

July 2005



Spokes

The Newsletter of the Edmonton Bicycle & Touring Club



Two Drivers Needed!

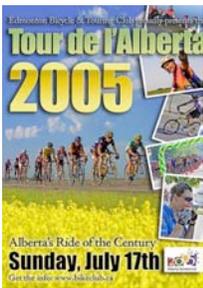
If you can't cycle, why not support your fellow EBTC members occasionally by driving a support van? It's a great way to see the same sights from a different perspective.

Drivers are needed for two trips this summer! Please volunteer today!

Logan's Pass Date: July 29 – August 1 Contact: Stew Henderson, 438-1351, stew.henderson@shaw.ca

Thunder Lake Date: August 20-21 Contact: Carol Benoit, 447-0584, acb29@shaw.ca

July 2005

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 Jasper Parkway (to the 4 th)	2
3	4	5 Sweat Ride	6 Show & Go	7 Happy Hills	8	9 Lindbrook – Cooking Lake + Blackfoot Ramble
10 Sweet Tooth Ride	11	12 Sweat Ride	13 Show & Go	14 Happy Hills	15	16
 17	18	19 Sweat Ride	20 Show & Go	21	22	23
24	25	26 Sweat Ride	27 Show & Go	28	29 Logan's Pass (to the 31 st)	30
31						

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
Membership Coord.	Angela Ziemann	469-0328
Newsletter Co-Editors	Stew Henderson	438-1351
	Carol Benoit	447-0584
Publicity Coord.	Scott Keast	467-2499
Social Coord.	Al Carlson	458-1471
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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 &
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T6G 2T5

Cycling thought this month

Get a bicycle. You will certainly not regret it, if you live.

Mark Twain



Maureen's Musings

Sixteen years ago, when the MS150 bike tour was a fledgling ride, yours truly was the winner of the grand prize for the most pledges – a whopping \$3,000 – which seemed like a fortune in those days! I can't remember what the total amount raised was, but there were about 300 riders on that inaugural ride. Now, sixteen years later, there are 1,100 riders on the ride, the largest pledge exceeds \$22,000 raised by one individual, and the total pledges this year will exceed \$850,000!

This generosity of spirit to raise pledges in support of research and assistance to those with Multiple Sclerosis, a most frightening and debilitating disease, extends beyond the mere raising of money. The volunteers for this ride also contribute as much as the pledge riders in the giving of their time and efforts to support the riders.

Did you know that members of EBTC have been an integral part of the ride since the beginning – not only as pledge riders, but also as THE pivotal team of bike marshals? This year, over 20 EBTC members were part of the EBTC team. Two of those riders – Ernie Mah and John Sisson – have been riding as marshals and raising pledges for MS every single year since the ride began. Congratulations, and thank you, Ernie & John, and all of the other EBTC riders!

Talking about generosity of spirit, on Tuesday, June 21st, the owners of Chili's Texas Grill, Gerry & Erin Inglis, sponsored and hosted a promotional

breakfast for EBTC's very own Tour de l'Alberta. The breakfast took place at their Chili's on Whyte (104 Street & 82 Avenue), and was attended by approximately 70 people – everyone from members of the press/media to EBTC members and the public. The generosity and assistance of Gerry and Erin in hosting this event was overwhelming! Their philosophy is that Chili's receives from the community, so they want to give back to the community. Not only did they donate their time to help us plan and organize the event, but they also supplied a graphic artist to come up with a "catchy" invitation that would encourage members of the media to attend, couriered and mailed all of the invitations, and paid for the food and waiters/attendants on the day!

The exposure that EBTC and the Tour de l'Alberta – our only event that members of the public can participate in – have gained through their generosity cannot be measured. So far, the Tour and EBTC have been slotted on CBC (French and English TV and radio), A-Channel, CFRN, and counting. This will, it is hoped, bring in more EBTC members and help the club to grow – thus providing the stable base that any club needs to be able to offer all of the benefits of membership.

Thank you, Erin & Gerry, for your generosity – and to Tour de France yellow jersey winner, Alex Stieda, and breakfast MC, John Sexsmith of Global TV for donating your time to help run the event and promote the Tour!

Recently, your executive passed a resolution to permit limited commercial advertising in our club newsletter – if we feel that it is an enterprise that is compatible with EBTC's philosophies and will be of benefit to our members. Although Chili's Texas Grill would probably not advertise in our newsletter, their logo will be on the website for the Tour de l'Alberta as one of the sponsors, and we encourage all of our members to support them, as they have supported us, by frequenting their restaurants (not to mention that the food is also great!!)

Now, if only this rain would stop so we can get out on the road to work off all of those pounds gained by eating that food!

Happy cycling everyone!

Maureen Lanuke is EBTC's President

The 23-Day Tour de France

By Lois Knight

There were 8 unsuspecting souls who landed in France together but 8 did not arrive at the same time or even on the same day at their domicile called a "Gîte". This trip is full of grandeur and wonder (I wonder if he went here or I wonder if she went downhill the wrong way for 10 km.?)

Our cozy group of 8 cycled their touches for 3 weeks in 3 different regions, Bordeaux, Provence, and Bourgogne (Burgundy). We seemed to divide into 3-4 groups naturally because there were two couples: John and Steph Blades, René and Gloria Sicotte, and four singles: EBTC President, Maureen Lanuke, our EBTC Touring Coordinator, Glenn White, Kathie Leitch, and myself, Lois Knight. The latter four often travelled together.

Below is a Legend that describes vocabulary terms and "transfer" routines. This information may give you a better sense of how our trip worked. After that I'll give you the blurb about our time in Bordeaux. By then you'll be tired of reading and I'll be tired of writing, so I'll leave the description of the other "two short legs" till the next issue.

