

Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

March 2005

Trips Needed

What?? You have an idea for a bike trip? It's a long one, a short one, an overnighter or a day trip around town? Then we want to hear from you!

We need your input to pull together our trip plan for the upcoming cycling season. If you have a suggestion or idea for a trip - whether it has been done before or not - please come to the annual trip planning meeting.

If you have maps or written descriptions already, bring them along as well. It will help us plan determine our season of touring more quickly.

Our club thrives on members' input and participation, so we hope you will come out and help us plan our season of cycling.

When: Saturday, March 12/05 at 1:00 p.m.
 Where: Edmonton International Hostel, 10647-81 Ave
 Why: To help our club have a GREAT cycling season!
 You will also be eligible for a fine door prize draw. And possibly a few little snacks!

Don't forget!

Renew your EBTC Membership today (see the last page of this SPOKES!). Membership for all members expires in March.

... before it's too late.



The 2005 Golden Triangle

May 21-24, 2005

Coordinators: Neil Morrison (466-3550) and Garry Garrison (908-6292)

Cost: Approx. \$225, Deposit required with signed Overnight Trip

Registration Form: \$100

Dist/Rating: 105 km - 115 km/day over mountain passes.

Intermediate+

DESCRIPTION: Kick start the 2005 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 for the Golden Triangle opens April 1, 2005

IMPORTANT NOTE ABOUT REGISTRATION

For the Golden Triangle, mail a completed Overnight Trip Registration Form, along with your completed membership application form and payment, as well as the \$100 trip deposit, post-marked no earlier than April 1, 2005, to EBTC. The mailing address is on the form, found on page 11 of this SPOKES.

See April 2005 SPOKES for details of all other exciting cycling trips planned for 2005!

EBTC Executive Members

President	Maureen Lanuke	436-9004
Vice-President/Touring	Glenn White	431-1297
Secretary	David Williams	438-1197
Treasurer	Nadine Leenders	438-1987
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Social Coord.	Al Carlson	458-1471
Supplies & Equip.Coord	Ernie Mah	988-8322
Education & Safety Coord.	Don Peddie	457-2945
Volunteer Coord.	Scott Southworth	378-0957
Librarian	Dennis Woo	446-0625
Webmaster	Alan Schietzsch	455-1924

We welcome your comments and suggestions – especially if you have an idea for a trip or outing you think your fellow club members might enjoy!

Newsletter Enquiries & Submissions

The deadline for the newsletter is the 22nd day of each month. Enquiries, articles and jpg digital or scanned photos can be delivered by email to stew.henderson@shaw.ca or on paper, CD or 3.5" IBM format diskette to: EBTC Newsletter Editor, P.O. Box 52017, Garneau Postal Station, Edmonton, Alberta T6G 2T5. Stew can be reached by telephone at (780) 438-1351 and by fax at (780) 420-3839.

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 newsletters.

E-mail?

The EBTC maintains an e-mail directory of members. Occasionally, e-mail or other items received by EBTC considered to be of interest to the membership are forwarded via e-mail. If you wish to be added to this electronic mailing list to receive updates, please send your request via email to info@bikeclub.ca

The editor needs help!

To save costs and valuable executive time, we encourage all members, where possible, to request the newsletter by email when they renew their membership. By doing this, putting out the newsletter would only involve 2-3 hours a month, lightening the load for all.

Spokes is the newsletter of the all volunteer Edmonton Bicycle & Touring Club. **Spokes** is published monthly in the summer and bi-monthly in the winter months.

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

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

Cycling thought this month

When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.

- Sir Arthur Conan Doyle



Maureen's Musings

I am writing this while sitting by a pool in Papua, Indonesia, in +30° Celsius temperature, so it's hard to bring myself back to spring in Canada. But by the time you read this, I'll be back in Edmonton, skiing will be over, and planning for the new cycling season will be well underway.

The start of a new season is always full of excitement as plans unfold for the great trips our club always offers. As always, our volunteer coordinators are crucial to the success of these trips, so if you have an idea for something you

would like to see happen, please come forward. Chances are – if you are interested – someone else will be too.

There has been some discussion among the executive about what type of trips will help to keep members and promote growth of the club. Since I joined in 1986, the composition of the club has changed. The average age is now mid-40s where it once was mid-30s. At one time, the club offered mostly touring and day rides which then switched to a large mountain bike contingent. In recent years, the interest of members appears to be once again touring and day trips.

