



Photo Credit: Francois Schnell, Biking in Tyrol Austria near the village of Alpbach. Licensed under www.creativecommons.org.

We Can Help You Get Ready for the Biking Season

Alberta is cycling country and the Edmonton Bicycle and Touring Club (EBTC) can help you get ready for the 2014 season. This 'West-End Weekly Wriding' version of the how-to-bike program will give you the basics to repair, ride, transport and participate in cycling sports. The program is free to EBTC members (sorry, due to insurance reasons—you must be an EBTC member). Here is a summary of the program:

- April 26, Cranky's Bike Shop, St. Albert: 0800, 2-hour basic how-to-fix your bike workshop.
- April 27, MEC-Edmonton: 1105, 55-Minute crash course how to read and buy maps.
- Rainy Day, Racks for Cars, West-Edmonton: 1-hour buy and mount your bike on a car rack.
- Every Tuesday at 7pm, May 6- June 24 '20-40KM tune up ride' in St. Albert, meet at City Hall.
- Sunday May 25; Calahoo Loop: ~70KM ride is a first/last ride meaning it is suitable for mid-beginners to advanced riders.
- Sunday June 15, Pigeon Lake Loop: This is a 60KM pleasure ride around the lake and suitable for mid-beginners+ (alternative weather date is June 23). (PS, Dads are welcome)

Register: [**how2bike@myorgbio.org**](mailto:how2bike@myorgbio.org) ~ Memberships: [**www.bikeclub.ca**](http://www.bikeclub.ca)

Better Biking—Program Details

Welcome to the EBTC's West End Weekly Wriding Program. This program will give you information about the program and what to expect. The program has 5 parts:

1. Saturday April 26th 8:00-10:00 am, Cranky's Bike Shop: how to do basic bike maintenance. They will also be happy to discuss how to buy a bike and accessories. Location: 24 Perron St., St. Albert, AB
2. Sunday April 27th, 11:05am to 12:00pm, MEC: Learn about cycling maps and basic map reading used by the group. Location: 12328 – 102 Avenue, Edmonton AB.
3. Tuesday, TBD, 5:30-7:30 pm: Learn from Racks for Cars how to buy and safely mount your bike on a car rack. Location: 15802 Stony Plain Road, Edmonton, AB.
3. Every Tuesday from May 6 to June 24 join in a 1-2 hour/ 20-40KM tune up ride in St. Albert for the West-End Weekly West-End Wide—err Ride (weather dependent).
4. Sunday May 25 (alternate June 9); Calahoo Loop, ~70KM ride is a first/last ride meaning it is suitable for mid-beginners to advanced riders.
5. Sunday June 15, Pigeon Lake Loop. This is a 60KM pleasure ride around the lake and suitable for mid-beginners+ (alternative weather date is June 22). Note, families are welcome to stay at the Pigeon Lake Campground for a picnic, etc. pending our return from the loop.

To help you prepare for this event, here are some possible questions you may have and answers:

- **I have never learned how to bike, is this program for me?** Unfortunately no, you should have at least basic bicycling skills. No need to be a pro, but you must be able to ride a bike.
- **I am a strong biker but new to the West End, is this program useful for me?** Yes, this program will help you get to know the EBTC, where to buy maps, cycling in the city and where to buy equipment.
- **What kind of bike should I bring/have?** You must have your own bike or a good rental and it must be in good condition. The group may try to help you with emergency repairs. You may be asked to park, lock and rescue your bike if the group can not do a field repair on your bike.
- **Besides a Well Maintained Bike, What Else Should I Bring for the Saturday Rides?** Bring some fluids to drink, a snack, a basic bike repair kit, a knapsack or bike-pannier, a bike lock and a helmet.
- **Can I bring Kids?** Children aged 10+ who can ride in a sustained manner for a few hours and at least 30KM are welcome. They must be under adult supervision at all times.
- **How is this organized, who may attend?** Because of insurance reasons, you must be an EBTC member. If you register with me, I will email you weather cancellations, updates, etc. Otherwise I will update this website: www.myorgbio.org/wriders. More information, email Phrank at: how2bike@myorgbio.org.

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