



July 23, 2023 - Newsletter

We've had a lot of smoke lately. Many rides were cancelled. What a pity!
Check the EBTC calendar regularly for new rides, including pop-ups!

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

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

Upcoming Rides

Footloose Caboose July 28

Phil Davidson, EBTC Webmaster

A perennial favourite. This year it leaves from South Cooking Lake for a 60 km round trip with a light lunch at the caboose. Sign up by 9 am Thursday!



[Click for Details or Sign-up](#)

Mercato Gelato Series begins July 26

Phil Davidson, EBTC Webmaster

A new series explores St Albert ending with gelato, or various other treats. See the website Season Summary > Series Summary or sign up for the inaugural ride.

[Click for Details or Sign-up](#)

Stamina Builder Reunion July 29

Anne-Marie Adachi, EBTC Past-president

Attention Stamina Builders: We have had some cancellations due to weather and smoke! No rides scheduled for July 29 so let's ride 100 km at Beaumont!

[Click for Details or Sign-up](#)

More Monday Meandering starting July 31

Sonja Taylor, EBTC Ride Leader

Need a nice leisurely ride to recover from a hectic weekend? Join other cyclists to explore a mix of multi-use trails, country roads and residential streets including a variety of hills and flat terrain.

The response to the original six-week series was so positive that the series will resume. Check the Series Summary on the website or go directly to Karelo to register:

[Click for Details or Sign-up](#)

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

Debbi Wallace, EBTC Ride Leader

This intermediate cycling/camping weekend is fully supported, on pavement. We'll start in Onoway. 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 equipment and will also be available for those unable to ride (limited basis.)



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

August Long Weekend Unique Rides

Registration is open for the following rides. See the website summary for the details.

- Sun. Aug. 6 – Fort Saskatchewan Brunch Ride – this popular annual ride returns.
- Mon. Aug. 7 – Sunrise Breakfast – 1st annual Heritage Day early morning ride.
- Mon. Aug. 7 – Morinville Legal Loop – another annual favourite is back.

[Click to see the summary](#)

Ride Reports



Thursday Longer Recreational Ride, July 20

Phil Davidson, EBTC Webmaster

Great weather for a great ride: 70 km from Beaumont to Half Moon Lake and back by a mostly different route.

Next week we take a break but will be back August 3, probably with a little longer ride.

Friday Quiet Roads, July 21

June MacGregor, EBTC President and Ride Leader

Our group of 28 enjoyed a smoke-free, warm-weather 60 km ride. The tail wind was welcome on our return from New Sarepta to the Olympiette Centre . . . after pie (yes, yummy saskatoon), cheesecake or other munchies at Old Station Honey and Mead.

On July 29, join Liz Timleck and Bob Atlee for the always excellent Footless Caboose ride, i.e., no Quiet Roads ride next week but the series resumes on Aug. 4.



Biking like a Viking, July 23

Perfect Day, Fantastic Routes, Super Support!
June MacGregor, EBTC President

Just got home from a most enjoyable ride.



EBTC was evident throughout – as volunteers marshalling, at aid stations, as cyclists for every distance (50 km; 100 km and 160 km), and also as volunteers who helped the Birkebeiner Society with planning the routes to highlight the Beaver Hills Biosphere. I'm sure every member said many 'hellos' to EBTC friends at the Olympiette Centre at the start and at the catered meal at the end. It was a great day and we look forward to Biking Like a Viking next year.

The Link between Chain Wear

and Component Wear

Scott Keast, EBTC Education and Safety Coordinator



Neglecting to keep an eye on how worn the chain is can cost you big time down the road.

[Read the Article "The Link between Chain Wear & Component Wear"](#)

Bring a Friend to an EBTC Ride

By the EBTC Board

In last week's newsletter, we covered EBTC's new initiative to bring your 'non-member' guest(s) to a ride. We're using the remainder of this ride season as a test to help decide whether and how to continue Bring a Friend into the future.

[Click here to learn about getting guests on rides](#)

From the Saddle - Check out some e-bikes Friday July 28

Phil Davidson, EBTC Webmaster

E-bike 101 will tell you all about e-bikes and let you go for a test ride.

City Hall Heritage Room (1 Winston Churchill Square)

9:00 am coffee and welcome (bring your own mug)

9:15 – 9:45 presentation

10:00 – 11:00 test rides (helmets available but better to bring your own)

Helpful Links:

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renew your EBTC
membership](#)

[Click here if you need
assistance with
Membership](#)

[Click here to
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[Click here for EBTC exclusive
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