There has been a suggestion that many of our members would like to see more luxury trips, e.g. trips that offer motel-type facilities with restaurant meals. I, personally, prefer the hostel/camping trips we currently provide, with trip participants coordinating preparation and clean-up of meals, packing, etc. To me, this working as a cooperative effort helps to break the ice and allows participants to really get to know each other. Some of my closest friendships have been made on such trips. However, I am also of an age that I can thoroughly enjoy and appreciate the luxury trip. After all, when you aren't preparing meals and cleaning up you should have more time to get to know each other – right?

Any of the executive would be glad to hear from you about any suggestions you may have. So, bring on those ideas and help us to provide a great year with lots of socials, day trips and overnight adventures to entice our members.

Hopefully with the possibility of lower insurance rates this year, we will also be able to lower membership cost for additional family members and be able to offer rides/outings that will encourage families and younger cyclists to join our ranks as well.

We have a new Executive for 2005-06

At the Annual General Meeting in January, several club members agreed to step forward to take on new roles as executive. There were also returning members who agreed to continue in their leadership position in the absence of willing volunteers.

Please help support your bike club by contacting any executive member with ideas and comments. We are all members because we share the joy of cycling and it is only through the efforts of volunteers that trips are organized and decisions are made in the best interest of all members.

See page 2 for the contact information for the 2005-06 executive.

Happy cycling everyone!

Maureen Lanuke is EBTC's President



By Glenn White

February 2005 was Robbie Burns's birthday and we were at Terratima Lodge. Does it get any better? We will have to go again next year to find out.

Terratima is a lovely spot tucked into the foothills just south of Rocky Mountain House off Highway 22. We had two wonderful rustic cabins, each complete with a wood stove, a fridge for keeping your wine and beer cool, and a stove for heating up marvelous meals.

A great and enthusiastic group of Al, Debbi, Jasmine, Maureen, Brian, Susan, Marvin and Angela arrived on Friday night ready for a break from the week's work load. Jasmine and Marvin had made their way to Terratima earlier in the day. This pair of enthusiasts had the stoves going and round one of the hors d'oeuvres ready to go. What a great way to start the weekend!

Saturday morning we were up and at it bright and early. Well, certainly bright but not early. A leisurely breakfast was supplied by Debbi and Maureen complete with low calorie cinnamon buns. We ventured on to the icy ski trails to glide through the lovely woods and explore some new countryside. There were a ton of pictures and lots of good laughs shared on the ski trail as we soaked up the sunshine and enjoyed the camaraderie.

Jasmine and Marv served up a great lunch, complete with a wonderful variation of black forest

EBTC goes on an eating weekend

cake. The hearty ones were out to the ski trails right away while some of us had to have a little nap before we ventured out to ski.

It was back home again and just in time to jump in to the hot tub, shower and have more snacks before a wonderful evening of entertainment. We started in the Sees the Sun lodge, complete with a wonderful rock fireplace and pipers performing traditional Scottish tunes. The pipers lead us to more food and more drinks along with the

"Address to the Haggis" and some Robbie Burns poetry. What a wonderful evening. But wait, it is not over. We are back to the lodge for a wee dram of the golden elixir and this time, there is active participation in the dancing. No one is left untouched. The next thing you know everyone is whirling around the room like we knew what we were doing.

Realizing what finely tuned athletes we are, we head off to bed to get ready for another day of eating.... oops, I mean skiing.

Another wonderful breakfast, compliments of Brian and Susan. The next thing you know, we were out skiing thanks to a little dusting overnight. The trails were in fine shape and we had a blast discovering



new routes and shortcuts. Yep, you guessed it. We returned back to the cabin for yet more food, this time from Al and Angela.

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Terratima continued from page 4

That is when reality hit - the trip was coming to an end. We needed to check out as there are more groups coming in behind us. That is always the sad part of a trip.

We had a wonderful weekend, organizing a trip with a group of people like this is an absolute dream. We had more laughs than one person thought was available in a weekend. There was wonderful camaraderie and cooperation and we skied as much as we wished. There was no pressure to do anything – the only pressure was finding away to consume all of the wonderful food we had.