Legend

Voyager: bike bag

Weigh-In: And I don't mean Weight Watcher's

TGV: France's fastest train; up to speeds of 300 km's/hr

SNCF: France's other fast train

RER: Underground train that runs sometimes

AIRLINE SECURITY: Non-existent

KANGOO: Renault Kangoo, like a combination SUV /Van; our transport vehicle

WATCHDOG: One watching for Kangoo to arrive while others peruse the town

GÎTE: Pronounced Jeat; rhymes with neat; B & B without the 2nd B and site nd hos; our home away from home

2 SPITS AND A NOSE CLEAN: fairly steep hill

DUCK!: Chicken

JESUS, MARY, JOSEPH really HILL: steep hill

E: Euros; 1 E= \$CAN1.66

the great Weigh-In. John and Lois were over. I don't know by how much John was over. I was 18 lb. over! You're allowed 70 lb. So I should have gone with my first premonition at Maureen's place and removed stuff from my Voyageur. So from the Voyageur, I removed the stuffed pannier, the stuffed handlebar bag, a bike jacket and bike shoes, yes both stuffed. As Glenn quipped, "Lois tried to take 1/2 of Alberta with her." All my excess luggage was placed in a plastic bag and checked in as baggage.

Before boarding M., G., and L. decided to have lunch. We split a large apple crumble 3 ways with 3 types of cream. We were in training for the Tour de France, after all! Kathie bought 4 more books. She already had two of them. The flight to T.O. was delayed 45 minutes. Other than that it was non-descript. The flight to Paris had less leg room than the previous flight! But some of us like Maureen, Glenn, René and Gloria managed some shut eye. Kathie and I spent time getting acquainted. Earlier, Maureen spilled the beans about Kathie being the silver medal winner of an Ironman competition 15 years ago. All right, I'm intimidated. Amongst many interesting aspects about Kathie, there was one surprising piece of information I was yet to learn about her and then I was even more intimidated. Upon arrival in Paris, Security waved us through customs as a unit unchecked. WE'VE ARRIVED!

It was around 10h00 Paris time, humid and 26 degrees. Our first frustration or laugh came when trying to figure out which level, then which hallway, then which platform we needed to catch the TGV to Libourne. And we had to lug our Voyageurs, bike boxes, Kathie's handmade canvas bike bag, and all our other luggage down the stairs onto the tracks, up the stairs to the opposite platform. Poor Glenn, a good man, dragged that extra plastic bag of luggage of mine along with all his stuff to the "correct" platform. Gloria wished she hadn't brought so much stuff, too. We needed to take a TGV to Libourne where Maureen and Glenn would then train it to Bordeaux to rent the Renault Kangoo. Then they would return to pick up our bikes first, then 1/2 of us, finally 1/2 of us again with our luggage thus leaving us lots a time to explore Libourne. However, part of our routine was to have at least one watchdog trading off every hour. The TGV from Paris to Libourne took 4/12 hr. It went fast but NOT 300 kph. Libourne was lovely.

Maureen, Glenn, and I met the others at the airport within the right amount of minutes to spare. The group picture was taken. Now came the time for

continued next page

France, continued from page 5

The buildings were ancient and the people were friendly—sentiments to be oft repeated throughout our trip. In the evening while still waiting for M & G, we had just enough time to have a beer in the bar beside the train station near its closure time at 8h00—early closings!

We finally arrived at our Gîte Robineau in Caumont, Bordeaux May 2 at 22h30, but John and Steph elected to be the last ones transported so they along with M & G didn't arrive until May 3rd at 02h00. There is no train to Caumont which is situated about 30 km from Libourne.

