

Spokes

July 2002



The Newsletter of the Edmonton Bicycle & Touring Club

MIQUELON LAKE RIDE

Sunday July 14

MINK LAKE RESORT

Saturday & Sunday
July 20-21

MUNDARE AND CHIPMAN

Saturday, July 20

ALLEN BEACH TRIP

Saturday July 27

see schedule page 3 & 4 for details

From The Top



Mountain Biking

Tour de l'Alberta Sunday July 28, 2002



Monthly Executive Meeting
Monday, 6:30 p.m., July 8, 2002
Members meeting 7:45 p.m.
Location: Edmonton International Hostel
10647 - 81 Ave

September - Banff / Jasper Ride
Watch For Details

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

E-mail: bikeclub@ecn.ab.ca

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

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	Carol Benoit	447-0584
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 club newsletter is 22, of each month.

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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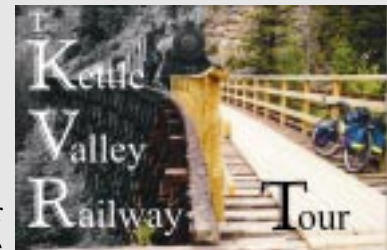
Moving?

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

The KVR Tour - August 24 – September 2



Imagine riding an abandoned rail corridor that has been converted to a trail. There is no vehicle traffic to worry about and the grade never exceeds 2.2%. The scenery is spectacular, with trestles and tunnels carrying the trail through rugged country. This is the Kettle Valley Railway (KVR). The 2002 edition of the KVR tour will travel the section of the KVR from Midway to Brookmere. This includes the Myra Canyon section just south of Kelowna where the trail crosses 18 trestles and through 2 tunnels. Accommodations will be varied on this trip, we will be staying overnight in hostels, rustic lodges, campgrounds and a hotels. There are 7 cycling days on this trip, with a rest day in Penticton after the 1st four cycling days and a travel day at the start and a travel day at the finish of the trip. A Mtnbike is required for this self support trip, but the trail is not tough to negotiate. Most of the trail is hard-packed dirt and gravel with a few sandy sections. Max. of 9 participants & 1 coordinator. A deposit of \$100 is required with your registration.

Phone Ernie @ 988-8322 for more information.

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 July 14, 2002 **MIQUELON LAKE RIDE** **Dist/rating:** : 50km+ one way.

Coordinators: Ellen Ainsley **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 4, 2002 Please see Jun 16. Call if any interest

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 **Max Intake Bakery Tour**

Coordinator: Al Carlson (458-1471) **Cost:** \$ for baked goods (intake)

Description: My goal this year is to make it to all the planned bakeries, and to keep everybody happy. So I'll include some optional loops for those who need to put in lots of km to justify the extra calorie intake. Meet at the Bee Bell Health Bakery at 9:30 for departure at 10:00 am sharp, 10416 - 80 Ave. Ride 35 to 60 km

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 **Cost:** \$100 deposit, Total:TBA Limited to 10 participants

Description: Ride the abandoned Kettle Valley Railway from Midway to Brookmere. This is a self support trip with varied accommodations; hostel, campground, rustic lodge, & motel. A mtbike is required for this trip, but the KVR trail consists mainly of wide hardpacked dirt and gravel with some sandy sections.

August 24-25, 2002**STETTLER TOUR****Coordinator:** John Sisson (431-0359)**Cost:** Deposit of \$25, final tba.**Description:** Saturday bike ride of 50 km or 80 km routes. Chance for a train ride on the Alberta Prairie railway on Sunday. Camping trip with car pooling, designed to be a trip for all levels of rider from beginner to advance.**Sunday, September 15, 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 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

RAMBLINGS

THANK YOU HELMET! and thank you to David, John and Josephine. If it were not for the previously mentioned, I am sure I would not be writing this today. On the Wednesday Show and Go, June 19, we headed east along the path on the south side of the river. I remember seeing Linda around the riverboat, then heading up the hill towards McNally. I was riding my daughter's mountain bike and remember thinking how well her gears were working, which is why my bike was in the shop. I wanted it ready to ride up the mountain passes on the Mountain Parks Tour. I recall going over the Trail Bridge, and looping below it and down the hill, and onto the flat riding with David Tang. Then I seem to recall my foot sliding forward and off the pedal, and nothing after that. The next thing I can remember was John talking to me, and I think checking me somehow. I cannot recall seeing anything. Then I seem to recall some EMS people maybe asking me questions, and then the sensation of heading uphill, likely on the stretcher, and that's it, absolutely no memory of the ambulance ride or arriving at the hospital. The next memory was going to X-ray and noticing the clock, which read 9:15.

