



Edmonton Bicycle & Touring Club

July 10, 2022 - Newsletter

EBTC Ride and Event Reports Upcoming EBTC Rides and Events

EBTC Ride and Event Reports

Enduro 160 Series Ride, July 3 2022

Craig Brown, EBTC Ride Leader

We completed our last long training ride (135 km) for this season on July 3 and are tapering this week. We'll ride the finale distance (160 km) on July 17, 2022. We can only hope the weather will be as perfect as it was last week. Come out! Cheer us on!



Friday Quiet Roads Series Ride, July 8, 2022

Betty Lafave, EBTC Board Secretary

14 people started at the Ardrossan Rec Centre and rode 48 km in Strathcona County with a coffee stop at Half Moon Lake. We had great weather and it didn't rain! **Paul McWeeny** and I led the ride. Join us next week! We'll ride from the Clifford E. Lee Nature Sanctuary in Parkland County.

[Click here to](#)

register for the
Friday Quiet
Roads Ride on
July 15, 2022



Sunday Social Series Ride, July 10 2022

Betty Lafave, EBTC Ride Leader and EBTC Board Secretary

It was a beautiful day for a ride. 11 people rode 45 km starting at Graminia Hall. We had a short break at Holburn Hall and enjoyed a tail wind all the way to our coffee stop at Spruce Park Ranch. Join us for our ride next week for a ride starting from Partridge Hill Community Hall.



Click here to
register for the
Sunday Social Ride
on July 17, 2022

Click here for the EBTC Facebook Group where ride photos and videos are posted for many rides!

Upcoming EBTC Rides and Events

Potluck Picnic in Rundle Park, July 17, 2022

Deb Kershaw, EBTC Social Coordinator

Registration for our Potluck Picnic in Rundle Park (July 17, 2022, at 16:00) closes on July 13. Please register soonest! This potluck-style picnic will be held at Rundle Park Picnic Site 1 (2909 113 AV NW) - a covered picnic site behind the ACT centre close to the playground and is easily accessed from the ACT parking lot. 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. 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](#)

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. 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](#)

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](#)

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