Village on Highway #16 (Yellowhead Highway). It is A & W house; color brown and orange located on the south side of the highway. A large sign will be in place next to the driveway. After the ride, please stay for a glass of apple cider. We will have a support vehicle.

Saturday July 27, 2002 ALLEN BEACH TRIP Dist/Rating: 95 Km A long but easy ride
Coordinator: Max Mayer (489-7173) Gord Charles: (487-0206) Meet in front of the Bagel Bin Bakery, next to Blockbuster Video in Callingwood Plaza (178 Street 68th Avenue) Meet at (9:00 am. and depart at 9:30 (sharp) Bring your swimsuit and towel, cost is \$3.00 for park entrance. Rest stop at the IGA in Stony Plain, there is also a food concession at Allan Beach
Description: An easy ride for anyone who likes to cycle through the small rolling hills to the west, only one short climb out of the 184 Street Ravine, after it mostly flat with some small rolling hills.

Sunday, July 28, 2002 TOUR DE L'ALBERTA Dist/Rating: 100 miles or 100 Km Intermediate to Advanced
Coordinator: **Cost:** Entry Fee
Description: A 100 mile Century ride or optionally a 100 Km tour passing through towns north of Edmonton. The 100 Mile century ride is also the official cycling leg of the Runbikeski triple endurance challenge. Further details TBA

August 10-11, 2002 THUNDER LAKE TRIP Dist/Rating: Between 75 Km to 80 Km per day
Coordinator: Debbie Kowaliuk (462 1266) **Cost:** Approx. \$80.00 **Deposit:** \$50.00
Description: The classic Thunder Lake trip. Cycle from Onoway to Thunder Lake Provincial Park, which has a nice beach. This will be a van supported camping trip. Anticipated distance will be 75 Km on Sat. and 80 Km on Sunday.

Saturday, August 17, 2002 BAKERY TOUR
Coordinators: Al Carlson (458-1471) **Cost:** \$ for goodies
Description: Details to be announced

Sunday, August 18, 2002 PIGEON LAKE DAY TRIP
Coordinators: Nadine Leenders (438-1987) and Dennis Woo (446-0625) **Cost:** About \$10.00 for a meal at Mulhurst
Distance/Rating: 60 km with hills. **Support:** A van with water, please bring your own snacks or buy them along the route. Meet at the Old House Country Restaurant at Mulhurst at 9:30 AM. (To find, take Hwy 39 exit at Leduc and go 16 km to Calmar. Turn south at Esso station onto Hwy 795 for 25 km. Turn west 1 km south of Pipestone onto Hwy 616 for 10 km. Restaurant is on highest hill on south side of hwy.) Cycle around Pigeon Lake, enjoying the rural setting and picturesque views of the lake. The ride is 60 km with rolling hills and good roads. Afterwards, enjoy a meal at the scenic restaurant which is offering their world famous dish: Stuffed French Toast.

August 24 to September 2, 2002 KETTLE VALLEY RAILROAD
Coordinators: Ernie Mah (998-8322) **Cost:** tba **Limited to 10 participants**
Description: details to be announced

August 24-25, 2002 HIGHWAY 21 (STETTLER) TOUR
Coordinators: John Sisson (431-0359) **Cost:** tba
Description: details to be announced



EBC BikeWorks has launched Spring open hours

Just in time for.... snow. ?? Long awaited increased open days for dropping in and hanging up your bike. Really, bicycle season is upon us, now. Time to get your bike out of the basement, identify all the strange creaks and groans and get it tuned up.

Now open **4 days** per week. **Current open days are now** : Wednesday **thru to** Saturday. Open Noon until 6 p.m. Open late on wednesday until 8 p.m. Bicycle commuters of Edmonton are welcome to drop by, hang up & tune your bike, & say hello to our volunteers and staff mechanic, Jason.

BikeWorks is a shared facility with tools & bike stands. Available to members of EBC, and visitors too. Used parts from recycled bikes are for sale. 2nd hand bikes for sale. Got an old clunker in the garage gathering dust ? Why not donate it to EBC? Donated bikes are re-conditioned by us and made available to cyclists again.

Location is 10047 80 Avenue - back alley entrance only. Telephone hotline is : 433-Bike. Web page www.ecn.ab.ca/ebc

Bicycle Riding in the City.....

