



March 2008

Spokes

The Newsletter of the **Edmonton Bicycle & Touring Club**



AGM Marks 30th Anniversary with Special Jersey

On February 24, 65 people gathered at the Family Centre in Rundle Park for the EBTC Annual General Meeting. The club started in 1978, and to recognize that event Ernie Mah designed a 30th anniversary jersey which was available for purchase at the AGM. The club thanked Ernie for his creativity and Marie-Andrée Lachapelle for all her work in arranging the order and managing the sales at the AGM.

Susan and Brian Gerbrandt, our social coordinators, arranged an excellent pasta meal from Chianti's, and followed it with a huge cake – decorated with a colourful icing version of the new jersey.

Marvin Bloos chaired the business part of the meeting, and Maureen Lanuke took the minutes. We elected a new executive and established the 2008 club membership fees. The new executive is: Eileen Hall, President; Ed Weymouth, Vice-President/Touring; Alan Schietzsch, Past President; Debbi Kowaliuk, Secretary; Dan Boonstra, Treasurer (subject to confirmation at the next executive meeting); Ellen Ainsley, Newsletter Editor; Sid Bennett, Membership Coordinator; Brian and Susan Gerbrandt, Social Coordinator; Scott Keast, Education & Safety; Nancy and Dale Smigerowsky, Publicity; Nadine Leenders and Angela Ziemann, with Jim Tegler (retiring mid-term), Webmaster; Ernie Mah, Supplies & Equipment; Volunteer coordinator and librarian are currently vacant.

The executive will continue to look for people to fill the open positions, so if you are interested, please send an e-mail to info@bikeclub.ca

Many thanks to the members of the 2007 executive who are retiring this year for all their work in the past year, and congratulations to the 2008 executive.

The annual membership fees for 2008 were set as: single member, \$30; family of two, \$40; additional family members; \$12 each.

Renew Your Membership Now! All EBTC memberships expire on March 31. You will not be able to register for an overnight trip if you do not have a current membership. Renew online at www.bikeclub.ca If you do not have Internet access, contact Sid Bennett at 780-604-0466 or sid.bennett@shaw.ca

EBTC Executive Members

President
Eileen Hall.....
Vice-President/Touring
Ed Weymouth.....489-7711
Secretary
Debbi Kowaliuk.....
Treasurer
Dan Boonstra (subject to Executive confirmation)
Membership Coord.
Sid Bennett
Newsletter Editor
Ellen Ainsley459-6928
Social Coord.
Brian & Susan Gerbra436-0833
Publicity
Nancy & Dale Smigerowsky
Supplies & Equip.Coord
E988-8322
Education&Safety Coord
Scott Keast.....
Volunteer Coordinator
VACANT
Librarian
VACANT
Web/E-mail
Nadine Leenders, Angela Ziemann, Jim Tegler
Past President
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 gu-ru1@shaw.ca or on paper to: EBTC Newsletter Editor, P.O. Box 52017, Garneau Postal Station, Edmonton, Alberta T6G 2T5.

Moving?

If you're moving, please give your name, old address, new address and new phone numbers to the Membership Coordinator noted above. This information will ensure that you receive your 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@bikedub.ca

To save costs and valuable 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 get Spokes in hard copy by sending in a written request to the EBTC post office box noted below. Remember that it costs \$1.50 for each copy we print and put in the mail.

Publisher Information & Policies

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

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

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

Quote of the Month

I thought of that while riding my bike.

-Albert Einstein, on the theory of relativity

Ex-Prez Sez:

EBTC Volunteering Helped Me Get a New Job

Here it is, March of 2008, and this is my last "Prez Sez." EBTC is now starting its 30th year with a new president at the helm Eileen Hall. I hope you'll all support and encourage Eileen and the rest of the new executive in their new roles. While being a volunteer is rewarding in itself, it sure does feel good when someone says "thank you" or mentions something you've worked hard to achieve. Be there for them so they can feel good and be there for you!

