



Edmonton Bicycle & Touring Club

May 22, 2022 - Newsletter

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

EBTC Ride and Event Reports

Stamina Builder Ardrossan 60 Series Ride, Sunday May 22, 2022

Pam Young, EBTC Ride Leader

Everyone present rode the 35 km route at their own pace and had a great ride with wonderful sun. If you want to increase your stamina but want modest distances, this ride could be for you! While there may be a sweep, please download the RWGPS map to your Smartphone so you can be sure to find your way, and don't forget to arrive at 09:45 for updated ride information before heading out. Join us next time or if you'd prefer a longer ride, register for the Stamina Builder Ardrossan 100 Series Ride. It starts at the same time and location.



[Click here to register for the Stamina Builder Ardrossan 60 Ride, May 29](#)

[Click here to register for the Stamina Builder Ardrossan 100 Ride, May 29](#)

Hill Tops and Coffee Shops Series Ride Tuesday May 17, 2022



Wayne Grover led seven chatty riders on a six hill ride in and out of the river valley from Hawerlak Park. We wound our way to the Sugar Bowl. Tom, Anne-Marie, Dean, Cheryl, Wayne and I stayed for coffee (and cinnamon buns). Thanks for the coffee Tom! It was a great to be out doing hills in a group. Tuesday May 24, **Maureen Lanuke** will lead the ride from the Quarry Golf Course parking lot.



[Click here to register for the Hill Tops and Coffee Shops Ride: May 24, 2022](#)

Friday Quiet Roads Series Ride, May 20, 2022

June MacGregor, EBTC President and Ride Leader

Resolute in face of wind ('a tempest') and cold ('a good March day to ski'), our tough team conquered a 37 km loop from Ardrossan. Our break at Half Moon Lake included some freshly made coffee in the warmth of the canteen, and a short walk to the lake, where geese and goslings were the only beachgoers. The May 27th ride (42 km) will start at Villeneuve with the Calahoo Hills Golf Course as the break/lunch and turnaround point. Join us!



[Click here to register for the Friday Quiet Roads Ride on May 27, 2022](#)

Double-duty Saturday Series Ride, May 21, 2022

Phil Davidson, EBTC Treasurer and Ride Leader

This is a social ride that heads out for a shorter ride, then returns to the parking lot and optionally heads out for another short ride. We regroup at every turn and chat a bit. If you haven't ridden for a few years or are otherwise unsure how far you want to go, come out for the initial ride and then decide whether to call it a day or head back out. This time we did an initial 30 km and everyone decided to head out for a few more. Join us next Saturday for a 20/23 km pair of routes from the Edmonton Garrison.



Enduro 160 Series Ride, May 22 2022

Terry Fannon, EBTC Rides Coordinator

Keith Bambridge led 12 Enduro 160 cyclists who completed 100 km today. Congratulations to the Metric Centurions! The group is rapidly approaching their 160 km goal set for July 24. To be fair, some of this group were out cycling in snow earlier this spring!



Upcoming EBTC Rides and Events

May Unique Rides and Ride Program Updates

Danielle Amerongen and Terry Fannon, EBTC Rides Coordinators

The unique rides are filling up quickly! The Morinville-Legal loop on Monday May 23 is almost full. Once all the spots are filled, get on the waitlist. You might still get a spot.

On May 29, the C&E trail longer ride is full but there are spots left for the shorter ride. You still get to ride some of the most scenic trails on the short ride!

With regret, the Jasper-Canmore Tour has been cancelled. The last Wednesday Road Series Ride will be August 24th, 2022. The program summary link below has been updated.

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](#)

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.

[Click here to get on the waitlist 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 and registration links](#)

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

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

From the Saddle

Wearable Technology - the measured self

John Shaw EBTC Newsletter Coordinator

This month I've experimented with wearable technology providing live, accurate enough, and

relevant performance metrics across multiple activities - from indoor cycling to gym workouts to trail running and road cycling - all at the flick of my left wrist. I used to participate in all manner of sports and activities without monitoring anything and not giving it a second thought. Technology has crept in bit by bit nonetheless.

[Click here for the full story](#)

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