Edmonton Bicycle & Touring Club

August 28, 2022 - Newsletter

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

EBTC Ride and Event Reports

Thursday Longer Recreational Ride, August 25, 2022

Phil Davidson, EBTC Treasurer and Ride Leader

Yet another beautiful day for a ride with wonderful scenery and great companions. We rode an 87 km loop from Miquelon Lake Provincial Park through Tofield for lunch. Good pavement all the way except – oops, on Wednesday they put down a bit of gravel over what had been perfectly good pavement the previous weekend. That slowed us down for a few minutes but didn't dampen our enthusiasm for long. There was one not too steep hill near the end too. At 30 C we deserved a few minutes to chat in the shade at the top. Check the Facebook group for more visuals.

Friday Quiet Roads Series Ride, August 19 & 26, 2022 (a.k.a. Phollow Phil)

June MacGregor, EBTC President and Ride Leader

With Phil Davidson out front with other speedier riders who waited at corners and I was at the back, the new name above was suggested for this ride series. Since the last Newsletter, we've had two enjoyable 50 km rides. On Aug. 19 2022, 13 riders made a 'happy birthday' video at Half Moon Lake for former EBTC member, **Bob Fletcher**, turning 80 on his Octogenarian Odyssey ride from North Pole, Alaska to Panama City, Panama. Current EBTC member, **Wayne Grover**, is riding with Bob on

this big adventure. The August 26, 2022 ride saw 15 riders return to the Patio Café at the U of A Gardens for lunch on a longer version of the ride we did in early June - such a great place for a rest on a warm day.

On September 2, 2022 **Betty Lafave** will lead riders on an a 50 km ride with a rest stop at ***Attracted2Apples*** northeast of Ardrossan to visit the orchard and possibly pick some apples.

Click here to register for the Friday Quiet Roads Ride on September 2, 2022

Sunday Social Series Ride, August 21 & 28, 2022

June MacGregor, EBTC President and Ride Leader

With **Betty Lafave** on holiday, we've had two 'Phollow Phil' rides. On August 21, 2022 11 of us rode the 50 km Villeneuve to Chickakoo ride, conquering the ups and downs of this scenic route. The longer 60 km ride on Aug. 28, 2022 took us south from the Olympiette Centre to Old Station Honey and Mead in New Sarepta, where some of the 16 riders had a taste of mead and bought a bottle to bring to bring home.

Join Betty on September 4, 2022 for Footloose 'Revisited' to enjoy a unique lunch break at the Caboose restaurant, as well as the hilly countryside of this 58 km ride.

Click here to register for the Sunday Social Ride on September 4, 2022

Click here for the EBTC Facebook Group, and more photos and videos!

Upcoming EBTC Rides and Events

Chickakoo Fall Colours Tour, September 18, 2022

Larry Zelazo, EBTC Membership Coordinator and Ride Leader

We have revamped our annual Chickakoo Unique Ride into a 'Hub and Spoke' multi-ride event with beverages and snacks provided by EBTC. The hub will be the ***Chickakoo Recreation Area***. Park there and return there for snack breaks! Spokes for road, gravel, and mountain bikes are planned:

- for road riding, three different 30 km loops will start and end at the Recreation Area. Riders can choose their distance – 30, 60 or 90 kms – with a snack break after each loop. **Betty Lafave** will lead the first two of these loops!
- for gravel riding, there's another 30 km loop that's mainly paved with short gravel sections.
- for mountain biking, a 10 km trail ride will use Chickakoo Recreation Area trails.
- Riders are welcome to combine these different ride types. Don't forget to register for each one you plan to ride!

We're looking for volunteers to manage the beverage and snack table. Volunteers will have time to ride one 30 km loop or the 10 km trail ride, and then be responsible to set up beverages and snacks and manage the table until the event ends. Please email ***membership@bikeclub.ca*** or ***secretary@bikeclub.ca*** to volunteer.

Join us on September 18, 2022 to ride and enjoy the colours of Fall.

Click here to register for the road spoke

Click here to register for the gravel spoke

Click here to register for the mountain bike spoke

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 - The Brakes

Scott Keast, EBTC Safety and Education Coordinator

Having a good pair of legs and a fast bike would be pointless without a reliable set of brakes. . . well, except for track cycling – one gear, no brakes. The shift toward disc brakes continues with some bike manufacturers not producing any bikes with caliper rim brakes any more. In this article we'll look at some of the advantages and disadvantages of the commonly available systems out there, so that you can make an informed choice when you go to buy your new bike.

Click here to continue reading

From the Saddle

Tracking Bob Fletcher on his Octogenarian Odyssey

John Shaw, EBTC Newsletter Coordinator

Bob Fletcher (and **Wayne Grover**) just had a rest day in Eureka California. They've passed the 5000 km mark and are heading toward the Mexican border. The most recent news report is from ***Richmond BC*** over two weeks ago.

Dealing with Speed Wobbles

John Shaw, EBTC Newsletter Coordinator

Going downhill on a road bike can be scary for many of us. Some of us enjoy the thrill of reaching or exceeding speed limits set for motor vehicles, and the boost this gives to our average speed. I won't mention names but we know who we are! Speed wobbles on a road bike are everyone's greatest fear going downhill - worse even than a flat tire. Follow the link and keep reading to be prepared should one happen to you!

Click here to read an article on how to deal with speed wobbles

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

Edmonton Bike and Touring Club | Unit 304, 11660 79 Ave NW, Edmonton, T6G 0P7 Canada

Unsubscribe media@bikeclub.ca

Update Profile |Constant Contact Data Notice

Sent bymedia@bikeclub.capowered by

Constant Contact

Try email marketing for free today!