In writing this, my outgoing message, I looked back at past-president Maureen Lanuke's message in the March 2003 issue of *Spokes*, available online. It followed the election where I first joined the EBTC board, as Web Coordinator. So it's been five years for me. This marks a bit of a crossroads in my life.

In September I started a new job. As guess what? Web Coordinator! My employers told me that having volunteer experience was a definite factor in getting hired. Cooperating in decisions, planning events, showing community spirit and involvement are all benefits that will help you in life off the bike as well as helping the club. Please take advantage of the opportunities to grow that EBTC offers. You'll never regret it. It can be something small – maybe organize a social or a short day-ride or a bakery tour. Whatever you can dream up! Not every event has to be big or far away. You'll get such a thrill, and members will thank you!

As Maureen wrote those five years ago:

If you have an idea for an event or a trip you would like to plan, please don't be shy! Never planned a trip before and are really, really scared? No worries! We have lots of very experienced past trip coordinators who would love to help you, plus the club will be offering a "how to plan a trip" meeting later on in the Spring. Don't hold back! The club can only be as vibrant and active as you, its members, make it.

A few months back (November) I was elected president of the Alberta Bicycle Association. I never would have considered taking on such a role before the experience of being on the EBTC board. It has taught me so much. Who knew I could do this? I sure didn't! I'm sure ABA will keep me busy, but I do plan to stick around and have fun with all my EBTC friends – thank you for a great time, and see you on the road!

- Alan Schietzsch

Free Pizza at Trip Planning Party! Trip Ideas Wanted for 2008

When: Wednesday, March 19, 2008, from 6:30 to 8:30 p.m.

Where: Edmonton International Hostel, 10647-81 Ave.

Interested in coordinating a day trip or multi-day overnight adventure this year? If you have an idea for a trip, whether long or short, old or new, we want to hear from you! Join other cycling enthusiasts help EBTC plan for the new cycling season, which will be here before you know it!

If you have maps or written descriptions, please bring them with you. Remember, we're all volunteers, just like you. If we all pitch in and help by coordinating a trip or volunteering on some other club activity, we all benefit. And it's more fun too!

For further information, contact Ed Weymouth, VP Touring, at fasteddie_58@hotmail.com. Please RSVP by e-mail by March 18.

Note: Members who are not able to attend this meeting - but would still like to coordinate a trip, can send me an email at the above address.



Bike Safety & Maintenance Session March 16

Location: Lendrum Community League Hall
11335 57 Ave.

Date: **Sunday, March 16**

Schedule: 1 p.m. doors open. Come in and get acquainted.
1:30-3 p.m. Lecture/Demo
3-4 p.m. Questions and Answers

Presenter: David Jones, Certified Bicycle Technician (UBI, Ashland OR, 2007)

Topics include:

- what you can do to get your bike ready to ride this spring
- what to look for when buying a new or used road bike
- what to consider when replacing and/or upgrading parts or accessories
- what tools & parts to carry for day trips or short tours

This event will not be a repair or inspection opportunity. Please do not bring your bikes unless you ride to the session.



Learn from the Experts: You Too Can Coordinate a Bike Trip

EBTC's "Learn to Plan a Trip" is scheduled for **Sunday, April 20, at 2 p.m.** at the Edmonton International Hostel, 10647 – 81 Avenue. This open house on trip planning is free to EBTC members.

This is your big chance to be part of our club's cycling season, your opportunity to ensure that all of our trips get to go ahead for the 2008 season. You'll learn what is involved in planning and coordinating a trip. Whether you are leading a day trip in the city, or an overnight trip, this open house is for you!

Come out and learn from some of our Club's veteran planners. As well, share with each other the tricks and time savers that have worked for us. We will show you how easy it is to plan and coordinate a great ride. We will share ideas and tips we have learned on how to plan a trip, how and where to get equipment, checklists, and how to complete trip reports. Yes, we do need to account for the money we manage on the trips.

Enjoy a snack and share stories and ideas and get your handy dandy trip planning kit!

Contact Ed Weymouth at: fasteddie_58@hotmail.com or telephone 489-7711 if you have any questions.

