

Spokes

June 2003

The Newsletter of the Edmonton Bicycle & Touring Club

Restaurant Night!

Date: Sat. July 12th, 6:00 PM

RSVP: by July 7th

Location: Barb and Ernie's, 9906 - 72 Ave.

Come and try out some delicious German food at "Barb and Ernie's" while socializing with your fellow bike club friends and companions. To attend, RSVP with Nadine at 438-1987 or nadine.leenders@ualberta.ca by July 7th.

Sock Pickup *Read on*

Picnic, River Valley Ride or Visit the Valley Zoo *See details page 2*

Calmar Brunch Ride - July 13, 2003 *See page 4*

Buffalo Lake Ride - July 5-6, 2003

This will be a tour oriented to those cyclists interested in a low intensity ride through an area of nice scenery. Perfect for riders who are new to the concept of cycle touring, this trip will feature loop rides in the area of Bashaw on Saturday (July 5) and Stettler on Sunday (July 6). Distances will be in the range of 75 km or less, and the pace will be easy to allow us to see the sights of this area.

This will be a low cost trip; we will carpool to Bashaw on Saturday morning before the first ride, then travel to Stettler for an overnight stay. We will do our Sunday ride and return to Edmonton from Stettler. We will use the usual EBTC meal policy of group lunches on both days, and a group breakfast on Sunday morning. Saturday supper could be either our own cooking or in a restaurant depending on what the group wants. If you want more information call John Sisson at 431-0359.

Let Them Eat Veggies! Hold the Cake!



Some members of the Golden Triangle Group

Golden Triangle Ride

Read on to find out more

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

E-mail: bikeclub@ecn.ab.ca

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

EBTC Executive Members

President	Maureen Lanuke	436-9004
Vice President/Touring Coordinator	Neil Morrison	466-3550
Treasurer	Erik De Regt	489-9886
Secretary	Al Carlson	458-1471
Membership Coordinator	Angela Ziemann	469-0328
Publicity Coordinator	Harry Hoyer	459-4152
Publicity Assistant	Stewart Henderson	438-1351
Social Coordinator	Nadine Leenders	438-1987
Newsletter Editor	Gord Charles	487-0206
Supplies & Equipment Coordinator	Ernie Mah	988-8322
Education & Safety Coordinator	Vacant	-----
Volunteer Coordinator	Darlene Evanoff	962-8235
Webmaster/Email Coord	Alan Schietzsch	455-1924
Librarian	Dennis Woo	431-2182

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

Picnic, River Valley Ride or Visit the Valley Zoo

Date: Sunday, June 15th

Location: Picnic Site #5 - Laurier Park

Picnic & Sock pickup: 11:30 AM - 2:00 PM

Ride or Zoo trip: 2:00 PM

Costs: \$2.00 to offset picnic site rental, Zoo admission

Enjoy a relaxing picnic with your cycling buddies, admire your new socks, then go for a refreshing bike ride through the river valley or view all sorts of exotic animals in a walk through the zoo.

Bring to the picnic your own plate, cup, utensils, meat, and a dish to share. EBTC will supply buns, condiments, beverages and firewood. Cost is a toonie each to cover the cost of the picnic area and supplies, plus money for Zoo admission fee.

Contact Nadine at 438-1987 or nadine.leenders@ualberta.ca for further information.

Edmonton Bicycle and Touring Club Tour Calendar - Summer 2003

REGISTRATION OPEN FROM MAY 1, 2003

** 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.

June 7-8, 2003 MS 150 Ride
Contact: Angela Ziemann (469-0328)

Sunday, June 22, 2003 WAGNER NATURAL AREA RIDE
Coordinator: REQUIRED Cost: free - bring a lunch.
Dist/Rating: 56 km return

Description: A ride which goes to the Wagner Natural Area from Edmonton through St. Albert and north of Big Lake. Return to Edmonton along Highway 16 after touring the nature trail. Meet at the Coronation Lawn Bowling Green at 142 St & 115 Ave at 10 AM.

Sunday, June 29, 2003 COOKING LAKE - LINDBROOK LOOP

Coordinator: Don Kennedy (467-7435) **Cost:** \$2.50 contribution asked to cover costs of Campground and Pool use, and van support. Bring \$ for snacks and/or coffee shop stop (optional).

