



Edmonton Bicycle & Touring Club

May 22, 2022 - Newsletter

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

EBTC Ride and Event Reports

Sunday Social Series Ride, May 22, 2022

Betty Lafave, EBTC Vice President and Ride Leader

We had a great day for our Sunday Social ride in Parkland County. Join us on June 5, 2022 for a 40 km ride from Villeneuve that includes stops at the Calahoo Hills Golf Course for coffee or lunch and a break at Muir Lake.



[Click here to register for the Sunday Social Ride, June 5 2022](#)

Hill Tops and Coffee Shops Series Ride Tuesday May 24, 2022

Danielle Amerongen, EBTC Social Media Coordinator



The happy finishers of Tuesday's hilly ride! They enjoyed the refreshments at the Quarry golf course coffee shop too! Rain held off and gave us a lovely sunny warm day. **Maureen** thank you for leading. On May 31, meet **Phil** at the Square 1 Café, 119st and 40 Ave. The planned 27 km and 312 m elevation ride goes from Westbrook to Wedgewood and back. Yes, the Wedgewood ravine is part of the ride so this is an INTERMEDIATE one. There will also be time for serious coffee tasting!



[Click here to register for the Hill Tops and Coffee Shops Ride: May 31, 2022](#)

Friday Quiet Roads Series Ride, May 27, 2022

June MacGregor, EBTC President and Ride Leader

Our 42 km ride this week included a nice lunch break at the Calahoo Hills Golf Course. The clouds at times looked threatening but we made it back to our cars at Villeneuve without getting wet or blown off the road.

Join us for our next ride, on June 3. It starts at Lessard Rd./199 St. with a break at the Patio Café in the UofA Botanical Garden. During these social rides, we group-up at turns, and shorten (or lengthen) the route based on weather and rider preferences.



[Click here to register for the Friday Quiet Roads Ride on June 3, 2022](#)

Stamina Builder Enduro 160 Series Ride, Sunday May 29, 2022

Craig Brown, EBTC Ride Leader

The group set a brisk pace on the way out from Beaumont to Miquelon. The way back was a little more work into 35km/hr winds!



Stamina Builder Ardrossan 100 Series Ride, Sunday May 29, 2022

Rob Strashok, EBTC Ride Leader

A 60km ride in good sun. Everyone finished strong, together!



C&E TRAIL LACOMBE TO RED DEER - a Unique EBTC Ride, Sunday May 29, 2022.

Danielle Amerongen, EBTC Social Media Coordinator

EBTC riders invaded the trails from Lacombe to Red Deer, including the only indoor stretch of the Trans Canada Trail. A great way to get to know other members and laugh!



Optimum and Ultime Ride Series

Danielle Amerongen, EBTC Social Media Coordinator and ride organizer

During June all rides in these series start at 09:00. We are at the halfway point of the Stamina Builder Training program. Rides are getting longer and faster. If you are just getting back on the bike and can only ride once a week, I recommend you join the Saturday Double Duty Rides to get limbered up and still get a very good ride. I believe they even stop for coffee and treats!

Week 8 of the program will see the Optimum 60k cyclists riding between 40-50km at a minimum average pace of 18-20 kph for the month of June. If you are faster, follow RWGPS. If you are not there yet, you can use RWGPS to guide you but be aware that the sweep will be ahead of you. These rides are planned to last 2 1/2 to 3 hours. If you need longer than that, please consider the ride mentioned above.

The Ultime 100 also keeps on getting harder. All riders must be independent and self sufficient (yes that means no wheel sucking lol). The rides are now over 60k long and continue increasing by 5k weekly. The average minimum pace will also switch from 20 kph to 22 kph on week 10. Using RWGPS with this program is required as the ride leader will be maintaining the average pace set for that week. Also, many of the country roads we are on do not have street signs so RWGPS is the only way to navigate the route.

Getting closer to our goals! 60 km and 100 km here we come.

Upcoming EBTC Rides and Events

Volunteers Marshals for the MS Ride, July 9-10, 2022

Anne-Marie Adachi, EBTC Past President

For 33 years EBTC members have supported the [Leduc to Camrose ride for MS](#) by volunteering as bike marshals. The MS Society plans to return to an in person ride this summer. Please contact me at PAST.PRES@bikeclub.ca, if you are interested in being a volunteer marshal at this MS fundraising event. Volunteers must be able to ride 160 km over 2 days, help participants change flats, and do minor bike adjustments too!

Thunder Lake July 23-24, 2022

Terry Fannon, EBTC Rides Coordinator

This is a supported two-day bike camping trip with 88 & 78 km/day. It is open to road, hybrid and e-bikes. The trip starts at Onoway where vehicles are parked in a locked yard. Luggage is transported to Thunder Lake Provincial Park (group campground) and meals are provided except for Sunday breakfast in Barrhead. **Debbi Wallace** has led this wonderful EBTC event many times and is a phenomenal cook! The cost is \$100. The ride is limited to 12 participants. If full when you register, please go on the waiting list as there is the possibility to add spaces.



[Click here for ride details and to register](#)

[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](#)

Reflecting on the Safety of Bicycle Mirrors

Scott Keast, EBTC Safety and Education Coordinator

Mirrors and their use divide the cycling community. Some find the ability to closely monitor traffic behind them very reassuring, while committed leg shaving roadies think of them as barnacles that are completely unnecessary and a blight on the cycling landscape. From a safety point of view, the message is mixed.



[Click here for the full story](#)

From the Saddle

Rookie Mistakes - Continued!

John Shaw EBTC Newsletter Coordinator

Early last season I **bonked** at 42 kms on a fast 60 km ride. I had energy bars with me but didn't eat them until it was too late. This year I'd been riding my gravel bike only. Thursday morning I pumped up the tires on my Roubaix minutes after registering for the Thursday Longer Recreational Ride - its 2022 season debut. I'd noticed that the tires were a bit worn and made a note to replace them but thought they'd be fine. As bad luck and poor planning would have it, my rear tire - the more worn of the two naturally - failed 16 kms into the ride.



Three thoughts on the experience:

1. If you think you need to replace a part or do some maintenance on a bike, do it before your first ride of the season. I should have ridden my gravel bike!
2. A tire failure while riding in a no-drop group inconveniences the group, and poses an unwelcome safety hazard to other riders - best avoided!
3. While I was fully prepared to deal with the flat on my own, I was reminded why I cycle with EBTC! **June** sounded the alarm. Soon after **Sandy** and **Audrey** circled back and helped search for the source of the puncture and pre-pump my spare tube. **Danielle** demonstrated her **tire pliers**. She also thought to take a picture of the scene. A huge thank you to all of them!

I installed new sets of tubes and bullet proof tires on my Roubaix as soon as I got home - a little too late but lessons relearned!

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](#)