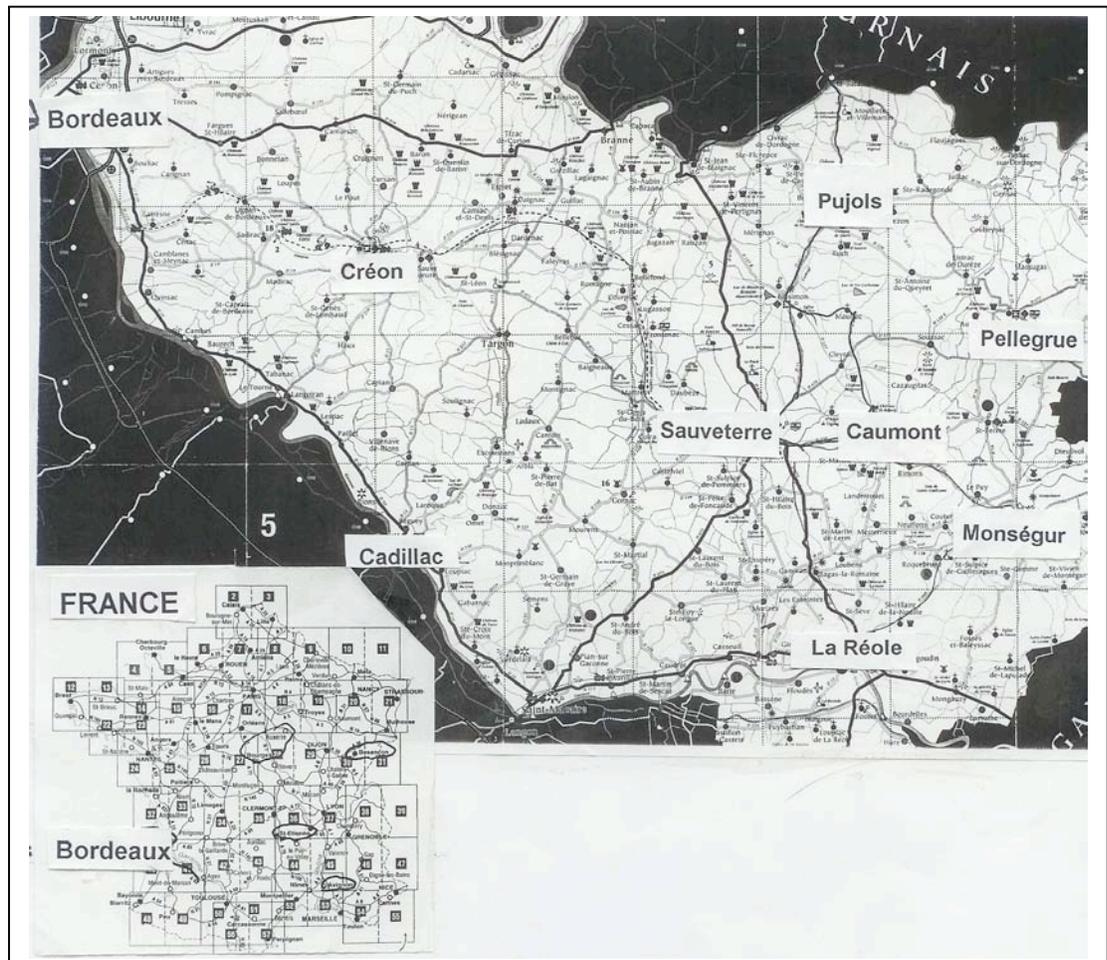
Rest Day

We slept in till around 10h30. It's a rest day today. Hey! We've been in the sky and on the road for 2 days now, well 3. You wouldn't believe this place. Our Gîte was in one word, beautiful! All the Gîtes we stayed in were as much a part of our experience as the cycling. In this Gîte, one huge bedroom could sleep 7. Actually this room reminded me of Wendy's bedroom in Peter Pan with its open shutters by 3 large windows. There were other rooms and the couples each had their own. I slept in a hall space I modified with dividers, 'cause it had a cozy feeling. The Gîte was made of stone, of course, and the ultra modern kitchen and bathrooms featured a gorgeous blue stone with a finish so smooth that the stone felt soft. All of this was achieved with the stone going through 7 firings, the proprietor stated. The huge bathroom had a bath that was to die for! Not only was it jetted but it had room for 2, maybe 3. Other features were a

patio, lawn, pink flowers and an outdoor pool that none of us swam in. It had cooled down since our arrival. We always ate breakfast in and most lunches at a bakery (or two or three). Sorry ETBC'ers who go on the Pastry Caper Rides; we're snobs now and will forever compare all Edmonton pastries to French ones!

In mid-afternoon we took the 7km bike ride into Sauveterre and had coffee. Most often our day trips would pass through there. While a few others were tasting at a winery, I happened upon a paved bike route that could take you to Bordeaux, a distance of only 55 km. On the map, the dotted line is the bike trail. The round trip from Caumont to Bordeaux would be 124 km; the last 7 km's from Sauveterre to Caumont being a grade 5-6, maybe 7 for the last km.

We drove back into Sauveterre for dinner that first evening. For 10 Euros we had an all you can eat salad bar plus an entrée. The wine was "complimentary". So after drinking one bottle of red, one of rosé, another bottle came our way due to this lovely Englishwoman who was on a walking tour called The Pilgrimage Walk. She had left her bottle after having only one glass. We asked the



France, continued from page 6

waitress to bring it over. Pas de probleme! Et voila! Coffee cost 2 E, though.

Now how does that washing machine work? It was an often repeated challenge in every Gîte.

Now on day 4 in Caumont, some of us cycled to La Réole which had easy rolling hills down, so you can guess the return trek had a few Jesus, Mary, Joseph hills. And we had had a beer or two in La Réole before embarking on the long 35 km uphill climb back. As Gloria put it, "All the beer settled in my legs". Meanwhile René and Glenn had taken a 90 km "not so Golden Triangle" route. It rained. It poured. About the hills, Glenn uttered, "The hills were worth 3 spits and a nose clean."

On day 5, most of us were cycling merrily along the previously mentioned bike trail ending at Bordeaux. It was an old railroad bed paved over. Meanwhile, Maureen and Glenn went to Libourne once more in an attempt to find a bike shop because Maureen's derailleur, on her brand new Marinoni, "derailed into her wheel and refused to budge. Alas it was a holiday so they would have to return to Libourne tomorrow. Meanwhile the rest of us cycled along the bike trail enjoying its changing landscape. It had a 1/4 km concrete tunnel that you had to cycle through. The first 10 m were pitch and the rest just barely visible. There were lots of flowers en route, especially poppies. It was not busy but sometimes amusing moments occurred. There was a family whose grandfather was rolling down the path while sitting on a skateboard. We enjoyed lunch at Esprit, an ancient Railroad Station converted restaurant located by the side of the trail. Our waiter was "très charmant" and he insisted on delivering my coffee to the table on a sterling silver serving tray even though I had already purchased it at the counter.

Meanwhile Glenn, the speeding bullet, catches up to us on the bike path and he and Kathie continued onto Bordeaux. Kathie had fleetingly stated that she would like to return by Toulouse. Glenn informed her how far that would be but she replied, "It's only two short Legs to Toulouse, let's go that way!" and they both cracked up laughing because of its reference to Toulouse Lautrec, the short painter. This quip became the standard daily joke of the entire trip. That is when I learned that surprising piece of information about Kathie; she is 71 years old, in tremendous shape, and her cycling total for this day was an impressive 125 km. She has a unique sense of humour which delighted us all throughout the trip.

