



Spokes

The Newsletter of the Edmonton Bicycle & Touring Club

April 2006

SPRING CLASSIC RIDE is in Alberta Beach THIS SATURDAY, on APRIL 8th: see page 6!

Fort Saskatchewan Brunch Ride Sunday, April 30, 2006

EBTC is known as the "eat & bike" club, and the annual Fort Saskatchewan Brunch Ride is a good way to start the season in those great EBTC traditions.

Rated as an easy ride, the Ft. Saskatchewan Brunch Ride is a good event for those of you who are just getting into cycle touring, as well as the old-timers who want to start the cycling season with a casual, social, fun ride. The roads are mostly flat, with one hill when you enter Fort Saskatchewan. Distance is 23km each way. This may sound intimidating, but we take our time and stop if we need to. As long as you are reasonably fit, it's fairly easy to complete the ride. Plus there's the bonus of that great brunch in the middle of the ride! (The real challenge is in getting back on the bike after the brunch!)

This year's ride will start at Clareview Arena, 3804 – 139 Avenue. As well as providing a safe start location, this venue will provide us with a indoor shelter and toilets, should we need them! After the wacky winter we are just ending, who knows what the weather gods might have in store for us.

Paul's Family Restaurant is now called Mo-Jo's Restaurant, but it's still the same place this ride has always gone to, with the same great brunch. Come join us and start your cycling season off the best way possible!

Details in the **Trips** section of Spokes.

Important Note about Registration for Golden Triangle, May 19-22

If you wish to register for this year's Golden Triangle, mail a completed Overnight Trip Registration form, along with your completed membership application form and payment, as well as the \$100 trip deposit to EBTC.

Registration opens April 1, 2006. Registrations postmarked before that date cannot be accepted.

See the Trips section of edition of *Spokes*.

Membership Renewals

Be sure to renew your EBTC membership today, using the new membership form on the website. You need a membership to ride!

All EBTC memberships expired March 31.

Table of Contents

President's Message.....	3
Sweat Rides, Cycling 101.....	4
Show 'n' Go, Maintenance Seminar.....	5
Trip Schedule.....	6-12
Editorial.....	12
Moonrise Surprise Party.....	13-14
Mountain Bike Instruction Camps.....	14

EBTC Executive Members

President	Alan Schietzsch	455-1924
Vice-President/Touring	Gord Charles	487-0206
Secretary	Marie-Andree Lachapelle	431-2775
Treasurer	Cindy Martel	433-5178
Membership Coord.	Sue Sohnle	459-9830
Newsletter Editor	Gary Garrison	908-6292
Social Coord.	Michel Lamontagne	466-2615
Supplies & Equip.Coord	Ernie Mah	988-8322
Education & Safety Coord.	Don Peddie	457-2945
Volunteer Coordinator	Vacant	-----
Librarians	Brian & Susan Gerbrandt	436-0833
Web/E-mail	Nadine Leenders	438-1987
Past President	Maureen Lanuke	436-9004

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 **garrisong@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. Gary can be reached by telephone at (780) 908-6292.

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

To save costs and valuable volunteer executive time, all club members receive e-mail notification when Spokes is posted on the club website and are expected to access it online. Members who cannot access the Internet readily can receive Spokes in hard copy by sending in a written request to the EBTC Post Office box noted below. Remember that it costs us all \$1.50 for each copy we print and put in the mail.

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.

Copyright ©2006 by the Edmonton Bicycle & Touring Club. All rights reserved.

Permission is granted for reprinting articles herein by any non-profit group or publications. Credit to the author and **Spokes** must appear in your publication, and a copy should be sent to:

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

Cycling thought this month

I refuse to use my age as an excuse when I'm riding with youngsters - at least not until they drop me badly. But come to think of it, some older riders can drop me, too. I'll have to think of a good excuse for that.

- Fred Matheny

President Alan Schietzsch Reveals

EBTC's Secret Treasures



Wow, what a lot of rides! EBTC's Spring Planning meeting was wonderful! We have a great season of cycling ahead of us: mid-week "Show 'n' Go's", Sweat Rides, day trips

almost every weekend, and many exciting overnight and multi-day trips. Check out the details in this April edition of *Spokes*.

But how did this happen? The most common questions new members—as well as lots of "old" members—have is: "How do I, with no experience, do things in the club? How do I plan a trip? How can I learn to cycle safely? How does the club work? What's expected?"

EBTC has a treasure trove of people and resources to help you. This editorial contains the keys so that you and all members of EBTC can have the best cycling, social, and eating experiences possible during this new cycling season.

Safety First-- On the club website www.bikeclub.ca there's a golden-orange button in the middle of the page called **Learning to Cycle Safely**. It takes you to an illustrated area that explains, among other things: how to deal with fast car traffic, getting past busy intersections, how to handle potholes and steep downhills. A lot of members have told me they have never even seen this great resource. Please check it out now. What better time to read about these things than right now, *before* you get out on the streets for spring?

Code of Conduct—Another hidden gem is this yellow button on the web page. Last year your club's Executive got together and decided we

needed a way to communicate the "collective wisdom of group cycling" that has evolved in the club over time to make our rides even more enjoyable. So we wrote it up and posted it to the Web. It deals a bit with safety, but even more importantly, it encourages us to buddy up on rides, help out others, and support each other. The whole point of the club is to have fun together on bikes, and that's what this item is all about. It contains many tips for you to make your next bike ride even better, both for you and for everyone else.

