



Sept/Oct 2002

Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

Iron Will



It all started last year when I realized- 'hey, I'm going to be 40 next year'. I want to do something special to celebrate. Hmm, "Ironman Canada" seems to be the thing to do to celebrate this milestone. Am I doing anything next August 25th - nope; I guess I'll do it.

So, last year I set off for Penticton to watch the "Ironman". It was so exciting and inspiring to watch all those triathletes. "Ironman Canada" is so popular that the next year's

race fills up the day after the race, so in order to register; I had to wait in the lineup, which, by the way, started at midnight after the race the day before. I pulled up my thermarest and sleeping bag and slept on the pavement of the parking lot - yes, under the stars. I didn't get there until 2:00 a.m. though. At about 8:00 a.m. The Globe and Mail, coffee and fruit was delivered to all of us crazies waiting to register. Registration officially started at 9:00 a.m. and I was registered by 10:00. \$502 later - yes I had to pay in order to put myself through what was going to be the most painful and challenging, but rewarding experience of my life. The race consists of a 2.4-mile swim in Lake Okanagan, 112 mile bike ride up through long and steep mountain passes, and then a marathon to follow. Was I crazy? Some people have told me so, but I don't agree. So, the first thing I did was hire a coach and started training in September, 2001 for what was to be a grueling day in the hot summer sun. I was so excited.

I vividly remember being in Boston Pizza with my mother and I was so excited that "Ironman" was only nine months away. It kept getting closer and closer and I was getting more and more excited, and then suddenly it was time. The day had arrived - August 25, 2002. I was glad the training was over. Seven hours in the saddle was getting to be a pain in the ass (literally); not to mention two and three hour runs. Although the bike portion

of the "Ironman" was at least seven hours long, it wasn't training anymore - it was what I had worked so hard for. My countless hours of riding, swimming, running, water jogging, stair climbing, hill repeats and walking had paid off. I made it to the finish line. This wasn't a race for the majority of us - only the pros race. Completing an "Ironman" was satisfaction enough.

The Big Day

The day started at 4:00 am. Lots to do - ate a light breakfast, went to the bathroom, ensured all my special needs were in my special needs bags, went to the bathroom, made sure I had all my nutrition for the day, went to the bathroom. The transition area was abuzz with the other 2065 athletes preparing for the big day ahead. The first stop was to get my body marked with my number "2015". Then to the transition area to get ready. The first thing I did was line up at the porta-potties. Oh no, my wetsuit is zipped up. The start time was fast approaching, and all the triathletes poured onto the beach. Ninety seconds to go. I made sure I seeded myself in a strategic location - in the middle, so as not to be knocked around too much. The National Anthem was sung and then the cannon went off at exactly 7:00am. 2066 triathletes exploded into the water. My strategy worked, and my swim went well. When the swim was over, I ran to the wetsuit strip area, where the volunteers helped me take off my wetsuit. I grabbed my bike gear bag and ran into the women's change tent. The volunteers wanted to do anything to help me. One volunteer put sunscreen on me, another volunteer put all my swim stuff back into my bag. Then, off on the bike.

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

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

E-mail: bikeclub@ecn.ab.ca

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

Bike

The day wasn't hot, which was good. Some of us would get dehydrated, but not nearly as much as if the weather was hot. Only 112 miles to go! The bike ride was beautiful – along Skaha Lake and into Osoyoos. There were lots of porta-potties along the way at the aid stations, but sometimes I couldn't wait, so I peed wherever I could find an inconspicuous spot. Sometimes I didn't care if I was being inconspicuous or not. Once I got caught in a cactus, and I couldn't pull up my shorts until I got all the burrs out. Where's a camera when you need it! The climb up Richter Pass was long and steep, but the ride down the backside was worth the hard work. Riders were passing me at 50 mph. Later on was a long and gradual climb up to Yellow Lake – well, gradual until the last 200 meters. It was thundering, lightening, raining and very cold. I was shivering, and that made it difficult coming down the hills. Are we there yet??? I remember thinking 'I didn't train for a year to let a little cold and rain stop me from getting to the finish line. This will just make me a tougher Ironman. Oh God, I don't want to do a marathon in this weather'. Thank God the weather was dry in Penticton. The volunteers at all the aid stations were angels. They wanted to do anything to help us. They handed off water, Gatorade, bananas, cookies, grapes, Power Bars, and Power Gels. They even held my bike while I was in the porta-pottie. Some of the aid stations even had a theme. One aid station had a big sign saying 'Welcome to Aid Station #5 – Our Desert Oasis'. They had a blue tarp for water and fake palm trees, and they all had bright colored clothing on. If it wasn't for the volunteers, "Ironman Canada" couldn't happen, nor would it be as enjoyable.

