



Edmonton Bicycle & Touring Club

April 17, 2022 - Newsletter

EBTC Ride Reports Upcoming EBTC Rides and Events Cycling 101

EBTC Ride Reports

Ride on! Thursday Series, April 14, 2022

Charmaine Folster, EBTC Ride Leader

This turned out to be the first EBTC ride of the 2022 season. Three brave riders joined me for a chilly -2 C, 27 km, West Edmonton ride. All made it back with some cold fingers and toes. It was a good welcoming ride for a new club member and for the 2022 riding season for the rest of us.

[Click here to register for the April 21, 2022 Ride](#)



Stamina Builder Optimum and Ultime Ride
Series, Saturday April 16, 2022

Danielle Amerongen, EBTC Rides Coordinator

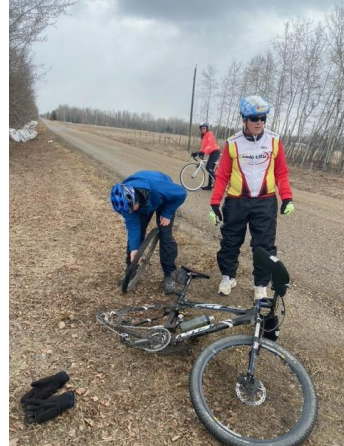
This training program did kick start this weekend. It was a brisk 30k ride that included a cheer leader on the sidelines. I thought the ring-necked pheasant was offering itself for Easter supper. Next week two different distances are being offered from Saint Albert. The **Optimum ride** will remain at 30ish km. The **Ultimate ride** will increase to 35k. Remember that this is a training program with the goal to have riders achieve 60 km or 100km by July. Distances will increase each week. Riding a couple of times in between will help you progress with the group.



Stamina Builder Enduro 160 Ride Series, Sunday April 17, 2022

Danielle Amerongen, EBTC Rides Coordinator

A few rugged cyclists took on the challenge of a 50k ride on clear roads. Bring it on Spring!! We can handle it! Including a flat tire.



[Click here to register for the April 24, 2022 ride](#)

Upcoming EBTC Rides and Events

Tuesday Strathcona Ride Series

Sandra McDonald, EBTC Webmaster and Ride Leader

While I'm away cycling in Portugal, you'll have a chance to meet other EBTC board members who'll lead the ride in my stead. On April 19, **Danielle Amerongen**, EBTC Rides Coordinator; April 26, and May 3, **Terry Fannon**, EBTC Rides Coordinator; May 10 **Anne-Marie Adachi**, EBTC Past President.

[Click here to register for the
April 19 ride](#)

[Click here to register for the
April 26 ride](#)

Registration Closes Soon for the EBTC Social Event at Laurier Heights Community Hall, Sunday April 24, 2022

June MacGregor, EBTC President

Registration closes on April 21, 2022!

Sign up for either:

14:00 to 16:00 Indoor bike maintenance demonstration and Q&A Session in the spacious hall led by **Ed Weymouth**, EBTC Member and bike mechanic extraordinaire. Please do *not* bring your own bike into the session!

or:

14:30 to 16:00 Outdoor walk with river valley views led by **Liz Timleck** EBTC member and **Phil Davidson** EBTC Treasurer.

Stay on or come for:

16:30 to 18:30 Pizza Social with a variety of pizzas plus non-alcoholic beverages (no charge). Food and beverages will be available in the hall. We can wander out onto the patio with them! A cash bar of beer & wine will be available indoors; we cannot accept large bills, or debit/credit cards at the cash bar.

[Click here to register for
the indoor bike
maintenance session
\(14:00-16:00\)](#)

[Click here to
register for the
outdoor walk
\(14:30-16:00\)](#)

[Click here to
register for the
indoor Pizza Social
\(16:30-18:30\)](#)

Can Couch Potatoes and Uber-Jocks Benefit From the Same Training Ride?

Phil Davidson, EBTC Treasurer and Ride Leader

YES! Come on an Outbacks Ride on May 4 2022 and see for yourself. We ride by time, not distance. at our own pace. It's not important whether a 60-minute workout takes you fifteen kilometres or fifty; it's about increasing your distance as the weeks roll by. We start together for a short warm-up ride. Each of us rides hard (whatever that means to us) for 30 minutes, recovers briefly, then rides hard back to the start. Everyone arrives at about the same time. Coffee and treats are available nearby for those inclined to chat after the ride!

[Click here to register for the first
Outbacks Ride of the season,
Wednesday May 4 2022 @ 10:00](#)

[Click here if you have
questions about the ride](#)

[Click here for EBTC
2022 Series Ride](#)

[Click here for EBTC
2022 Unique Ride](#)

[Click here for the
updated EBTC 2022](#)

When the Rubber Hits the Road: 1- Tire Construction

Scott Keast, EBTC Safety and Education Coordinator



Sooner or later the higher number of flats you get, or the when the cords begin to show through signal that it's time for new tires. There is lot to consider – what brand, what size (who figured out this sizing system anyway?), folding, sew-up or wired on, rolling resistance, tube type or tubeless, cost, ride quality, durability, and traction all figure into the decisions that you need to make to get the right tire for your needs. Where do we begin? Well, let's start with how they're made.

[Click here for the full story](#)

Helpful Links:

[Click here to obtain an EBTC 2022 Membership](#)

[Click here if you need assistance with Membership](#)

[Click here to contribute to the EBTC Newsletter](#)

[Click here for EBTC exclusive RideWithGPS map access](#)

[Click here to see the EBTC Facebook Page](#)

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