Members Only Resources—The biggest jewel in the treasure is the website's legendary FMO section. Here's where you will find trip maps, guides to planning a day trip, organizing meals, even a great guide for support vehicle drivers, as well as other great resources. If you've never done some of these things, this is the place to find out how it all works; if you have, it's great to review and learn how to do them better the next time. To get at this FMO treasure, just go to the club website, and after the address type in a **slash (/)**, then **fmo**. The address then is: www.bikeclub.ca/fmo

To remember it easily, the letters stand for **f**or **m**embers **O**nly. Better yet, just bookmark the page when you visit it. It's a rich resource you'll want to return to again and again.

Bike Maintenance—Back in the real world, I can virtually guarantee you your bike needs maintenance, even if it has been stored inside or on the indoor trainer. Bike shop's rush has already started. But, if you get your bike in now, you will have it up and running, well maintained, tuned and safe, most likely within a few days. And, an ounce of prevention is worth at least a pound of "wishing you were out riding while waiting for your bike to be fixed"!

Or go to Thursday's seminar (see page 5!)
We want to see you join us having fun!

2006 Cycling Season Activities

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. These are intermediate/advanced training rides. You must be comfortable riding on a highway. For those who want a more leisurely ride, consider the "Show and Go" rides on Wednesday nights (see following page). We ride out from the start point for 45 minutes and turn around, and so we all return at the same time. Coffee usually follows, where we can brag or tell lies about our rides. Sweat rides will be on Wednesdays this year, starting on May 10th weather permitting, and will be led by Ellen Ainsley. The rides start 6:45 p.m. SHARP at the following locations. The rides will start at 6:30 p.m. in September because of the days being shorter. If you have any questions, you can contact Ellen at 459-6928.

May 9	St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot
May 16	Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231
May 23	7-11 - NW corner of 97 Street and 176 Avenue
May 30	St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot
June 6	Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231
June 13	7-11 - NW corner of 97 Street and 176 Avenue
June 20	St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot
June 27	Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231
July 4	7-11 - NW corner of 97 Street and 176 Avenue
July 11	St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot
July 18	Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231
July 25	7-11 - NW corner of 97 Street and 176 Avenue
Aug 1	St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot
Aug 8	Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231
Aug 15	7-11 - NW corner of 97 Street and 176 Avenue
Aug 22	St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot
Aug 29	Sherwood Park Alliance Church – NE corner of Wye Rd/Rge Rd 231



CYCLING 101... Slow Rides to Learn Cycling Basics

Date: Thursdays May 4, 11, 18, and 25

Location: The 7-11 Store at 97 Street and 176 Av.

Start: Thursdays, 6:30-8 p.m. with coffee afterwards at Second Cup, Namao Centre for those who desire

Cost: There is no charge but **please contact the coordinator** so an estimate of numbers can be obtained.

Coordinator: Don Peddie 457-2945 –

Email: dl.peddie@3web.com -

Web: http://www.geocities.com/don_peddie/

Description: This Thursday night, six-week series of rides is designed for novice cyclists of EBTC. Speeds will be kept low initially, below 20 km/h, increasing weekly as bike skills and confidence increase.

Topics to be covered include: SKILLS: gear selection, shifting techniques, group riding, cadence, pace lines, emergency stops, quick turns, dodging debris, and hill climbing. BICYCLE ACCESSORIES, ETC.: computers, pumps and tires; clothing choices, racks. BASIC BICYCLE MAINTENANCE: flat tires, replacing slipped chains, minor gear and brake adjustment.

Wednesday Night "SHOW 'n' GO"

Show and go that's 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 to offer the recreational cyclist. Rides begin Wednesday April 19. In September we will meet _ hour earlier. (6:35 start)
Contact Al Carlson, 458-1471, alcarlson@shaw.ca, for more information.



Bike Maintenance Seminar:

Is Your Bike Ready for the Season?

Date: Thursday, April 6

Location: RedBike 10918 – 88 Avenue Phone 435-2674

Time: 7:00 pm No need to register.

Cost: There will be no cost. Just turn up and learn. Coffee to follow in coffee shops for those who choose.

Coordinator: For information contact Don Peddie 457-2945 (dl.peddie@3web.com)

Description: **Are you ready for the upcoming season? What about your bike?**

Aaron Birch, professional bicycle mechanic from Red Bike, will show you how to prepare and maintain your bike to have a trouble free season. Join us to find out how you can make sure your bike runs, this is a great opportunity to socialize with fellow members, too! Please join us and start the season right!



Quick Release:

Cycling Tips from Don Peddie

Improve Your Pedal Strokes: Uphill Practice

It's well established that cyclists can't actually pull up the pedals with enough force to propel the bike much. It's a nice theory, but it doesn't work except for highly trained elite athletes. However, pedaling in smooth, round circles certainly helps all cyclists, to lighten the load on the ascending pedal so there's less resistance against the one you're pushing down. That's most important when climbing. The rounder you can pedal uphill, the more you'll get out of each stroke. In fact, your technique is easier to work on while climbing because your cadence is slower, letting your brain keep up with your feet. You can concentrate on feeling the pedals all the way around.