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

Description: Tour east from Sherwood Park on hwy 14, past Cooking Lake to Lindbrook. Meet at the Sherwood Park "Wye Road Safeway" parking lot (near the Tim Horton's), at 10:00 AM. Leave at 10:30 **SHARP!** Lunch, rest and relax (12:30-1:30) at the "Catch a Falling Star Campground" near the (closed) Lindbrook store at 49 Km. Return to Sherwood Park via secondary hwy 630 (Wye Road). Stop for a coffee break at the "Junction Café" railroad oriented coffee shop at approx. 75km. Bring your lunch and bring your bathing suit if you plan to cool off in the pool at the campground.

June 28 - July 1, 2003 JASPER PARKWAY TOUR

Coordinator: Jan Damgaard (464-7863) **Cost:** Approx. \$220 **DEPOSIT:** \$50.00

Rating: Intermediate **Dist:** 30/70/110km per day - some long climbs and descents.

Description: The classic van supported road tour in the Rockies. Ride from Jasper to Banff via Hwy 93, (and possibly Hwy 93a) and the Bow Valley Parkway. This rustic hostel trip will find us staying at Athabasca, Hilda, and Mosquito Creek. There are a couple of tough passes to climb, Bow Pass and Sumwapta Pass, however your reward is a good descent on the other side and great mountain scenery throughout. - Limit of 18 people and 2 drivers.

Note: you will need to take the **Monday** off of work. ***Registration for this trips OPEN APRIL 1, 2003.**

Saturday July 5, 2003 CHOCOLATE TOUR

Coordinator: Nadine Leenders (438-1987)

Description: Details to be announced

July 5 - 6, 2003 OVERNIGHT TRIP - Buffalo Lake Ride

Coordinator: John Sisson (431-0359) **Cost:** TBA **Deposit:** \$25.00

Dist/Rating: Dist: 60-80 km per day

Description: Loop rides in the area of Buffalo Lake from either Bashaw or Stettler. Routes will be to points of interest in the area, and will be run as a chance to practice cycle touring for people who are just beginning to practice longer distance riding. This will be organized as a "budget" trip, which uses car pooling and camping or cheaper motels.

Sunday, July 13, 2003 CALMAR BRUNCH RIDE

Cost: \$12.50 for brunch plus entry fee to Devonian Gardens if you wish to visit. Register by contacting Glenn White 431-1297. Deadline July 8, 2003

Coordinator: Glenn White We will meet at the Devonian Gardens Overflow parking lot on the east side of the parking lot at 9:30 a.m. for a 10:15 a.m. start

Dist/Rating: approx 50K return

Description: Ride from The Devonian Gardens in Devon to Bricco Restaurant in Calmar. We will cycle approximately 25 Kms to Calmar. We will return the same route and arrive back at the Devonian Gardens, where we can hang out and enjoy the gardens and their annual Lilly display. (admission fee \$7.50) See article.

Saturday July 19, 2003 MUNDARE- CHIPMAN FESTIVAL RIDE

Cost: food costs

Coordinator: Irene Hanson (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 a display of quilts and crafts. May have a chance to visit Saint Peter and Paul Shrine.

STARTING POINT: Meet @ Irene's place @ 10:45 to leave @ 11:00 am sharp. Irene's is located 3 km past Ukrainian Village on Highway #16 (Yellowhead Highway). A Orange and Brown house on south side of highway. A **LARGE** sign will be placed next to the Driveway. Post ride, please stay for a glass of apple cider. We will have a support vehicle

Sunday, July 27, 2003**TOUR DE L'ALBERTA****Coordinator:** Maureen Lanuke (436-9004)**Cost:** \$35. before July 1st., \$50. after**Dist/Rating:** 100 miles or 100 km Intermediate to Advanced**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 (see EBTC Website)**August 9-24, 2003****OREGON ADVENTURE****Coordinator:** Maureen Lanuke (436-9004)**Rating:** Intermediate **Dist:** 40-100 km/day - rolling, with some steep climbs**Cost:** \$975/person**Deposit:** \$100/person **Deadline:** July 4, 2003**Description:** Two weeks cycling the Oregon Coast and exploring the California redwoods and North America's deepest lake. Costs include transportation, van support, accommodation (tenting and a couple of nights in motels), and all meals except 2 group dinners in restaurants. Trip departs Friday evening Aug. 8th. See article elsewhere in May newsletter for further details. For information, call Maureen at 426 9004. **Limit:** 20 cyclists and 2 drivers.**August 30 - September 1, 2003 JASPER TO MT. ROBSON****Coordinator:** Millie Schietzsch 455-1924**Rating:** Intermediate, 45-100 km/day.**Description:** Aug 30 Overnight at Mt. Robson Lodge (Cabins) Aug 31:

Mt. Robson to Jasper, Overnight at Jasper (Whistler) Hostel, Sept 01:

Jasper to Park Gates/Hinton. Ride the scenic Yellowhead Pass, along a wide-shouldered road alongside beautiful mountain lakes. Cost: TBA.

