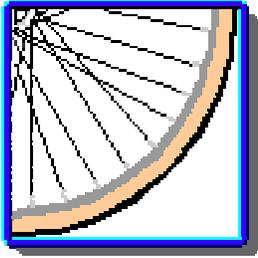


August 2005



Spokes

The Newsletter of the Edmonton Bicycle & Touring Club



See more photos of the 2005 Tour on page 10

August 2005

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3 Show & Go	4	5	6
7 Ft. Saskatchewan Ramble	8	9 Sweat Ride	10 Show & Go	11	12	13
14 Bridges of Sturgeon County	15	16 Sweat Ride	17 Show & Go	18	19	20 Thunder Lake (to the 21st) Beaumont Bike & Splash
21	22	23 Sweat Ride	24 Show & Go	25	26	27
28 Pigeon Lake Loop	29	30 Sweat Ride	31 Show & Go	SEPT 1	2 Banff Luxury Tour (to the 5 th) & Rky Mtn Adventure Tour (to the 5 th)	3
4	5	6 Sweat Ride (Change in start time to 6:30 pm)	7 Show & Go	8	9	10

EBTC Hotline Recording: (780) 424-BIKE or 2453
E-mail: info@bikeclub.ca ▲ www.bikeclub.ca

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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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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T6G 2T5

Cycling thought this month

Eat before you are hungry.
Drink before you are thirsty.
Rest before you are tired.
Cover up before you are cold.
Peel off before you are hot.
Don't drink or smoke on tour.
Never ride just to prove yourself.

Paul de Vivie, aka Velocio



Maureen's Musings

So many places to go, things to do, and people to see! Edmonton in July and August is a "happening place"!

First of all, the Tour de l'Alberta was a wonderful success. The final tally is in at 289 registered riders, so we haven't quite broken the 300 mark yet, as we thought initially, but every year we are up from the previous one, and the word is spreading about what a great ride it is, so maybe next year?? All of the comments about the ride were positive, and there were no major injuries. The most important item for our club is that the club is becoming known as one that people want to belong to, so registrations for the ride were often accompanied by membership applications for the club – including a number of families. With the recent initiatives taken by our members such as Millie & Alan, Ernie & Allyson, Jasmine, and Peggy, as well as others, in offering rides and activities that fit for riders of differing abilities, I am sure that new and continuing members will find something that will keep them coming back for more.

In the happenings as well, Edmonton will also be the host, over the next few weeks, of the Taste of Edmonton, Klondike Days, Heritage Days, and the Edmonton Folk Festival – to mention only a few of the many, many activities that will take place in our city this summer. I've been told that the other name for our club is sometimes the "Edmonton Bicycle & Eating Club", and these events will help us to celebrate the "other side" of our club, as well

as our passion for life itself. Come, join us and get to know your fellow EBTC members.

In the more immediate future, with the Tour now over, we are into the excitement of the Masters Games. And what excitement it is! The Opening Ceremonies highlighted the numbers of people involved in each of the 27 sports represented by the Games. I can't remember the breakdown, but I remember being awed by the numbers and thinking how wonderful it is that that many people were making a difference in their lives by staying active and healthy. Over 21,000 people from around the world are competitors! I, personally, saw what a difference it can make yesterday when I competed in the triathlon event. On the podium at the end of the events were at least half a dozen men and women in their 70's and 80's. Seven years ago, when I started competing in triathlons, I would very seldom see any women over 60 competing in events. Now, as more and more people stay active, the face of the triathlon world – as well as the cycling world and other sports fields – is changing and growing.

A number of our members are also competing in the cycling events on Saturday and Sunday. Most of these riders started as casual riders with EBTC several years ago and have realized that competing isn't about winning, but about staying fit and developing your skills as a cyclist. Some of our cyclists will do very well – others will finish the races but not qualify for the medals. What is important is not that they win, but that they stay injury-free, have fun, and finish the race. The motto of the Masters Games is "Passion Qualifies You" – a fitting motto for us all, whether we are racing or participating in a day or overnight tour with EBTC.

Cycling – of any kind – and staying fit and healthy - are my passions. What are yours?

Happy cycling everyone!

Maureen Lanuke is EBTC's President

The 23-Day Tour de France: Part Deux

By Lois Knight

In the July SPOKES, you'll find part 1 of the story of 8 EBTC members who traveled to France in May 2005 for the trip of a lifetime. Part 2 picks up where we left off.

