



Edmonton Bicycle & Touring Club

## June 5, 2022 - Newsletter

### EBTC Ride and Event Reports Upcoming EBTC Rides and Events Cycling 101 From the Saddle

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#### EBTC Ride and Event Reports

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#### Tuesday Strathcona Ride Series May 31, 2022

EBTC Tuesday Strathcona Ride regulars blasted North from Ardrossan Centre on May 31. A pleasant evening with good sun to ride on great, quiet roads! Why not join them for their next ride?



[Click here to register for the Tuesday Strathcona Ride on June 7, 2022](#)

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#### Friday Quiet Roads Series Ride, June 3, 2022

June MacGregor, EBTC President and Ride Leader

The sun was shining and the countryside brilliant green as 15 happy riders cycled 46 km, with a break at the U of A Gardens' Patio Café. On the return, **Bernice Aebly** guided us through scenic acreages. For a photo of the '2021 riders' under the Patio Café's dramatic roof, see EBTC's members-only Facebook Group (join via the link at



the bottom of this Newsletter). Join us for the 42ish km June 10 ride out of Ardrossan will have a break at the Fox Run Golf Course.



[Click here to register for the Friday Quiet Roads Ride on June 10, 2022](#)

## Sunday Social Ride, June 5 2022

**Betty Lafave**, EBTC Vice President and Ride Leader

8 intrepid riders braved the wind on the Sunday Social Ride. We rode from Villeneuve west to Muir Lake and north to the Calahoo Hills golf course where we enjoyed lunch.

Next week we are riding from 199th St. and Lessard Road to the University of Alberta Botanic Gardens for lunch. Why not join us?



[Click here to register for the Sunday Social Ride on June 12 2022](#)

## Upcoming EBTC Rides and Events

### Those Hills!

### Monday Recreational Ride Series

### Tops and Coffee Shops Ride Series

**Danielle Amerongen**, EBTC Social Media Coordinator

HILL TOPS



Whether you love them or hate them, cycling hills is part of the sport. EBTC has two weekly ride series for you to gain confidence and skills while exploring coffee shops.

The Monday Recreational Ride Series is an easier evening social ride perfect to



quick gear changes and coffee tasting! The Hill Tops 'N Coffee Shops Ride Series is a morning intermediate training ride program. Both of these rides are completed at a pace of 18ish kph and both tackle some of the nastier hills in the river valley.

What is your pleasure, hills and coffee, or coffee and hills and coffee?



[Click here to register for the Monday Recreational Ride on June 6, 2022](#)

[Click here to register for the Hill Tops and Coffee Shops Ride on June 7, 2022](#)

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

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

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

## Derailleur Adjustment Derailleur Trim

Scott Keast, EBTC Safety and Education Coordinator



Just as with the rear derailleur the front derailleur is a simple device with a complicated job to do. Usually when you drop a chain it will originate from the front derailleur. That's because of the large difference in the number of teeth between the Big Chainring and the Small Chainring. Most often the chain is being dropped (quite literally) onto the small chainring from the big chainring. The cage of the front derailleur is wide enough that the chain sometimes misses the small chainring. This can be made worse if the derailleur is not adjusted correctly.

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

## From the Saddle

John Shaw, EBTC Newsletter Coordinator

### Jasper Gran Fondo, June 4 2022

***This early season event*** has a number of ready or not early season challenges for cyclists from a 10 km hill climb up Marmot to a 190 km ride that includes the hill climb to Marmot - naturally. A number of EBTC members took up challenges at the event: **Danielle Amerongen, Charmaine Folster, Sandy Brody, Audrey Sonnenberg, Rachel Champagne**, were among the names I spotted as I looked through the lists. They completed the 100 km Medio. There are not doubt others I missed. Bravo and

congratulations to all EBTC members and to my Saturday coffee ride group who took part!

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## 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](#)

[Click here to join the EBTC members Facebook Group](#)

[Click here to visit the EBTC website](#)