Let-the-Games-Begin Potluck Party

When: April 13, 4 to 8:30 p.m. (Dinner 4:30 to 5:30; games 5:30 to 8:30)

Where: Capilano Community Hall, 10810 – 54 Street

How to Get There: Travel to 50th Street and 106th Avenue. Go north on 50th Street. Turn left on 108A Avenue. We had a great AGM and the new Executive is anticipating an exciting cycling season. To kick off spring, come join us at the EBTC April social, "Let-the-Games-Begin... Potluck Party". Bring a dish that you would like to share, some CDs to brighten up the festivities and your favourite board game or card game (Scrabble, crib, Pic-tionary, etc). After dinner we'll set up the games and have some fun socializing and playing.

Bring a guest and come enjoy the camaraderie of your fellow EBTC members at the Capilano Community Hall. The hall has a fully-equipped kitchen, a lovely veranda overlooking the river valley and hardwood floors. To keep those hardwood floors looking great, this is a shoe-less venue, so please bring your slippers or warm socks so your feet aren't cold.

Soft drinks, juice, coffee and tea, paper plates, glasses, cutlery, and condiments will be provided. Please note that this is an ALCOHOL-FREE family event. Bring a friend, a dish, and of course your favourite board game, and come on over!

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

PLEASE RSVP to ssbdg@hotmail.com by APRIL 7th.

Mountain Parks Classic Tour

Jasper to Canmore via the Icefields Parkway

July 4 through 7

Description: The "Classic Van Supported Mountain Tour", rated one of the Ten Best Bike Rides on the planet.

Dates: Friday morning, July 4, through and including Monday evening, July 7.

Registration opens: April 1. \$150 trip deposit is due on this date.

Final Trip Deadline: June 1.

Participant limit: 20 plus two drivers.

Distance / Rating: approx. 310 km total, 100-110 km per day. Intermediate Plus. There are two major mountain passes with sustained grades of up to 9%. Your bike should have a low "granny gear" for the big mountain passes (e.g., a 28- or 30-tooth chainring and a cassette cog of at least 28 teeth).

Cost: Deposit for this tour will be \$150. Total cost per person will be in the neighbourhood of \$425 (to be confirmed at the registration opening date). Up to the final trip deadline, the trip deposit is non-refundable unless a replacement can be found. After the trip deadline, the entire trip fee is non-refundable unless a replacement can be found, and the deposit is non-refundable. For a full description of the EBTC trip deposit, deadline and refund policy see the TOURING POLICIES & GUIDELINES on the club web page, <http://www.bikeclub.ca/fmo/policy.html>.

The itinerary: Early Friday, we'll drive out to Lake Annette in Jasper to start our journey down the Icefields Parkway. A short ride will take us to the Athabasca Falls hostel for Friday night. Saturday, it's up and over the Sunwapta Pass, past the Columbia Icefields, down the "Big Bend" and on to the Rampart Creek hostel with its charming log-cabin sauna. Sunday we cycle up the Bow Summit to Peyto Lake, then on to the Lake Louise hostel. Monday it's a medium length push to Canmore via the Bow Valley Parkway (1A), then climb in the vans for home.



Accommodation: Hostelling International hostels, in bunk house style sleeping rooms. Athabasca

Falls and Rampart Creek are "wilderness hostels"; i.e., "no running water except creeks and rivers". The Lake Louise hostel is like a hotel. All hostels have complete kitchen facilities.

Meals: Participants will pair up to handle food shopping, cooking and cleanup, with each pair responsible for at least one meal for the entire group.

Pre Trip Meetings: There will be two mandatory pre-tour meetings, timing to be announced.

Co-ordinators: Peggy Hurdle (487-5489, peggyhurdle@yahoo.ca) and Bob Atlee (464-0603, atleerj@shaw.ca)

Logan's Pass Registration Opens April 1

When: August 1 - 4

Cost: Approx. \$400.00 **Deposit:** \$100

Distance/Rating: Approx. 83/93/52 km/day Intermediate (Mountain Passes).