Background

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.

Legend

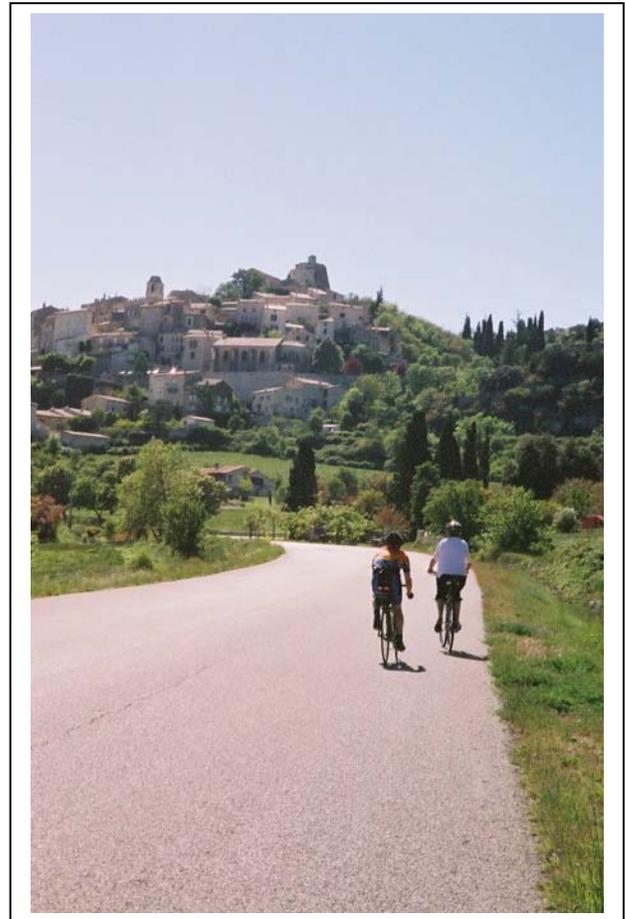
Voyager: bike bag
Weigh-In: And I don't mean Weight Watcher's
TGV: France's fastest train; up to speeds of 300 km's/hr
SNCF: France's other fast train
RER: Underground train that runs sometimes
AIRLINE SECURITY: Non-existent
KANGOO: Renault Kangoo, like a combination SUV /Van; our transport vehicle
WATCHDOG: One watching for Kangoo to arrive while others peruse the town
GITE: Pronounced Jeat; rhymes with neat; B & B without the 2nd B and no on site hosts; our home away from home
2 SPITS AND A NOSE CLEAN: fairly steep hill
DUCK!: Chicken
JESUS, MARY, JOSEPH HILL: really steep hill
E: Euros; 1 E= \$CAN1.66

Provence

As I was watching Day 12 of the Tour de France where the riders were just entering Provence, my heart practically took a leap. I cried, "I want to go back now, not in 24 years, nor even 24 hours, I want to go NOW!"

It was on day 7 of our tour that we were en route from Caumont, Bordeaux to Banon, Provence. It would take me writing a novel to express all our

delights and cover all our cycling paths and discoveries in this state of Provence. I would be remiss if I did not mention our sojourn into Avignon. Maureen and Glenn drove the Kangoo with our bikes from Bordeaux to Provence (see July Spokes Part I for a description of our stage in Bordeaux). Meanwhile we arrived in Avignon on a SNCF train. Although we did many watchdog shifts, we managed to enjoy some of the highlights this capital offered. John and Steph walked the Pont du Gard and The Palace of the Popes and returned singing, "Sous le Pont, Avignon!" And Steph, the sweetheart, returned with a beautiful yellow rose for me because it was my anniversary!



Due to logistics, Glenn and Maureen arrived at the station much later than expected, and it was apparent that the last group would need to be picked up after midnight. So Kathie and I happily volunteered to stay overnight in the station's hotel. Well! I won't tell you everything about our stay but it's safe to say we did it up right. We surfed the main drag, what I like to refer to as the Champs de Lyseés of Avignon, in search of treasures.

Paris, continued next page

Paris, continued from page 4

I think Kathie bought more silk pajamas. What was this outrageous woman up to? We wined and dined and took in a little jazz music. We checked out palatial buildings. We accidentally discovered one was the mayor's residence when the mayor's young son scooted our butts away. We ended our evening with a ride on a carousel.