Try this, too: Instead of simply pumping up and down, pedal across the top and bottom of each stroke. This horizontal approach smooths the up/down transition and has two other benefits:

- It helps momentum, always a good thing when fighting gravity
- It alters the load on leg muscles to reduce fatigue

A good time to switch to a horizontal emphasis is on the flatter sections of a tiered climb.

2006 Cycling Trips

Important note re: overnight trips: Overnight trip registrations are processed according to the post-marked date stamped on the envelope, on a first come, first served basis. Registration envelopes with a postmark date prior to the trip registration opening date will not be accepted.

Spring Classic

Date: Saturday, April 8

Location: All rides begin in Alberta Beach at the Senior Cultural Centre (on Main Street behind tavern at 50th and 50th.) There will be signs on Main Street.

Start: The 125km starts at 10:30 a.m. The 62km begins at noon. The mini-fling at 2 p.m.

Cost: \$10/person for the meal (pay at the ride, however you MUST RSVP so we have enough food for everyone.) Everyone welcome, the more the merrier.

Distance/Rating: 15km (easy), 62 km (intermediate), or 125 km (advanced)

Coordinators: Alan, Millie & Emily Schietzsch (455-1924, alans@shaw.ca)

Description: Start off your cycling season like the Europeans—with a bang!

In the spirit of the Paris-Roubaix and Gent-Wevelgem spring bike races, this is a big one-day spring fling that gets your body kick-started for the upcoming season. After this, every ride will feel so easy!

Choose the distance that suits your mood: 15km, 62km or 125km! The 125 km option starts at 10:30 am and cruises west, then north through the hills near Sangudo, before returning to Alberta Beach for the meal. The 62 km begins at noon, circling the beautiful lake before returning. Too long? Try the mini-fling at 2 p.m., just 15 flat km from Alberta Beach to the village of Gunn and back, with plenty of time to join the big after-ride feast when the three groups arrive together to celebrate their adventures. The meal will start at 3:30 p.m. to allow everyone to eat or at least see each other at the meal. Because Millie's parents' house doesn't accommodate many people, we chose to rent a hall for our venue this time, where there is plenty of parking as well as restrooms. RSVP required by April 6th (alans@shaw.ca or 455-1924.) If weather is bad, we will still have the meal—a feast without the pedaling!

Fort Saskatchewan Brunch Ride

Date: Sunday April 30

Location: Meet at the southwest corner of the parking lot at the Clareview Arena, 3804 -139 Ave. The arena is behind the big box stores, north of 137 Avenue – across from 137 Avenue left on 38 Street.

Start: Arrive at 9:45 a.m. 10 a.m. Sharp departure.

Cost: \$9.95 for adults, children \$7.95 + GST

Distance/ Rating: 50km return, easy

Coordinator: Maureen Lanuke (436-9004, mlanuke@shaw.ca)

Description: We will cycle to Mo-Jo's Restaurant in the New Fort Inn in Fort Saskatchewan. This was Paul's Family Restaurant and is now called Mo-Jo's, but it's still in the same location and has a great brunch. This is a fun ride for the novice cyclist or anyone wanting to ride and eat.



Gulf/San Juan Islands

Date: Saturday, May 6 to Sunday, May 21. **Registration Now Open.**

Cost: \$500 deposit. Total of \$1,200 per person, plus your own cost of return transportation to Edmonton. Limit of participants is 20.

Coordinator(s): Maureen 436-9004

Description: What could be better than two weeks cycling in the beautiful Gulf/San Juan Islands during the month of May? If you haven't been there before, the Gulf Islands are the Canadian islands between Vancouver and Vancouver Island. The San Juans are the American islands just south and somewhat east of the Gulf Islands.

Fort Saskatchewan - Elk Island National Park Ride

Date: Sunday May 7

Location: meet at the Fort Saskatchewan Fire Hall 101 Street & Highway 15

Start: Start at 9:15 a.m. for a 9:30 departure

Distance/Rating: 100km, intermediate

Coordinators: Max Mayer (489-7173, opaski29@yahoo.ca) and Gord (487-0206 gord@grtechnical.com)

Description: Ride description to follow

KK5 Glad to Be Alive Ride

Date: Sunday May 14

Location: Details to follow

Distance/Rating: 50km to 100km

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

Description: This is a takeoff on the original KAFFEEKLATSCH Ride. We will offer three variations/distances that will end at the now famous ALPINE FARM for delicious treats. Distances range from 50km to 100km.

Riders are required to be self-supporting, as there will be no sweep. More details to be provided at a later date.

RSVP will be required as space will be limited! A great opportunity to train for the Golden Triangle.

Golden Triangle

Date: Saturday May 19 to Monday, May 22. Registration Now Open.

