



## August 6, 2023 - Newsletter

Hallelujah! Great cycling last week. All the best to those riding L'Etape on the 13th.

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

Click here for Tips for  
Selecting EBTC Rides

### Upcoming Rides

Among the upcoming unique (once-a-season) rides. Click on the links for ride details and the to register:

- **Sunrise Breakfast Ride August 7, 2023** – 1<sup>st</sup> annual Heritage Day early morning ride. **Michael Roloff**, EBTC Social Coordinator and Ride leader, is a professional chef. This is a great choice for early risers! 54 km + food!
- **Morinville Legal Loop August 7, 2023** – another annual favourite unique ride is back!
- **Miquelon Lake August 19, 2023** - Start from **Beaumont** for a 95 km ride or **New Sarepta** for 42 km. Either way enjoy a snack at Miquelon Lake.

Also check the Calendar for these weekly series rides.

**Evening Rides:** *Monday Recreational Ride from the east end; Monday Meanderings from the west end; Friday Night Lights with a Rollz Ice Cream Tour this week.*

**Day Rides:** *Wednesday Mercato Gelato; Thursday Longer Recreational Ride; Friday Quiet Roads Ride and Sunday Social Ride*

### Ride Reports

#### Thunder Lake, July 29/30

Debbi Wallace, EBTC Ride Leader

We had a great weekend at Thunder Lake. Great weather, food and good stories.

Two days, 170+K. Well done everyone! Route changes this year that avoided a lot of busy highway traffic were well received.

We're already talking about next year.



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## Mercato Gelato inaugural ride, August 2

**Keith Bambridge**, EBTC Ride Leader



The first ride in the Mercato Gelato series attracted 14 riders. Scenic trail along the Bellrose River Walk and the Red Willow paths provided great views. A few hills pushed everyone just enough. Cloudy but perfect temperatures. Gelato, treats and coffee near the end at Mercato capped off the ride.

[Click for details or to register for next week](#)

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## Thursday Longer Recreational Ride, August 3

**Phil Davidson**, EBTC Webmaster



A small but enthusiastic group drove all the way to Miquelon Lake to start an 85 km loop to Lindbrook and Tofield. The start was cloudy but not a drop of rain before the sun came out to cheer us in the last somewhat breezy and hilly section of the ride.

Next week we plan to go to Devon and Thorsby before coming back to Calmar for just under 100 km.

[Click for details or to register](#)

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## Friday Quiet Roads, August 4, 2023

**June MacGregor**, EBTC President

We welcomed our newest member on his first Club ride with a cruise down one of the city's newest bike paths (and some old favourite roads) from the Terwilliger Rec. Ctr. to the Blackhawk golf course, with a stop at Milana Ukrainian Bakery to recharge our batteries for the return climb.



Aug. 11 will take us from Villeneuve to ice cream in Onaway - 72 km on quiet roads.

[Click for details or the register](#)

## Stamina Builder Utlime 100 Finale, Aug. 5, 2023

**Anne-Marie**, EBTC Past-president

Although the Stamina Builder (SB) rides were formally completed 2 weeks ago, the Utlime 100 group continued for 2 more 100 km rides. Keith Bambridge lead a spectacular ride starting at Stony Plain through Alberta Beach, Lac Ste Anne and on to Onaway!

The SB Series rides were very successful again this season. All participants looked very strong today. A big thank you to all who led the SB's Enduro 160, Utlime 100 and Optimum 60 rides!



## Ft. Sask. Brunch Ride, August 6, 2023

**Maureen Lanuke**, EBTC Ride Leader

Sunshine, ideal temperatures and little breeze greeted 15 cyclists for a leisurely ride from the Ardrossan Rec. Ctr. to the Canadian Brewhouse in Ft. Sask. While some enjoyed a lunch they had brought with them, the rest of us took advantage of the delicious food at the Brewhouse to fuel us along our return trip.



## From the Saddle

**Phil Davidson**, EBTC Webmaster

## Terry Fannon Cycles Again to End Alzheimer's

Former long term EBTC Ride

Coordinator and Board Member, Terry Fannon, once again completed a 100+ km annual ride in the name of his mother and a friend who lived with dementia. Experiencing old-injury challenges, Terry wisely rode the route over two days this year. He and his partners, Rob Strashok and Arlette Peterson, siblings and also EBTC members, have collectively raised \$33,525 over the past 6 years to support Alzheimer Society's care-partner support groups and research at the UofA and UofC. A great accomplishment for an important cause! Ride on, Terry, Rob and Arlette.



## Empire State Trail

Three weeks into May, EBTC member Kevin Zaychuk climbed on his bike in Edmonton and rode down to Drumheller to participate in the Club weekend. From there, he headed east through Canada and the US, eventually visiting the Big Apple and riding the Empire State Trail. Kevin says of the trail, "They've done a huge amount of work on it through COVID to connect more rail trails and it is quite amazing."

[Check out the Empire State Trail](#)

## 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](#)

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