



## May 15, 2022 - Newsletter

### Messages from the President EBTC Ride and Event Reports Upcoming EBTC Rides and Events Cycling 101

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#### Messages from the President

##### What is EBTC's Stand on E-Bikes?

June MacGregor, EBTC President

Members who use and enjoy their E-bikes are a growing share of EBTC riders and are welcomed. Given our mission of 'safe and fun recreational cycling' plus the range of e-powered bikes available, the EBTC Board has set out the following policy regarding the type of e-powered bike that is safe on EBTC rides.

Pedal assist E-bikes are permitted on EBTC rides, consistent with the Province of Alberta's legislation re the difference between an E-bike and a moped, and with the policy adopted by Parks Canada for use of E-bikes on their trails. A pedal assist E-bike:

- can be propelled by the rider's muscular power alone
- ceases power assistance immediately when the rider stops pedalling
- has a total power output of 500 watts or less
- has a power assist limit of 32 km/hour on level ground
- has a safety mechanism preventing the motor from being engaged before the bike reaches a 3 km/hour speed (i.e., no fast acceleration).

Other types of e-powered bikes are essentially mopeds. They are not permitted on EBTC rides because they do not mix safety with pedal only bikes, given their acceleration, speed and maneuverability.

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#### Progress on the Updated EBTC Web and Facebook Pages

June MacGregor, EBTC President

Initiatives to overhaul the EBTC website, and to set up an EBTC member-only Facebook 'group' in addition to a public 'page' were presented at the AGM and in the Mar. 9, 2022 Newsletter. The Facebook group is already up and running, with members posting and sharing pictures and information.

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

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

The website overhaul has several aims: (i) to help members better chose rides matching our interests and skills; (ii) to automatically link Karelo ride registration and the website calendar, reducing our webmaster's heavy manual workload; (iii) to streamline access to what members and prospective members are looking for; (iv) to upgrade our technology to be mobile-enabled. This work is nearing completion. We will announce the 'cut over' date from the existing website to the new streamlined EBTC website shortly. Given our current focus, the current website has not been updated to the same extent as in past years.

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## EBTC Ride and Event Reports

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### Hill Tops and Coffee Shops Series Ride Tuesday May 10, 2022

**Danielle Amerongen**, EBTC Rides Coordinator



This week was our first Hill Tops 'N Coffee Shops ride. Not even that bit of white stuff coming from the sky scared this group away. The coffee at Little Brick was the perfect stop to get to know each other better. These cyclists were so tough that they added an extra hill at the end of the ride!



[Click here to register for the Hill Tops and Coffee Shops Ride: May 17, 2022](#)

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### Friday Quiet Roads Series Ride, May 13, 2022

**June MacGregor**, EBTC President and Ride Leader

This 'Social' ride starts at 10:00 a.m. from a different location every week. On May 13, 2022 a pleasant morning greeted 5 friendly riders as we headed down the 199 St. bike path from Lessard Rd. toward the scenic Blackhawk Golf Course area. A tail wind ensured our speedy return.

Join us for the ride on May 20 2022. We'll ride south from the Ardrossan Recreation Centre to Half Moon Lake for a break and then ride back. The 39 km route can be made shorter (or longer) based on rider preference and weather/wind.

[Click here to register for the Friday Quiet Roads Ride on May 20, 2022](#)

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### Sunday Social Series Ride, May 15 2022

**June MacGregor**, EBTC President and Ride Leader, and **Phil Davidson**, EBTC Treasurer and Ride Leader

Riding out of Graminia Hall, the winds were calm and the riders relaxed, even when we found our coffee shop closed until noon. We still had a nice outdoor break and everyone was keen to extend the ride to 34 km. The May 22 ride, planned for 41 km, starts at the Clifford E Lee Nature Sanctuary. Join us!



[Click here to register for the Sunday Social Ride on May 22, 2022](#)

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## Upcoming EBTC Rides and Events

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### Ride Communication Using Karelo

**Danielle Amerongen**, EBTC Rides Coordinator

Some of the advantages of using Karelo as our registration app is the capability for ride leaders to communicate with cyclists. Considering the poor weather we have had this spring, letting riders know that a ride is cancelled has been very handy. As a participant, checking your email to see if the ride leader has sent a message becomes more important. We are aware that sometimes our Karelo messages may end up in your spam box. You may want to verify if that is the case for you. Some ride leaders may also message you to change a route, usually because of SURPRISE construction issues, modification in departure time (we did that last year to avoid the extreme heat) or to check in if you were not at the ride and did not cancel.

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### Morinville to Legal Loop - a unique EBTC Ride, Monday May 23, 2022

**Liz Timleck**, EBTC Ride Leader

A yearly favourite is back! Join us for a social ride from Morinville to Legal and back. Meet us in the parking lot of Extra Foods North of Tim Hortons at 10:45 for an 11:00 start. This is a relatively flat ride and we will be riding at around 20 kph. Once in Legal we stop at Bon Appétit restaurant for a short break (please make a purchase if you are needing to use their facilities). We can share coffee, snacks or lunch at Timmies once we are back in Morinville.

[Click here to register for the Morinville to Legal Loop Ride on May 23, 2022](#)

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### C&E TRAIL LACOMBE TO RED DEER - a

# Unique EBTC Ride, Sunday May 29, 2022.

Danielle Amerongen, EBTC Rides Coordinator

This ride begins at the Lacombe Public Library. We'll ride to Red Deer on paved trails and roads through beautiful parklands, over quaint bridges, along serene lakes, and past farmers' fields. Perfect trails for road, touring and hybrid bikes. Bring a picnic lunch. Registration opens on May 15.

There are two distances limited to 15 cyclists each. The longer (68 km) intermediate/challenging ride departs at 10:00. All riders must be able to ride safely at the group pace as the goal is to picnic together. A shorter (45 km) easier/intermediate ride will leave at 10:15. This is a no drop ride and the group will also ride together.

If I don't know you, I may contact you by email to make sure you can manage the ride, so keep an eye out on your message box. Please allow driving time to Lacombe.

[Click here to register for the 68 km C&E Trail ride](#)

[Click here to register for the 45 km C&E Trail Ride](#)



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

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

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

## When the Rubber Hits the Road Part 2: Tire Sizing and Tire Care

Scott Keast, EBTC Safety and Education Coordinator



Anyone who has done even a small amount of work on their precious ride will know that the bicycle industry has never developed a global standard for almost anything. That holds true for bicycle tire sizing as well. To make matters worse the size shown on the sidewall isn't necessarily what you actually get. So, how do you determine tire sizes for your bike, and how do you best look after them so that they last long enough for you to forget what you discovered in this article?

[Click here to read PART 2](#)

[Click here to read PART 1](#)

**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](#)

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