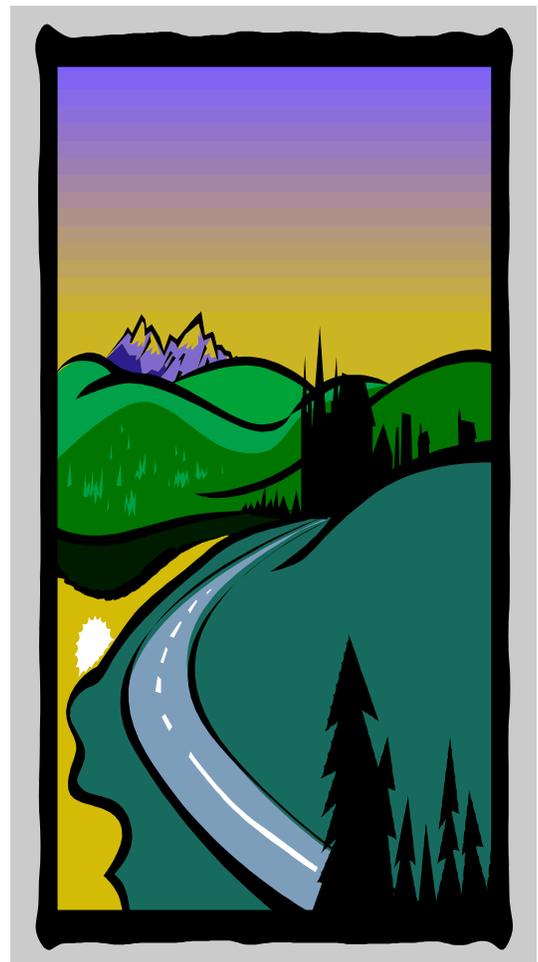
Start: Castle Mountain Junction Hostel

Cost: Estimated \$225. Deposit: \$100

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

Coordinator: Gary Garrison (908-6292, garrisong@shaw.ca)

Description: Kick start the 2006 cycle touring season with the traditional May long weekend tour. Ride from Castle Mountain Junction to Golden to Radium and back to Castle Mountain Junction. This is a hotel/hostel, van supported trip with a limit of 28 people including coordinators and 1 driver. There will be a pre trip meeting.



Edmonton - Beaumont Ride

Date: Sunday May 28

Location: Millwoods Town Centre, 23 Avenue and 66 Street

Start: Meet at 9:30am depart 9:45am

Cost: Bring money for a snack or bring a lunch

Distance/Rating: 50km. Easy/Beginner.

Coordinators: Michel (466-2615, ourchef@hotmail.com)

Description: Ride description to follow

Nojack - Mayerthorpe

Date: Saturday June 3rd - 4th to be confirmed

Location: Nojack Hotel west on highway 16

Cost: Cost and other details to follow

Distance/Rating: 75km each way

Coordinator: TBA

Description: Begin at the Nojack Hotel west on highway 16 and turn North on paved 751 (small shoulders paved with minimal traffic) and to Mayerthorpe approx 75 km. Combination of Hills and flat (hump back trail). Possible itinerary --Stage at Nojack Saturday ride to Mayerthorpe --stays at Campground on golf course or motels or bed and breakfast. Ride back Sunday. Hobbit Farms have lots of room if riders want to come out Friday night.

MS 150 Ride

Date: June 10 - 11

Contact: Peggy Hurdle, Captain (487-5489, hurdle@shaw.ca)

Description: Why not join the EBTC MS 150 team this year! Let's make a difference together as a club team! Register soon as spots are filling up quickly. Only 250 left. More details to follow on this great event.

Foot-Loose Caboose

Date: Saturday June 17th

Participants: approximately 30 members. Call or e-mail John to reserve your spot.

Location: meet at Tim Horton's by Sobey's in Sherwood Park on Wye Road.

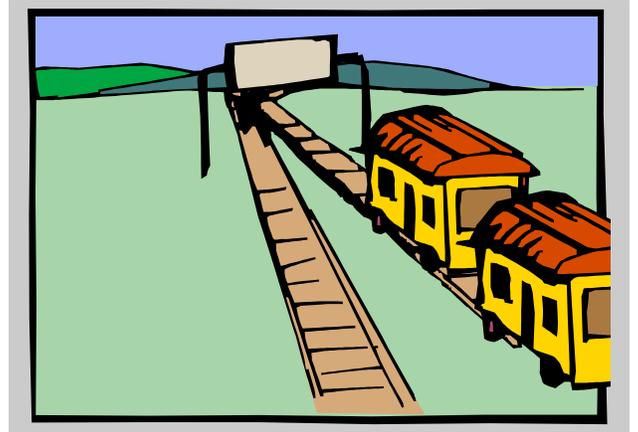
Start: 8:45 for a 9:00 a.m. sharp start

Cost: Approximately \$10 for lunch

Distance/Rating: 100 to 110 Km Intermediate

Coordinator: John Blades (662-4945, jwblades@telusplanet.net)

Description: We will ride to the Foot-Loose Caboose Café about 12km South of Hastings Lake Corner on Highway 14. Enjoy a lovely meal in the old refurbished caboose near the old station where the owner lives.



Bikes and Boxes

Date: Sunday June 18 - Details to follow

Distance/Rating: Novice/beginner

Coordinators: Jasmine & Marvin

Description: This is a fun ride day in our river valley followed by an old fashioned "box lunch" picnic. Everyone will be asked to bring a nutritious, creative and yummy lunch to trade with one of their fellow bikers. There will be prizes and surprises! More details to follow.

A Day at the Bay

Date: Saturday, June 24

Location: Meet in Devon, at the Extra Foods parking lot

Start: meet at 8:45 for a 9:00 a.m. sharp departure

Cost: +/- \$3.00 for support vehicle/snack costs. Bring cash for lunch at the Beachhouse restaurant.

Please RSVP by June 22. Maximum number of riders probably 25, but possibly more.

Dist/Rating: 122 km. Intermediate. Can be shortened by 44 km.

