

September 2009

Spokes

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Corn Maze Anyone?

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*Sweat Rides and Show n Gos start early in
September!
See ride descriptions on page 5*

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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 and Submissions

The deadline for the newsletter is the 22nd of each month. Enquiries and articles can be e-mailed to guru1@shaw.ca. Articles **must** be submitted in Word format and any pictures may be scanned and e-mailed.

Moving?

If you're moving, please send your name, old address, new address and new phone number(s) to the Membership Co-ordinator at the mailing address 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 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 \$2.00 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.

Fees for non-members to advertise in *Spokes* is \$25 for a quarter page, \$50 for a half page and \$100 for a full page.

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 for all articles and advertisements.

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EBTC Family Social Night

What: Corn Maze Adventure followed by a hot dog & marshmallow roast. In the event of inclement weather, the evening will be cancelled and if possible, rescheduled.

Details: Come and join us as we challenge you to be the first team from the EBTC to get through more than 5 km of twists and turns and 85 decision points in this year's Edmonton Corn Maze. Though the correct pathways can be walked in under 30 minutes, most directionally-challenged visitors - adults and children alike - will require about one hour to walk through the maze. Wrap up the evening by visiting with others and roasting hot dogs and marshmallows over a campfire.

Date: Saturday, September 26th – 7:00 pm

Cost: Each person is responsible for their own admission to the Maze

The following rates apply if we have more than 20 people attend, otherwise the cost may be up to \$2 more per person

\$7 per adult

\$5 per child 5-12 years, children under 5 are free

What to Bring: Flashlights, hot dog roasting sticks and lawn chairs

RSVP by Sept 19 Chris Chapman at 936-7174 or at cjlion@shaw.ca

Location: **Edmonton Corn Maze** – See directions and map below

GPS Coordinates: N53°27'13" - W113°43'53"

From Edmonton: To find the maze, take the Anthony Henday to Lessard Rd (approximately 45th ave). Turn west on Lessard Rd. Turn left onto 199st at the t- intersection and continue south to 23rd ave. Turn right at 23rd ave and continue 5km west. The maze is located on the southside of the road.

From West of Edmonton: Take Hwy 60 to the set of lights at Hwy 627 (Garden Valley Road) (this is north of Devon or south of Hwy 16/16x). Turn east and continue 1 mile towards Edmonton. The maze is located on the south side of the road.



Dealing with Discs (part 1)

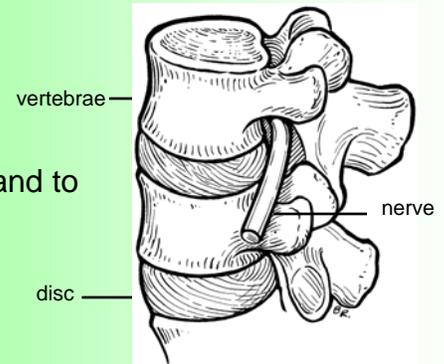
Your back consists of stacked bones called vertebrae. There are discs between the vertebrae that act as shock absorbers and that allow the spine to bend. Each disc consists of a soft semi-fluid centre (the nucleus) that is surrounded and held together by strong ligaments.

The discs in your spine can be the source of a great deal of back pain. This pain can range from a nagging ache and sciatic discomfort to excruciating pain that incapacitates you. There are simple measures you can take to reduce the risk of disc problems occurring and to reduce your pain once problems do occur.

To understand how disc pain happens, it is important to understand normal posture. When standing upright there is a natural inward curve in the lower back called a lumbar lordosis. With this natural lordosis, your body weight is distributed evenly over the discs.

The lordosis is lost whenever you slouch or bend forward. Back problems develop if you find yourself in these positions for long periods of time. This occurs because the vertebrae are placed in a position that pushes the nucleus backwards and stresses the ligaments at the back of the disc.

If the pressure on the ligaments is severe enough they may become weak and allow the soft inside part of the disc to bulge outward (prolapse) and press on the spinal nerves. This can cause sciatic pain in the buttock or down the leg.



The disc, which sits between two vertebrae, acts like a shock absorber for the spine. Nerves come out of the spinal cord and pass through small holes behind the disc.

Q & A ? What is Sciatica?

The sciatic nerve is a large nerve that begins at the base of the spine and that passes through the buttocks and continues down the back of the thigh and into the lower leg. This nerve can become compressed or inflamed. If this occurs, pain begins to travel down the back of your leg.

