



June 26, 2022 - Newsletter

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

EBTC Ride and Event Reports

Stamina Builder Ardrossan 100 June 19, 2022

Terry Fannon, EBTC Rides Coordinator

Keith Bambridge led five riders over 75 km. Temperatures in the mid-teens, a light west wind and no rain (well except for a few drops!) provided the perfect chance to get out on Strathcona country roads. We are inching closer to the 100km goal with the Signature ride scheduled for Beaumont on Saturday July 23, 2022. Tom Facklam and Anne-Marie Adachi led the group on June 26 for an 80 km ride. Keith will lead again on July 3 for 85km with a start time of 8:45AM.



Hill Tops 'N Coffee Shops, June 21, 2022

Phil Davidson, EBTC Treasurer and Ride
Leader



Eight brave riders set out to conquer 500 m of hills. Treats at the Mood Café were appreciated and well-deserved. The photo speaks to our success early in the ride. There are more photos on the the EBTC Facebook Group page.



Friday Quiet Roads Series Ride, June 24, 2022

Phil Davidson, EBTC Treasurer and Ride Leader
(along with **Betty Lafave** EBTC Secretary pictured)

The torrential rain ended but a breeze remained as 6 brave cyclists rode west from Graminia Hall. Turning around earlier than planned, we escaped the wind to enjoy a coffee break at Spruce Park Ranch before being swept back to the Hall. The July 1 (Canada Day) ride goes from the Partridge Hill, northeast of Ardrossan, through the west gate of Elk Island Park to the first picnic site by the lake. We can easily extend or shorten this 40 km social ride for weather or rider preferences. Join us on our next Quiet Roads Series ride!



[Click here to register for the Friday Quiet Roads Ride on July 1, 2022](#)

Fort Saskatchewan Brunch Unique Ride, June 26, 2022

Maureen Lanuke, EBTC Ride Leader

A group of 25 eager riders were out to have some fun on our ride from Ardrossan to Fort Saskatchewan today in the most perfect weather conditions we've seen this year. With gentle winds, sun, and a high of 25 C, we meandered along at a gentle social pace enjoying the day and each other's company. Combined with delicious meals at the Canadian Brewhouse in the Fort, and a mild tail wind on the way back, I don't think we could have asked for anything more!

Thanks to all of the great fun riders who came out, to Keri for keeping the pace social, and to Scott and Larry for sweeping all of that nasty glass off of the bike path so we didn't have to deal with it again on the return trip! Join us next year!





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

Upcoming EBTC Rides and Events

Upcoming rides and Ride Series to Check Out!

Terry Fannon, EBTC Rides Coordinator

The Garrison-Morinville Loop Series Ride

This Saturday morning ride series runs from June 25 to Sept 3, 2022. It is an easier social ride of moderate distance (50km) using well-paved, wide-shoulder roads; some heavier traffic. This ride is unsupported and weather permitting. **David Mercier** is the ride leader.

Vegreville - Two Hills Unique Ride Tour July 2, 2022

This supported social, intermediate 100 km ride starts at the Pysanka in Vegreville and loops to Two Hills and back. We stop for lunch in Two Hills. Bring your own lunch or you can buy lunch from the IGA store or from a restaurant in Two Hills. There is a new bakery/coffee shop and ice cream kiosk in Two Hills that opened in 2021. A mini-van is available to carry water, lunches and small personal items. The van is not equipped to haul bikes or passengers. Showers are available at the end of the ride at the Town of Vegreville Campsite, located adjacent to the Pysanka. Ride goes weather permitting.

[Click here to register for the Vegreville - Two Hills Unique Ride Tour July 2, 2022](#)

Vermilion EBTC Pizza & Cinnamon Bun Unique Ride, Saturday July 9, 2022

This supported 72km intermediate, social ride is based at Vermilion Heritage Park Community Oven (5324-50 Ave). There is plenty of free parking at the oven site. Please arrive in time for a 10:00 start. Vermilion is an easy 2 hour drive east of Edmonton on Highway 16.

The route is good pavement with some rolling hills. There will be ride signage on the entire route and with arrows marking all turns. The roads are generally quieter but this is an agriculture and oil area, so you may encounter some larger equipment. There will be a support vehicle(s) to carry extra water and snacks plus any personal items, with room to pick up a couple of riders and bikes if anyone is unable to finish.

Pizza and cinnamon buns will be baked in the wood-fired community oven after riders return. Please let Craig know in advance of any dietary restrictions; gluten free and vegetarian can be easily accommodated. Bring your bikes and bring your appetite. Overnight camping is available at **Vermilion Provincial Park** which has great riding trails, so bring your mountain bike for Friday night and your road bike for Saturday.
Cost: \$20 per person for pizza, cinnamon buns and non-alcohol drinks.
Ride Leader: Craig Brown

[Click here to register for the Vermilion EBTC Pizza & Cinnamon Bun Unique Ride, Saturday July 9, 2022](#)

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

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

Transporting Your Bike

Scott Keast, EBTC Safety and Education Coordinator



We all need to get our ride to where we want to pedal, but how to get there safely without damaging the bike and/or car is the goal.

Transporting your bike in a vehicle only works when there is sufficient space to do it with the wheels installed. Removing wheels to fit a bike in the vehicle gets old fast. So, let's look at the four general types of bike transport available (trunk/hatch mount rack, trailer hitch mount rack, roof mount rack, tailgate pads, hard mounted fork clamps) their features, and important notes to keep in mind when using them. All rely on bike owners following a rigid set of steps, in the proper order every time, to be sure that something isn't overlooked. Finally, a recheck of the mounted bike is essential.

[Click here for the full story on how to transport you bike!](#)

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](#)

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