Coordinators: Corinne Schneider (955-6046/ 987-2947, corinne.schneider@blackgold.ca) and Michael Abey (987-2947, michael.abey@atcogas.com)

Description: This is not a shopping trip! Relatively flat with one large training hill. This ride can be advanced, depending on weather and wind conditions. There is an opportunity for riders to shorten the ride by 44 km if desired. We start at Devon, climb the training hill out of Devon, and follow our "private highway" to Highway 39, then pass through Thorsby and on to Mulhurst Bay for lunch at the Beachhouse cafe.

Jasper Parkway Tour

June 30 – July 3 – Registration opens May 1st

(Stay tuned for information on Jasper/Banff Coolmax T-Shirts)

Location/Start: Meet at Peggy Hurdles 19063 - 72 Avenue

Cost: Approx. \$235 Deposit: \$100.00

Distance/rating: 30/70/110km per day with some long climbs and descents. Intermediate +

Coordinator: Peggy 487-5489 Hurdle.Peggy@syncrude.com / Gord 487-0206 <mailto:gord@grctech.com>

Description: The classic van-supported road tour in the Rockies. Ride from Jasper to Banff via Hwy 93, (and possibly Hwy 93a) and the Bow Valley Parkway. This rustic hostel trip will find us staying at hostels along the way: Athabasca, Hilda, and Mosquito Creek. There are a couple of tough passes to climb (Bow and Sunwapta);

however your reward is a good descent on the other side and great mountain scenery throughout. Limit of 22 people including 2 drivers.



Iron Horse Trail

Date: Saturday, July 8

Coordinator: TBA

Description: Details to follow

Tour de l'Alberta Volunteer Ride

Date: Sunday, July 9. Watch *Spokes* for details

Location: Start in St Albert

Start: Distance/Rating: 100km - 165km

Intermediate

Coordinator(s): EBTC

Description: This ride is open only to EBTC members who have registered as volunteers for the Tour de l'Alberta. Volunteer soon so you don't miss this ride. It will be a fun-filled event, for camaraderie and team building! Contact Stew Henderson at 438-1351 or Stew.Henderson@atcogas.com

Who Will Be Lady Godiva?

Date: Saturday, July 15

Location: details to be announced closer to the ride date.

Coordinator: TBA

Description: Another fun day on the bike, followed by a **chocolate buffet**. Who will be able to resist this?? Prizes for the best chocolate offering! Stay tuned for details.

Backroads of Strathcona County

Date: Sunday July 16th

Location: meet at Michel's 5203 - 92B Avenue

Start: meet at 9:30am depart 9:45am

Cost: TBA

Distance/Rating: TBA

Coordinator(s): Michel (466-2615, ourchef@hotmail.com)

Description: Details to follow

Tour de l'Alberta

Date: Sunday, July 23

Description: EBTC presents the 2006 Tour de l'Alberta starting at St. Albert, Alberta. 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 through the small towns of French heritage in the areas north of Edmonton. The tours are not races but recreational "cyclo-sportif" rides for cyclists who are able to complete the distance. At the same time, the event provides a supportive venue for cyclists of any level who might wish to pursue personal time goals. Some like to go fast, and that's OK. Others prefer slow, and that's great too! It's not a race. It's a fun challenge for ALL cyclists! Bicycle helmets are mandatory. For information check the club website (bikeclub.ca) or contact Stew Henderson (438-1351, stew.henderson@shaw.ca.)

If you don't want to ride, please volunteer for the Tour de l' Alberta and join in the fun that way. Many important volunteer positions allow you to ride too, so please call Stew today, this is our flagship event and the club needs your help! Tell your friends and family too, you can do it together!

Fort Saskatchewan Ramble

Date: Saturday, July 29

Cost: Bring your lunch and snacks.

Distance / Rating: 80km, intermediate

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

Description: Meet at 50th Street and 106 Avenue, northeast corner of the parking lot, at 9:15am leaving at 9:30 sharp. We will ride through northeast Edmonton to Fort Saskatchewan where we will stop for lunch at Legacy Park, (west of the Caboose Station). We will continue our ride on range roads to Ardrossan and then back to 50th St. and 106 Ave. where we can stop for a coffee at the Blues Java Bar.

Silver Triangle

Date: August 4 – 7 (includes one day travel to New Denver)

Registration: Opens April 15. Limit of 10 riders and 1 driver.

Location: New Denver, B.C.

Start: Saturday start time to be determined

Cost: Estimated \$350. Deposit: \$100

Accommodation: Hotels and a hostel

Distance: 85/95/35km per day

Rating: Intermediate (some climbs and longer distances)

Coordinators: Jason Demers (716-3235, jasondemers@shaw.ca)

Description: Everyone has heard of the Golden Triangle. Yet have you heard of the Silver Triangle? It's the interior of B.C., where we will bike through some of the most scenic areas in all of B.C. In fact, this area is B.C.'s best-kept secret! The trip goes through the beautiful and historic towns of New Denver, Kaslo, Nelson and Slocan. Along the way you will see old mines, indulge at famous bakeries, visit natural hot springs (Ainsworth), go on no fewer than four ferries. And if that's not enough, there will be plenty of opportunities for you to cool off in streams, lakes, and roadside waterfalls! For those interested, we can also arrange to attend either one or two evenings of the famous Kaslo Jazz fest taking place during the August long weekend!!!