A trip to do again? You bet. It was truly a wonderful trip, full of fun and laughter.



Why do I ride?

by Glenn White

I have ridden a bike for as long as I can remember. As kids, we salvaged parts and put together our own model, an old single sprocket bike with coaster brakes, and we careened down the gravel roads at breakneck speed, totally



out of control. It was okay to be out of control, though - there were few cars on the road where I grew up in Northern Ontario.



We loved to fish, and the bike was our way to get to the Montreal River to catch those wonderful pickerel. When I got to high school, it was a little "uncool" to ride a bike. But in the summer, when I was working on the farm, it was our way to escape after a day of throwing bales. With the kids from nearby farms, we would head out on the gravel roads to the corner store, where we blew our money on a treat. It was great fun, and I have many fond memories of those summer days and my bicycle.

Shortly after that, I went to work and had a car, so the bike fell by the wayside for awhile. When I decided to return to school and graduated from university a few years later, I bought my first new bike, a Sekine. I was actually a bicycle commuter before I knew what the term meant! What a blast to zip along the side roads - a great way to start the day!

When I moved west and lived in Calgary, there was another opportunity to commute to work - zipping down the streets and exploring the city. Riding for me was fun most mornings, catching the wonderful fresh air flying to downtown, then climbing back up the road at the end of the day. When I coupled cycling with my running, it was excellent cross-training, although I did not know it at the time.

One day I came out from work and my old Sekine was gone. The bike cable was all that remained. It was like I had lost a friend. It ended up okay in the end. I had an opportunity to buy a new bike with what I thought was all the bells and whistles. My Myata 610 was an awesome bike! I rode it everywhere.

When I transferred to Cold Lake, my son, Chris, and I rode together. That is when I got into bicycle touring.

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Why do I ride? continued from page 5

I did my first Golden Triangle with Chris through the University of Calgary Outdoor Program. Next came trips with the Sierra Club in Oregon, Arizona, San Juan Islands and a few side trips to ride with friends in California. When I transferred to Edmonton, the trusty Myata came with me.

I led my first bike trip for the Sierra Club - the classic Banff to Jasper. It was a great learning experience, and a wonderful riding opportunity. Of course, it was a ton of fun.



Eventually, I did my first Century Ride with my buddy, Jim Janke. We did the Bette Anne Carrie Century ride. Man! I almost died, or maybe it was I wished I had died! That is

when I learned about hydration the hard way! A few more local rides were followed by more commuting to work and many more years of riding long trips.

I transferred to Cynthia, and my bike and I soon had a regular date, commuting 40 kms to Drayton Valley most nights after work. Those were great rides and lots of laughs. That is when I learned about pancakes the hard way, and about a part of my body called the ulna. We did some great trips from Drayton Valley to Rocky Mountain House. I also joined an annual Golden Triangle ride with the gang from Bonnie Glen. Every year for about five years we did that trip - complete with beer-carrying racks. The old Myata got a real workout!

At some point along the way, my good friend Phil and I happened on this thing called the MS 150. We decided to ride as a neat way to get a fun ride. Eventually it became a cause for us as we took the fundraising seriously, but still kept the fun in the ride. We had many memorable rides and eventually

we ended up with a team in the MS 150. Again it was a ton of fun and lots of good training rides. On the MS ride is where I met Suzanne who has MS. Over the years, she has become a great friend and has taught me lots about attitude. She was well enough in 2003 to ride the MS 150 with our

team, the Liars Club, and then she went on to become the Chairperson for the Mountain Bike Tour. She has her battles, ups and downs, and she wins most (see attitude above).

When I volunteered to marshal for the MS 150 one year, I met John who was and still is the key contact for a club called EBTC. John was the coordinator for the marshals. In 2000, John assigned me to marshal the challenge loop, and I had the pleasure of meeting then EBTC treasurer (now President), Maureen. My first encounter was listening to her carp about her camera not working. As it turned out, it was not the camera but she discovered that when you put batteries in the camera it works a lot better.

I eventually joined EBTC to complete more Golden Triangles and lots of local rides around the city - where I learned about enjoying the moment, being able to ride at a pace for the group not just for myself. I had added another dimension to my enjoyment factor. Now I had fun, fund-raising and camaraderie.