Limit 11 people (1 Van)



*Soaking Up A
Little Sun*

ANYONE INTERESTED IN CO-ORDINATING ANOTHER TOUR,
THERE IS STILL ROOM AVAILABLE.
PLEASE CONTACT NEIL MORRISON @ 466 3550

COOKING LAKE - LINDBROOK LOOP Sunday, June 29, 2003

There are a few new aspects to this year's Lindbrook ride. The Lindbrook store where we used to lunch has now been closed for two years. However, just a stone's throw from the store site a new Campground has been developed. This year we will lunch at the "Catch a Falling Star" Campground and anyone so inclined can take advantage of the swimming pool.

The Strathcona Teahouse will not be available to us this year as they have previous bookings on the date of our ride. The popular Junction Café (railroad theme), located about 3 km. before the Teahouse will provide a venue for a coffee break at the mid point on our return route.

Tour east from Sherwood Park on wide shouldered hwy 14 past Cooking Lake to Lindbrook. Return to Sherwood Park via secondary hwy 630 (Wye Road). Enjoy the "wild" life along the route - Alpaca's, Elk, Bison, Horses, Cows, Ducks, Geese, and tweedy-birds. See the Tour schedule for details or call Don Kennedy at 467-7435 for further information.

Calmar Brunch Ride - July 13, 2003

Looking for a nice leisurely ride and a great meal? Then come and join us as we ride from The Devonian Gardens in Devon to Bricco Restaurant in Calmar.

We will meet at the Devonian Gardens Overflow parking lot on the east side of the parking lot at 9:30 a.m. for a 10:15 a.m. start. We will cycle approximately 25 Kms to Calmar, dropping into the North Saskatchewan then ascending the other side ride through Devon, past the Leduc # 1 Oil Museum to Highway 39, turn right, then on to Calmar.

In Calmar, we will be treated to a beautiful brunch (vegetarian options available - please let Glenn know). Weather permitting, we will be seated on the patio and there is a secure area for bike storage. After brunch, we will return the same route and arrive back at the Devonian Gardens, where we can hang out and enjoy the gardens and their annual Lilly display which will be on that weekend (admission fee \$7.50).

This is a leisurely novice ride with one large hill coming and going, and good shoulders.

Cost: \$12.50 for brunch plus entry fee to Devonian Gardens if you wish to visit.

Register by contacting Glenn White 431-1297. Deadline July 8, 2003.

NOVICE/EASY RIDER RIDES

Just getting back into cycling, or have never done much cycling but want to start doing *something*? Do you have a family and love to go out for short rides, but are looking for others to join you?

Then the Easy Rider rides are just for you! New to EBTC this year, these are short, family-oriented/novice rides that will be coordinated by EBTC families who want to enjoy a slow, short (no more than 10-20 km) ride with other like-minded cyclists, with stops along the way to smell the roses and/or a special event such as a stop at a playground, a picnic, a zoo outing or other activity at the end of the ride.

Events are planned by the individual families for the dates they have indicated below. To see what delightful surprise outing awaits you, call the coordinator or check out the EBTC hotline a few days before the event:

· Sunday, June 29	Sue Williams & Bob Curtis	454-6253
· Saturday, July 26	Claire McCartney & David Lamb	439-6649
· Monday, August 4	Sharon & Jim Wilde	438-4155
· Sat. August 23	Clifford & Julie Barnett	436-3759
· Monday, Sept. 1	Lorraine Orsini	468-9332

The Tour Of All Tours! Tour de l'Alberta 2003

Everything is in place and we're all set to go! The Tour de l'Alberta has been a favourite club ride for many years - first as the Tour de France - Alberta in the early 1990's, then as the Tour de l'Alberta starting in 1999.

This 100 km or 100 mile tour (2 different distances are offered, depending on the challenge you want) winds its way through French towns north of St. Albert along beautiful rural Alberta countryside. It is a mini-simulation of the challenge and endurance met by the real Tour de France riders and takes place in conjunction with the French tour each year.