Thunder Lake

Date: Saturday, Aug. 12 to Sunday, Aug. 13

Location: Starts from Onoway Saturday morning

Start Time: TBA

Cost: Full payment is required with registration. Approx \$80

Distance/Rating: 75 - 80 km. each day

Coordinator: Debbi Kowaliuk (462-1266, dkowaliuk@shaw.ca)

Description: Classic Thunder Lake van-supported camping trip. We cycle west and north to Thunder Lake Provincial Park (which has a nice beach) and camp overnight. On Sunday morning we cycle east and south, stopping at the Barrhead IGA for their famous breakfast special and return to Onoway around 3 p.m. No pre-trip meeting. One volunteer is required to make Saturday lunch; the coordinator will make supper. Because of the nature of this trip, we're able to accept registrations as late as a few days before the trip, so no pressure to commit early. If you're looking for a really relaxed trip, mainly on peaceful country roads, this is it!

Pigeon Lake Loop

Date: Sunday August 20 (Weather Permitting)

Start Location: Hilltop Country Restaurant, east of Mulhurst

Start Time: 9:15 a.m. for a 9:30 sharp departure

Cost: Meal approx \$15

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

Distance/Rating: 60 km, rolling hills, van supported

Description: Meet at Hilltop Country Restaurant east of Mulhurst at 9:15 for 9:30 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.

Bridges of Sturgeon County

Date: Sunday, August 27

Location: Meet at Kingswood Park on Sir Winston Churchill Ave (which becomes Sturgeon Rd), immediately north of River Lot 56 and a bit west of the Sturgeon Golf course. To get there From St. Albert, travel East on Sir Winston Churchill Ave, (which later becomes Sturgeon Rd) in St. Albert, to the junction of Kingswood Drive. The parking lot is on the left. If entering St. Albert from Edmonton on Highway 2 (St. Albert Trail) you should proceed north to Sturgeon Rd, turning right (east) to the junction with Sir Winston Churchill Ave, then turning left (east) to Kingswood Park.

Cost: Bring your lunch and snacks

Start: meet at 10:45am for an 11:00am sharp departure

Rating: Intermediate, Distance: 65 km + optional 25km

Coordinator: Don Peddie (457-2945, dl.peddie@3web.net)

Description: This is a loop ride of country roads north of Edmonton. Two options are available, beginning together, and ending at the same parking lot in St. Albert. No formal lunch stop is planned. We'll stop at each of the two convenience stores along the route so you can buy snacks as you go or bring a lunch or snacks to carry you through the distance. There will be no support vehicle or sag wagon, so be sure to bring a spare tube and pump and the confidence to be self-sufficient. There are two options, varying in distance. Both rides are intended for those seeking a bit of a challenge to their cycling. In both cases, five bridges of the Sturgeon River will be crossed, a couple of them from each direction. Each crossing gives you the opportunity to first plunge into the Sturgeon Valley, and then test yourself as you climb out of it. There are several rolling hills on the longer distance.

OPTION ONE: This is a loop of intermediate distance and difficulty, having several moderate climbs over its length of approximately 65 km.

OPTION TWO: This adds 25 km to the distance, making it a more challenging route for those desiring something a bit tougher. Those choosing this option must be sure to fill both water bottles at the Bon Accord convenience store as there are no more water points until the finish.

Banff-Lake Louise Tour

Date: September 1 – 4

Location: meet at the Banff Hostel on Friday evening

Start: Details to follow

Cost: Estimated \$200, Deposit: \$100

Distance / Rating: Approx. 60 km / 80 km / 60 km. Intermediate.

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

Description: We will meet at the Banff Hostel on Friday evening. On Saturday we ride to Lake Louise and stay overnight at the luxurious Lake Louise Hostel for two nights. On Sunday we ride to Emerald Lake and back to the hostel, and Monday we ride back to our vehicles in Banff. Transportation is by carpooling. Registration deadline is July 14th, maximum 12 participants including the coordinators.

MS Mountain Bike Trip

Date: Saturday, Sept 9 to Sunday, Sept 10

Description: Details To Follow

Strathcona Spin

Date: Saturday September 16–

Cost: Bring your own snacks.

Distance/Rating: Intermediate

Coordinator: Brian Gerbrandt (436-0833), ssbdg@hotmail.com

Description: Meet at the Sherwood Park Alliance Church on Wye Road at 9:30 a.m. and leave at 9:45 SHARP. We will spin our pedals east on Wye Road and north on Range Road 222 past Ardrossan for 1 hour and 15 min. and then return via the same route. The distance covered will depend on the rider and there are no designated rest stops. This is a non-supported ride, so be prepared to handle the usual minor hiccups that may occur. Coffee follows at Tim Horton's.

Join the FireWheels Listserve for info on impromptu trips

Club member **Marvin Bloos** has taken the initiative to create a new **listserve** designed to provide fast communication for local cyclists, skiers and others who share interests in common with EBTC - eating, for example. (*FireWheels is not an EBTC service and activities organized on it are not EBTC activities. Many members use it, so it's very worthwhile knowing about to stay connected.*) So far, Marv's listserve has proven a handy way for folks to share info about XC ski trails in and around the city, and it looks like people will use it to organize informal non-club rides that supplement EBTC's own activities. To join, contact Jasmine (475-7224, jasmineh@connect.ab.ca)

Thanks for Volunteering

As you can see from this issue of *Spokes*, EBTC has many energetic cyclists who give of their time, skills, and energy to organize cycling events. We also have members who voluntarily help others with cycling tips, maintenance, etc., and folks who spend hours each month at meetings hashing out policies and dealing with countless administrative issues. In response to my request for help with *Spokes*, at least five people responded. Thank you for your offers of support. I am still sorting out what to delegate and how much work this will be each month. The big question is how much work will be saved by cutting down the number copies printed. Time will tell. For those submitting trip reports, I've given my computer some therapy, and it's now able to receive photos. So send your photos, saved at low resolution if you can. See you out there cycling! - Gary Garrison

Velocity Cycle

Great Rides.....Begin Here!