Through the club, I have been able to lead a few bike rides, enjoy some great moments with fellow riders, and also learned about how much fun it is to cook and eat with a group of people who also love to laugh and enjoy a good ride. I discovered how important volunteers are and how we put back into our communities and our cycling community.



Cycling has meant a ton of things to me, but mostly it has been fun and great friendships. I still have friends in California I met on rides in the early 90s.

Although we have not ridden together in some time, we still keep in touch with each other and share stories.

One morning I was out for a ride. I was alone and it was a lovely clean, fresh morning.

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Why do I ride? continued from page 6

That is what got me thinking about the reasons I ride and, believe me, there are a ton of them. This year, a lot of my riding was for fitness to get me ready to be part of a team in a couple of triathlons. But underneath all that working out and riding those thousands of kms is the sheer enjoyment and joy that I get when I am on my bike. The feel of my body moving me along, the thrill of reaching a goal, enjoying a moment, sharing time with friends, and - most of all - just being free to fly and, on occasion, to be able to dance on those pedals up a hill (Lance Armstrong I ain't!). It may be a slow dance on the pedals, but it is still a dance for me.



To fly down a hill feeling the wind, to be lucky enough to get into a pace line with a great bunch, and just eat up the miles! That's really living!

What is next? I suspect that I will keep riding.

I will continue to train for the upcoming Triathlon Season, our team "Slipping Over the Hill" which is composed of Reg Jennings from our club, who is our swimmer. Ian Morris, our runner, is registered for the Coronation and Great White North Triathlons. Training as part of this team will be fun but, most of all, I will be riding for the fun, and to enjoy the camaraderie that I find on the road. It will be for the stories that we have after our rides and that we share. It will be for the sheer childlike unadulterated joy of being out on my bike

When I am on the road, those daily things that can grind us up seem to evaporate. I see the miles go floating by and appreciate the times when cycling seem effortless. It is a great sensation - one I want to capture time and time again.

Friends and family who do not ride do not know the immense joy I feel on my bike. This can be for a social group ride in search of a great meal, or a long hard training ride - both bring great amounts of joy into my life. In return, hopefully, I bring some of that into the world in which I live. I love the freedom, independence, the absolutely childlike pleasure I experience, and the many memories each ride creates for me. That is why I ride.

A "B.A.D" start to a new year

What better way to get ready for a new cycling year than with another great EBTC BAD event?

If you're new or been around a while but never experienced a BAD event with EBTC, you're in for a treat. BAD stands for **B**ring **A** **D**ish event. Everyone brings a delicious something to eat that you share with other members. You'll discover that your fellow cyclists enjoy a wide range of foods. No formal planning takes place, however we always seem to cover the major food groups. It is a great way to start of a new cycling season and to help new members get to know fellow cyclists so they feel comfortable in our club.

You are also welcome to bring any pictures in print or on CD that you may have to share. Beverages will be provided by the club.

Where: Edmonton International Hostel
10647 - 81 Ave

When: Saturday April 9, 2005
6:30 pm to 9:30 pm

Info: Al Carlson, 458-1471, alcarlson@shaw.ca

Are you getting email notices from the Club?

Maybe OUR records need updating!

There are 30 current members who once provided an email address, but the address has changed. We'd like to include you again so you know about club events between issues of SPOKES.

If you they have not been getting club emails, it is likely because our email database is old and out of date. If you want to receive club emails, all you need to do is send your CURRENT email address to both Alan (info@bikeclub.ca) and Angela, who looks after membership (aeziemann@compusmart.ab.ca)

www.bikeclub.ca & info@bikeclub.ca

By Alan Schietzsch

The Club's new web address is www.bikeclub.ca and new club email is info@bikeclub.ca

Be sure to discard old bookmarks and favorites, the old "freenet.edmonton.ab.ca" and "ecn.ab.ca/bicycle/" addresses are gone forever and will not work any more).



Here's the story

In January 2005, EBTC's web site suddenly "disappeared!" No, it was not a virus attack or anything like that – here's the story. It's worth reading.

Years back, when the internet was a new thing, and it was difficult and expensive to access it outside a university computer lab, volunteers formed Edmonton FreeNet in order to give the public access to this wonderful new way to communicate. FreeNet was the only way an "average person" could access the internet.