The ride is mainly flat, with some rolling hills. There is wonderful support from volunteers, Bad Ass Jack wraps for lunch, and Booster Juice smoothies and massages to finish it all off. Ah heaven! - What more could one ask - food and cycling too!

An application for the Tour is in this newsletter. Early bird deadline is July 1st, so get your applications in early and save the extra fee! To find out more about this great ride, check out the EBTC website or call Maureen at 436-9004.



WEDNESDAY NIGHT SHOW 'N GO'S

Show up, and go – that is the theme for these social, easy rides. Meet at 6:30 p.m. at the northeast corner of Kinsmen Parking Lot and cycle through the river valley. Participants decide where they want to go. This is an easy, casual ride that focuses on fun and fellowship. Call Al at 458-1471 for more information.

Tuesday Night Sweat Rides

Sweat rides are EBTC's training rides. They are an "out and back" ride where participants cycle at their best training speed for 45 minutes out and 45 minutes back to the start. Come prepared to work **hard**! The sweat rides will be on Tuesdays, and led by Ellen Ainsley. We will meet at 6:30pm for a 6:45pm (sharp) start at the following locations:

June 3 Sherwood Park Alliance Church - NE corner of Wye Rd/Rge Rd 231

June 10 St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail)

June 17 Seven/Eleven - 97 Street and 176 Avenue Northwest corner

June 24 Sherwood Park Alliance Church - NE corner of Wye Rd/Rge Rd 231

July 1st St. Albert Wal-Mart – SE corner of Wal-Mart parking lot on the corner of Villeneuve Road and Highway 2 (St. Albert Trail)



MAUREEN'S MUSINGS May 2003

MAUREEN'S MUSINGS – June, 2003

Isn't it exciting!/? The cycling season has truly started; club membership is climbing – with lots of renewals and new memberships; and the lineup of trips and events is terrific! We have some new rides, and some “tried & true” trips that are favourites year after year.

The first few rides have taken place, in spite of some wild and weird weather! Following a cold, snowy day on May 3rd, fifteen hardy souls (and 2 not so brave members in a vehicle!) showed up to start the summer off right with the Fort Saskatchewan Brunch ride on May 4th. Although a bit chilly, the day was bright and beautiful, with clear roads and moderate winds – and a great brunch at Paul's Restaurant, of course! On May 10th, the “pre-triangle” 100-km ride saw another 35 stalwart, rusty riders show up for a challenging, windy ride along the route which will become the “petit Tour de l' Alberta” in July of this year. We were all so glad to be finally out and riding that nobody complained too much about the wind!

On the social front, the B.A.D. event had its best turnout ever, with some great dishes prepared by eager EBTC members and a wonderful slide show presented by Ernie Mah and Angela Ziemann. Unfortunately, the 25th anniversary socks and jerseys which we had hoped to have available were not received in time for the event, but it was a great evening nonetheless!

Speaking of slide shows and volunteers, I also have to pass on my accolades to our wonderful publicity coordinator, Harry Hoyer, who was responsible for an eye-catching article recently in VUE Magazine, and who has been interviewed by other magazines and radio/TV hosts for possible future articles/shows. Thanks to Don Marcotte of A-Channel and friends for the company on the Golden Triangle and the great promotion of the club on the Big Breakfast program. Thanks are due, as well, to our other hard-working volunteers who deliver our posters and brochures to the many locations around town, to those of you who are working diligently on the Tour de l' Alberta, and to all of the other people in the club who are helping to make this a fun place to be!

And so we are off to another great start to a terrific cycling and social season with EBTC. Upcoming events include the MS Ride, where EBTC has a big presence in both assisting with the marshalling and in putting together the biggest (and best, of course!) cycling team around; the annual EBTC picnic, where we hope, at last, to be able to hand out the 25th anniversary socks, which have finally arrived; and the start of the weekly Show 'n Go's and the new “Novice/Easy Rider rides”, along with many other events and activities.

Happy cycling everyone!

HELP US SAVE COSTS!

Like many organizations, EBTC is being faced with escalating operational costs. The latest challenge is that our EBTC bank has changed its charges for deposits and cheques. As a non-profit community service account, the Bank of Montreal has, in the past, offered free banking services to our club. A short while ago, they instituted hefty charges for deposits of more than 20 cheques in a month. With the increase in insurance fees from the ABA to \$15/member/year, the club is already operating at a loss this year and we are having to look seriously at increasing membership fees for next season. If some economies are practiced, we hope to keep any increase to a minimum.

