



April 3, 2022 - Newsletter

EBTC Winter Ride Report EBTC 2022 Cycling Season Launch An EBTC Social Event

EBTC Winter Rides "Report"

Danielle Amerongen, EBTC Rides Coordinator

Winter riding is over! It was a tough season. The very cold temperatures and extremely icy conditions had some of us ride leaders cycling on our trainers. Thank you to our wonderful ride leaders. It is now time to get our road bikes tuned up and out on the roads.



EBTC 2022 Cycling Season Updates

Terry Fannon, EBTC Rides Coordinator

The Summer 2022 EBTC riding season is about to begin! The first ride is on April 9, 2022. A full and updated riding program is now available.

We'd like to draw your attention to two series rides that launch shortly:

- **Stamina Builder Ultime series launches April 9, 2022.**
- Stamina Builder Ardrossan 100 and Enduro 160 launch April 10.

Do take advantage of these rides as training opportunities for our 2022 Jasper-Canmore ride!

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

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

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

JASPER CANMORE TOUR

July 29 - August 1, 2022

Depart Edmonton 07:00 Friday July 29;
return about 18:00 Monday Aug 1.

EBTC is pleased to offer this challenging ride again. The photo is from 2018. This ride is one of the toughest in Alberta - 312 km and two passes: 1390m up to the Icefields (11km at 8%); 800m up to the Bow Summit over 36 km.



This ride is for strong intermediate to advanced riders able to sustain more than 24 KPH on flat terrain and to manage long climbs. Given the challenge providing support, riders must be able to stay with the main group and cannot be picked up and driven up hills. Therefore, members participating in this ride will have completed Enduro 160, Stamina Builder Ardrossan 100, or Ultime series rides or be known by Ride Coordinators to be able to successfully complete this tour. All cyclists must be prepared to ride in cold, rainy or even snowy conditions. This is Alberta after all.

Bus transportation + truck & trailer (for bikes wrapped in blankets) will be provided to Jasper and from Canmore, with shuttles among mountain locations.

Accommodation will be at the HI Jasper and HI Lake Louise (showers available). The forecasted cost for 26 riders is ~ \$600 + 3 dinners (location your choice).

If you are interested and feel this tour is a good match for you, contact **Terry Fannon**, EBTC Rides Coordinator. Please provide your name, email address and phone number.

An EBTC Social Event at Long Last

An indoor/outdoor, educational/active, social
afternoon at Laurier Heights Community Hall,
Sunday April 24, 2022

June MacGregor, EBTC President

A big 'thank you' to members who responded to the EBTC survey about holding our first 'face-to-face' event since 2019!

Please sign up for either the synchronous indoor education event **or** the outdoor

social walk. Please sign up separately for the indoor pizza social that follows!
Registration closes April 20, 2022. Here are the details:

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!

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

16:30 to 18:30 Indoor/Outdoor Pizza Social in the hall and/or on the patio
Pizza and non-alcoholic beverages (no charge); beer & wine (cash bar) will be available indoors. We cannot accept large bills, or debit/credit cards at the cash bar.

Members are encouraged to wear a mask when indoors, except when eating or drinking. The Club prefers that members attending are fully vaccinated. Only EBTC members can participate in EBTC activities. Don't forget to join for 2022!

Do ride your bike to the event. There is secure bicycle parking at the venue.

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)

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

Visit our website