The internet became more commonplace, and FreeNet (also known as Edmonton Community Network, or ECN) was joined by dozens of commercial internet services, such as Telus, Shaw, and so on. Now people can obtain more internet services (even cheaper), and overworked volunteers are not required. Over the years it became harder and harder for FreeNet/ECN to compete with these giants, especially while running on volunteers only. In January, FreeNet/ECN finally closed for good (if rather suddenly!). It was great while it lasted, and a terrific example of what volunteers can do for their community

Freenet hosted EBTC's website for many years, and in the early days we would never have had a web site otherwise. The OLD addresses of www.freenet.edmonton.ab.ca/bicycle/ and www.ecn.ab.ca/bicycle/ are gone forever. So that's where the club website has gone – FreeNet shut down.

But "www.bikeclub.ca" is easier to remember and tell your friends! Many modern web browsers will even accept just "bikeclub.ca" and will add the triple "W" for you automatically – try it!

Thanks to Alan for the many hours of work to rebuild our Club's web site in its new location. Alan...your extra (quick) effort to return us to the web is much appreciated!

Bicycle Gear Ratios

By Alan Schietzsch

The idea behind multiple gears on a bicycle -- whether it's an old "10-speed" bike or a modern mountain bike with 27 gears -- is to let you change the distance that the bike moves forward with each pedal stroke.

The gears at the front are called the **chainwheels** or "**rings**". Most bikes have two or three chainwheels that look like this:

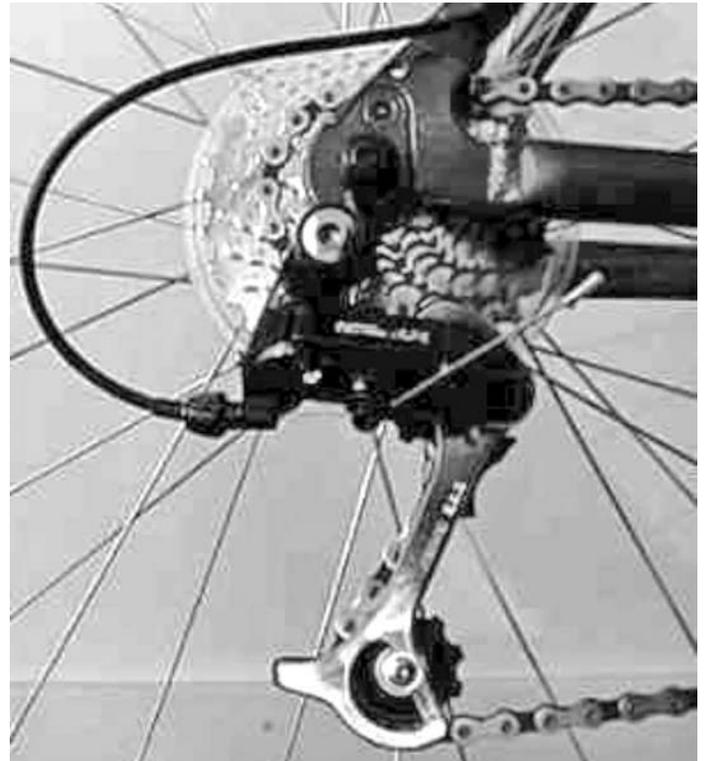


Attached to the rear wheel is the **freewheel** or "**Cassette**", which looks like this:



The cassette has between five and ten gears on it, depending on the bike. A freewheel spins freely in one direction and locks in the other. That allows the rider to either pedal or not pedal -- when not pedaling, the bike **coasts** (another feature that tricycles and penny-farthing bicycles lack).

To change the gears, a bicycle has front and rear **derailleurs**. Here's a shot of the rear derailleur:



The rear derailleur has two small cogs on it that both spin freely. The purpose of the arm and lower cog of the derailleur is to **tension** the chain. The cog and arm are connected to a spring so that the bottom cog pulls backward at all times.

Bicycle gear ratios, continued from page 9

As you change gears, you will notice that the angle of the arm changes to take up or let out slack:



The top cog is very close to the freewheel. When you adjust the gears with the lever on the handlebar, this cog moves sideways to a different gear on the cassette and drags the chain with it. The chain naturally slips from one gear to the next as you turn the pedals.