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

Coordinators: Ed Weymouth and Barbara Hall, 489-7711 or fasteddie_58@hotmail.com

Silver Triangle

May 15 - 19, 2008

Many of you are familiar with the Golden Triangle. However, how many of you can proudly say you've done the Silver Triangle?

Imagine the following... It is May long weekend and you are cycling along a peaceful stretch of highway, listening to the sound of waterfalls and birds, and the humming of your tires on the road below. Looking around, you see forests left untouched by man, as well as, the soothing waters of the lake you have been traveling by throughout the day. Nature left undisturbed for you to enjoy with its sight, smell and sound. Now, doesn't that sound enticing?

EBTC would like to invite you to come and experience ... The Silver Triangle.

Trip Itinerary:

Thursday May 15: Travel day to Nakusp, BC

Highlight: 15 min ferry ride at Galena Bay

Friday May 16: Nakusp to Kaslo - 92km

Highlight: Ainsworth Hot Springs

Sat May 17: Kaslo to Nelson 73km's

Highlight: A memorable meal at the Dancing Bear Inn

Sun May 18: Nelson to New Denver 100km's

Highlight: Your most memorable decent - EVER!

Mon May 19: Travel day back to Edmonton

Highlight: Reliving all of your memories

Details:

- Trip registrations open April 1st (Deposit of \$150 Due)
- 20 riders and 2 drivers
- Ride Difficulty: Intermediate due to number of hills and distance.
- Distance: 92km, 73km, 100km = 265km
- Trip fee \$475/person includes all fees except two suppers and access to hot springs.

Nelson Weather 4yr History:

	2004	2005	2006	2007
High	25	17	30	25
Low	8	10	9	8
Median	17	13	19	17
Rain	0.4	6.4	0	0

Note: May 17 used as reference date

For more information contact
Jason Demers at 716-3235 or
jasondemers@shaw.ca

BTW - Drivers go for FREE!

EBTC Summer Picnic

When: Saturday, June 21, 4 to 8 pm; dinner at 4:30 pm

Where: Capilano Park, Picnic Site #1

Distance/Rating: Short walk from parking lot.

Note: You must be able to eat and drink to participate in this event!!!

Details: Those lazy, hazy days of summer...NOT for EBTC members! Come out and enjoy a great BBQ in the park. Brian and Susan, your Social Coordinators will be cookin' up a feast of barbecued hamburgers and hot dogs. They will be served up with great salads, munchies, drinks and dessert. RSVP required by Tuesday June 14th. Please contact Brian & Susan at ssbdg@hotmail.com or 436-0833. Cost \$8 per person. Children 12 years and under \$5. Bring your family and friends. **Non-EBTC members are welcome.**

How to Get There: Go to 50th Street and 106th Avenue, travel north on 50th Street until just before the river. Turn left. Picnic site is on the north side of the parking lot at the sheltered site with washrooms.



Banff - Lake Louise Tour

When: August 1 - 4

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

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

Description: We will meet at the Banff Hostel on Friday evening, Saturday ride to Lake Louise, stay overnight at the luxurious Lake Louise Hostel for two nights, Sunday ride to Emerald Lake and back to the Lake Louise Hostel, and Monday ride back to our vehicles at Banff. The bike ride from Banff to Lake Louise and back, on Saturday and Monday is van supported; Sunday's ride is unsupported.

Participants will be expected to share in cooking, clean up and arrange their own transportation to and from Banff. Registration deadline is June 23rd, maximum 12 participants, including the coordinators.



My Final Spokes: Over to You, Ellen

At the AGM, I wondered if the bike club would have to discover what it would be like to live without a newsletter. The executive hadn't been able to find anybody to take my place. I've been doing *Spokes* for two years, and we'd established a guideline that nobody should do the same executive job for more than two years. But it didn't take long once somebody announced that we didn't have a successor for me as newsletter editor for Ellen Ainsley to come over and ask me some of the nitty gritty details about doing the job. I wasn't able to scare her off. It seemed that she was so eager to take on the task that nothing I could tell her about it would dissuade her. So on Sunday, March 2, Ellen and I got together to work on this issue of *Spokes*. We had about five pages of it done in short order. I should've passed the rest of the job on to her, as it turns out. Tuesday morning, March 4, I tried again and again to turn on my computer so I could finish the issue. It would only take a couple of hours, I figured. But the On button wouldn't work. Four days and \$400 later, after finding out my motherboard had died, I got going on the issue again only to find that I had some software problems. Now, finally, here it is March 10. I'm putting the final touches on it. If the cybergods are willing, you'll have it on your computer screens shortly.

