



Edmonton Bicycle & Touring Club

July 31, 2022 - Newsletter

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

EBTC Ride and Event Reports

Friday Quiet Roads Series Ride, July 22, 2022

Betty Lafave, EBTC Board Secretary

We started and ended our ride at Tim Hortons on Century Road in Spruce Grove where we helped celebrate a birthday. All 12 of us enjoyed great weather and beautiful views. I love that ride up the Glory Hills Road!



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

Danielle Amerongen, EBTC Social Media Coordinator

We could not have asked for better conditions! Congrats to all of the cyclists and a big thank you to the volunteers: **Terry Fannon, Larry Zelazo, Charmaine Belliveau, David Folster, Keith Bambridge, Cathy Walsh, Tom Facklam and Pam Young.**

Kudos to **Old Station Honey and Mead** for hosting rest stop 3. Such a welcoming atmosphere for some of our hot and tired cyclists.

This puts an end to this training program. Until next season.



Footloose Caboose Unique Ride, July 24 2022

Betty Lafave, EBTC Board Secretary

Liz Timleck and **Bob Atlee** led 23 riders on the footloose Caboose ride. We had perfect weather, good food and an even better group of people. Many are now new friends! A special thank you to Kari and Kevin for going the extra miles, it was very much appreciated.

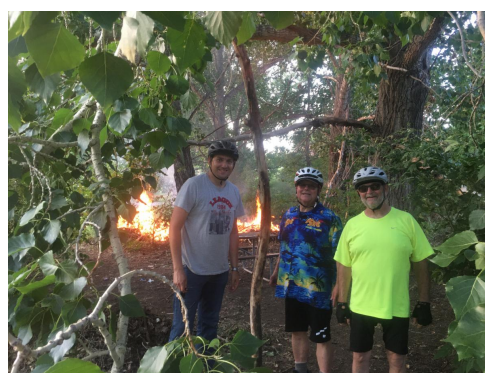


Thursday Night Trail Ride, July 28 2022

Michel Lamontagne, EBTC Ride Leader

We had so much fun tonight that we had to call the firemen!

Join us for our ride next week!



[Click here](#) for details and to register for the Thursday Night Trail Ride on August 4, 2022

Sunday Social Series Ride, July 31 2022

Betty Lafave, EBTC Ride Leader and EBTC Board Secretary

We had a great time today on the Sunday Social Ride(including at the playground at Holburn Hall). 9 riders rode 54 km in Parkland County and even though the forecast called for rain, we had sunshine!



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

Upcoming EBTC Rides and Events

Miquelon Lake Unique Rides Saturday, August 13, 2022

Phil Davidson, EBTC Treasurer and Ride Leader

We had a great ride last year (and previously) so we're doing it all again. There will be two rides: 95 km and 43 km. Leave from Beaumont at 10 am or New Sarepta at 11 am and ride to Miquelon Lake for lunch. This year the two rides will meet up at Old Station Honey & Mead in New Sarepta. Their mead is good! We'll have a support vehicle with beverages and snacks (and to transport mead back to Beaumont).

[Click here for details and registration for the 95 km ride from Beaumont](#)

[Click here for details and registration for the 43 km ride from New Sarepta](#)

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

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

Sussing Out a New Grid

Scott Keast, EBTC Safety and Education Coordinator



By this time in the season some of you may be looking around for a new bike. What was fine in past years, now feels like it's holding you back. How do you know where to spend your money to get a bike that will work for you now and in the future? In the first instalment of this series of articles we will look at some broad points to help to get you started. Then we will dive into the drivetrain, brake system and finishing kit.

[Click here for the full story](#)

From the Saddle

John Shaw, EBTC Newsletter Coordinator

Bob Fletcher's Progress

Bob Fletcher is e-cycling from North Pole Alaska to Panama City. He and **Wayne Grover**, an EBTC member accompanying him, arrived in Prince George BC on Saturday July 30, 2022 completing 20 % of their 13500 km ride! **They passed through Whitehorse early last week and made the local news!**

Ride for Mom

EBTC Member **Rob Strashok** led his sister **Arlette Peterson** and **Terry Fannon** on a 102 km Alzheimer's Society fund raising ride yesterday from Breton to Edmonton. The ride, started by Terry, is in its 5th year and has raised more than \$26,000 to "mak[e] a difference in the lives of individuals and families on their journey with dementia."



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](#)