



SPOKES

Edmonton Bicycle and Tour Club Newsletter

March 2012

What's in this Issue?

~Save the date for
the Event Planning
Meeting!

~Interested in Target
the Tour and Cycling
101?

~Pictures and recap
of the 2012
Birkebeiner cross
country ski festival!



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Touring Club



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Please contact
the Vice President/
Touring if you would
like to coordinate a
ride or if you have a
ride idea

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 contributors 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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E-mail?

The EBTC maintains an e-mail directory of members. Occasionally, e-mail articles 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 the environment and expenses, 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 a written request to the EBTC post office box noted. Please note: Cost to the club is \$2.00 for each copy printed and mailed.

Moving? New Email Address?

If you're moving or have changed your email, please send your name and updated information, including new email address to the Membership Coordinator at the mailing address shown or to: info@bikeclub.ca This information will ensure that you receive your newsletters and other important information.

Newsletter Enquiries and Submissions

Deadline for newsletter submissions is the 22nd of each month. Articles can be e-mailed to newsletter@bikeclub.ca. Articles must be submitted in Word format and pictures should be scanned and e-mailed.

Permission is granted to non-profit groups for reprinting articles herein. Credit to the author and Spokes must appear in your publication and a copy sent to the EBTC address shown.

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The **P**res Sez

Words from Ron Chapman, president of the Edmonton Bicycle and Touring Club

Welcome everyone to another year. Unfortunately I have to start this off on a sad note. We had a member of our club, Brian Gerbrandt pass away suddenly in January of this year. I attended the memorial and funeral and it made me reflect on how short life can be and how important it is to cherish every moment that you have. Brian was very well liked and will be missed tremendously by everyone. EBTC is proud to announce that it has made a donation in Brian's name to one of his favorite charities, the MS Society.

For those who did not attend the AGM it went very well with most board positions being filled and those that were not, have since been filled. We have a nice mix of new board members with some returning members and I'm looking forward to working with everyone this year. For those that have stepped down a big thank you for all the work you did. Without people like you our club would not be as successful as it currently is. I'm sure I speak for the entire membership when I say thank you.

I hope everyone is anticipating the upcoming bike season as much as I am. With the mild winter maybe we will be on the road sooner than usual. I'm getting excited about it and can't wait for the snow to go (sorry cross country skiers).

Check our website for upcoming events such as the Trip Planning meeting coming up in March. For those who are not aware, every spring club members meet and plan the upcoming overnight and day rides.

We will once again be running a tour leader workshop for those interested in planning a trip but are not sure how to go about it. Stay tuned to the website and newsletter for the date and location announcement!

As some of you may already be aware, Highlands's Community Hall has decided that they are no longer interested in forming a partnership with us and as a result we will be moving our storage and meeting location. We will return to holding our board meetings at the Edmonton Hostel, which is located on the corner of 107th street NW and 81st Avenue. We have secured a storage facility in Edmonton and our storage items will be moved there in March.

See you on the bike path

Ron Chapman

Target the Tour For 2012!



Hello all riders! I put my bike away in early October of last year after a heavy cycling season and then sat back on my laurels (aka fine wine and bad carbs) for three months. The New Year saw me carrying about 15 extra pounds of muscle (aka stomach roll), a fondness for Guinness, and hairy flabby legs. What a mess! My problem is that I've already signed up for several charity and Gran Fondo rides this summer, and intend to ride the 185 at the Tour de l'Alberta. How am I going to make that happen? Are you planning some big rides this season? How are you going to make that happen for you? The EBTC has one solution for you!

Target the Tour Classic will begin on Sunday April 15 starting at 9:30 am. A progressive training program combined with weekly tips and advice, as well as other weekly rides, will prepare the rider to successfully complete a long distance ride with the main target being the 185 km ride at the Tour de l'Alberta. This is not to discourage riders wishing to train for shorter distances, as the course will be tailored to accommodate all levels of skills, from expert to novice. Riders will be split into groups according to level of skill and experience. As the charity rides occur earlier in the season this training may be just what you need to get you to the finish line!