On the trail to Bordeaux John and Steph, Gloria and René and myself stopped in Creole and I tried to make a phone call home but had no luck figuring out the French phone card. Neither could Steph at first. Then we realized we had to scratch the card to get our ID #! They succeeded .I got the voice mail. After that, we reversed our direction along the bike path to return. By the time our little group got home. Isn't that sweet? It's home already, all but one of us did 84 km. I, on the other hand, was enjoying all those last 7 Jesus, Mary, Joseph hills, so much, I cycled 8 more of them. I took a wrong turn but found a beautiful area. By then I knew I was lost but I just didn't care. Finally I reversed direction and found the correct Jesus, Mary, Joseph hill to our Gîte. The holiday today was Ascension Day. You'd think the Big Guy could've descended one more time and given directions! (Really a Kathie quip spoken earlier.) So I cycled 92 km. Now 92 km in Bordeaux is really more than 92 in Alberta because there are little to no flat areas in this Bordeaux region...sooooo, yeah—it takes longer. But it was so fun I didn't care. Maureen was just about to get in the Kangoo to find me. Uh, oh, this is the first time but it won't be the last!

Last day in Bordeaux

I stayed back at the Gîte to nurse a cold or allergy. Whatever it was, I felt lousy. Glenn and Maureen drove once again to Libourne and this time they had luck. Maureen's derailleur got fixed, and they drove to Sauveterre where they began their cycle to Pijols and met up with the others at a place called Blasimon. Maureen was excited, biking at last! Once in Pijols, the group found a restaurant with entrée items in the 31€ range = \$45 CDN. John and Maureen had a sandwich and the waiter was gracious about it. They drank free wine but had to pay 2€ for coffee. Same old story! Oh poor us. Free wine! Groups returned home via different routes. Gloria and René took high hills, John and Steph took low hills, Glenn and Maureen took off on yesterdays' bike trails catching it at Frontenac or was that Kathie's route or both. Most cycled 70 km. We formed a habit of cycling each other's routes from the day before.

Other tidbits

I made an oven baked omelette one morning; Glenn made spaghetti one evening; I heated it up another night. The other meals we had out at French mid-range restaurants, which were pricey Canadian \$-wise.

Tuesday Night Sweat Rides

For those of you who want a challenging workout, but want to ride with a group, then this is the one for you. This is an all level ability fitness



training ride and is an

ideal way to train for those longer and challenging highway club trips. We ride out from the start point for 45 minutes and turn around so we all return at the same time. Coffee usually follows, where we can brag or tell lies about our rides. The sweat rides will be on Tuesdays this year, starting on May 10, weather permitting, and will be led by Ellen Ainsley. The rides start 6:45pm SHARP. For those who want a more leisurely ride, consider the "Show and Go" rides.

Legend: Locations

St. Albert: SE corner of Wal-Mart parking lot

Sherwood Park: Sherwood Park Alliance Church, NE corner Wye Rd/Rge Rd 231

7-11: , NW corner of 97 Street and 176 Avenue

July

July 05 - 7-11

July 12 - St. Albert Wal-Mart,

July 19 - Sherwood Park Alliance Church

July 26 - 7-11, NW corner of 97 Street and 176 Avenue

August

August 02 - St. Albert Wal-Mart

August 09 - Sherwood Park Alliance Church

August 16 - 7-11

August 23 - St. Albert Wal-Mart

August 30 - Sherwood Park Alliance Church

Slow Rides

These Thursday night rides ended June 30, 2005.

Happy Hills

Note location change for July! Meet at bottom of Gallagher park hill (where the Folk Fest is held) by the community league @ 7:00 pm. Ride by 7:10.

- July 7
- July 14 LAST ONE!!!

Memories..

EBTC 150 MS Riders for 2005!

Weekly cycling events

this summer

Wednesday Night "SHOW 'n' GO"

Show up and go, that is the theme for our weekly social, easy paced rides. We meet at the Northeast corner of the Kinsmen Fieldhouse parking lot at 6:45 pm. for a 7:00 pm. (SHARP) start. We go wherever anyone wants to go, so please bring your own ideas for routes. We do stop to chat, have a coffee or ice cream. We ride mostly on bike paths and quiet residential streets. It is a great way to discover what Edmonton has offer the recreational cyclist.

Contact Al Carlson, 458-1471, alcarlson@shaw.ca, for more information.



What a day at the Bay!

By Verner

Rain that would have made Noah proud, vicious dogs trying to rip your heart out, tornado warnings, pastoral scenes, haunted houses, tomorrow's veal smiling as we passed, omelette's *a la* France and good companions, new and old, "A Day at the Bay" had it all, and more.

Organized is hardly the word to use for this well prepared, attention to all the details, trip. Our thanks to Corinne Schneider who did such a wonderful job in setting up the route—a new ride for EBTC—and then enlisting the help of her husband Mike, her two wonderful children-assistants Patrick and Alexandria, and Michel Lamontagne, a recuperating EBTC member. This was indeed a first-class ride with plenty of adventure. If you missed it, you surely missed what will be one of the standout day-rides of our all-too-short season.

Our day started on a flat!

We were at the Devon start point by 8:45 a.m. There were minor delays as some filled up on 75¢ a litre gas and one of the expeditioners decided to have their flat right at the start where equipment was readily at hand, it wasn't raining yet, and it could be repaired in relative comfort. Others, not so well organized (Guru riders!) elected to have their flats later, and under much less than ideal, conditions.

Here's how the ride worked: Mike, Patrick, and Alexandria rode the "yellow jersey" (Corinne's yellow Ford Escape) which was stocked with water, Gatorade, fresh fruit, water-proof packets of on-bike goodies and, my personal favorite, jumbo gums.

