



April 23, 2023 - Newsletter

Upcoming Rides and Events

Come for a Walk, Saturday, May 6, Strathcona Wilderness Centre (SWC)

June MacGregor, EBTC President, and Michael Roloff, EBTC Social Coordinator



Join us for an afternoon walk and snacks at SWC (east of Ardrossan on Twp. 530, also known as Baseline Rd., at Range Rd. 212). We've booked a picnic site with a firepit by the lake just west of the Information Centre, which has indoor toilets. If you come by bicycle, there is a bike lockup by the Information Centre. However, biking is not allowed on the trails.

Arrive between 1:00 and 1:30 p.m. as the group hike will start at 1:30 p.m. If you arrive later, you can always enjoy the picnic site/firepit and go for a walk too. However, SWC closes their gates at 4:30 p.m.

No cost for members. Guests are welcome but please [e-mail](#) Michael Roloff with their name(s) and ask them to bring \$5.00 to throw in the kitty. Also, register below as we need the numbers to plan the drinks and snacks. Of course, if the weather is miserable, we will inform registrants by e-mail that the event is cancelled and will reschedule for another time (members will need to let their guests know).

[Register](#)

What's Ahead This Week (and next)?

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 25** Outbacks - this weekly training ride is suitable for all riders. You ride out and back 'by time' at your pace. Every week, you'll see if you can go a little farther as your endurance improves.
- **Saturday April 29** Stamina Builder Utlime - this is the 3rd week of the introduction to the training series for experienced riders to progressively build endurance to a 100 km ride in July. The ride leader will sweep at an 18 km/hr pace and help riders with RWGPS. This is a good time to become familiar with RWGPS as it will be required in May.
- **Sunday April 30** Sunday Social Ride – the 2nd of this weekly no-drop ride (meet up at turns) is planned for 30 to 35 km. Riders will enjoy a coffee at the end of the ride.

- **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 30** Stamina Builder Optimum – this is 3rd introductory ride of the training series to progressively build endurance and independent riding skills to ride 60 km in June. The ride leader will sweep at an average of 16 km/hr pace and help you with RWGPS. This is a good time to become familiar with RWGPS as it will be required in June.
- **Sunday April 30** Stamina Builder Enduro – with the objective of completing a 160 km ride, EBTC's very experienced cyclists will continue to progressively increase their endurance in this 2nd ride of the series, planned for 60 km.

The above series rides are again scheduled for the first week of May. Since registration for all series rides opens 6 days before the event, check the calendar to register beyond the above dates.

The first week of May also sees additional series 'social' rides as the weather warms up. Here's the list but you can check the [website](#) for the descriptions before registering:

- **Monday May 1** Monday Recreational Ride
- **Tuesday May 2** County & Urban Tuesday Ride (2nd of this bi-weekly series)
- **Wednesday May 3** Wahoo Wednesday
- **Thursday May 4** Longer Recreational Ride
- **Thursday May 4** City Cross Country Rides (mountain or fat bike rides)
- **Friday May 5** Friday Quiet Roads
- **Friday May 5** Friday Night Lights
- **Saturday May 6** Double Duty Saturday

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 Rides

Double-Duty Saturdays, starting May 6, 2023

Phil Davidson, EBTC Webmaster and Ride Leader

Is 20 km enough for a ride? Or maybe 40? If you haven't ridden for a while, need an easy recovery ride after the previous killer or just like to gawk, these rides are for you. We'll have two relatively short routes. After we do the first route, you can call it quits or head out on the second route.

Longer Recreational Rides, starting May 4, 2023

Phil Davidson, EBTC Webmaster and Ride Leader

We will do longer social rides with stops to chat/regroup and have a bite. Although these are not training rides, we will move along at a moderate pace sufficient to cover distances starting at around 50 km and going to 80 – 100 km later in the summer.



Ride Report

Stamina Builder Ultime, Saturday April 22, 2023

Phil Davidson, EBTC Webmaster

A dozen hardy members braved single-digit temperatures and a brisk breeze to enjoy the second ride of this series.

Sussing Out the Drivetrain

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 second part of this series of articles we dive into the drivetrain. Then we will stop to examine the 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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