In Provence, we stayed in a more typical old stone house in the countryside 3.6 km from the small town of Banon. The whole Gite was cozy. Even the neighborhood moths enjoyed their stay with us. One moth in particular bonded to me as I was taking its picture earlier in the day. It was just leaving its chrysalis. It was huge, the largest moth all of us had ever seen and with its first journey free of the chrysalis, it decided to spend the night with me. It was midnight before I could get any sleep! Apparently all the bugs are large there!

Our rides throughout our 7 day stay followed the same pattern as before: what route one couple cycled one day another group followed the next day. John and Steph often were the leaders in sketching out long interesting routes. We cycled to such places as Simiane that had 10km hills and looked like the picture postcard towns you've seen with a fortress surrounding them. John and Steph saw castles somewhere and so did Glenn.



Throughout meals, a variety of one-liners entertained all. We had a short hobbit-like entranceway into the Gite that required René, and especially John, to bend their heads and shrink their bodies that set the stage for many a quip. For instance, René was preparing a chicken dish, *Coq au Vin*, when Glenn yelled at him to duck as he was about to enter the doorway. René misinterpreted and yelled back, "Chicken". Then René immediately hit his head on the doorway.

Then Glenn said, "I told you to duck." "I thought you were asking me what was for dinner," replied René.

During dinner other quips followed:

Kathie: I sure enjoyed the ride to Simiane but that sure was a Jesus, Mary and Joseph hill on the way back

Glenn: That ride into Banon--How's that for a Tuesday night sweat ride!

René: (singing) 'swing lo, sweet chariot.

René's voice had lost two octaves after having yelled many times at Gloria to stop at the laneway to our Gite. But she did not hear him and continued down the fast 9 Km. At about the 5 km mark, she heard him and slowly rode the 4 Km back to our Gite. Well, she avoided 5 Km of the ride back anyway.

The closest town, Banon, was charming and full of unexpected delights. The distance from our Gite was only 3.2 Km but the serious false flat lasted until the serious uphill entrance to the town. It seems that each town in France is known for something special. Banon is known throughout Provence (even Avignon) for its bookstore and goat cheese. At first I could not figure out how small towns could support such specialty stores. We learned it was citizens travelling to and fro from town to town to buy exactly this and that. Banon even had a couple of elite women's clothing stores in which Kathie bought 2 pairs of silk pj's. We often cycled through Banon on our way to anywhere else. We ate a couple of meals in Banon. We preferred the local pizzeria. We even added a Canadian \$5 to the proprietor's collection of bills that she had collected from various countries and placed on the back wall. I bet you couldn't safely try that here!

We took in other sights as well. On one day Maureen, Glenn, Kathie, and I cycled to a place called Roustrel. There, Maureen, Glenn and Kathie took a 3-hour tour of the Ochre Quarries in Colorado National Park located near the city of Apt. I, on the other hand, cycled into Apt, a fair size wonderful city, the first of which reminded me of Québec City. Previously, Seth and John had cycled up and up to the l'observatoire of a village called St. Michel that looked over this entire area called the Luberon Valley.

Paris, continued next page

Paris, continued from page 5

But I digress. It was a great long day for me and I didn't want it to end. I had climbed great heights and fraternized with the locals. I was feeling exhilarated so when Maureen and Glenn showed up in the Kangoo to pick me up, I wasn't pleased but when I got back to the Gite, I was very pleased because John barbecued delicious long-John sausages and Gloria prepared a glorious salad. I was not to have such a good sausage again in France.

Much of our cycling seemed to be in preparation for doing the famous stage of the 2000 and 2002 Tour de France called Mount Ventoux. A couple of days before the Ventoux ascent, Maureen, René and Glenn cycled its sister. It was a more tiring ride because of the overall distance covered that day. Maureen wisely begged off doing Mt. Ventoux because of her recent surgery that required she rest after strenuous days. She was such a good sport about being our chauffeur instead. The grade for Mt. Ventoux's 26 km is not bad, however, the last six km of this climb is the serious stuff with a steady increase in grade from 7 to 11%. Congrats go out to Glenn, John and René for reaching the top. Congrats go out to Steph, Gloria, and I for having the sense to stop at the 20 km mark to feast upon the gastronomic delights of the Chalet erected specifically for celebration.