The Sunday rides will start from Country Boyz Tempo located on Highway 16, west of the Ardrossan turn off. We have chosen this location once again for it's nicely maintained roads with minimal traffic.

All riders must have paid up memberships in the Edmonton Bicycle and Touring Club. Registration is available at: <http://www.karelo.com/register.php?BID=394&BT=10#Ev8696>

To place your name on the mailing list please send a message to:

Target the Tour Classic: Char World at safety.education@bikeclub.ca





Cycling 101 will begin April 16, 2012 and run for 8 Monday nights excluding long weekends. Registration has begun and the class is filling up quickly!

The classes include a classroom component as well as riding each week. Areas of discussion will include:

Basic Traffic Theory for Cyclists

Bicycle Design

Bicycle Accessories

Cycling Health and Building Fitness

Cycling Clothing

Essential Riding Knowledge and Skills

Science and Art of Cycling

Essential Bicycle Maintenance and Repair

Your instructors will be Scott Keast and Char World.

Let us know if you are interested in taking the class by contacting Char at 780 934 421 or by e-mail to: safety.education@bikeclub.ca

Let's ride!

United Cycle's Spring into Action Expo

March 17 to 18th 2012

Based on the overwhelming success of our Spring Expo 2011, United Cycle would like to invite you to Spring Expo 2012!!! Building on the huge popularity of the event, and the fact that United Cycle is now open Sundays, Spring Into Action Expo is now scheduled to be a 2-day event!!! **Saturday & Sunday, March 17th & 18th, 2012**, United Cycle will yet again host the most exciting launch to Spring sports this city will ever see... and we would like to invite you to attend.

On Saturday March 12th last year, the store was a buzzing frenzy of activity with tonnes of great deals; enter to win prizes, supplier seminars, and community groups and organizations from a wide variety of different sports and activities showing off their programs. The feedback we received from all who attended was Spring Expo 2011 was a spectacular event, even though the temperature outside was anything but Spring like.

Important dates for you to consider:

Saturday March 17th, 2012: 9:00am – 5:30pm - Spring Into Action Expo
Day 1

Sunday March 18th, 2012: 11:00am – 5:00pm - Spring Into Action Expo
Day 2

Should you have any questions or inquiries, please feel free to contact Kelly Hodgson, our Events Coordinator, at any time.

Kelly Hodgson

Email: Kelly@unitedcycle.com



The 2012 Birkebeiner

EBTC members have volunteered for this event for over 14 years and in return they volunteer for our TDA event. I think they get the better deal weather wise. This was my second year volunteering and once again it was very exciting. If you have never volunteered it is amazing how many people are involved in this, from volunteers to participants. Without a doubt it is a big event that is very well organized. Once again Jan Damgaard did a great job organizing it on behalf of EBTC.

The weather was a lot colder this year. I'm sure it was down to at least -20 compared to last year when it was very mild. It took three days for my toes to get back to normal.

EBTC had 8 volunteers helping with the cutting of fruits and cheese to making up the warm Gatorade. Everything went well with no issues to speak of. There were a few less participants but the biggest thing was they were more spaced out which made it easier on us. The only casualty was Al Carlson who ended up getting covered in Gatorade but he sucked it up and continued serving with a smile. Way to go Al. This is an event that I would recommend to everyone to volunteer for. It's a great opportunity to get together in the winter with fellow cyclists and to help out our club. See you next year at the Birkie!

written by Ron Chapman



2012 Trip Planning Meeting

When: Sunday, March 11th, 3pm to 5pm

Where: Edmonton Hostel at 10647-81 Ave Edmonton

All members welcome!

March 2012 Calendar

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
26	27	28	29 Show n' Go	1	2	3
4	5	6	7 Show n' Go	8	9	10
11 2012 Trip Planning Meeting	12	13	14 Show n' Go	15	16	17 Spring Into Action Expo
18 Spring Into Action Expo	19	20	21 Show n' Go	22	23	24
25	26	27	28 Show n' Go	29	30	31