



July 3, 2022 - Newsletter

PotLuck Picnic EBTC Ride and Event Reports Upcoming EBTC Rides and Events Cycling 101

Potluck Picnic in Rundle Park, July 17, 2022

Deb Kershaw, EBTC Social Coordinator

The EBTC Executive invites you to our July social, Potluck Picnic in Rundle Park, on July 17, 2022, at 4 pm. This potluck-style picnic will be held at Rundle Park Picnic Site 1 (2909 113 AV NW). Though we hope for nice weather, we will have a covered shelter if there is a sprinkle of rain. EBTC will provide hotdogs/smokies/veggie dogs, condiments, bubbly, plates, napkins, and utensils. We ask EBTC members (if you are able to do so and wish to do so) to bring a dish to contribute to the potluck. Wow us and dazzle us with your potluck special!! Don't forget a serving spoon or utensil for your dish and be prepared to answer any questions regarding ingredients. Registration will close on July 13, 2022. For more information or if you have questions, please contact Deb at 780 934 6473 or debkershaw@outlook.com.

[Click here to register for the EBTC Potluck Picnic on July 17, 2022](#)

EBTC Ride and Event Reports

Stamina Builder Optimum Series Rides, June 25 2022

Danielle Amerongen, EBTC Social Media Coordinator

The Stamina Builder Training Series is in its last few weeks. This Saturday riders started at Graminia School for a 50 km (Stamina Builder 60) and 80 km (Stamina Builder 100) rides on beautiful quiet roads. Join us next week's rides and don't forget about the Stamina Builder Signature Rides on July 23, 2022. Details below.



Friday Quiet Roads Series Ride July 1, 2022

Betty Lafave, EBTC Ride Leader

Our group of 20 started at Partridge Hill and rode 40 km through the West Gate of Elk Island National Park. We had a lovely picnic by the lake and made it almost all the way back before the rain caught us. Who knew rain would make us ride faster! Join us next time!



[Click here to register for the Quiet Roads Ride on July 8, 2022](#)

Sunday Social Series Ride July 3, 2022

Betty Lafave, EBTC Ride Leader

9 riders enjoyed Sunday's great weather and rode 42 km starting in Spruce Grove and up into the Glory Hills. We had a short break at Muir Lake before riding back down. A great time was had by all and we got a good workout too! Join us next time!



[Click here to register for the Sunday Social Ride on July 10, 2022](#)

[Click here for the EBTC Facebook Group where ride photos and videos are posted for many rides!](#)

Upcoming EBTC Rides and Events

Wahoo Wednesday Series Ride

Charmaine Folster, EBTC Ride Leader

Come and cycle with EBTC on Wednesday afternoons and explore some of the west end country roads. We tend to stay on quiet roads but occasionally our journey takes us onto some higher traffic roadways. We try to use roads with good tarmac suitable for road bikes but mountain/hybrid/touring/ebikes are all welcome. There are short, small hills on most of the routes. This ride runs all summer except for July 13 and August 4.

[Click here to register for the Wahoo Wednesday Ride on July 6, 2022](#)

Stamina Builder Signature 60 km and 100 km Rides, July 23, 2022

Danielle Amerongen, EBTC Social Media Coordinator

These two supported rides are your chance to reach your goal of cycling 60 km or 100 km on supported rides. For those of you that have been participating in the Stamina Builder program (East and West), you will see how much you have progressed and have an opportunity to celebrate your achievements. There will be marshals, driving support, mechanical support (you must have your own tubes) and rest stops with water and food. The Signature rides will be held on July 23 at the Ken Nichol Recreation Centre in Beaumont. All interested are placed on a waitlist as preference is given to Stamina Builder Training participants. Registration will open July 9, 2022. Please read the ride descriptions carefully as there are some cut off times and a time limit for these rides.

The 100 km ride starts at 09:00. Participants must have RWGPS to ride. It is a **Challenging** ride but enough time has been giving for social time at rest stops if you ride comfortably at 18 kph or faster. The 60 km ride starts at 09:15. it is an **Intermediate** ride. Enough time has been given to socialize if you can maintain a pace above 15 kph.

[Click here for details and to register for the Stamina Builder Signature Rides on July 23, 2022](#)

[Click here for the full EBTC 2022 ride calendar and registration links](#)

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

Fast Descending and Cornering

Scott Keast, EBTC Safety and Education Coordinator

Descending on a bicycle requires a combination of skills that are more commonly used in motorcycling. When descending, a bicycle has some of the power and speed that is more common with motorcycles, and it requires some of the same skills. This does not mean that criterium racing doesn't also challenge these skills that require a combination of lean angle and braking while choosing an appropriate line through curves. However, you don't need to be a racer to understand and practice some of the following skills. Finding out that you are in way over your head part-way through a descent on a mountain pass is no way to enjoy a tour.



Unlike motorcycle tires, bicycle tires have little margin for slip, so that even a small slip, on pavement, is usually unrecoverable. Understanding the forces involved and how to control them comes more naturally to some riders than others.

[Click here for the full article on Fast Descending and Cornering](#)

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](#)