Bourgogne (Burgundy)

Burgundy was the richest region in terms of how well-off the locals were and how well they liked to eat. In terms of scenery, it vied for supremacy with both Bordeaux and Provence. There were even more vineyards. We saw the introduction of mustard fields not unlike the canola fields of Alberta. The village of Romaine, where our Gite was located, was very picturesque and the home of many vineyards. Sure enough it was perched at the highest point of the hills leading to it. We often discussed which road was the least hilly. Our own body types seemed to win that argument. But at least, we all found a manageable way of returning to our Gite everyday. The first day we arrived, Maureen drove us up the fastest way with its 14-16% grade. I panicked and phoned home and told my husband that there was no way I was leaving this Gite until it was time to go to Paris! But common sense prevailed and we were très glad to find 2 or 3 other more sensible 4-6% climbs to this Gite. The city of Beaune was our centre, just as Banon was to Provence and Sauveterre de Guyenne

was to Bordeaux. But it was a much bigger place, therefore lots more shopping and sightseeing occurred. More about Beaune, later.

Burgundy is considered the gastronomic region of France. That being said, I had a terrible experience one evening with a pale steamed sausage, very



pink inside. With one bite, I turfed it and the waitress was kind enough to offer me scalloped potatoes with cheese. I later learned from my husband, a chef, that mouton (sheep) is often in use in French cuisine. Mouton has a flavour foreign and foul to us. It was probably the culprit of my distaste. Anyway, everyone else was especially pleased with their meals, especially John. He ordered what he had researched, "oeufs de meurette", that is, poached eggs in wine sauce. Well you might think, as the rest of us did, that this dish sounds awfully weird for supper but I had the opportunity a few days later to have the same dish in a town called Pommard and it was the best meal I had in France and certainly one of my best meals ever.

Paris, continued next page

Paris, continued from page 6

We had a wonderful meal out in Beaune one evening accompanied by lousy service. But we sat outside where we admired the Rolls Royces, Lambourghinis, Alfa Romeo's, Jaguars and Mazeradis as they drove by.



Many days, many different trips! One day Maureen, Glenn, Kathie and I did this incredibly long and beautiful ride through a few places, including Nuits St. Georges, world renowned for its red wines. We climbed up these two ridges, you know the type, you come around a corner and see a peak pretty well deciding this must be the top only to find another ridge around the next corner and so forth. Well, multiply that by twelve and you've got the idea. At the top of our climb, our descent was so steep and winding we whizzed down it in a blur ending with our bodies just virtually a buzzin'.

Soon after that we bumped into Gloria and René who had cycled from the opposite. flatter approach. Now they had to climb. Later in the afternoon, while I went through Pommard, the others flagged down a bread truck in Cormont le Petit and found more than bread. You guessed it, pastries!

On one riding day we found another bike route, similar to the one we cycled in Bordeaux, but this one went for 80 Kms. It took us past wetlands, fields, but mostly along a beautiful canal. We watched boats and enjoyed talking with a few of the local fishers. We only cycled 22 Kms of it but Gloria and René returned another day to complete it and just loved it.

Now I must tell you about the very special kind of place that is St. Romaine. Known for its famous vignobles (vineyards) and its white wines, our street and the one behind it were solely owned by "vignerons" (wine growers). Upon our initial arrival,

our Gite owner, the vigneron, Gilles Buisson, left us a bottle of his not-so-best white and tickets to the wine tasting to be held the following day. Well, I thought the wine tasting was from his vignoble only. But, no! The next morning a table set up at the bottom of the hill and for 5E you got 14 tastings, one red, one white from 7 different vignobles. The tastings were held at 11:00 AM, 3:00 PM and 5:00 PM. So we tasted before and after our day's ride. Yeah, our ride was short, very short that day. The whites were tasty enough yet most of us were red wine drinkers.

Unfortunately the wines we enjoyed were not exported. A key factor, I learned, in any vigneron exporting is having the connections to importers/exporters in other countries. It is expensive and complicated and for this reason most of them sold locally. Only one vignoble exported to Canada, that of Gilles' Brother, Christophe Buisson. He exported to Québec only because he had the necessary connections there.

During the wine tastings, a local priest was giving a tour of the church. Unlike other towns, the church here was built after the town. The church was built in the 13th century and the town was built in the 7th century. Not only had the Romans appeared earlier, the Gauls had too, on this very spot.