I think that I was awake from that point on. I was able rays, and then back to the stretcher, and off the CT (?). in the office, and wasn't normally a porter. She told me back to check on me. The wait was not long, and I again thought about a friend from work who had to get a cat claustrophobic once inside. He asked, can't you give to know half hour before. So he regrouped himself and head in, so I was lucky.



to move myself off the stretcher and onto the table for X- I remember the lady that took me there said that she worked it shouldn't be too long a wait, but that she would come got myself off the stretcher and onto the cat scan table. I scan, and after waiting for months, got severely me something, and they said it was too late, they needed managed it through to the end. But they only stuck my

Lucky that I didn't need the full scan. The office clerk came back to check on me, and I was ready to head back to Emergency. Thanks to David, my wife Carol was there to meet me, looking very concerned. The nurses came to dress my road rash, and very soon after the doctor came by. The first thing he said was that it was a good thing I was wearing my helmet. The good news was that the CAT scan showed everything normal. But the X-rays showed a fractured clavicle (broken collarbone). That should be healed up within two to three weeks. I was told to start slight movements right away, and to start on mobility exercises with two or three days. I was home by 11:30, which I consider to be excellent service by the Royal Alex. I don't recall giving anybody any information like my Health Care #, which I didn't have on me. They even had my name right, which nobody knows. I'm thinking that maybe I've already been implanted with a chip. That may not be a bad idea, as I know that you cannot always be in a position to pass along needed information about yourself.

On Thursday morning when I first got up I didn't feel too bad, and was thinking I may be able to make the tour, or part of it anyway. My shoulder was very sore, and my head had a dull ache. As the day progressed I felt worse, and decided to take it very easy. Friday I felt sore all over, and not too optimistic about quickly recovering, so did some movements, and basically took it very easy. I am very lucky to have Carol around taking such good care of me, even though she does not really want to be a nurse. Saturday arrived as a beautiful sunny day, and I felt so much better. My headache was gone, and only my left shoulder was sore. I am getting more mobility, and do not know how far to push with the pain, so I am not pushing very hard. I still can't imagine reaching out to grab the handlebars yet, but I know it won't be too long.

I'd like to say how lucky I feel to have been riding with the club group that night. Josephine, thanks for hearing my crash and asking, what as that, and then a real big thanks to her husband John, who came back to check. He found me lying on the path, and asked Dave to go and call for an ambulance. Luckily people in the first house were at home and Dave was there to direct them down to me. Thank you all for taking care of me!

The 2002 Tour De L'Alberta – July 28, 2002

Why go to France when there is an abundance of French culture and heritage just outside our own back door? The sixth annual Tour de l'Alberta will be held this year on Sunday, July 28, 2002. The Tour de l'Alberta is a single day bicycle ride through the small towns of French heritage in the St. Albert area. It is considered a fun ride, not a race. Cyclists are encouraged to cycle at their own pace and enjoy the ride, Alberta prairie scenery, and experience the French heritage and culture in Sturgeon County.

There are two cycling events:

- 100 miles (162 kms.) Century/Tour de l'Alberta.
- 100 km Le Petit Tour de l'Alberta.

Originally the ride was called "The Tour de France – Alberta" and it was first held in the summer of 1994. The distance of 100 miles (162 kms.) - an imperial century - is considered to be a rite of passage in the cycling world. An imperial century is defined as a long distance ride that is a challenge of mind, body and machine. The 100-mile Century Ride is a small representation of the real 22-day Tour de France and signifies, to some minor degree, the difficulty and suffering of the professional cyclists of the 'Peloton'.

Riders may choose to pre-register (at a lower cost) by completing and forwarding the registration form in the newsletter, or through our website at www.ecn.ab.ca/bicycle/. Additional brochures may be picked up at any bicycle shop, recreation center, or running shop in Edmonton, St. Albert, or Sherwood Park. For participants who wish to register the day of the event, same day registration takes place at the starting line in the Trans Alta parking lot in St. Albert, 40 Bellerose Drive, between 7:00am and 8:00am. The ride starts at 8:30 a.m.