CanBike II, a course for adults, gives you the skills you need to ride safely and with confidence in traffic. Bicycles are a safe, inexpensive and fun way of getting around, but maybe you don't ride as much as you'd like to. A Can Bike II cycling course teaches the cycling skills that will take you with confidence into the riding situations you want to face. Practice bike handling maneuvers, how to read and respond to traffic situations, and hazard avoidance. Learn in the classroom and on the road with certified cyclist instructors. You'll have new abilities and confidence, and be looking for more opportunities to get out and around!

Canbike II - sessions for the summer 2002 course.

Tues.	April 30:	7 to 9:30 p.m.
Thurs.	May 2:	7 to 9:30 p.m.
Sun.	May 5:	10 a.m. to 4 p.m.
Tues.	May 7:	7 to 9:30 p.m.
Thurs.	May 9:	7 to 9:30 p.m.
Sat.	May 11:	10 a.m. to 4 p.m.

Cost: \$100 To register: 421-0241

CanBike II is presented by the **Bicycling Education Society of Edmonton**, a non-profit group that promotes safe and effective bicycle driving practices.

Our instructors are certified through the Canadian Cycling Association's CanBike courses. Courses location is at Edmonton Bicycle Commuters, 10047 - 80 Ave (alley entrance). For questions: 421-0241

Can I Get Fit on My Commute? **TheFitnessChick answers this burning question**

Most of my riding is to and from work. I carry anywhere from 8 to 15 pounds of gear. Does this extra weight improve my fitness? There's something to it, alright - but it's not all about that extra weight. ... Commuting is the real secret to super fitness. Riding twice a day keeps your metabolism higher, so you burn more calories..... Bike commuters get more rides in than the rest of us. And you'll even save time overall - although it takes you longer to get between home and work, you don't need to cram in rides in the morning or after work. If you want to drop weight fast, commute.

Overnight Tour Registration Form

Please read the Tour Registration Policy before filling out your registration form. To ensure 'First come, first served', tour registration forms and payment(s) will be accepted in order by the CANADA POST date postmarked on the envelope.

Please fill out a separate registration form and cheque 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 this tour: _____

Allergies/ Diet restrictions _____

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)

Signature: _____ Date: _____

Deposit Paid in Full Amount enclosed: _____

Overnight Tour Registration Policy

1. Registrations may be limited on some tours.
2. To register for a tour, you **must** be a club member. This form is required only for overnight tours; not for day trips.
3. For tours with a fee of less than \$50.00, full payment is required with registration, of which \$25.00 is non-refundable.
4. For tours with a fee of more than \$50.00, a deposit of \$50.00 is required with registration, of which \$25.00 is non-refundable.

The balance is due 7 days before departure.

5. A separate registration form and cheque is required for each tour.
Mail forms and cheques to:

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

6. Registration must be by mailed and received at least **3 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

7. If you cancel within 7 days of the date of the tour departure with a replacement being found, the \$25.00 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 more than 7 days before the tour departure date without a replacement being found, the \$25.00 non-refundable deposit is forfeited.
8. 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.

NOTICE BOARD

The Cooking Lake - Lindbrook Loop ride has been changed to Saturday, June 15, 2002. See summer schedule for information

Wednesday Show and Go Rides

The weekly Show and Go rides will be on **Wednesday's** this summer. The first ride of the season will be on Wednesday, May 1st. We'll meet at the Northeast corner of the Kinsmen Fieldhouse parking lot at 6:30 pm. for a 6:45 start (SHARP). These are social rides where EBTC members meet at the designated time and place and then decide where to ride.

Tuesday Night "Out and Back" Sweat Rides

We will meet at 6:30pm for a 6:45pm (sharp) start at the following locations. If you have any suggestions for a fourth location for the sweat rides, please call Angela at 469-0328.