This pain is referred to as “sciatica”. Sciatica can be caused by a bulging disc, arthritis of the spine, a tight piriformis muscle in your buttocks and even trigger points in your muscles. Depending on the cause and the severity, you could also experience numbness, tingling or weakness in the leg. If you experience any of these symptoms, see your massage therapist as soon as possible for assessment and treatment.

Next Month...Prevention and Back Exercises

Printed with permission of the Author: Adena Mai-Jardine BA, PFT, RMT
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Weekly Rides

Starting early in September

Wednesday Night "SHOW 'n' GO"

When: Every Wednesday (weather permitting) night until Al says it's time to stop

Cost: Bring cash for coffee/treats after ride.

Co-ordinator: Al Carlson at 458-1471 or alcarlson@shaw.ca

Show up and go! That is the theme for our weekly social, easy paced rides. We meet at the northeast corner of the Kinsmen Sports Centre parking lot at 6:15 pm for a 6:35 (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. We will begin about May 6, depending on our spring weather. In September we will meet ½ hour earlier, for a 6:35 start.

Tuesday Sweat Rides

The sweat rides will be led by Don Peddie for the north end and St. Albert rides. Bob Atlee will lead the Sherwood Park rides. The sweat rides are an *any-level* ride where we ride out from the start point for 45 minutes and turn around, for a total of an hour and a half. The pace is determined by each individual and no one gets left behind. Everybody theoretically arrives back at the starting point at the same time and coffee usually follows at a nearby Tim Hortons or Second Cup. As this is not a ride in the river valley or on city streets, please be comfortable riding on a highway. The rides start at 6:30 pm SHARP at the following locations. If you have any questions, please contact Don at 457-2945 or Bob at 464-0603.

Sweat Rides begin at 6:30 in September

| | |
|---------|---|
| Sept 1 | 7-11 – 97 Street and 176 Avenue |
| Sept 8 | St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot |
| Sept 15 | Sherwood Park NW corner of 97 Street and 176 Avenue |
| Sept 29 | St. Albert Wal-Mart – SE corner of the Wal-Mart parking lot |



What's Left of the 2009 Cycling Calendar

Dr. Seuss' Footloose Caboose

Date: Sunday, September 6

When: Meet at 8:30 a.m. for a 9 a.m. start

Cost: Approximately \$12 for lunch. **RSVP by September 2.** Limit of 20 riders.

Distance/Rating: 95 kms. Intermediate/advanced.

Co-ordinator: Dan Boonstra at 447-3680 or 289-3680 or rsvpdanboonstra@gmail.com.

Where: Meet at Tim Horton Station on Wye Road beside the Sobeys at Clover Bar Rd in Sherwood Park.

Description: We will ride to the Footloose Caboose Café, which is situated about 12 km south of Hastings Lake corner, on Highway 14. Enjoy a lovely meal in the old refurbished caboose dining car.

Fort Saskatchewan Ramble

Date: Saturday, September 12

Cost: Bring your lunch and snacks.

Distance / Rating: 80 kms, intermediate

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

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

Tour of the Falling Leaves

Date: Saturday, September 19

Cost: \$ for meal after if you choose

Distance / Rating: 60 kms

Co-ordinator: Scott Keast at skeast@runningroom.com

Description: Don't waste this chance to enjoy your hard won fitness. Come on out and ride the Alberta version of the Tour of Lombardy and enjoy the sweet rich tobacco smells and glorious yellows and golds of autumn on quiet roads in the country.

This 60K ride will be ridden at a easy/moderate average speed of 20 - 23 kph from the Country Boys Restaurant on Highway (16 east) north to Josephburg and back. The course is rolling with only 9 metres gained over the entire distance. Hills range from 1 - 4%. Arrive at 2:15 for 2:30 start.

Afterward (as an option) we will retire to Finalmente Restaurante for an nice Italian meal at this trattoria style restaurant. I will note who is interested in dining with us and make reservations at the start of the ride.

Course details and a map will be posted on the EBTC website well in advance of this event, or to learn more about this ride you can e-mail Scott Keast at above address.





Calgary Test Ride Centre

Phil Waldenberger

(403) 813-1260

email: rides@santanatandem.ca
www.santanatandem.ca



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