I've enjoyed working on *Spokes*, despite its challenges, because EBTC is such a great group of people and runs such enjoyable activities. I can hardly wait to cycle again with you—without newsletter deadlines to worry about. Take it away, Ellen!

—Gary Garrison, Past Editor

TOUR DE L'ALBERTA UPDATES

REGISTRATIONS OPEN MARCH 4TH!

SAVE \$15!

*Register by April 30th
and pay \$35
Don't wait - Register today!*

NEW

*Limited edition retro Tour de
l'Alberta jersey.*

*Only 250 will be produced. Purchase
yours online starting March 4th.*

*Design will be featured in the April
Spokes.*

GET INVOLVED!

*The TDA Committee is looking for
individuals to help plan the event as
well as help out the day of.
Call Jason at 716-3235 or
e-mail tourdalberta@shaw.ca*



POSTER CREATED BY ALAN SCHIETZSCH

FOR MORE INFORMATION GO TO WWW.BIKECLUB.CA
OR E-MAIL TOURDALBERTA@SHAW.CA

The Cross-Country Cardiac Challenge

by Jasmine Hohenstein and Marvin Bloos

Let it snow, let it snow, let it snow!

The only time most folks around here like to hear those words are the few weeks before the Christmas season. That's it! After the parties and the celebrating have ended, the tinsel is packed away, and those snowflakes continue to fall, the complaining and the whining about winter and the unwelcome cold and snow never seems to end. "Oh, it's sooo cold out there!" "I wish winter was over!" "It sucks to be living here in a winter climate!" "I HATE snow!" Complain, complain, complain! Not us!

While the slothful masses winge and howl, giving full flight to their winter misery mode, we of Nordic blood are in our glory! We, born of the north, cry out when the temperatures start to rise, we celebrate every flake of snow that falls to the ground, every centimeter that accumulates upon the already accumulated piles of fluffy white stuff growing in our back yards. We EMBRACE WINTER!

To help celebrate and embrace winter, we planned a day outside that would encourage others to join our winter fun. By mixing great people, super snow,

warmish weather, a beautiful winter park, professionally set x-country ski trails and a day out in the wilderness followed by a meal on board a train, who could disagree that winter can't be fun, fun, fun! Certainly not the 22 eager, winter-loving, cross-country skiers who joined us out at Waskehegan-Blackfoot for our day of outdoor adventure, exercise and pure winter enjoyment. We were delighted and very pleased as our RSVP list continued to grow as the big day neared. It was great to see how many others were interested in joining our enterprise to embrace winter, breathe in the winter air, admire the hoar-frosty scenery, and ski along on the great track-set trails. Or was it all about the railway repast to follow? We all know that EBTC and great grub are a winning mix!

Our 1st Annual C-4 (Cross-Country Cardiac Challenge) offered distances and routes for everyone from the new and novice to the seasoned and savvy skiers. Al Carlson offered to guide the shorter distance skiers

through the woods and around the many frozen mini lakes and ponds of Lost Lake, Spruce Hollow and other wonderfully named trails. That group enjoyed a leisurely lunch stop at the Meadow Shelter where they could watch the chickadees and squirrel dine "alfresco" on sunflower seeds and nuts left by generous skiers. It's not about how fast and far you ski; it's all about having fun!