You, the members, can help in the following ways:

- If you send in payment to the club for more than one item/activity/event, please combine all payments into ONE cheque and itemize on the cheque a breakdown of what the cheque covers. Fewer cheques deposited = fewer bank charges.
- If you have access to the internet and are comfortable with obtaining your newsletter on-line, notify our membership coordinator, Angela at 469-0328 (if you didn't do so already when you signed up for your membership this year) that you would like to access your newsletter on-line each month and save the cost of postage. You will receive a notice from our website coordinator, Alan, each month once the newsletter has been posted to the web.

These little efficiencies could save the club quite a few dollars over the year and will help us keep our membership fees at an affordable level. If you have any questions about these proposals, or if you have some good suggestions for other efficiencies we can explore, please call Maureen at 436-9004.

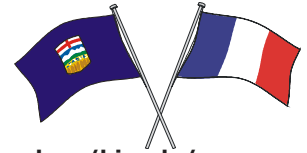


Rev. 05/14/2003

EBTC Tour de l'Alberta

Sunday, July 27, 2003

Registration Form



Additional forms 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 27, 2003, at Bellerose School Gymnasium, 49 Giroux Rd. in St. Albert. Registration closes at 8:00 AM.
- Pre-registrations must be received via mail by July 21, 2003
- **Start times:** Both the 100 mile and the 100 km Tours start at 8:30 AM - SHARP!
- Cycling helmets are mandatory.
- For a nominal fee, enjoy a deep release massage performed by qualified massage therapists at the end of the Tour. Prepay and skip the lineup!

(For Office Use Only)

Cyclist # _____

100 Mile

100 Km.

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

Address: _____ Postal Code: _____
Street City / Province

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

Birthdate (Required for insurance purposes): _____ Age on Tour Date _____

I intend to challenge the 100 Mile 100 Km. Loop. ** Change can be made on Tour day.

Please note any medical conditions, which may affect your ability to complete this tour: _____

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 the EBTC Hotline at **(780) 424-BIKE**

or check out our web site at: <http://www.ecn.ab.ca/bicycle/>

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

Member of EBTC or ABA affiliated club.

Club Name _____ Member # _____

\$35 Registration fee

\$50 Registration fee after July 1, 2003 \$ _____

Non-Member (Includes \$15.00 Insurance Fee)

\$55 Registration fee

\$65 Registration fee after July 1, 2003 \$ _____

Pre-paid Massage (\$20 for 20 min.) \$ _____

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 27, 2003 (the "event"), I, for myself and all of my legal representatives, assume all risks of participation in the event 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 therein contained, all other associated persons and their legal representatives (the "aforesaid") 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 the event, whether as participant or otherwise, before, during or after the event and notwithstanding that same may have been caused by the negligence of any of aforesaid. I hold and save harmless and agree to indemnify aforesaid against any liability incurred by any of them arising as a result of my participation in the event. I agree to comply with the rules, and regulations of the event. I warrant and represent that: I understand and undertake the risks of the event; and, I am physically fit and have sufficiently trained to participate in the event. I acknowledge that there is no obligation on the part of aforesaid to provide medical care to me during or after the event. I consent to any emergency medical care provided to me as part of the event. I grant permission to use my name, voice and picture in any broadcast, advertising, or other account of the event 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 not be accepted by tour leaders. All tour registrations will be considered "as received", where indicated by the dated stamp (*postmark*) on the envelope.

Please fill out a separate registration form 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 is required for each tour.
Mail forms and cheque to:

**Edmonton Bicycle & Touring Club
P.O. Box 52017, Garneau Postal Station
Edmonton, Alberta T6G2T5**

6. If you send in payment to the club for more than one item/activity/event, please combine all payments into ONE cheque and itemize on the cheque a breakdown of what the cheque covers.
7. 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

8. 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.
9. 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.

Let Them Eat Veggies! Hold the Cake!

You'd expect vegetables to be Priority One on the menu for "an eating club with a cycling problem" (aptly following the example of an affiliate group in the city calling itself "a drinking club with a running problem"). Thigh Definition is our aim clearly, and everyone knows that cake goes straight to the thighs – and stays there for a lo-o-o-ng time.