Flat tires fixed, off we went. As is usually the case, the 30 or so of us soon formed into riding clumps, some faster, some slower, some, like Lance, in clumps of one; enjoying the day, the ride, our friends, smelling the flowers.

Mike led the way parking the yellow jersey at key turn-points, doing a rider check-off at the rest stops, and carting our extra gear. Michel, driving his own car, was the sweep and sag-wagon.

The route from Devon to Mulhurst Bay was off the beaten track. This meant lighter traffic, more road to us and high adventure to come.

The Joy of Hills, maps, and lunch stops

The required "challenging hill" was strategically placed shortly after blast off. Going out, our legs were fresh and spirits high, thus after the lengthy downhill we eagerly climbed back up that 18% grade hill with joy and vigor. For some, that was not necessarily still the case 120K later, on the return-leg.



The start-off pace was strong. As those of us in the advance reconnaissance group neared our destination we could see the rain-clouds hanging Pigpen-like over Mulhurst. So, with time to spare, we turned right to let the rain fall where it may, but not on us. After a suitable length of time we turned in our tracks and backtracked and then on to Mulhurst Bay. Sure enough, the road not yet traveled was soaked, and we had missed the deluge that hit the area minutes before. Some, the less-charitable ones, claimed we had gotten lost, but we knew better. We missed that rain, didn't we!

Lunch at the Beachhouse was a special treat. Corinne, our marvelous hostess had thought of everything. When we entered the diner we encountered a delightful, cozy, welcoming atmosphere with all the tables showing "reserved" cards. We literally filled the place to bursting.

The service and food matched the happy atmosphere. The young server handled the situation with aplomb as if the arrival of a flock of spandex-clad thirty-something's in helmets and shades, eager for directions to the bathroom, was an everyday occurrence. While some lined up for the single loo, (a few of the desperate going in two at a time), our unflappable server took the lunch orders from others. Although at times there was a sense of "rush hour", it all worked wonderfully well, and the food was fabulous.

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The Bay, continued from page 9

Your faithful reporter had the mushroom omelet. I have had none better. It was served with lightly toasted rye bread and, if you can believe it, homemade rhubarb preserves. (Where will you find that in Edmonton!) As I surveyed those around me, the California salad, the Mexican omelet, the fried liver, all reported delight and satisfaction with their order. Glen said the liver was way better than that which he had on the EBTC-executive's recent fact-finding tour in France.



Our table ordered up the freshly baked, lightly grilled cinnamon-bun served on the _ shell with fresh creamery butter. Yum! That was to be our entrée; the other delights followed, but not, unfortunately, good weather for the trip home.

Floods, tornados, and the Hound of the Baskervilles

Just as we were finishing our repast the heavens opened. "We're not made of sugar," said Jaz, "No sense in waiting until tomorrow," said Dean, so we donned our wet-suits, mopped the water off our seats, set the pontoons, saddled up and hit the road.

As she sometimes will, the weather teased us with what we thought might be a promise of some rain at the start and then a reasonable ride home. Were we surprised—not only did it pour with traffic-stopping force for about 20 minutes, CBC Radio was punctuating its broadcast with tornado warnings for the Devon and Pigeon Lake areas. Guess where we were! Not only was there terrestrial torment in the riding-clump led by Spokes Editor Stew Henderson and our hostess

Corinne, there was an epidemic of flats that prolonged their exposure to the elements.

Having earlier left that clump to take the lead in order to check for funnel clouds and other potential riding dangers, your ace-reporter found himself on a lonely stretch of country road where he was soon to be attacked by Brutus the vicious guard dog.

Earlier in the day that very same Brutus had tried to take down Don Peddie who proved too fast for him. Thinking he would wait for slower prey, Brutus bided his time, and his tactics. This time, rather than shooting out unseen from the side as he had with Don, he used a diagonal head-on approach.

There was no out-running him this time. So, I dismounted, keeping my bike between me and those snarling fangs. What to do? He was, after all, slowly advancing with jaws wide, looking at my legs and licking his chops in anticipation. I thought of curling up in the fetal position but decided that would not scare him off. So I searched the shoulder for suitable rocks to throw, which I did.

Let me assure members of the SPCA that Brutus was never in danger. In fact, my aim was so bad he thought I was throwing stuff for him to fetch and off he went into the bushes in search, or so the cunning devil wanted me to believe. Thinking the danger behind me I hopped on my M-1000 and was high-tailing it out of town when there came Brutus flying out of an opening ahead, lips curled back and blood-lust in his eyes. While hidden from view the sneaky killer, had run ahead of me for a second try at lunch.



continued next page

The Bay, continued from page 10

A dog whisperer I am not!

There was nothing for it but to get off my bike and take action. Unhappily, my location was not the best. There being nothing near by to throw, I took out my water bottle and squeezed Gatorade at him. That seemed to confuse him for a bit as he wondered what the hell I was going. He wasn't the only one!

Realizing that wasn't going to work I recalled my chat at lunch with Don. He said he yells at such dogs in a loud authoritative voice and tells them to go home. Well then, that's what I tried, didn't I! Trouble was, Brutus was Ukrainian and didn't seem to understand "nice doggy".

Fortunately, just as he was about to spring for my throat, his owner heard the commotion and sauntered onto the scene. He tried calling Brutus off but with his kill that close, Brutus wasn't about to listen. Only by grabbing him by the collar and dragging him choking and snarling away, was that roadside terror finally removed.

Remembering the disbelieving Ellen and others behind, I told the owner there were more riders to come and went on my way thankful to be alive to see another sunset.



From there the rest of the return route was all downhill, (or so it seemed to me). And, of more importance to my post-Brutus well being, from a directional standpoint it was practically foolproof, even for me. Mike had the yellow jersey parked at the critical turn where it was that Patrick and Alexandria explored the haunted house.