Run

I started out running strong, but quickly got an upset stomach. I was getting dehydrated, and was sick for the majority of the marathon, so I ended up walking quite a bit. The bottoms of my feet were sore, my quads were sore, and my stomach was sore. At the half-way point, I took advantage of the massage table. When they finished with me - I had two volunteers working on me - I was able to run for a bit. I was drinking lots of water to flush the salt out of my body. I met a lot of people on the run because, like me, they were walking too. The majority of people doing an "Ironman" don't run the entire marathon. Only the pros do. At the last aid station, I drank some Pepsi, which gave me a boost of energy. As I approached Lakeshore Drive, I heard the music and thunderous crowds cheering. That gave me even more energy. My adrenaline was really pumping now. As I made the second last turn, Linda D'Ilio was there cheering me on. What a sight for sore eyes. Thousands of spectators were cheering and banging, I was running strong again, and when I reached the turnaround point going into the home stretch, I started running even faster. When I approached the chute for the finish line, I gave it all I had and finished very strong. I DID IT. As soon as I crossed the finish line, the medal was placed around my neck, and I got my 'Finisher's' tee shirt and cap. I am now a member of an exclusive club

called the "Ironman Club".

I learned a lot about myself during the past year and during the race. I am disciplined and dedicated, and when I have my mind set on something, I don't stop until I get there. I am definitely not a quitter. If I had broken my leg on the marathon, I probably would have dragged myself to the finish line! I have been told by a friend of mine, who is a seasoned Ironman, that the first one doesn't count because you learn so much. I think it DOES count, but I also learned a few things that I will do different next year. I won't take as much salt on the bike, which led to my dehydration, and I will drink Pepsi well before the last aid station. An "Ironman" athlete goes through a variety of emotions during training and during the race. One minute, strong and fast ... the next minute, "I am in too much pain to do this again. Am I going to make cut-off". I remember thinking at about mile 17 on the run, as I painfully sat down on the road to massage my calf, that 'I am never going to put myself through this again', and yet, what did I do the following morning ... register for "Ironman" 2003.

Swim – 1:21:49	Transition 1 – 13:17
Bike – 7:55:40	Transition 2 – 10:52
Run – 6:47:09	Final Time 16:28:44

Ellen Ainsley



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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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

Potluck - Plan - Party !!!!!

6:00-10:00PM, Sat. Oct. 5, 2002
 Edmonton International Hostel
 10647 - 81 Ave.

Make or shop for a dish to bring to the potluck - EBTC will supply refreshments (juice, tea & coffee). As well, bring to the event pictures or pictures on CD, if you should have some to share, and some ideas for our 25th year celebrations and winter activities.

We will start by gorging on our delicious fares, then we will have a meeting, chaired by our president Al, to discuss our 25th anniversary year celebrations and plan our winter activities. We will top off the evening by viewing CD pictures. We will use the new club laptop with Windows XP, and a projector, to automatically run a slide show of pictures on a CD (jpeg for sure).

