



December 4, 2022 - Newsletter

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

Message from the President

It's Time to Renew Your EBTC Membership

June MacGregor, EBTC President

2022 memberships expire at the end of December 2022. Sign up now for 2023 to keep up-to-date with the EBTC activities and to register for events such as Winter Pop-Up Rides, the Annual General Meeting, an early spring social and other events. Membership fees haven't changed - \$40 for an individual and \$20 for an additional household member.

[Click here to renew your EBTC membership for 2023](#)

[Click here if you need assistance with membership](#)

EBTC Volunteer Opportunities

Get to know more Club members better while having fun too!
Become a volunteer and the Club will assist you in your new role.

EBTC Social Event Coordinator: Board Position

EBTC has several social events throughout the year. Annually we have the AGM, Volunteer Appreciation, and Spring Social, in addition to events associated with rides like the Pigeon Lake Picnic.

As Volunteer Social Coordinator your role would be working with other Board Members and volunteers to organize and stage club events. This would involve:

- Selection of a date and location for the event, with input from other Board Members
- Arranging for food and refreshments and any other items needed for the event.
- Preparation of and presentation of the event budget to the Board or Finance

- Committee for approval
- Documentation and provision of all receipts for expenditures to the Treasurer for reimbursement or filing as required.
- Attends EBTC Board Meetings

This is a great opportunity to get to know other club members and have fun!

[Click here to enquire about the Social Event Coordinator volunteer opportunity](#)

Equipment Manager: Special Volunteer and non-Board Position

EBTC has over the years accumulated a small amount of equipment which is held in storage. This equipment includes items such as a barbeque, Coleman stoves, cooking utensils, water carboys and coolers. Ownership of these items by EBTC makes it easy and convenient for the social coordinator and ride leaders of overnight trips and special events. The role of the Equipment Manager is to:

- Be the Equipment Boss for EBTC!
- Have an updated inventory of items available
- Help ride leaders and other authorized members access the equipment in storage for their event
- Ensure the items are returned clean and in good condition to storage
- Report items needing repair or replacement to the EBTC Board

Attendance at EBTC Board meetings is not required. However, materials will be made available.

[Click here to enquire about the Equipment Manager volunteer opportunity](#)

Upcoming EBTC Rides and Events

It's 'Pop Up' Winter Ride Time

June MacGregor, EBTC President

Winter Riding is here again – and more popular than ever! Since weather and riding conditions can change quickly, all winter rides will be 'pop ups'. They'll all be offered close to the ride date. Like all EBTC rides, they'll be in the EBTC ride calendar and will require registration in Karelo.



If you are interested in Pop Up winter rides, you can sign up to receive e-mail notifications whenever a new 'pop up' winter ride is available. E-mails will include a link to register for a ride. That way you won't need to keep checking the EBTC ride calendar! You must register to be on the **[EBTC 'Pop Up Winter Rider Mailing List'](#)**.

[Click here to register for the EBTC Pop-Up Winter Rider mailing list](#)

Unlike summer rides, there are no RWGPS route maps because winter rides are

mainly off road, and riders stay together and follow the ride leader. The registration process in Karelo is the same for winter as for summer rides.

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

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

Winter Cycling Tips The Extremities – Head-Hands-Feet

Scott Keast, EBTC Safety and Education Coordinator



For most people keeping the extremities comfortable is one of the greatest challenges. After all, when the body is exposed to cold the natural reaction is to gradually divert blood flow away from hands and feet and move it to the core – it's one of those survival mechanisms that sometimes messes things up.

[Click here to continue reading "Winter Cycling TipsThe Extremities – Head-Hands-Feet"](#)

From the Saddle

Bob Fletcher Has Crossed into Panama on the last leg of his "North Pole" to Panama City e-bike adventure!

John Shaw, EBTC Newsletter Coordinator

Following a few days rest in Liberia Costa Rica (Bob's new home town) and about 500 km of cycling, Bob and Wayne Grover crossed into Panama from Paso Canoas Costa Rica this morning. They have "only" 500 km to go before their adventure is done!

Helpful Links:

[Click here to become an EBTC member](#)

[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:media@bikeclub.ca)

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

Sent by media@bikeclub.ca powered by



Try email marketing for free today!