



October 23, 2022 - Newsletter

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

Message from the President

EBTC Board: Ride Program Coordinator Role

June MacGregor, EBTC President

Terry Fannon has retired after six years in the critical role of EBTC Ride Coordinator. He is known by ride leaders and EBTC board members for the major effort he invested every year to build and present a calendar of rides to the AGM which would spark the interest of EBTC's varied membership. His ongoing support of ride leaders further ensured the successful implementation of the ride program each year. On top of this, he somehow made time to lead EBTC rides! Terry also consistently contributed his experience and knowledge to EBTC board deliberations, helping the EBTC to navigate through such challenges as the Covid19 pandemic. On behalf of the EBTC board members and all those who worked closely with him, I express our appreciation for Terry's long-standing commitment to EBTC. We all hope to see him out cycling – and to receive his advice from time to time.

Danielle Amerongen has assumed the EBTC Ride Program Coordination role. As the current Social Media Coordinator and previous Joint Ride Coordinator (with Terry) on the Board, and as an active ride leader of weekly, unique and 'pop up' rides, Danielle is well known across EBTC for her skills and energy. To quote Terry when Danielle took up this role, "I can now retire knowing that EBTC's ride program is in the best hands." Danielle has already partnered with **Anne-Marie Adachi**, Past President and Volunteer Coordinator, to organize **Kick Start 2023** and initiate ride planning for the coming year. The transition from Terry to Danielle will be a smooth one. We can look forward to a great 2023 EBTC riding season.

EBTC Ride and Event Reports

EBTC Pop Up Rides Extend Fall Riding

June MacGregor, EBTC President

In the Oct. 2 Newsletter, we asked members to check the EBTC website calendar and Facebook group for Pop Up rides. Planned based on short-term weather forecasts, these rides are one benefit of EBTC's recent website upgrade and new communication strategy. Nine Pop Up rides, with a total of 70 registrations, have taken place so far. A big thank you to Ride Leaders **Betty Lafave, Liz Timleck, Al Carlson, Danielle Amerongen and Phil Davidson**. It's difficult to know if the weather will hold for more "warm" fall Pop Up rides or if winter Pop Up rides will start early.

Lac Ste. Anne - a Pop Up Ride! October 14, 2022

Betty Lafave, EBTC Secretary and Ride Leader

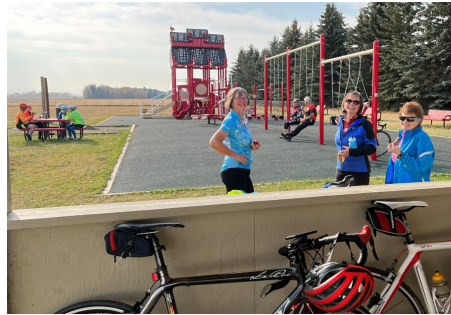
It was a windy day but 6 EBTC members rode 51 km in and around Lac Ste Anne. We visited the pier at Alberta Beach, the Ste Anne pilgrimage site and West Cove. The Ste Anne Mission is a Parks Canada historic site and is definitely worth a visit. We finished the day off with coffee at Alberta Beach.



Graminia Hall to Holborn Hall - a Pop Up Ride! October 18, 2022

Phil Davidson, EBTC Treasurer and Ride Leader

A dozen fun-loving kids headed for the playground. The temperature hit 20 C. The afternoon light on the hay fields was gorgeous and boy did the kids have fun.



Parkland Village to Onoway Coffee Ride - a Pop Up Ride! October 19, 2022

Phil Davidson, EBTC Treasurer and Ride Leader

Four riders headed out from Parkland Village to Onoway for coffee and a snack. The temperature hit 22 C before starting what looks like a long descent into the winter riding season. Still some beautiful colour in the trees and the harvested hay fields. Lots of leaves on the ground at Muir Lake to play with.

We had a somewhat unusual mechanical problem. One rider had a flat. We carefully checked the tire for embedded debris and it looked fine. Everything looked A-OK with a new tube. After a few kilometres, the same tire went flat. Only after we got back to the parking lot did we see the problem – an actual tear in the metal of the rim around one of the spokes. You don't see that every day.