For more information about the Tour de l'Alberta, please call Maureen Lanuke at 436-9004 or Glenn White at 431-1297.

Runbikeski

The Tour de l'Alberta is part of the RunBikeSki challenge. Organizers of the Edmonton Festival Marathon, the Edmonton Bicycle & Touring Club, and the Canadian Birkebeiner Society have combined their efforts to create a world-class individual endurance challenge called the "runbikeski ultimate endurance challenge".

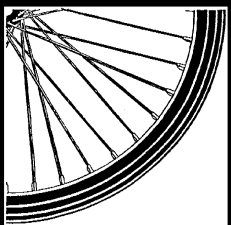
Participants must complete the 42-km Edmonton Marathon, a 162-km Tour de l'Alberta bicycle tour and the 55-km Birkebeiner cross-country ski event. These three events must be completed within a twelve-month period. Participants may choose what event to start with, but after that they must be completed consecutively. Event verification for the Tour de l'Alberta portion of the runbikeski will take place at the end of the ride. Participants will receive their awards in October of the year they complete the Runbikeski.

There is also a "half runbikeski" challenge, which incorporates a half marathon, a 33 km birkebeiner, and the 100 km "Petit Tour de l'Alberta". For more information about the Runbikeski challenge please call Richard Williams at 419-6240.

Tour de l'Alberta
Sunday July 28,
2002



Spokes



2002 EBTC Tour de l'Alberta Sunday, July 28, 2002

Registration Form

Additional forms are available from the EBTC Website: <http://www.ecn.ab.ca/bicycle/>

- Please fill out one registration form for each rider and mail or bring to ride start
- You must confirm your registration and pick up event kit between 7:00 AM and 8:00 AM on July 28, 2002, at the Trans Alta parking lot (next to Canadian Tire, 40 Bellerose Dr.), in St. Albert. Registration closes at 8:00 AM.
- Pre-registrations must be received via mail by July 22, 2002
- **Start times:** Both the 100 mile and the 100 km start is at 8:30 AM - SHARP!
- Cycling helmets are mandatory.

Name: _____ Date: _____
(please print) Last Name First Name

Address: _____ Postal Code: _____
Street City / Province

Phone (Home) _____ (Work) _____ E-mail address: _____

Are you under 18 years of age? Yes ___ No ___

Please note any medical or other conditions that might affect your ability to complete the tour:

(For Office Use Only)

Cyclist # _____ 100 Mile 100 Km.
_____ Time

Rev. 04/29/2002

RunBikeSki participant? Yes No

All RunBikeSki athletes must present
passport for event verification at end of the race.

Do you belong to a bicycle club
participating in the ABA insurance plan? Yes No
(You must provide proof of membership)

I am interested in becoming a member
of the Edmonton Bicycle & Touring Club. Yes No

For more information on the Tour de l' Alberta
or the Edmonton Bicycle & Touring Club:
Call EBTC Hotline at (780) 424-BIKE or check out the
EBTC website at: <http://www.ecn.ab.ca/bicycle/>

REGISTRATION FEE

(non-refundable / non-transferable) - FULL DAY PASS
PLEASE CHECK APPROPRIATE BOXES

Member of EBTC

- \$35 Registration fee
 \$50 Registration fee after July 22, 2002

Non-Member

- \$40 Registration fee
 \$50 Registration fee after July 22, 2002

METHOD OF PAYMENT Total Amount: _____

- Cheque (payable to EBTC, Edmonton Bicycle Touring Club)
 Cash (in person only - do not send cash through the mail)

Send Registration to:

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

Release, Waiver and Indemnity

In consideration of the acceptance of my Application to participate in the Edmonton Bicycle and Touring Club "Tour de l' Alberta", on July 28, 2002 ("Events"), I, for myself and all of my legal representatives, assume all risks of participation in Events and release, waive and forever discharge The Edmonton Bicycle Touring Club, its sponsors, charities, volunteers, The City of St. Albert and county of Sturgeon, and its municipalities there in contained, all other associated persons and their legal representatives (the "Foresaid") from all claims, damages, costs, expenses, actions, in respect of my death or injury, loss or damage to my person or property howsoever caused, arising from my participation in Events, whether as participant or otherwise, before, during or after Events and notwithstanding that same may have been caused by the negligence of any of Foresaid. I hold and save harmless and agree to indemnify Foresaid against any liability incurred by any of them arising as a result of my participation in Events. I agree to comply with the rules, and regulations of Events. I warrant and represent that: I understand and undertake the risks of Events; and, I am physically fit and have sufficiently trained to participate in Events. I acknowledge that there is no obligation on the part of Foresaid to provide medical care to me during or after Events. I consent to any emergency medical care provided to me as part of Events. I grant permission to use my name, voice and picture in any broadcast, advertising, or other account of Events for any purpose. By submitting this Entry, I acknowledge having read, understood and agreed to the above RELEASE, WAIVER and INDEMNITY.

