



## April 2, 2023 - Newsletter

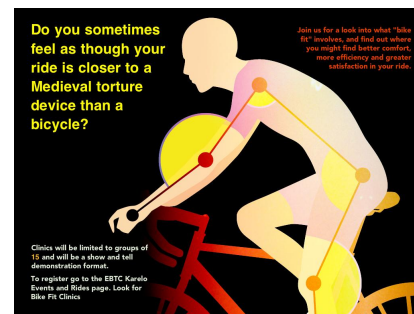
### Upcoming EBTC Rides and Events Choosing an EBTC Ride that is Good for You Ride Leaders and EBTC Code of Conduct From the Saddle

#### Upcoming EBTC Rides and Events

##### In-Person Bike Fit Demonstration April 12, 2023

Anne-Marie Adachi, EBTC Past President

There are still spaces for April 12, 2023!



[Click here to register for the April 12, 2023 session](#)

[Click Here for the Bike Fit Demonstration Outline](#)

##### Cycling 101 Ride Series - April/May 2023

Anne-Marie Adachi, EBTC Past President

Cycling 101 is a multi-week on-bike, on-road course to be held at Gold Bar Park during April and May 2023 offered by **Scott Keast**, EBTC Safety and Education Coordinator. The first ride is on April 18, 2023. There are only 15 spaces available so be sure to register early!



[Click here for Cycling Ride Series Outline](#)

[Click here to Register for the Cycling 101 Ride Series Launch on April 18, 2023](#)

##### Drumheller Get-Away Ride May 27-28, 2023 -

# Express Interest Your Interest

June MacGregor, EBTC President

There is still room on this weekend get-away for more EBTC members to cycle the beautiful and unique Drumheller area. Please **[email me](#)** to express your interest as plans for accommodation, etc. will be finalized on this basis. The rides will be out and back of varying distances with meet up points, and suitable for a range of cyclists.

[Click here for the preliminary Drumheller Get Away trip description](#)

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

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

## What EBTC Ride is Right for Me?

Danielle Amerongen, EBTC Ride Coordinator

EBTC offers a wide variety of rides. There are different ways to identify which ones are right for you. All rides really are social, but some are more relaxed social rides than others.

- **TRAINING** rides require cyclists to be faster, have endurance and to be more experienced with group rides. There are fewer breaks, and participants are required to use RWGPS. They may be “Drop” rides. These cyclists still enjoy a coffee or ice cream at the end of the ride!
- **SOCIAL** rides are the bulk of our program. They tend to be slower paced “No-drop” rides and often, but not always, shorter in distance. Some require RWGPS, others meet up at intersections. The ride description explains the specifics of each ride.

Ride Levels also help EBTC members identify the difficulty of a ride. Distance, pace and elevation gain all play a role in determining if a ride is **Easier**, **Intermediate** or **Challenging**. Again it is critical that EBTC members read ride descriptions. Not sure about what you are reading? Contact the ride leader. Our rides are as varied as our Ride Leaders!

[Types of EBTC Rides](#)

[Tips for Selecting EBTC Rides](#)

## EBTC Ride Leaders

Danielle Amerongen, EBTC Ride Coordinator

Our volunteer ride leaders have been busy preparing events, creating RWGPS maps and finalizing the Karelo ride registration forms. Ride leaders enjoy sharing some of their favourite rides. They lead the types of rides that fit their interests and skills. The EBTC ride calendar is updated daily. We strive to provide clear descriptions for each ride. Please read the descriptions carefully. If you are not sure about a certain ride, communicate with the ride leader who will happily guide you.

Our ride leaders are critical to EBTC! After all, without them, we do not have a cycling club. We do expect all members to show respect to our Ride Leaders at all times.

They are not professional guides and errors will happen. When they occur, be a positive force on these rides and offer to help. As this is the start of a brand new season, this is a good time to review our recently updated **Code of Conduct**.

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## From The Saddle

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### Cycling in the Ecuadorian Andes

John Shaw, EBTC Newsletter Coordinator



There are professional cyclists from Ecuador, and there is a growing amateur cycling community enjoying frequent road cycling, off-road and downhill mountain cycling routes and events, and wonderful leisure rides throughout the country. Even so, cycling in the Ecuadorian Andes is challenging - especially for foreigners.

- Acclimatization to altitude is critical. This topic is glossed over in **enthusiastic cycling blogs**. I didn't focus on it in my own trip planning! The **Etape Ecuador** was held in Cuenca (elevation 2550 m) a week after we arrived. It had been on my radar. However, just walking at the level, my heart rate was over 100 BPM. On flights of stairs up into el Centro Historico, my heart rate exceeded 150 BPM. For the record, my rest heart rate is less than 50 BPM. Cycling the 80 km course with 1300 m elevation gain, or even the shorter and easier 40 km course were simply not possible.
- Weather in the Andes (variable to say the least), poor visibility, the absence of shoulders on many routes and frequent **road closures due to landslides**, much less the routes themselves, present safety and logistical challenges for intercity cycling, even on major routes. The **Avenida de los Volcanes** (the main route north-south in the country) is a good example. Cyclists must be vigilant, aware of their abilities, and flexible. Another route, the best for cycling to Cuenca from the coast, has one hill, **La Muerte**, that is over 70 km long with an elevation gain of 4000 m! On the plus side there is a shoulder for some of the route and transport trucks aren't permitted on that route!
- Urban/local cycling is something we've only done on the Galapagos, and more recently in Cuenca where **cycle paths** along the rivers and elsewhere make cycling a pleasure - now that we can breathe and cycle at the same time! We'll tackle Quito (elevation 2900 m) next week!

If you are up to the challenges, the rewards are great but you need to be prepared, realistic, flexible about routes and destinations, even if they were selected with care.

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## Helpful Links:

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renew your EBTC  
membership

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assistance with  
Membership

Click here to contribute to  
the EBTC Newsletter

Click here for EBTC  
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