Any questions, contact Nadine at 438-1987 or nadine@ualberta.ca

The Mountain Parks



Tour 2002

THE GRAND FINALE - TOUR DE L'ALBERTA 2002

The July 28, 2002 EBTC TOUR DEL' ALBERTA was a great success this year. A new, all-time high of almost 300 riders came out to test themselves and to enjoy the wonderful Alberta scenery, the great food, and the companionship of other riders. Year over year the tour has grown, and each year brings out a lot of our returning and new riders to challenge the 100-Mile (Century) or the 100 Kilometre (Metric Century) tour.

Everyone has their own reason for doing the tour, which is a ride with no losers, just winners who challenge themselves and the course to achieve their individual goals. It could be the first-time rider who is 70 years old, or the people who meet and ride together who become instant friends as a result of the opportunity presented by EBTC's annual Tour de l' Alberta. Whatever the reasons for the ride the feedback from participants is that it is truly one of the best events held in the Edmonton area (Ok, except for the wind - for which the organizers take no responsibility).

The ride would not happen without the help of a lot of people. First and foremost are the volunteers who help out in so many ways. Many were club members or their families, or just friends who were willing to pitch in and help out. It involved everything from helping us transport supplies to the ride, to marshalling on the ride to ensure everyone enjoyed themselves, to getting people through the rigors of registration, or cleaning up after the ride was over. A big THANK YOU to each and every one of you! You really made a difference in creating this great success.

The other group that often goes unsung are our supporters in the community - whether it is the EMT's to ensure any injuries are treated promptly, the RCMP for keeping us on the straight-and-narrow, or the people in the communities who provide us with spaces for checkpoints. Each of you provided us with great support and helped to make the ride enjoyable for all the participants not to mention the organisers.

Then there are our sponsors, who provide us with many of the prizes, displays, advertising and overall endorsement of our club's ride, as well as providing some added incentives for the riders in the form of prizes, nourishment or moral-boosting support. This year's sponsors are all listed on the club website. Thanks so much to all of you, and you can rest assured that we will be in touch for 2003's Tour de l' Alberta!

Once again thanks to everyone for making this year's ride a big success, it was a blast and based on our feedback everyone had a great time and many are committed to coming back again next year!

Glenn White & Maureen Lanuke Co-coordinators 2002 Tour de l' Alberta

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, 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

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.

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

“HOMER SIMPSON'S AUTUMN RIDE”

Date: Sunday - September 29, 2002

Place: Meet at NE corner of Kinsmen Fieldhouse parking lot at 10:00 a.m., leave at 10:30 a.m. sharp Cost: \$\$ for coffee + snacks

Co-ordinator: Dennis Woo - Ph. 446-0625

Homer loves his donuts (+ coffee) like most of us. So join us for a 50 km. autumn ride along paved bike routes to “Tim Horton's” at each corner of Edmonton. A combination of quiet residential streets, scenic river valley pathways and busy (safe) thoroughfares should make for an interesting ride.

NOTICE BOARD

John Sisson and Ivy Chung are pleased to announce their intention to be married on September 1, 2002. The couple will be wed in a small ceremony with only close friends and family in attendance, and plan to host a larger reception in the spring of 2003. This is the first marriage for both the bride and groom, and all those involved are looking forward to the event with a deep feelings of joy

The Peddler

For Sale

Rocky Mountain Hammer. Bicycle FOR SALE.
Racer. Sram Composite ESP.0/S9.0 1.1 Actuation Ratio,
Race Face Forged Sprocket, Ritchey Handle Bars. Logic
Head Set, Grip Shift, Profile Bar & Ewes (briefs), Avid
SD-1 .9l brake. Avid 20 shoes, Marzocchi bomber
Alloy. Serfas Dual Density Seat, blackburn As-1 Air Stick,
Michelin Tires 50-559(26x2.1) Wild Griper Lite. 2 years old

Purchased March 25.00 Silver 17.5 inches This bike is like new. It has 50 kilometers on, if that. To purchase this new today would cost well over \$2500. The price is \$999.99 All gear and radio also is to be included. This is a really good buy if you need a new set of wheels.

To view please call 436-4044 and ask for Ruddy.

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/](http://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.trackntral.ca/
/track/](http://www.trackntral.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.

Spokes