



Edmonton Bicycle & Touring Club

February 14, 2022 - Newsletter

2021 AGM Message from the President EBTC Volunteers at the 2022 Birkebeiner Cycling 101 From the Saddle

Message from the President

June MacGregor, EBTC President

Returning, new and recent EBTC members, join us on Zoom (again sadly) for the EBTC Annual General Meeting (AGM), on Sunday, February 27 from 19:00 to 20:30.

The agenda will include updates on EBTC activities and finances for 2021, EBTC Board elections, and what lies ahead for 2022. EBTC's exciting riding program for 2022 will also be unveiled. Be among the first to hear about it!

Many of you received an invitation to participate in the AGM on February 8, 2022, along with the minutes of last year's AGM and the agenda for this year. AGM registrants will also receive a Zoom invitation and more information before the AGM.

You must be an EBTC member for the 2022 season to register for the AGM!

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

[Click here to
register for the
AGM](#)

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need assistance](#)

EBTC Volunteers at the 2022 Birkebeiner

Phil Davidson, EBTC Treasurer and Birkebeiner volunteer

What do EBTC members do during the winter? Many of us are cross country skiers and some like **Anne-Marie Adachi**, EBTC Past President, corral a gaggle of volunteers to help keep Birkie skiers hydrated and energized. Nearly 600 skiers passed through "her" station on the 55 km and 31 km routes this year. Conditions were firm and fast (read "icy" with "treacherous" downhills) as the first skiers took only a half hour to complete the 13 km to the EBTC supported Roundup station. The cackling crew, pictured, were so happy to be ready before the first skiers arrived!

The **Canadian Birkebeiner**, including a ski marathon held at the Cooking Lake-Blackfoot recreation area, is one of three worldwide (the others are in Norway and the United States) commemorating the rescue of a baby prince in Norway who subsequently returned to become king. **Charles World**, a former EBTC president, is one of the organizers and many EBTC members participate or volunteer each year.



Planning Your Cycling Season And Setting Objectives

Scott Keast, EBTC Safety and Education Coordinator



This is the time of year when we begin to dream of longer days and warmer temperatures. It is also a good time to begin to plan your cycling season. Setting objectives helps you to stay on track. Try to avoid the very general objectives like “I want to get fitter” or “I want to lose some weight.” Those types of broad and unquantifiable objectives are doomed to fail.

We break down the season into more manageable pieces and apply sound training principles with 3 types of objectives to ensure a positive result. The 3 types of objectives are Outcome, Performance, and Process.

- It's best if you keep the Outcome objective to just one. The more Outcome objectives you have the less likely that you will achieve any of them.
- Performance and Process Objectives should be quantifiable.
- Intermediate Process and Performance objectives will keep you on-track towards your Outcome objective.

Outcome Objectives wouldn't be anything if there wasn't some sort of reward and this can be intrinsic or external. Most of us respond better to external rewards. A new jersey, new handlebar tape, a nice dinner out without restrictions, or dream big with an overseas cycling tour or a new bike – whatever works for you.

[Click here to read the full story](#)

From The Saddle

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Guadeloupe - Discovery and Leisure

John Shaw, EBTC Newsletter Coordinator



Before coming, I'd not really thought of Guadeloupe as a winter **cycling destination**. Once here I learned that while Guadeloupe has yet to host a stage of the Tour de France, it does host the grueling multi-stage **Tour de Guadeloupe** each October. 2021 was the 70th edition! The consistently high temperatures, high humidity and occasional high winds, more so than the steep climbs even on some of the routes near La Grande Soufrière (1467 m high volcano), pose the greatest challenges to riders.

Our cycling outings, from a strategic base at Saint François in the southeast corner of the island (not far from **Pointe des Châteaux**), are much shorter (30 to 50 km/day), at a more sedate pace and include lots of sunscreen, litres of water and swims en route.

[Click here to read the full story](#)

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