After that it was a simple matter of staying on pavement. At each of several junctions, none of which seemed at all familiar, there were but three choices. Two of them were gravel, one was pavement. The one thing I did remember was that we hadn't gone on any gravel roads, so how tough was that!

Nearly back to base. The last challenge, "the hill" was just ahead. It wasn't that bad - after surviving torrential downpours and escaping alive from the jaws of death, nothing would have seemed "that bad".

Once the summit was achieved, it was all smooth sailing back to Devon. Just as I pulled into the parking lot ending the ride, out came the sun. Wouldn't you know it!

It was a great day and a great ride. Yes we had some flats, a few missed turns, some rain, some sun, a brush with death, and one or two had to do a bit of hill-walking at the end, but none of that could detract or can detract, from a very well organized, well planned fun trip with a wonderful lunch stop that featured good food and a good time with good company.

Thanks again to Corinne, Mike, Patrick, Alexandria, and Michel. Sure hope you offer the ride again. Maybe next time it will be sunny and Brutus will be dead! So yeah.

"Road Bike for Sale"

CANNONDALE Racing 900 Series 2.8 Road Bike

Here's your opportunity to get a fast lightweight road bike at a super price...only \$650! Can also be customized to your personal needs.

Includes brand new hand-built wheels with matching black Mavic Open 4 CD rims on Ultegra hubs, worth over \$400 alone...sweet!
Burgundy with Black trim

KHS & Klein frames coming soon!
Call Alan Schietzsch at 455-1924

EBTC 2005 Tour Calendar

NOTE: All overnight trip registrations will be processed by mail only and by the envelope post-mark date on a first-come, first served basis. Overnight trip registrations with a post-mark earlier than the trip registration allows will NOT be processed.

Saturday, July 9 - BLACKFOOT RAMBLE

Coordinators: Henry Dembicki/Diana Salomaa; **Tel. 490-5082** or email: summitrg@interbaun.com

Cost: Bring your own lunch and trail snacks.

Rating: I have changed the rating to Intermediate. *Please read the notes below if you are considering going on this trip.*

While the 30 km round trip distance and undulating terrain would seem to give this trip an easy rating, the off road nature of this trip makes the cycling more strenuous than riding on-road. Lost Lake trail is a grass-covered road, like riding on a lawn – you'd be hard-pressed to cruise along at 20 km/hr on this terrain. Wide knobby tires are required. You need to keep an eye out for rocks or holes and soft muddy low spots hidden by grass. If it rains a day or two before the trip, be prepared to get muddy. We'll be in mosquito country – bring repellent and dress accordingly. Because cars can't go here, the trip is unsupported. So bring lots of water, and your own tools, spare tire tube and air pump. Despite all the above, this ride is a chance to go where cars can't. You'll be watching for wildlife not vehicles. The trail is wide enough to ride 2 abreast. The trip is leisurely, about 15 km or 2 hours each way, with stops along the way. Meet by the Safeway gas bar at Capilano Mall at 08.45, leave at 09.00 sharp. Biking starts at the Waskehegan staging area and follows Lost Lake trail to the Islet Lake Staging area for lunch. If there is a 50% or more chance of rain, the trip will be cancelled. If you are unsure if the trip is a go, phone us before 08.15 Saturday am. If no answer, the trip is a go.

Saturday, July 9 - COOKING LAKE - LINDBROOK LOOP (MOVED from June 18 rain-out, new time)

Coordinator: Lois Knight (466-9536) knight-ken@shaw.ca

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

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

Description: Tour east from Sherwood Park on hwy 14, past Cooking Lake to Lindbrook. Meet at Wye Road Safeway, Sherwood Park at **9:30 am** Leave at 10:00 am SHARP! Rest and relax (12:30-1:30) by the Lindbrook store at 49 Km. Return to Sherwood Park via secondary hwy 630 (Wye Road). There will be a Treasure Chest Tea house stop at 78 km. around 3:00 pm. Bring lunch or plan to eat later at the Teahouse.

Saturday, July 9 - Riding for Spinal Muscular Atrophy, J2 Challenge

Coordinator: Jasmine Hohenstein (475-7224) jasmineh@connect.ab.ca

Dist/Rating: 50 km Beg or 100 km Intermediate

Description: We are planning a special charity ride on July 9th for anyone interested in riding 50 KM or 100 KM. Everyone welcome. I have attached more information on the **J2 Challenge (click to see):**

<http://www.bikeclub.ca/events/FSMA.htm>. Please let me know if you would like to come out to join us and I will send you more info as the ride day approaches! - Jasmine

Sunday, July 10 - SWEET TOOTH RIDE

Cost: Bring money for Treats

Coordinator: Al Carlson 458-1471 alcarlson@shaw.ca

Rating: Beginner **Distance:** 30 km

Description: Meet at 1:00 pm at MEC, 12328-102 Ave for a ride around town in search of treats. With a new ice cream shop across the street, Second Cup next door, and Carol's Sweets a block away, you must arrive with a sweet to begin the ride. Our leisurely tour will wind up by 4:30 pm.

Sunday, July 17 - 2005 EBTC Tour de l'Alberta

Description: EBTC presents the 2005 Tour de l'Alberta starting at St. Albert, Alberta. The 2005 Tour is an official event for Alberta's Centennial Celebration. All participating cyclists have a choice of two versions: The 100 mile (160 km) Tour de l'Alberta or 100 Km. le Petit Tour de l'Alberta. Both tours consist of a single day-ride which travels through the small towns of French heritage in the areas North of Edmonton. The tours are not races, but rather are recreational rides for cyclists who are able to complete the distance. Some like to go fast, that's OK. Others prefer slow, that's great too! It's not a race, it's a fun challenge for ALL cyclists! Bicycle helmets are mandatory. Current info on club website (www.bikeclub.ca).