Our own palates refined as we continued to sample wines. Even cheap 3E or 4E wine was superior to what we usually find at home. Sometimes we would buy a more sophisticated bottle and attach it to our bikes for the journey back. On one such trip in the Bourgogne region, one (I will not name but he is a fine man) carried mine uphill back to the Gite. But it wasn't full upon arrival. It was pretty funny. You had to be there. Apparently there were two self-proclaimed official tasters en route.

We cycled many 13 km downhill sojourns into Beaune. It was an excellent place to shop for souvenirs. Also it had a small history of wine museum called the Musée du Vin de Borgogne located in what was the former mansion of the Dukes of Burgundy.

Maureen, Glenn and I toured it. Also, there was a magnificent medieval building called the Hôtel Dieu built as a charity hospital in 1443 whose roof was completely made of coloured glass tiles...gorgeous!

Paris, continued next page

Paris, continued from page 7

In a village or two beyond Beaune, we had our last dinner at a formal place called Le Diligence. There were 4 or 5 courses and the entrées were served by individual waiters standing behind each of us. Upon a signal from the head waiter, the wait staff removed the silver lids covering our plates in a grand gesture as they shouted in chorus, "Voilà!" That sentiment sums up our cycling trip through France.

And then there was Paris. We stayed at the Hostel Le d'Artagnan just a few blocks from the nearest metro stop which took us to the Champs de Lysées within a few stops. We did the tourist thing, riding the double decker buses, walking by the Eiffel Tower and taking pictures of the Arch de Triomphe. I took in the Palace of Versailles. Even a few of us, whom I won't name, took in a girlie show on our last evening. Don't get excited. Nobody took their clothes off.

On behalf of all participants, I thank Maureen for the courage to organize a trip of this magnitude, for her exceptional organizational work prior to the trip, and her continued hard work and good spirits throughout the trip. I thank Glenn for his diligence in helping out where needed, in packing the Kangoo, driving it, and "in there like a dirty shirt attitude" 100% of the time. I thank all the guys for packing the bikes on that Kangoo and helping to put them back together at each Gite. I thank Kathie, John, Steph, René and Gloria for their friendly and helpful company throughout.

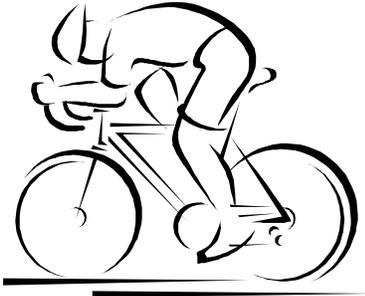
Au revoir,

Lois Knight



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

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

September Start time: 6:30 pm SHARP

September 6 - 7-11
 September 13 - St. Albert Wal-Mart
 September 20 - Sherwood Park Alliance
 September 27 - 7-11