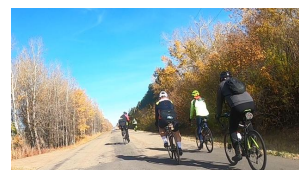


[Click here for the EBTC Facebook Group, more photos and videos, and more pop up rides!](#)

Upcoming EBTC Rides and Events

Watch for more EBTC Pop Up Rides

Danielle Amerongen, EBTC Ride Coordinator



Many cyclists have enjoyed our warm fall weather by joining EBTC Pop Up rides. These rides are at all riding levels so make sure you read the descriptions! The best ways to find Pop Up are to keep an eye out on the EBTC event calendar or on Facebook. Pop Up rides will continue to run, as the temperatures drop but probably not as often as during the past week! Please remember to cancel your ride registration should your plans change.

Are you interested in leading one of your favourite rides?

Danielle Amerongen, EBTC Ride Program Coordinator

If so, we have just the right session for you! **Kickstart 2023** is a gathering of cyclists interested in leading rides to continue to expand our riding program and contribute to the EBTC's continued growth. As good ideas flow better with food and beverages, we will make sure to provide these ingredients for getting your creative juices flowing.

Things we will discuss at **Kickstart 2023** include:

- rides you are interested in organizing
- retaining and inspiring our active volunteers
- encouraging more cyclists to share some of their favourite rides
- relaunching our touring program
- strategies to better support EBTC ride leaders
- supporting the Ride Program Coordinator

Join us on November 6 at 2:00 pm at Laurier Heights Community Hall (14405 85 Ave). Please register below before November 4. We want to make sure to provide enough goodies!

As with other EBTC rides and events, you may be waitlisted. We will do our best to accommodate all potential Ride Leaders.

[Click here to register for Kickstart 2023](#)

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

[Click here to join the EBTC Facebook Group](#)

Sussing Out a New Grid - The Finishing Kit

Scott Keast, EBTC Safety and Education Coordinator



Our new bikes would not be complete without the Finishing Kit. This includes the saddle, seatpost, handlebars, stem, pedals and other assorted small parts - and has traditionally been where manufacturers sort of skimp on quality. No doubt these utilitarian pieces don't contribute very much to the overall performance of the bike. However, they do contribute to the comfort and satisfaction that we feel over the long-term. If your budget is tight, then the "serviceable" stock items will serve you well and are easily upgraded as your budget allows. Generally speaking, the price to performance ratio is rather poor on these items. The paltry number of grams saved or the increase of watts produced on each individual item don't amount to much. Still, the combination of all the components can add up, and can be important on a top-shelf bike. So, what are we looking at?

[Click here for the full article: Sussing Out a New Grid - The Finishing Kit](#)

From the Saddle

Balance

Scott Keast, EBTC Safety and Education Coordinator

I was recently enjoying a terrific fall ride (thank you **Phil Davidson**) and as we were enjoying a long downhill run with a trailing wind (I know, this never happens – right?) I was struck by how easy it was to remain upright.

Do you remember learning to ride a “two-wheeler?” No more tricycle or bike with training wheels. The concept of countersteer was completely new and it seemed to take forever to learn to steer in the direction of the falling bike – recover – followed by the bike falling the other way! My corrections were HUGE, and my loving Mom did hundreds of laps around a park while I honed my skill.

On this brilliant fall day, I could stay perfectly upright and parallel to the white line on the shoulder of the road and my corrections were oh-so-tiny. Thanks Mom!

Bob Fletcher has cycled over 10,000 km on his ride from Alaska to Panama!

John Shaw, EBTC Newsletter Coordinator

On Friday October 21, 2022 Bob and his crew rode 111 km (1092 meters climbing) from Acambora to Zitscuaro, in Mexico. They have now covered more than 10,000 km of the 13,500 km between North Pole and Panama City.

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](mailto:Unsubscribe_media@bikeclub.ca)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by media@bikeclub.ca powered by



Try email marketing for free today!
