



## July 2, 2023 - Newsletter

The EBTC ride season is in full swing. There are recreational, social and training rides for all types of cyclists almost every day. Check out the EBTC calendar and get out on your bike!

[Click here for the EBTC Ride and Event Calendar including Registration Links](#)

[Click here for Tips for Selecting EBTC Rides](#)

## Upcoming Rides

### Upcoming Unique Rides

Phil Davidson, EBTC Webmaster

In addition to the regular series rides, we have some great unique rides taking place soon! Register now for these if you haven't already:

- **Morinville/Legal Loop Ride** on July 3, 2023. It is a fairly leisurely 55 km no-drop ride through the countryside north of Edmonton. A regular favourite of EBTC members.
- **Vegreville/Two Hills Ride** on July 8, 2023. It is another long-time favourite. A 100 km rolling hill ride that begins and ends at the Vegreville Pysanka.
- **Al's Bakery Ride** also on July 8 2023 is another perennial favourite! Visit a few favourite bakeries in North-Central Edmonton. Bring your sweet tooth, and panniers or backpack to take home some goodies.
- **Biking Like A Viking** on July 23, 2023. A special collaboration with the Canadian Birkie.

Keep an eye out for these rides on the EBTC Ride Calendar:

- **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.
- **Fort Saskatchewan Brunch Ride** on August 6 2023. It is a slower-paced 50 km ride with time to socialize, and of course eat!
- **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!

## Ride Reports

## Sunday Social Ride June 25, 2023.

**Phil Davidson**, EBTC Webmaster and Ride Leader



The weather forecast warned of possible strong thunderstorms. It was raining hard part of the way out to Graminia Hall. Would anybody actually show up? Yup. Seventeen keen EBTCers took the chance on getting wet or scrubbing at the start, and had a great, dry 45 km ride to the playground at Holborn Hall and back, with a break at Spruce Park Ranch.

The ride on July 2, 2023 was cancelled. Please join us on July 9, 2023!

[Click here to register for the Sunday Social Ride on July 9, 2023](#)

## Longer Recreational Ride June 29, 2023

**Phil Davidson**, EBTC Webmaster



The rain was threatening again but we scared it off. Glorious sun most of the way with a few welcome cloud shadows as it got warmer and hardly any breeze. It was a great 74 km route from New Sarepta around Miquelon Lake with a leisurely stop in the park to chat and then back to New Sarepta to sample the mead.

Join us on July 6 when we'll ride 86 km from Ardrossan to Elk Island Park to the Ukrainian Village for a choice of home-made pirogies, sausage, etc.

[Click here to register for the Longer Recreational Ride, July 6, 2023](#)

## Friday Quiet Roads Ride, June 30, 2023

**June MacGregor**, EBTC President and Ride Leader



In spite of the heat warning, 18 riders boldly went forth into the coolish morning air, gentle breezes and smoke-free countryside. The 45 km route from the Clifford E. Lee Nature Sanctuary included an enjoyable break at the Spruce Park Ranch Country Store and Coffee Shop.

Our next ride offers 52 km of mainly 'undulating' terrain (i.e., hills). We'll start at Villeneuve. We'll have a pit stop at Muir Lake. Then we'll ride down to the Spruce Grove Tim Horton's for a break and return to our vehicles on a less circuitous route.

[Click here to register for the Friday Quiet Roads Ride on July 7, 2023](#)

## Get Connected With Your Bike



For most new cyclists the thought of being truly connected (trapped?) on their bike via a step-in pedal system is just too frightening to contemplate. So why do most seasoned cyclists opt for these pedal/cleat/shoe systems?

In the past, being “clipped in” literally meant being strapped to your pedals and because you were wearing your bike - escape was nearly impossible without reaching down to both pedals and releasing the leather straps. So, in a crash, for example, cyclists were still wearing their bicycle while lying on the pavement.

Stephen Roche was the last rider to use toeclips to win the Tour de France in 1987 and the famous Irish Sprinter, Sean Kelly, continued to use toeclips right up to 1993. Professional cycling tends to be quite conservative, and the acceptance of clipless pedals took time, but they are universally used today.

[Click here to continue reading "Get Connected With Your Bike"](#)

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## From the Saddle

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### EBTC Members Marshal the MS Leduc to Camrose Ride for the 34th year!

Anne-Marie Adachi, EBTC Past President



On June 24-25, 2023 the 34th Leduc to Camrose Ride for MS was held, a great success with over 700 riders and \$1 million raised for Canadians living with MS.

This year our EBTC team was joined by members of the Canadian Ski Patrol doing double duty with bicycle repair and First Aid. Thanks to all who participated. I hope to see you all back next year!

Kudos to Charles World for quadruple duty, MS Committee Member in the signage portfolio, member of the sign team, bike marshal and first aider! With Charles, EBTC member Frank Potter and friend Larry from Calgary did a superb job with the signage set up and take down! Frank and Larry worked a 12-hour day on Saturday! Many, many thanks! Kudos also to ride marshal Steve Bitto on his 22<sup>nd</sup> year of participation!

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## Helpful Links:

[Click here to become or renew your EBTC membership](#)

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[Click here to contribute to the](#)

[Click here for EBTC exclusive RideWithGPS map access](#)

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