- | | |
|--------------|---|
| May 7 | Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231 |
| May 14 | St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail) |
| May 21 | Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231 |
| May 28 7-11 | - NW corner of 97 Street and 176 Avenue |
| June 4 | Sherwood Park Alliance Church - NE corner of Wye Rd/Rge Rd 231 |
| June 11 | St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail) |
| June 18 | Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231 |
| June 25 7-11 | - NW corner of 97 Street and 176 Avenue |
| July 2 | Sherwood Park Alliance Church - NE corner of Wye Rd/Rge Rd 231 |
| July 9 | St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail) |
| July 16 | Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231 |
| July 23 | 7-11 - NW corner of 97 Street and 176 Avenue |
| August 6 | Sherwood Park Alliance Church - NE corner of Wye Rd/Rge Rd 231 |
| August 13 | St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail) |
| August 20 | Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231 |
| August 27 | 7-11 - NW corner of 97 Street and 176 Avenue |
| Sept. 3 | Sherwood Park Alliance Church - NE corner of Wye Rd/Rge Rd 231 |
| Sept. 10 | St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail) |
| Sept. 17 | Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231 |
| Sept. 24 | 7-11 - NW corner of 97 Street and 176 Avenue |



Spokes

Mink Lake Trip July 20, 21 Intermediate: Semi - Self Support

As one first timer, Suzanne Kyle, on our first trip to this lake resort put it two summers ago, "How does grilled lemon-peach poulet with fresh pasta and secret sauce topped off with kahlua chocolate cake sound? Or, fresh strawberries, yogurt and pancakes with crushed walnuts and real maple syrup?" This was just one of the yummmmy meals served up by EBTC participants!

This trip is one overnight camping trip following the same 70 km route both days. Leaving Calmar we begin cycling W. along Hwy 39 then N. along Hwy 622, then NE along Hwy 770 past the Genesee plant, crossing the North Saskatchewan River. As reported from one of the original participants, "The roads were good, with reasonable traffic and the smell of roadside flowers was in the air. It was hot! The return trip home was great because, the gods were with us. The sun was shining and the wind was at our backs."

The terrain is mainly flat with one climb over the North Saskatchewan River. All participants are expected to bring their food and tools for the day with them on their bikes. The van will not meet us for Rest stops because the roads are narrow; however, it will meet us at the lunch stop and then again at the end of the day with our tents and bags. Mink Lake Resort (located 16kms. S. of Hwy 16) has a man-made lake, a mini golf course and homemade baking that arrives on Sunday mornings. I am looking for a volunteer driver with a van or large 4x4.

Contact: Lois Knight 466-9536



Bicycle Shop Discounts

Discounts are available to all EBTC members at the following shops. You must show your membership card. Discounts do not normally apply to sale items. Other limitations may be posted by the retailer.

Cycle Logic

7805 - 109 Street, 433-1046
15% off parts, accessories
and service

Klondike Cycle & Sports

9440 - 149 Street, 484-3307

20% off parts and accessories

Millwoods Sports & Cycle

6524 - 28 Avenue, 462-1642

10% off

Pedalhead

8411 - 109 Street, 433-2085

[www.compumart.ab.ca/
pedalhead/](http://www.compumart.ab.ca/pedalhead/)

10% off parts and accessories

redbike

10918 - 88 Avenue, 435-2674

10% off parts and accessories

Revolution Cycle

15103 Stony Plain Rd.,

486-3634 - 10% off

River Valley Cycle & Sport

9124 - 82 Avenue, 465-3863

<http://www.rvcns.com/>

15% off parts, accessories

and service

Sports Shack 1993

6116 - 90 Avenue, 469-3554

10% off parts and accessories

The Hardcore Mountain

10008 - 82 Avenue, 439-

4599P

<http://www.hardcore.ab.ca/>

10% off

Track 'N Trail

10148 - 82 Avenue, 432-

1707

[http://www.compumart.ab.ca/
track/](http://www.compumart.ab.ca/track/)

10% off

United Cycle

10328 - 78 Avenue, 433-

1181

<http://www.unitedcycle.com/>

10% off retail parts and

accessories

Velo City Cycle and Sport

7208 - 101 Avenue, 466-

8133

10% off parts and accesso

Way Past Fast

9303 - 34 Avenue, 448-

0570

15% off parts and accessories

Western Cycle

10429 - 124 Street, 482-5636

www.westerncycle.com

10% off parts and accessories

Note: many other outdoor shops will give discounts to EBTC members! Inquire if in doubt.

What Is The Edmonton Bicycle & Touring Club

- a recreational bicycle touring club, established in 1978 in Edmonton
- a friendly, non-competitive atmosphere
- a mix of novice and experienced cyclists of all ages
- a fun-loving, energetic, healthy and diverse group of individuals
- offers road and mountain bike tours
- a volunteer group providing supported and self-supported tours
- organized day rides, overnight camping rides, long distance touring, training rides, evening rambles
- trips are run on a non-profit basis