



Edmonton Bicycle & Touring Club

July 17, 2022 - Newsletter

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

EBTC Ride and Event Reports

Friday Quiet Roads Series Ride, July 15, 2022

Betty Lafave, EBTC Board Secretary

Liz Timleck led 12 amazing riders from the Clifford E Lee Nature sanctuary to the Holbrook Hall picnic area where we took a short break to enjoy our snacks and each other's company before returning. The roads were fairly quiet and we had beautiful blue skies and absolutely breathtaking views. A banquet for the eyes. **Evi Vlasidou** took the photos!





[Click here to register for the Friday Quiet Roads Ride on July 22, 2022](#)

Stamina Builder 60 km and 100 km Rides, July 16, 2022

Danielle Amerongen, EBTC Social Media Coordinator

These were our last training rides ahead of the signature rides next week. The Beaumont roads were just perfect and so was the weather, finally. Special thanks to all of the ride leaders who've helped with this program; **Anne-Marie Adachi**, **Sandy Brodie**, **Audrey Sonnenberg**, **Charmaine Belliveau**, **Sandy McDonald**, **Bernie Fitzsimmons**, **Elaine Steedsman**, **Maureen Lanuke**, **Pam Young**, and **Cathy Walsh** who can guide a group with a backwards map.

Registration is now open to all members for the signature rides next week. Please read the information provided below as this event follows a format similar to most gran fondos: rest stops, time limits and cut off times, type of support etc. Registration closes July 21 at noon.



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

Stamina Builder Ardrossan 60 km, 100 km and Enduro 160 Series Rides, July 17 2022.

Terry Fannon EBTC Rides Coordinator and **Danielle Amerongen**, EBTC Social Media Coordinator

The Stamina Builder Ardrossan 60 km group completed their final regular season outing (55km). Beautiful, cooler day with moderate breeze, very little traffic and good sun at the end. Nice outing!



The Stamina Builder Ardrossan 100 km group delayed their departure but still completed 95 km. They didn't want to get wet!



Craig Brown and the Enduro 160 km crew just before heading out for their 160 km finale for 2022.



Sunday Social Series Ride, July 17 2022

Betty Lafave, EBTC Ride Leader and EBTC Board Secretary

19 riders came out for the 40 km ride from Partridge Hill to Astotin Lake in Elk Island National Park. A great time was had by all! Sunday Social Ride is cancelled for July 24, 2022.



Potluck Picnic in Rundle Park, July 17, 2022

Deb Kershaw, EBTC Social Coordinator

Over 35 members attended the Potluck Picnic. Thank you to **Aurie Philipchuk**, who ran the BBQ, and to the other volunteers, cooks, and eaters who made the event a success! **Danielle Amerongen** took photos! There are more posted on Facebook.



[Click here for the EBTC Facebook Group, and more photos and videos!](#)

Upcoming EBTC Rides and Events

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

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

Climbing Like an Angel

Scott Keast, EBTC Safety and Education Coordinator

"Many people think there's a secret to climbing. And there is: extremely high conditioning, low body fat and weight, and knowing how to pace yourself, especially



on long climbs” Greg Lemond, three-time Tour de France winner.

It is true that a cyclist must have good conditioning to climb hills quickly and efficiently but there are also some tricks that certainly help too. First, you need to have your bike fit nailed down, so that you and your bike can work together. After you have that done, try some of these tips the next time you hit the steep.

[Click here for the full story](#)

Helpful Links:

[Click here to obtain an EBTC 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 only Facebook Group](#)

[Click here to visit the EBTC website](#)