



## May 1, 2022 - Newsletter

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

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#### EBTC Ride and Event Reports

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#### Thursday April 28, 2022 - A Busy Cycling Day!

**Danielle Amerongen**, EBTC Rides Coordinator

Thursday was a busy cycling day. With decent weather making an appearance, EBTC riders were out enjoying West End and Ardrossan roads as well as Edmonton city trails. Thank you to our ride leaders, **Michel Lamontange**, **Charmaine Folster** and **Danielle Amerongen** (heh, that's me!).



#### Friday Quiet Roads Series Ride, April 29, 2022

**Phil Davidson**, EBTC Treasurer and Ride Leader

The first Friday Quiet Roads of the season headed out on very quiet roads to a great little coffee spot, but led by a usurper to the throne (the author rather than than the EBTC President). The sun was warm and there was little breeze, so despite the temperature being a little on the cool side, everyone was happy to sit outside and imbibe. As advertised, we stayed together and rode at a leisurely pace to make sure nobody missed a turn. All-in-all a great start to the quiet roads season. Join us next week!





[Click here to register for the Friday Quiet Roads Ride on May 6, 2022](#)

## Stamina Builder Optimum and Ultime Ride Series, Saturday April 30, 2022

Danielle Amerongen, EBTC Rides Coordinator

Great Saturday Stamina Builder Optimum and Ultime Rides again. The two groups enjoyed the roads in Beaumont and the best part of the weather. Thank you **Anne-Marie Adachi**, EBTC Past President, and **Audrey Sonnenberg** for leading. Next Saturday we will ride from our West End location.





# Loving those Dutch Hills Yet?

Sunday April 24, 2022

**Danielle Amerongen**, EBTC Rides Coordinator

The weather has played havoc with our early season rides, but that is all part of the sport. It has been very windy lately, we lovingly call them Dutch Hills. They will make you a stronger rider. It is always up to an individual rider to choose whether they want to attend a windy ride. It is not the ride leader's responsibility to change the planned route. Part of the ride will be with a head wind and part with a tail wind (unless the wind changes direction). Enjoy that tail wind while it lasts! We are grateful for all our ride leaders. Without them, there is no riding!

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## Upcoming EBTC Rides and Events

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### So many weekend rides! How to choose?

**Danielle Amerongen**, EBTC Rides Coordinator

As May begins, and hopefully better weather, more weekend ride options will be available. How does one choose the right one(s)?

This year, EBTC has identified rides as either TRAINING or SOCIAL rides. This helps riders select the ride for their fitness level and cycling goals. Generally, a social ride is shorter, slower paced, No-Drop (meaning the group stays together) and includes more breaks. Generally, a training ride is faster paced, longer, has fewer stops and is designed for cyclists who can self-navigate RWGPS routes.

On Saturdays and Sundays, the Stamina Builder Series is an endurance training ride program, meaning that there is an expectation for cyclists to ride at a minimum average pace, to be able to self navigate (or in the process of learning) and ride during the week to increase their stamina. These rides are designed for road bikes and offer less support to cyclists.

Also on the weekends, the club offers Social rides. Double Duty Saturday and Sunday Social Ride are ideal series for those wanting a more relaxed ride in and around Edmonton. You'll have time to chat and check out the scenery while improving your fitness level.

Unique rides also start this month! Unique rides are usually social rides, but not always, that happen once per season and often have a theme (usually involving food or coffee). They include such rides as the C&E Trail ride, the Tour of the Falling Leaves and many others.

It is important for members to select and register for the right ride, for them, in order to maximize their enjoyment of cycling.

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### Ride on Thursday! Series

**Danielle Amerongen**, EBTC Rides Coordinator

This coming week the ride will be on Thursday May 5. The following week the ride will be on Wednesday May 11!

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### 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 May 3, **Terry Fannon**, EBTC Rides Coordinator; on May 10 **Anne-Marie Adachi**, EBTC Past President.

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

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

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

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## Karelo Ride Registration Zoom Tutorial

**Larry Zelazo**, EBTC Membership Coordinator

If you are having difficulties with Karelo ride registrations and cancellations and need extra help or have questions please email Larry to request a demonstration and Q & A session. In your email please indicate a day of week (weekday or weekend) and time (afternoon or evening) that works best for you.

[Click here to request a Karelo ride registration tutorial](#)

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## RWGPS Zoom Tutorial, Wednesday May 3rd 19:00 - 20:00

**Larry Zelazo**, EBTC Membership Coordinator

This event includes a demonstration and Q & A session to you get started using RWGPS:

- A demonstration of the software.
- How to install the RWGPS app.
- How to access EBTC routes for rides.
- Using RWGPS to create your own routes will not be discussed. Send an email to [ebtc.membership@outlook.com](mailto:ebtc.membership@outlook.com) to request a session on this topic.

If the session is full, please register for the waitlist. That way, we'll know whether to offer another session.

[Click here to register for the RWGPS Tutorial on May 3, 2022](#)

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## From the Saddle

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### Using the Heat Map Feature in RWGPS for Ride Planning

**John Shaw**, EBTC Newsletter Coordinator

I stumbled on the mention of this feature in the Stories Tab (ride reports and journals) of RWGPS. Now that is a rabbit hole for a windy cold and rainy day! The **RWGPS Heat Map** is a great tool, even the free version, to plan mountain or road bike rides in new locations (Cuenca, Ecuador for me; Hellevoetsluis, the Netherlands for a friend so far this week), or to explore new-to-you ride options close to home. The way to

use the Heat Map is to zoom out from the default Portland Oregon region and then zoom back in on a location of interest. The red lines show routes that are popular with cyclists. If you zoom in on Edmonton, you'll see EBTC routes, and cycling commuter routes to St. Albert, and much more. There are some great ideas for mixing and matching to create a great personal ride no matter where you live or happen to be cycling. Give it a try!

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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](#)

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