Following the age-old fitness adage, "cycle hard – eat fresh veggies", Gord's team provided the 28 cyclists with a veritable paradise of Urban Fare's finest (and rather expensive, too), a wide selection of veggie matter. Proudly, they placed plates of succulent, crispy fresh, and beautifully arranged (by culinary experts-on-tour Bernard and Brian) peppers, rutabaga, kohlrabi, jicama, carrots, broccolini, broccoflower, portabello mushrooms, etc., on the table that first dinner, Saturday evening. They expected an explosion of excitement. Ah-h-h-h veggies!

Instead, what they got for their efforts (chopping and cutting is highly labour intensive, isn't it?) were merely tired sighs. A subdued hush followed. What, we cycled all day for...raw veggies? Well, O.K., perogies and Mundare sausage too. Thank god this meal ended with cake!

Cycling, naturally, was the outcome of the May long weekend. But eating was the *raison d'être*. No need to hide this fact any more. Let's spill the baked beans. Take the chicken fricassee out of hiding. Bond with what's left of the Alberta beef. Veggies, not for me, thanks.

On succeeding days – breakfasts, lunches and our final delectable dinner prepared, no, presented by the A-channel relay team (tortellini with cream and tomato sauce, garden salad, and cake, of course) – nothing would erase the taste of the raw veggies served up that first night.

On to more important matters. Could anything be more important, more intriguing, than food? Not really. This brings me to the point that people are a lot like food. Some like it hot, some cold, some like it somewhere in between.

Some eat their food slo-o-o-w-ly, savouring each morsel for the longest time possible, others gulp it all down, hardly tasting what lands. Hey, it's not a race! Let's enjoy ourselves while we're here. This is how I enjoy myself, Harry.

Who got there first? I don't know, but probably the person with the carbon fork! How much is left anyway? I've had enough for today. You know, yes you do, a lot less than when you started out. Keep at it, you'll get there eventually.

It'll be a hot January day in Golden before I eat at that motel again, Harriet. Pass those damn veggies, please. Which I plan to eat as slow or as fast as I want to. Because that's who I am. A little appreciation for how I choose to do things might go a long way. And I'll do the same for you too. Now, how about some of that cake?

Olga Jagodnik, Second Triangle Tour



EBTC MS 150 Team NEWS - June 2003 Update

Only 3 weeks to go!! I hope the weather holds; I put in my request for Sunny skies. I have been informed, the tour is now FULL. Team EBTC has 24 members.

Final Team EBTC Pre-descents Members:

Angela Z (your fearless leader),	Alice Keech	Anna Siwec	Barb Lopatka	Barbara Hall
Byron Beck	Carol Kuzyk	Ernie Mah	Fran Galbraith	Vicky Glowacki
Garry Garrison	Harry Hoyer	Jay Lavign	Jennifer Hincliffe	John Chang
Ruth Wolfe	John Slapman	Peggy Hurdle	Richard Bennett	Robert Wood
	Sherrie Banks	Jerry Lavign	Steve Bitto	Teresa Popowicz

MS TEAM PHOTOS/MEETING/RESTAURANT NIGHT -
Friday May 30

Place: Argyll Velodrome parking lot (88 Street 68 Ave) 6:15-6:30 pm a brief meeting and team picture prior to the training ride. The ride will be under an hour so we can go to a restaurant to follow ride. If you would like to go to the restaurant, please RSVP Angela @ 469-0328 so I can make reservations. It will be at the Iron Horse, 8101-103 street at 8 pm. There will be prizes and team camaraderie.

Alternate team photo: if you cannot make it Friday, gather Sat. June 7 at the MS tour. Because our team is too large to gather at the official team picture spot on tour day, we will try and take another PRIOR to dinner outside the Drill hall Sat. evening. Look for the EBTC banner. We will also have an EBTC table at the team area.

Don't forget to come out to the Beaumont-Leduc ride on May 31. It is the perfect length to do a week before the big tour. Questions or comments: respond to aeziemann@compusmart.ab.ca or call 469-0328.

Wanted: "bike buddy" attachment.

Will pay reasonable price. Contact Lorraine 468-9332.

For Sale:

Mckinley Horizon Mountain Bike with rapid fire shifters, components transferred over from a Specialized Crossroads hybrid. Asking \$125 o.b.o. call Scott Southworth at 452-9735 or leave a message.

Spokes

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

8530 - 109 Street, 433-2085
www.pedalhead.ca

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

Hardcore Bikes

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

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.

Found a green plate with camping cutlery at the B.A.D party.
They can call me (Erik) to pick it up (489-9886)