Here to Serve You....

Calvin, Steve, Chris, John

GIANT
BICYCLES

Setting the standard to take you down the road, up the mountain and everywhere in between.

MARINONI

A unique custom built bike is an impeccable answer to your requirements.

DEVINCI

High performance bikes designed and hand crafted in Canada.

Jamis
BICYCLES

Big Thrills, Great Price!

7208-101 Ave

466-8133

South end of Wayne Gretzky Drive

www.velocity-cycle.com

Free Trainer, Panniers/Racks

The Brick Sport Central has agreed to accept donations of used kid and youth bikes in reasonable condition in exchange for the following used items.

- 1 only Minoura Mag Trainer (with cable tension control) for 3 donated bikes
- 1 only front and rear Coast Mountain panniers (4 bags + rack) for 3 donated bikes
- 2 rear pannier sets (2 bags ea + a rack) for 2 donated bikes
- 1 only CCM rear pannier set (2/3 bags in 1 piece + rack) for 1 donated bike
- 1 only single rear pannier (with rack) for 1 donated bike

These items will go on a first come, first served basis, so canvass your friends & neighbours for their discarded kids bikes to donate.

The items can be picked up and the bikes delivered to 9127 - 68 Ave. Please call first to make sure I'm home. Bob Steen (439 - 2634)

Friday The 13th Full Moon No-ski Moonrise Surprise Party

by Jasmine Hohenstein

So who was surprised? Was there a surprise? What was it? To be honest, we, the organizers of this "mystery" event were very much surprised! As you may know, our winter events schedule is made up in the fall before the onslaught of winter storms and brutal blizzards. Our heads were filled with visions of deep, thick, white fluffy snow and slick, well-groomed x-country ski trails as we planned future fun events for the ski-buffs among us. Marvin and I hadn't quite worked out all the fine details of our Moonrise Surprise, and so we decided it would be a surprise!

But the biggest surprise was that Mother Nature was holding back the snowflakes. No snow? In January? In Edmonton? You've got to be joking! But it was no joke.

We had done numerous winter hikes in the last weeks of 2005 and had faith that by mid January, when we would announce the details for the Moonrise Surprise, there would be snow. For sure there would be snow by then! But no such luck. So "No Snow? No Problem!" became our motto. We wouldn't jam out just because Ma Nature was holding back would we? Not us.

Our Special Friday The 13th Moonrise Surprise Full Moon Party was to go, snow or no. We could hike and walk couldn't we? Edmonton has no shortage of wonderful scenic trails that we could explore by the light of the silvery moon, doesn't it? Our group of adventure-loving hikers met in the warmth of the Hawrelak Park skating pavilion, and we set out from there. If the moon wasn't bright enough to light our way through the forest, we carried lanterns, torches, headlamps and an array of other light-making paraphernalia. Some came decked out with high-tech walking sticks, state-of-the-art hiking boots, whistles, and even a bell—to

ward off werewolves and other Friday The 13th creatures in the darkness?

Our walk took us over the Hawrelak footbridge and along the icy North Saskatchewan River along a well travelled, gently rolling trail. The group broke up into little groups, and everyone yakked about this and that, politics and other juicy tidbits. Before we knew it, we were all standing on the Quesnell Bridge, oohing and ahing at the fog-shrouded moon. Not a clear night, but clear enough to imagine the Man in the Moon happily looking down at us.

There, on the bridge, as thousands of cars

whizzed by us, we took turns howling and meowing at our lunar guest of honour! Certainly many a motorist went home that evening scratching their heads and wondering, "What in the world was going on there on the Quesnell Bridge?" Thank goodness that no men in uniforms or from "Cult Busters" arrived to ask questions.



Some EBTC members have some amazing, hidden talents. If you think coyotes and wolves and wild dogs and black cats do a good job of howling and meowing at the moon, you should have heard how creative some of our own nighttime noises were! There were howls of joy and glee, howls that would surely make you think that some poor critter lost a loved one, and caterwauling that would send a shiver down your spine! It was a tough contest, but Ellen and Barb topped everyone else with their energetic and original animal noises.

We continued our winter walk on the south side of the river, walking along Keilor Road and back on the wooded trail beside the river. Some of us walked the horse trail, while others decided to stay on the trail marked for two legged creatures.

That side of the river is quite hilly and requires some stamina, but everyone was so busy sharing stories, gossip and opinions on this and that that nobody seemed to notice the difficulty of the trail. Before we knew it, almost 2 hours later, we were back at the pavilion.

That's when the party REALLY started! Our lucky group of 13 were still pretty frisky and eager for more entertainment. We cracked open the thermoses, hauled out the assortment of delicious treats, made ourselves comfy at the tables provided, and got down to the serious business of having more fun. Marvin handed out his well-thought-out moon trivia quiz, and we all went to work testing our moon knowledge. We were greeted by curious stares from many a moonlight

skater and indoor staff. "What in the world are you guys up to?" one puzzled bystander queried. Once we explained, they all wished they belonged to our club. How else would they ever find out how long it would take to drive to the moon at 70KM an hour? Or how many men had actually walked on the moon?