A common mountain bicycle has wheels that are about 26 inches in diameter. The "lowest" gear on the bike might use the tiny "granny gear" front chain wheel with 22 teeth and a rear gear having 30 teeth. That means that the gear ratio is 0.73-to-1. For each turn of the pedals, the rear wheel turns just 0.73 times. In other words, for each pedal stroke, the bike moves forward only about 60 inches (about 5 km/h at a 60-rpm pedaling rate). Like a slow walk. Just what you need to climb a steep hill.

The "highest" gear ratio on the bike might be a front chain wheel with 44 teeth and a rear gear having 11 teeth. That creates a 4-to-1 gear ratio. With 26-inch wheels, the bike moves forward 326 inches with each pedal stroke. At a 60-rpm pedaling rate, the speed of the bike is 30 km/h.

By pedaling at twice the rate, a "cadence" of 120 rpm, the bike has a maximum speed of 60 km/h.

A range of 5 km/h to 60 km/h is fantastic, and it lets the rider climb the steepest hill very slowly or race almost as fast as a car! That is why a bike has gears.

Road bike's gears typically don't go quite as low, but also can go quite a bit higher than those on a mountain bike.

If you prefer your bike to have lower or higher gears, you can buy a cassette with a different number of teeth, which changes the ratios. Racers often have several cassettes, installing a big one with lower ratios when climbing in the mountains, and using a smaller one for flat courses where low gears aren't required. Although it can be expensive, front chainrings can be exchanged as well.

Everything about a bicycle is simple and can be customized just for you. That's what makes it such a great machine to ride -- and also a great mechanical work of art!

EBTC Overnight Tour Registration Form

Please read the Tour Registration Policy, before filling out your registration form. To ensure 'first come, first served,' registration form(s) 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 the tour:

_____ Allergies/Diet restrictions _____

Contact in case of emergency _____ tel: (____) _____

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 required)*

Signature: _____ Date: _____

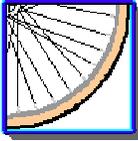
Deposit Paid in Full Amount Enclosed \$ _____

EBTC Overnight Tour Registration Policy

1. Registrations may be limited on some tours. **All registrations will be dated by the postmark.**
2. To register for a tour, you **must** be an EBTC member. This form is required ONLY for overnight tours.
3. For tours with a fee of less than \$100, full payment is required with registration, 50% is non-refundable.
4. For tours with a fee of more than \$100, a minimum deposit of \$100 is required with registration. 50% of the deposit is non-refundable. The trip coordinator may set a minimum deposit which is higher than \$100 for longer multi-day trips.
5. The balance of the trip fee is due and payable at least 7 days prior to the departure of the trip.
6. 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 T6G 2T5
7. Registration must be by mail, received at least **2 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 14 days of the tour departure with a replacement being found, the 50% 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 7 days before the tour departure date without a replacement being found, the 50% 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.



Edmonton Bicycle and Touring Club Membership Application Form

Rev . 02/05

First Name _____ Last Name _____ Spouse/Partner _____
 Address _____ City _____ Province _____ Postal Code _____
 Home Phone _____ Work Phone _____ Spouse/Partner Phone _____
 Additional Household Member(s) _____

Do you wish to receive EBTC Email: Yes No E-mail _____
 Membership Type: Single Family of 2 Do you have a current First Aid Certificate: Yes No
 Are you interested in being: leader of a day or weekend trip a driver of a support vehicle 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 Save paper! download directly from the club's website
 Are you a current ABA member? Yes No Membership # _____

Yearly Membership April 1 March 31 Single \$40.00 - Family of 2 \$70.00 \$ 25.00 For each Additional Family Member	Half Yearly Membership October 1 - March 31 Single \$30.00 - Family of 2 \$50.00 \$25.00 For each Additional Family Member
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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"):

- 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;
- 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;
- I agree to always wear a safety helmet which meets current cycling safety standards when cycling in activities sponsored by EBTC;
- that I have been given the opportunity and been encouraged to seek independent legal advice prior to signing this agreement;
- 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;
- 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;
- 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;
- 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 _____ 200_____

The following information is for MANDATORY 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 ____/____/____ Signature _____

mm/dd/yy

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. Club members receive a membership card. **Please** enclose membership fee with application.

Amount Enclosed \$ _____ Date _____

Optional donation to Trans Canada Trail Foundation \$ _____

*(For Club use) Member Card
Number*

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