



July 30, 2023 - Newsletter

Check the EBTC calendar regularly for a full list of rides. Check your email for ride confirmations and cancellations!

Click here for the EBTC Ride and Event Calendar including Registration Links

Click here for Tips for Selecting EBTC Rides

Messages from the EBTC Board of Directors

Bring a Friend on an EBTC Ride

EBTC encourages members to bring a friend to try an EBTC ride. **There is a procedure to follow for insurance purposes.**

E-bike Policy Reminder

Members are welcome to use 'pedal-assist' E-bikes on EBTC rides, unless the ride leader states otherwise, e.g., for hill repeats. If riding an E-bike is new to you, we encourage you to get familiar with how it operates before riding with a group.

Only pedal-assist, and not throttle E-bikes are permitted on EBTC rides. Throttle E-bikes are not legally bicycles! Pedal assist E-bikes have the following characteristics:

- they can be propelled by the rider's muscular power alone
- they cease power assistance immediately when the rider stops pedalling
- they have a total power output of 500 watts or less
- they have a power assist limit of 32 km/hour on level ground
- they have a safety mechanism preventing the motor from being engaged before the bike reaches a 3 km/hour speed (i.e., no fast acceleration)

Upcoming Rides

Miquelon Lake Ride August 19, 2023

Phil Davidson, EBTC Webmaster and Ride Leader

Start at Beaumont for 95 km or New Sarepta for 42 km. Previous years' rides have been a great chance to both ride and socialize. EBTC will provide snacks/beverages

at Miquelon Lake. The ride will be van-supported and you may put your lunch in a cooler in the van if you prefer that to the snacks provided.

[Click here for details and to register for the 95 km ride](#)

[Click here for details and to register for the 42 km ride](#)

Pigeon Lake Ride and Picnic August 26, 2023

Anne-Marie Adachi, EBTC Past President and Ride Leader

There will be 2 rides, an inner loop ride suitable for hybrid and mountain bikes (led by **Frank Potter** and **Michel Lamontagne**), and an outer loop road ride led by **Anne-Marie Adachi**. Both are intermediate 60 km rides with at least 2 good climbs! A barbecue will follow from 13:30-16:00. I hope to see you there!

[Inner Loop mountain/hybrid bike ride details and registration](#)

[Outer loop road bike ride details and registration](#)

Ride Reports

Sunrise Breakfast Ride, August 7, 2023

Michael Roloff, EBTC Social Coordinator and Ride Leader

A perfect morning to chase the sunrise. 10 brave souls jumped out of bed at the break of dawn for our First Annual Sunrise Breakfast Ride and were not disappointed. BOB (big orange ball) made his appearance at 5:58 am. Ellerslie IHOP hosted our group for breakfast. The staff and eats were excellent. One of the riders commented, "... will I set my alarm again to be out to cycle at sunrise, before 6:00 a.m.? Yes, Yes, definitely Yes! A fantastic experience with fresh morning air, almost no traffic, only the sounds of nature, a great breakfast and fun riders led by a super ride leader."



Monday Meanderings Ride, August 7, 2023

Sonya Taylor, EBTC Ride Leader

What do you do when the skies are threatening

and you can hear thunder in the background? You confab with the participants and make a group decision. To go or not to go? We went and were rewarded for our efforts - the thunder stopped and we enjoyed quiet paths and roads. 30 km of cycling enjoyment within Edmonton!

Come join us! The start time is 19:00 on August 14, and 18:30 on August 21 and 28.



[Click here for details and to register for the August 14, 2023 ride](#)

[Click here for details and to register for the August 21, 2023 ride](#)

Friday Quiet Roads Ride August 11, 2023

June MacGregor, EBTC President

There were many reasons not to do this 73 km ride from Villeneuve to Onoway this week: rest time before L'Etape, volunteer for L'Etape, strong head winds, hills/hills/hills, injury, etc. However, the Club's toughest (and, obviously, best looking) prevailed and enjoyed an excellent ride.



On August 18, we'll return to Ardrossan to (re)cycle my favourite 50 km route to the south, with a break at Half Moon Lake. For those wanting a shorter route, there is 40 km option.

[Click here for details and to register for the August 18, 2023 ride.](#)

Sunday Social Ride August 13, 2023

Betty Lafave, EBTC Secretary and Ride Leader



Sunday proved the best day of the week for our ride from Spruce Grove up the Glory Hills Road and across TWP 540 to Muir Lake. We finished with a fast ride back down to Spruce Grove and coffee at Tim Hortons.

Hydration – The Key to Better Cycling

Scott Keast, EBTC Safety and Education Coordinator

We often make the mistake of fettling our ride and getting all the right clothing and gear to improve our cycling but ignore looking after the engine that is you. When it comes to better cycling, we often overlook the importance of being properly hydrated. Yes, we



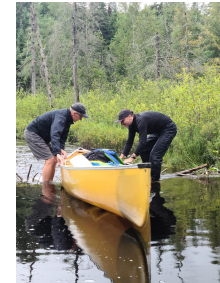
(mostly) make sure that we have the water bottle on the bike, but do we have a plan for hydrating?

[Click here to read the full story!](#)

From the Saddle

John Shaw, EBTC Newsletter Coordinator

Another thank you to **Phil Davidson**, EBTC Webmaster, for filling in for me. Last week I was canoeing in Algonquin Park. We paddled up river over beaver dams, and trudged through muddy portages in the rain. That is not the whole story as you might well imagine. There was much laughter and great food, dramatic sunsets, warm lakes for swimming, and moose of course.



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](#)

[Click here to Sign up for the Pop-Up Ride E-mail List](#)

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