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Saturday July 23 – Thai-athalon NOTE: CANCELLED due to restaurant relocation

Jasmine advises: *"The Thai Valley Grill has had to close due to a new development that is being built on their location. The building will be torn down and they have not yet been able to get a new location to relocate to. I will have to cancel the Thai-athalon Ride for the time being. We may do an alternate ride, but will advise you once those plans are finalized."*

July 29 - August 1 inclusive – Logan's Pass

**REGISTRATION OPENED APRIL 15, 2005*

Cost: TBA Deposit: \$100

Distance/Rating Approx. 80-100 km/day Intermediate (Mountain Passes)

Coordinators: Stew Henderson 438-1351, stew.henderson@shaw.ca/ Corinne Schneider 987-2947/ corinne.schneider@blackgold.ca

Description: A beautiful challenging 4-day tour of Glacier National Park and the Going to the Sun Road in beautiful Montana. Participants will require the Friday off work for travel. Accommodation will be hotels and suppers will be at restaurants. Maximum 20 riders plus 2 drivers.

August 6 and 7 - Kananaskis (Ribbon Creek) Mountain Bike NOTE: CANCELLED

Sunday August 7 – Fort Saskatchewan Ramble

Cost: Cost for your meal (+/- \$10.00)

Distance / Rating: 80 Kms Intermediate

Coordinators: Brian and Susan Gerbrandt 436-0833, ssbdg@hotmail.com

Description: Meet at Gold Bar Park parking lot (50 street just south of the river) at 900AM for a 915 AM departure. We will ride through north east Edmonton to Fort Saskatchewan where we will stop for lunch. We will continue our ride through the Range Roads to Ardrossan and back to Gold Bar Park via Wye Road.

Sunday, August 14 – Bridges of Sturgeon County NOTE CHANGE IN DISTANCE & START TIME!!

Cost: Bring your lunch and snacks

Rating: Intermediate, <http://www.bikeclub.ca/events/FSMA.htm> 100 Kms

Description: We will cycle over 5 bridges of the Sturgeon River, dropping into the valley and climbing back out 7 times. We meet at 9:15 am, for 9:30 am start at Kingswood Park on Winston Churchill Avenue which becomes Sturgeon Road, to the Junction of Kingswood

August 20-21 – Thunder Lake Trip

Cost: Approx. \$80.00 Deposit: \$50.00

Dist/Rating: Between 75 km to 80 km per day

Anticipated distance: will be 75 km on Sat. and 80 km on Sunday.

Coordinator: Carol Benoit 447-0584, acb29@shaw.ca

Description: The classic Thunder Lake trip. Cycle from Onoway to Thunder Lake Provincial Park, which has a nice beach. This is a van-supported camping trip.

Saturday August 20 – Beaumont Bike and Splash

Cost: Bring a lunch and bathing suit

Dist/Rating: 10 km/ Beginner - Family Ride

Coordinator: Amélie Mah & Mom (Allyson Jones) (988-8322) cajones@ualberta.ca

Description: We will cycle along trails and quiet streets around Beaumont. Afterwards, the kids and kids at heart can play in the Beaumont and District Lions Water Play Park located in the Four Seasons Park.

Meet at the Water Park parking lot at the corner of 60 St and 38 Ave. Leaving at 10:30am. People are welcome to skip the ride and meet us at the Water Park. Directions from Edmonton: Travel S. on 50th St into Beaumont. Go past Beaumont and turn Right on Hwy 625. Turn on 1st Right into Four Seasons Estates back into Beaumont. Follow this road (60St.) north until it dead ends and turns left to become 38 Ave. Park in the lot at the corner on the right. Dr; parking lot is on the left.

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Sunday, August 28, 2005 (Weather Permitting) Pigeon Lake Loop

Coordinators: Dennis Woo (446-0625) dwoo@telus.net, Nadine Leenders (438-1987) nadine.leenders@ualberta.ca

Cost: Meal approx \$15

Distance/Rating: 60 km, van supported

Description: Meet at Hilltop Country Restaurant east of Mulhurst at 9:15 am for 9:30 am sharp departure. To find, go south on QE-2 for 39 km beyond Ellerslie Road, exit west (right) on #616 for 14 km, south (left) on #795 for 5 km and west (right) on #616 for 10 km. Restaurant is on south side of highest hill. Drive is 50 minutes from south Edmonton. Cycle over rolling hills around Pigeon Lake enjoying the rural setting and scenery. Afterwards, have a meal at the restaurant while enjoying scenic views. Ride is van supported and weather permitting.

August 28 – September 10 inclusive - Nova Scotia / PEI ... CANCELLED due to lack of registrations

September 2 -5 – Jasper Banff Luxury Tour

Cost: Estimated \$455, DEPOSIT \$200

Dist/Rating: Intermediate / advanced

Coordinator: Jan Damgaard, 464-7863 or 417-8534, jantax@shaw.ca

Description: Registration deadline is July 22, 2005 – maximum 10 participants including the driver and coordinator. Do the classic Jasper to Banff trip in the early fall. Enjoy the crisp clean mountain air as you cycle this famous parkway. Some serious climbing and descents will exhilarate and thrill you as you view the fall scenery. We will be hotelling and hostelling, all in private rooms based on double occupancy. We will stay in the Sunwapta Falls Lodge, Columbia Icefields Chalet and Lake Louise Hostel. The price does not include breakfast or supper but includes snacks and a sag wagon. Travel arrangements will be made at the pre trip meeting.

