### December 10, 2023 - Newsletter

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

### Messages from the EBTC Board

# Sign Up for 2024 Membership from December 13, 2023

June MacGregor, EBTC President

Membership fees for 2024 are the same as 2023: first member \$40; additional family member (18 and over) \$20; additional family member (under 18) \$7. The EBTC Board is pleased that the EBTC finances permit this - especially during this inflationary time.

The sign up link will go live on December 13, 2023!

Click here to Obtain your 2024 EBTC Membership

### **Upcoming Event**

### BUNCHBERRY WALK, December 13, 2023

Phil Davidson, EBTC Webmaster

Wednesday is forecast to be warm and sunny. So, join us in the Bunchberry Meadows parking lot at 11 a.m. for a hike. Bring water and snacks/lunch. We'll start out together and decide along the way whether to break into two groups (shorter distance of 5-7 km, and longer distance of 'whatever' the group chooses).

Click here for more information about the Bunchberry Walk and to Register

Clothing for Cold Weather



# Riding - Layering and Staying Comfortable

**Scott Keast**, EBTC Safety and Education Coordinator



Base layers, mid layers, soft shells, hard shells. Strategies to avoid hypothermia and frostbite.

Click here for Scott's Cold Weather Layering and Staying Comfortable Suggestions

#### From the Saddle

Bob Fletcher has just completed his 2-year North and South America E-bike Journey



Bravo Bob! As you might expect he is already planning something special for 2024. Stay tuned for details related to his iconic hill rides of Europe Tour 2024. He doesn't want to loose his active senior status!

### **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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