



July 16, 2023 - Newsletter

We had a lot of smoke this past week. Many rides were cancelled. What a pity! Check the EBTC calendar regularly and get out on your bike when you can!

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

Click here for Tips for Selecting EBTC Rides

Bring a Friend to an EBTC Ride

June MacGregor, EBTC President

Do you know someone who might like to try a ride with EBTC? Bring them along as your 'non-member' guest. This summer, we're running a test of Bring a Friend. If it is popular, EBTC will automate the process.

For now, if you would like to bring a friend, email [Larry Zelazo](#), the EBTC Membership Director. Indicate the ride and date, and provide your guest's name, e-mail, and phone number. You may bring up to 2 people to join you on a ride together. Larry will check that the ride leader is OK with having a guest on the ride, and that this is the guest's first ride with EBTC. There is only one guest ride per guest! Larry will then email a link to the EBTC guest sign-up and waiver of liability form, which guests must complete before the ride. He will confirm with you, the friend and the ride leader when it's 'good to go' for the friend to ride.

It is the host's responsibility to advise their friend on ride details, changes, or cancellation, and on equipment needed for the ride (bike type, tube, pump, etc.). Hosts are expected to stay with their guest during the ride and assist them as needed.

Feel free to contact Larry Zelazo with questions on how to host a friend on a ride.

Upcoming Rides

The Evolving Season

Phil Davidson, EBTC Webmaster

The Loop de Loop series rides and the Outback Series rides have run their course for the season. The Stamina Builder series have also come to an end with the suggestion to celebrate success at Biking Like a Viking. [Explore St Albert and eat gelato](#), a new series, starts on July 26, 2023. The [Monday Meanderings Series Restarts on July 31, 2023](#).

Here are some upcoming Unique rides to sign up for:

- **Footloose Caboose** on July 28, 2023. We haven't done this one for a couple years. Start at South Cooking Lake and lunch at the Footloose Caboose.
- **Thunder Lake Cycling & Thunder Lake Cycling & Camping Trip**, July 29-30, 2023.
- **Fort Saskatchewan Brunch Ride** on August 6 2023. It is a slower-paced 50 km ride with time to socialize, and of course eat!
- **1 st Annual Heritage Day Sunrise Breakfast Ride**, August 7, 2023
- **Miquelon Lake Ride** on August 19, 2023. Choose from two distances. **Earlier start in Beaumont for a 95 km ride** or join the early group in **New Sarepta for a 42 km ride**. Food will be waiting at Miquelon Lake!

Thunder Lake Cycling & Camping Trip, July 29-30, 2023

Debbi Wallace, EBTC Ride Leader

The Thunder Lake Cycling and Camping Trip, the longest running EBTC Ride, is an intermediate cycling/camping weekend ride, fully supported, on pavement. The fee is \$ 110. The route is a combination of highways and country roads, mainly flat. We'll meet at the Petro Canada station in Onoway at 09:00 on Saturday morning and ride approximately 85 Km on Saturday and 75 Km on Sunday. The pace is relaxed (15-20 KPH) and no one gets left behind. There will be eating opportunities every 20 to 30 Km. A support vehicle will carry our camping equipment, and a small bag for each registrant (clothing, bike supplies, "beverages"). It will also be available for those unable to ride (limited basis.)



[Click Here for Trip Details and Registration](#)

1st Annual Heritage Day Sunrise Breakfast Ride, August 7, 2023

Michael A. Roloff, EBTC Social Coordinator, and Ride Leader

Cycle with the sunrise on quiet country roads. Breakfast at IHOP followed by a nice cycle back. The distance is 54 Km. The cost of breakfast is up to each rider. We will meet at 05:40 and will start to ride at sunrise 05:58! Spouses, partners, children, even friends are welcome to join for the ride & breakfast.

[Click here for details and to Register for the Heritage Day Sunrise Breakfast Ride, August 7, 2023](#)

Ride Reports

Two Hills Tour, July 8, 2023

George Childs, EBTC Ride Leader

7 EBTC members made the trek to Vegreville from Edmonton to participate in the Two Hills Tour where they were joined at the Pysanka (worlds largest easter egg) by the tour organizers and support van drivers/riders George & Lynda Childs. The weather turned out perfect with hardly any wind and temperatures in the mid to high 20's. Riders had the pleasure of a light crosswind/tailwind for the first 57 kms before a short stop in Two Hills for lunch for some and ice cream for others. The rest of the ride offered a variety of hills, a bit of a headwind and then a punishing couple of kms of soft pavement at the end of the ride. Despite the rides reputation of too many hills, too far, too hot and too windy, a new "too" was added to the list - "too much fun". The ride was done around 3:30 providing ample time to check out the local Pysanka festival. A big thank you to the cyclists who made the trip out to Vegreville and enjoyed the rural setting for the tour. Anyone up for the Two Hills stamina building challenge ride next year?

Sunday Social Ride July 9, 2023

Betty Lafave, EBTC Secretary and Ride Leader

Sunday was hot and perfect for our 38km ride from Partridge Hill to the Elk Island West gate.

Join us next week in Parkland County where we will ride from the Clifford E Lee Nature Centre to Holburn Hall.



[Click here to register for the Sunday Social Ride July 16, 2023](#)

Friday Quiet Roads 'No' Ride, July 14, 2023

June MacGregor, EBTC President and Ride Leader

The ride sure was quiet after I cancelled it due to wildfire smoke – no road, no happy riders, no coffee with saskatoon pie at Old Station Honey and Mead in New Sarepta - just me getting ready to ride stationarily and see the world go by on a screen.

On July 21, we'll try again to cycle out and back (60 km) to New Sarepta (and pie?) from the Strathcona Olympiette Centre. Let's hope it rains on those nasty forest fires to the north and/or the wind changes direction soon.

[Click here to register for the Friday Quiet Roads Ride on July 21, 2023](#)

Get Connected with Your Bike - Shoes

Scott Keast, EBTC Education and Safety Coordinator



Step-in pedals aren't much good if you don't have the shoes to go with them. Manufacturers design and build shoes that work well with most pedal designs. The key to happy feet is to find a shoe that fits your foot. Sounds simple but in practice it is quite a challenging quest. Let's, jump in with both feet and

let's get started.

[Click Here to Read the Article "Get Connected with Your Bike - Shoes"](#)

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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