Date: _____ Signature: _____

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.

THE STETTLER TOUR AUGUST 24-25

RIDE THE PRAIRIE RAILWAY

The August tour scheduled for the highway 21 area will be centered on the town of Stettler. This trip will feature a bike loop ride on Saturday and the choice of a ride on the Alberta Prairie Railway on Sunday.

The cycling choices under consideration include a trip to the Rochon Sands provincial park on the shores of Buffalo Lake, or a ride westwards on highway 12 to the area of the Content Bridge campsite in the Red Deer river valley. The Rochon Sands option would be a shorter trip aimed at the beginner to intermediate cyclist with a round trip distance of approximately 50 + km. The highway 12 ride would be oriented to stronger riders with a loop of 80+ km. Both loops will be mapped to provide either option to trip participants.

The Alberta Prairie Railway operates out of Stettler providing rail excursions to Big Valley and Botha with their restored locomotives and passenger cars. The excursion scheduled for Sunday August 25 is called the "Teddy Bear Special to Big Valley"; a diesel train ride to Big Valley that departs Stettler at 11:00 am, and returns at 4:25 pm. The ticket prices for this ride are \$67 for adults, \$64 for seniors, \$50 for youths (ages 11 to 17),

and \$29 for children aged 4 to 10; all children younger than 4 or carrying a Teddy Bear for this particular ride can go for free. Special rates are also given for groups of 20 or more.

There is no decided plan for this trip, and it is open to all levels of cyclist. Anyone wishing to ride on both days will have planned routes available to them. This is planned as a camping trip with group cooking arrangements and car pooling. Deposit of \$25, final costs will only include those related to camping and food; any one taking the train on Sunday will pay their fares at that time. Please contact John Sisson at 431-0359 for information or to indicate if you want to ride the train.

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.

Sunday Morning Show & Go

Any Sunday with no scheduled rides, meet at 9:45 for a 10:05 departure, at the northeast corner of the Kinsmen Fieldhouse parking lot.

Tuesday Night Outand 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.

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
July 30	St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail)
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



NOTICE BOARD

Interested in going to Banff

Anyone interested in going back to Banff (or for those who didn't get to make it :) I'm planning to go back for another ride! Maybe this time Banff to Canmore?? Any of the long weekends look good - July, August, or September. Gosh, maybe all three!! Johnston Canyon looked intriguing (to stretch the legs) and so did canoeing on Moraine Lake in the valley of ten peaks?? If you're interested, let me know and we can plan for a group to go back. Email Deb at tidesout@telusplanet.net

A big thanks to Redbike and United Cycle

A big thanks to Redbike and United Cycle for their door prize donations of a Schwinn seat bag and a Bell helmet, respectively, for our club picnic. These added greatly to the fun we all had at the picnic! The lucky winners were Mike and Dave.

The Peddler

.B.O.B. Bike-Touring Trailer; used less than 1000 km; in excellent condition.

New Price was \$ 399 plus GST.

Selling for \$ 325 (No GST)

"Santa Barbara-made in USA"; Front Rack; good for touring bikes and has a top shelf as well as a low rider.

Cost \$ 100; will take a reasonable offer.

A front and rear Light set for \$ 15.

contact Max Mayer: makiopa29@interbaun.com

Tel/Fax 489-7173

INPUT REQUIRED

The executive needs to know your thoughts and level of interest regarding speakers after our monthly executive meeting. I know in the past we have had some excellent speakers on technical topics for cycling and skiing, as well as presentations on tours. Please let us know if you are personally interested in attending meetings with speakers, and if so what topics would be of interest.

Next year marks the 25th Anniversary of the EBTC. Please start to develop some ways we can celebrate, and then bring them forward to any one on the executive, or at a planning meeting to be held this fall. Watch for details to come.

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.compusmart.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.trackntrail.ca/track/10% off](http://www.trackntrail.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 accessories

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.

Spokes