September 2-5, 2005 -- Alberta Centennial Fall Classic Rocky Mountain Adventure

Registration opens July 5, 2005 and closes July 25, 2005. Limited to 8 participants due to hostel accommodations.

Cost: Approximately \$215.00 (TBA) for the weekend (Deposit \$100.00)

Dist/Rating: Intermediate/Advanced, self-support cyclists who can average 20-25 Km per hour, be familiar with bike safety while on highways, be able to manage their own bike repairs on-route and carry their day supplies with them. There will NOT be a sag wagon or support vehicle. You will be required to carry your own water, snacks, and lunch for the day

Coordinators: Jasmine Hohenstein (jasmineh@connect.ab.ca, 475-7224) and Marvin Bloos

Description: A fun-filled tour from Nordegg along the David Thompson Highway to Saskatchewan River Crossing (Rampart Creek located on the world famous and spectacular Icefields Parkway) and back again. We will overnight at Nordegg at the Shunda Creek Hostel which is pleasantly nestled in the woods, complete with outdoor hot-tub, and surrounded by mountains and beautiful pine forests.

Sunday October 1 – Chilly Chili Ride

Cost: +/- \$8.00

Dist/Rating: 50 Km Beginner / Intermediate

Coordinator: Jasmine Hohenstein (475-7224), jasmineh@connect.ab.ca

Description: Join us in celebrating Edmonton's Fall colours. We'll ride in our beautiful river valley, enjoying the beautiful fall colours and crisp clean air. We'll cycle, then sit down to a wonderful chili meal and dessert (location to be confirmed.)

Saturday October 8 – Ukrainian Thanksgiving Supper Ride

Cost: \$8.00 payable at the ride

Dist/ Rating: Beginner – Intermediate / 60Km

Coordinator: Millie Schietzsch, 455-1924

Description: Meet at NOON at the Museum on Main Street in Alberta Beach. We'll cycle around Lac St Anne - starting and ending at Alberta Beach. We ride through Darwell (great little store with ice cream and goodies) and complete the circle route through the hamlet of Gunn, along the scenic lakefront. Bring a good appetite for the Ukrainian Thanksgiving Feast to follow at 4728 - 48 Street (a block off Main Street). Alberta beach is 60 KM NW of Edmonton (Hwy 16 west, 43 north, 633 west).

September 10 - October 2 inclusive - Ride the Great Divide

Cost: TBA. DEPOSIT: \$100

Distance/Rating Approx. 100-200 km/day Advanced (Mountain Passes)

Coordinators: Garry McCagg 424-8686 gary.mccagg@telus.net

Description: A beautiful long tour of the Great Divide From Edmonton to Jasper and down the Great Divide to Yellowstone National Park then back to Edmonton (direct). Accommodation will be camping, hostels and/or hotels. Maximum 8 -12 riders

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 . 03/05

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 Additional 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 being a volunteer
 Do you wish to have your name and phone number made available to other EBTC members? Yes No
 Do you wish to receive the club newsletter by: Regular Mail Save paper! download directly from the club's website

Yearly Membership April 1 March 31 Single \$40.00 - Family of 2 \$60.00 \$ 12.00 For each Additional Family Member	Half Yearly Membership October 1 - March 31 Single \$30.00 - Family of 2 \$50.00 \$12.00 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"):

1. that I acknowledge that the sports of cycling and skiing and some of the other programs and activities of EBTC are dangerous, exposing participants to many risks and hazards, some of which are inherent in the nature of the sports themselves, and others which results from human error and negligence on the part of persons involved in preparing and organizing cycling and skiing programs, and other activities.
- a) that as a result of the aforementioned risks and hazards, I as a participant may suffer serious personal injury, even death, as well as property loss;
- b) that some of the aforesaid risks and hazards are foreseeable and others are not;
- c) that I nevertheless freely and voluntarily assume all the aforesaid risks and hazards and that accordingly my preparation for and participation in the aforesaid cycling, skiing and other programs and activities shall be entirely at my own risk;
- d) that I understand that neither EBTC nor any of their members, officers, directors, employees, contractors or agents assume any responsibility whatsoever for my safety during the course of my preparation for or participation in the aforesaid cycling, skiing or other programs or activities;
2. I understand that cycling is an activity that is governed by the terms and conditions of the Motor Vehicle Act, and I agree that I will obey the laws and regulations set out in the Act;
3. I agree to always wear a safety helmet which meets current cycling safety standards when cycling in activities sponsored by EBTC;
4. that I have been given the opportunity and been encouraged to seek independent legal advice prior to signing this agreement;
5. I do hereby release EBTC, their members, officers, directors, employees, contractors and agents from all liability, and do hereby waive as against EBTC, their members, officers, directors, employees, contractors, and agents, all recourses, proceedings, claims, and causes of action of any kind whatsoever, in respect of all personal injuries or property losses which I may sustain arising out of, or connected with, my preparation for or participation in the aforesaid cycling, skiing or other programs or activities, notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of EBTC or any of their members, officers, directors, employees, contractors or agents;
6. that this agreement need not be brought to my attention each time I participate in any EBTC event or activity in order for the agreement to be effective;
7. that I have carefully read this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement; that I fully understand the same; and that I am freely and voluntarily executing the same;
8. that this RELEASE, WAIVER AND ASSUMPTION OF RISK agreement is binding on myself, my heirs, my executors, administrators, personal representatives and assigns.

DATED AT _____ ALBERTA, THIS _____ DAY OF _____ 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.

Amount Membership Enclosed \$ _____

Optional donation to Trans Canada Trail Foundation \$ _____

(For Club use) Member Card Number

Date received _____ initial _____ # _____ # _____

Club members receive a membership card. **No** refunds are given for membership fees.

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