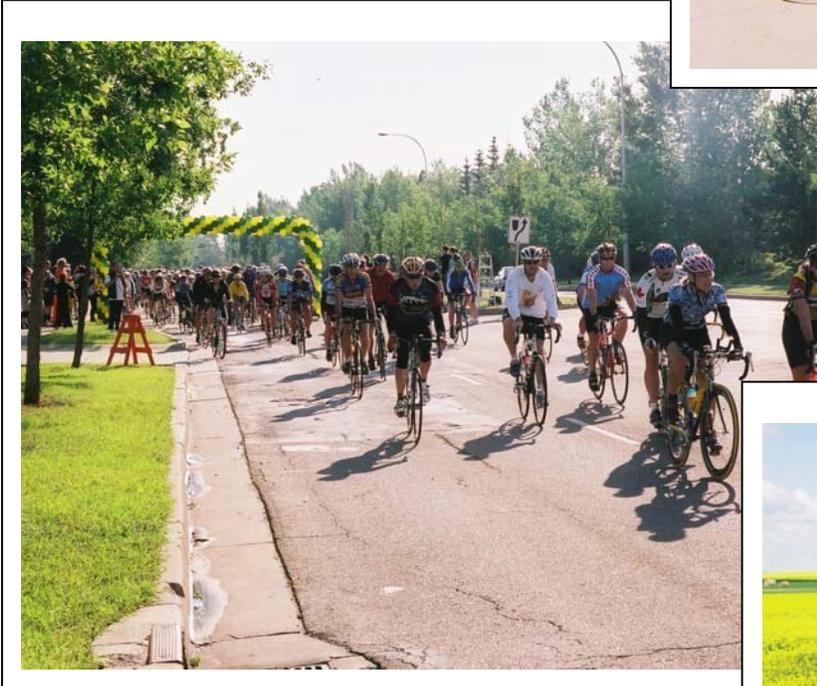
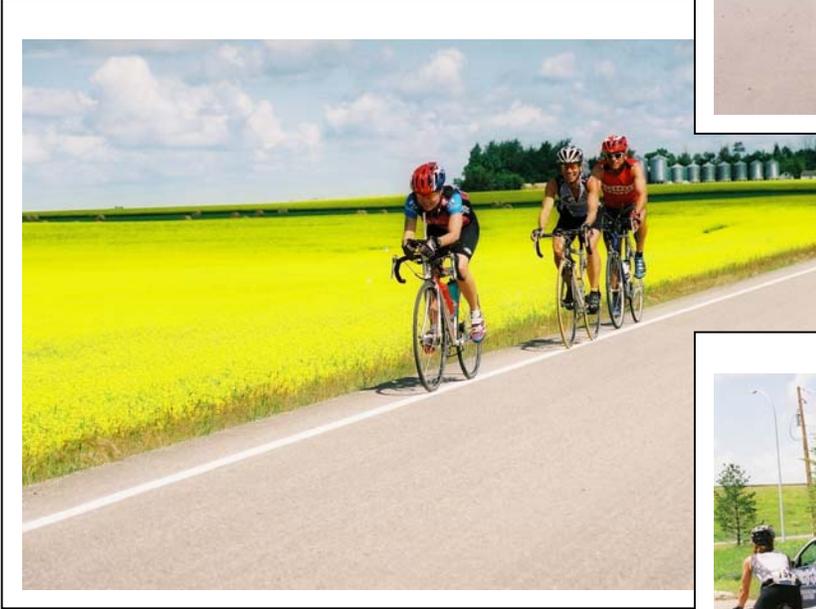
Weekly cycling events

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.

Memories of
Tour de l'Alberta
July 24, 2005



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.

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

Cost: \$100, DEPOSIT: \$100

Dist/Rating: Beginner with some technical sections

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

Description:—14 riders. Leave the city behind you on Friday night (August 5th) when we car pool to Ribbon Creek Hostel. This is an opportunity to mountain bike in beautiful Kananaskis Country for a couple of days based out of the Ribbon Creek hostel as we explore the trails in the area.

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

Cost: Bring your lunch and snacks

Distance/Rating: Intermediate, 100 Kms

NOTE CHANGE IN DISTANCE & START TIME!!

Coordinators: Don Peddie, dl.peddie@3web.net, 457-2945

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 Dr; parking lot is on the left.

August 20-21 – Thunder Lake Trip

NOTE: CANCELLED

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: Glenn White, 431-1297, whitegd@telusplanet.net

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.

Sunday, August 28, 2005 (Weather Permitting) Pigeon Lake Loop NOTE: NEW DATE

Cost: Meal approx \$15

Distance/Rating: 60 km, van supported

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

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. If weather is questionable on August 28, you will need to call 446-6264 by 8 am that day to learn if the ride will be taking place.

EBTC 2005 Tour Calendar

August 28 – September 10 inclusive - Nova Scotia / PEI

NOTE: CANCELLED DUE TO LACK OF REGISTRATIONS

September 2 -5 – Jasper Banff Luxury Tour

NOTE: CHANGE IN COORDINATORS

Cost: Estimated \$455, DEPOSIT \$200

Dist/Rating: Intermediate / advanced

Coordinator: Adam Morton 904-7012 email adam.morton@ualberta.ca (he is out of town until August 17 but will reply by email) and Bernice Aebly 481-8159

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 -- The EBTC Once In A Lifetime Alberta Centennial Fall Classic Rocky Mountain Adventure Bike Tour

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, self-support cyclists. Due to the meal arrangements, riders must be able to get from Shunda Creek Hostel to Saskatchewan Crossing in time for supper about 5 pm (final details will be worked out at the pre-trip meeting). You will need to estimate your travel time and make sure you leave the hostel in time to meet for supper. You will need to be familiar with bike safety while riding 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).
NOTE: Must pre-register with Millie as space will be limited.

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

<p>Yearly Membership April 1 March 31 Single \$40.00 - Family of 2 \$60.00 \$ 12.00 For each Additional Family Member</p>	<p>Half Yearly Membership October 1 - March 31 Single \$30.00 - Family of 2 \$50.00 \$12.00 For each Additional Family Member</p>
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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**