Once our tummies were filled with gooey chocolate nut squares, moist crumb cake, garlicky hummus and pita chips, cranberry cider, hot chocolate and coffee, we shut down the place. We all left feeling fitter, fuller and smarter. The moon smiled down at us as we walked to our cars, listening to yet another Friday The 13th howl somewhere in the distance.

Sugoi Dirt Series

World-class Mountain Bike Instruction Camps

Presented by Rocky Mountain Bicycles

With a full schedule of 15 camps across western Canada and the US, the Sugoi Dirt Series is back for its sixth season of world-class mountain bike instruction. From the first California camps in April to the Whistler season finale in September, the Dirt Series will give hundreds of riders new skills on their bikes and leave heaps of confidence and inspiration in its wake.

Joining the instructional team in 2006 are former NORBA Champion Lisa Sher and Team Maxxis downhill star April Lawyer. They'll add their experience to a group of coaches that already includes members of three different national teams, graduates of 10 sport-specific academic programs, and pro-elite riders from every off-road discipline.

Each of the thirteen women's camps and two co-ed camps will offer a huge variety of skills, everything from basic freestyle lifts and switchbacks to drops, log rides, and bunny hops. From beginner through advanced riders, everyone will find what they're looking for here.

Sugoi is back on board for their fourth consecutive year as title sponsor, while Rocky Mountain Bicycles returns as the presenting sponsor. "We honestly consider the Dirt Series to be one of the best investments we make as a brand," says Charles Russell, Sugoi's VP of Sales. "The impact it has on consumers, retailers and bike communities is a real asset."

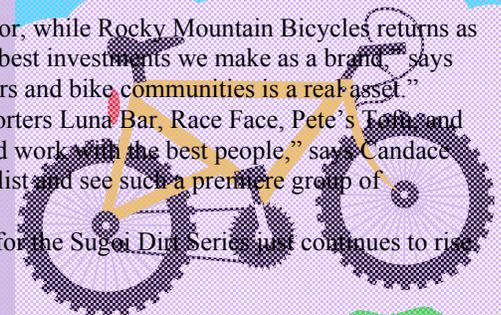
Other key sponsors for 2006 include Fox Racing Shox and new supporters Luna Bar, Race Face, Pete's Tofu, and Maxxis Tires. "It's been our goal since day one to offer the best instruction and work with the best people," says Candace Shadley, Program Director. "We're really proud when we look at our sponsor list and see such a premiere group of companies choosing to support us and make what we do possible."

Five years, fifty camps, and two thousand participants later, demand for the Sugoi Dirt Series just continues to rise. Registration opened on February 1st and the camps have already begun to fill.

"Coaching mountain biking is one of the most rewarding things I get to do," says Cassandra Boon, lead coach and former Canadian Downhill Champion. "It's incredible to see how much the participants progress in a single weekend, and to witness the high they achieve when they master a new skill and see what they're really capable of. I can't wait for the season to start. Hope to see you out there!"

For complete details on the 2006 dates and locations, as well as additional program information, please visit www.dirtseries.com or call 604-905-8876. The Sugoi Dirt Series is presented by Rocky Mountain Bicycles and supported by Fox Racing Shox, Luna Bar, Pete's Tofu, Brave Soldier, Kicking Horse Coffee, Maxxis, Race Face, crankbrothers, Dakine, Lake, Sole Custom Footbeds, adidas Eyewear, Giro and Kryptonite. Register NOW as the camps sell out early!

Alberta Camps in 2006--**May 20-21**: Calgary, AB. Host Shop: The Bike Shop. **May 27-28**: Edmonton, AB. Host Shop: United Cycle



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 rev 03-06

Membership Application Form

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

Do you want to receive regular club news email updates? Yes No Your Email: _____@_____
EBTC's "SPOKES" newsletter is published directly on the club's website, so members can print or view online.

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

Annual Membership April 1 - March 31 Single \$40.00 - Family of 2 \$60.00 \$ 12.00 For each Additional Family Member	Winter Membership October 1 - March 31 Single \$30.00 - Family of 2 \$50.00 \$12.00 For each Additional Family Member
---	--

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. I agree to abide by the EBTC Code of Conduct when participating in activities sponsored by EBTC;
5. that I have been given the opportunity and been encouraged to seek independent legal advice prior to signing this agreement;
6. 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 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;
7. 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;
8. 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;
9. 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 MANDATORY for insurance purposes		
Name _____	Date of Birth ____/____/____	Signature _____
Name _____	Date of Birth ____/____/____	Signature _____
Name _____	Date of Birth ____/____/____	Signature _____
Name _____	Date of Birth ____/____/____	Signature _____
All household members MUST sign - If under age 18, parent or guardian signature is also required		

Cyclists are required to wear helmets which meet current safety standards whenever riding under the auspices of the EBTC

Membership Amount Enclosed \$ _____ (Optional) donation to TransCanada Trail Foundation \$ _____

(For Club use) Member Card Number _____

Date received _____ initial _____ # _____ # _____

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

Please make cheques payable to: Edmonton Bicycle & Touring Club,
 P.O. Box 52017 Garneau Postal Stn., Edmonton, AB T6G 2T5