



April 16, 2023 - Newsletter

Messages From the President Upcoming Ride Highlights Ride And Event Reports Cycling 101

Messages from the President

New to EBTC? Longstanding Member? We Need Your Ideas About Membership!

June MacGregor, EBTC President

The EBTC Board would like to grow the membership. We are looking for ideas to enhance awareness of the EBTC in the broader community and across a wider demographic. As important as attracting 'new' members, EBTC will only be sustained if 'all' members are welcomed and engaged. Your input is needed on both member recruitment and retention. If you would like to be part of the discussion(s) about growing our membership, please e-mail Membership@bikeclub.ca. Depending on the response, we will organize one or multiple informal round tables for this purpose. Thank you in advance for your interest.

What's Ahead This Week?

June MacGregor, EBTC President

Please visit the [2023 Rides and Events Calendar](#) for ride details and to register for these upcoming rides and events:

- **Tuesday April 18** Country and Urban Tuesday Ride - new for 2023, this fast-paced bi-weekly evening social ride starts at 40 km!
- **Tuesday April 18** Outbacks - this weekly training ride is suitable for all riders.
- **Tuesday April 18** Cycling 101 Course - this is the first of six weekly evening sessions to progressively build the essential skills and knowledge that a successful cyclist must have.
- **Saturday April 22** Stamina Builder Uptime - this will be the 2nd week of the training series for experienced riders to progressively build endurance to a 100 km ride in July.
- **Sunday April 23** Stamina Builder Optimum - the 2nd week of the training series to progressively build endurance and independent riding skills to ride 60 km in June.
- **Sunday April 23** Stamina Builder Enduro - this is the launch of the progressive training program for very experienced cyclists to increase their endurance and complete a 160 km ride.
- **Sunday April 23** Sunday Social Ride - this weekly no-drop ride (meet up at

turns) gets underway with a gentle route.

Riders must **register** for these events. Don't forget to cancel your registration if you can't make it. This will allow others to participate!

[Click here for the EBTC Ride and Event Calendar including Registration Links](#)

[Click here for Tips for Selecting EBTC Rides](#)

Upcoming Ride Highlights

Outback Training Ride Series Tuesday, April 18, 2023

Phil Davidson, EBTC Webmaster and Ride Leader



Where are you on the super-jock to just-off-the-couch continuum? For this training ride, it doesn't matter! We ride by time, not distance. You ride as far as you can in the set time. Some people ride farther than others but we all get a good workout. We ride the same route each week so that you can see your improvement! If you take a couple weeks off to go somewhere exotic, it isn't problem. We don't increase the distance each week.

[Click here to register for the Outback ride on April 18, 2023](#)

Sunday Social Ride Series, April 23, 2023

Betty Lafave, EBTC Secretary and Ride Leader

Join us for the first Sunday Social Ride of the season on April 23, 2023 starting at the Strathcona Olympiette Centre at 10 AM. These rides are no drop with coffee and socializing during or after the ride. We are starting at a distance of 24 km but will progress to longer distances later in the season.



[Click here to register for the Sunday Social Ride on April 23, 2023](#)

Ride Report

Stamina Builder Ultime,

Sunday April 15, 2023

Phil Davidson, EBTC Webmaster

This was the first ride of the season!



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 part 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](#)

Helpful Links:

[Click here to become or renew your 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 visit the EBTC Facebook Page](#)

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

[Click here to visit the EBTC website](#)

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