Our other group of skiers, the Group of Seven, whose artistry is of a different sort, had an early start so they could ski a longer distance. Was 40km a bit of wishful thinking? Knowing that Jodi was training for the soon to be cancelled 55km Birke, 40km would be a cinch wouldn't it? Given the 6 hour window, it was an optimistic plan, but doable. Later, on the trail, our Group of Seven split into two groups, as some preferred an "alternate" route. Marvin and I de-

ecided to stick to the original plan, thinking it would be best if the organizers didn't get totally lost in the woods! As



some of you know, that HAS happened before.

Our route was an optimistic one. We skied fast and hard to make it back to meet the other groups at the parking lot. There were no long stops on our ski or time to “smell the flowers” or dilly-dally this time around. Jasmine felt like a race-hound skiing down Don’s Way, speeding to the finish line. Marv felt like a sled-dog being lashed from behind and thankful to finally be allowed time to use the outhouse! But we made it well before the deadline. I almost thought I could do another loop on Neon . . .

At the parking lot, everyone was busily chatting, feeling refreshed and invigorated after a wonderful afternoon outdoors on the trails. Once gathered together, we packed up our skis and made a convoy heading towards Katie’s Crossing, our final stop to finish off a great day outside. Katie’s Crossing is an adventure in itself. Located out in the country just off Baseline road, Katie’s is a converted railway caboose with several railway dining cars. She takes orders in the caboose and passes them onto her cook while you find yourself a cozy place to sit in the rail car. Your food is delivered to you hot and fresh. Of course, after skiing for hours on end, all you want to do is eat.

Well, Katie’s is why we named it the “cardiac challenge.” And here you thought it was all about the exercise. You HAVE to see the menu! Katie’s specialties are foods to challenge your heart: homemade french-fries, hotdogs, burgers, corn-dogs, fish and chips (deep fried of course), poutine (French fries smothered in thick gravy and topped with cheese). You get the picture! Food fit for northern kings and queens after a good ski. Not a lettuce leaf in sight. Who is going to worry about a few calories after burning off so many in the park? Not us.

The 20 or so of us who stayed for supper at Katie’s enjoyed socializing and relaxing near the corner fireplace in the last dining car.

We especially enjoyed the gigantic bison burgers slathered in spicy sauce and served with fresh-cut home-fries. YUM! Just what we needed to end an already spectacular day.

So if winter is getting you down and you think you have to move to a warmer place, why not save all that bother and take up an outdoor activity, EMBRACE WINTER and join in on all the fun you can have at this time of year! You won’t have any regrets! Let it snow, let it snow, let it snow!!

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.

JANS
BICYCLES
Big Thrills, Great Price!

7208-101 Ave **466-8133**
South end of Wayne Gretzky Drive

Saturday, April 5 – 2008 Spring Classic



Rating/Distance: 15 km Novice, 40 km Beginner, 62 km Intermediate, 92 km or 125 km Advanced.

Location: All rides begin in Alberta Beach at the Senior's Cultural Centre (on main street behind the tavern on 50th St.)

Start Times: The 125km starts at 10:30 am. The

92km starts at 11:00. The 62km begins at noon. The 40km starts at 12:45 pm. and 15km starts at 1:30 pm.

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

Coordinators: Alan, Millie Schietzsch (455-1924, millie.s@shaw.ca)

Description: Start off your cycling season like the Europeans - with 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: 15, 40, 62, 92 or 125 km!

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 92 km starts at 11:00 am and goes to Darwell and then turns left to Hwy 16 and then loops back around to Darwell and then to Alberta Beach. The 62 km begins at 12:00 Noon, circling the beautiful lake before returning.

Too long? Try just 40 flat km from Alberta Beach to the country store at Darwell and back, or the 15 km ride that goes west then north to Gunn and back to Alberta Beach with plenty of time to join the big after-ride feast when the 3 groups arrive together to celebrate their adventures.

The meal is at 3:30 pm to allow everyone to eat or at least see each other at the meal. (If weather is bad we will still have the meal - a feast without the pedaling!) RSVP required by April 3rd (millie.s@shaw.ca or 455-1924.)

This year I'm looking for volunteers for support driver and ride leaders. Please call Millie at 455-1924 or email: millie.s@shaw.ca

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 Stn.
Edmonton, AB 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.