



July 9, 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 the EBTC calendar regularly 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](#)

Pop-Up Rides

June MacGregor, EBTC President

We enjoyed our first pop-up ride of the summer season last week. These rides are added to the EBTC calendar and to Karelo, for registration, close to ride dates, generally based on a good weather forecast. They can be offered on any day or time and at any level of difficulty or distance. If you would like to be informed of pop-up rides, please sign-up for the EBTC Pop-Up ride e-mail list. That way, you won't need to check the calendar or the Facebook group for these rides.

[Click Here to sign up for the EBTC Pop-Up Ride List](#)

Upcoming Rides

Biking Like a Viking July 23, 2023: Register to Ride or/and Sign-up to Volunteer

June MacGregor, EBTC President

Registration ends July 14, 2023 for the 50 km, 100 km or 160 km rides. Volunteer positions also remain to be filled - another way to enjoy the event with other fun people. Riders will explore the UNESCO-Designated Biosphere east of the city on professionally organized and fully supported routes, with a catered meal at the Strathcona Olympiette Centre finish.

[Biking Like a Viking Rider Registration](#)

[Biking Like a Viking Volunteer Sign-Up](#)

Upcoming Unique Rides

Phil Davidson, EBTC Webmaster

Links for these rides are now available on the EBTC Ride Calendar and hot keyed here:

- ***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!
- ***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!

Monday Meanderings Rides Restart July 31, 2023

Sonja Freeman, EBTC Ride Leader

These evening rides are intermediate no-drop rides (25-35 km in length) starting in southwest Edmonton. Come explore a mix of multi-use paved trails, country roads and residential streets including a variety of terrain (hills and flat). RWGPS routes are provided and cyclists are expected to have the route with them. Suitable for road, hybrid or gravel bikes. There is no scheduled drink/food stop during the ride. Hope to see you out!"

[Click Here for Monday Meanderings Details](#)

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

Unstable Weather Means ...

Phil Davidson, EBTC Webmaster and Ride Leader

1. Check whether rides for which you're

registered are cancelled.

2. Check for pop-up rides when the weather looks good!

We popped up at Terwilliger Rec Ctr on Tuesday morning and rode a circuit to Callingwood Rd, 199 St, and 23rd Ave, with a leisurely break for refreshments and only a countable number of raindrops. Visit the ride calendar, or the EBTC Facebook group, or better still join the pop-up rides email list.



Friday Quiet Roads Ride, July 7, 2023 (oops edition!)

June MacGregor, EBTC President and Ride Leader



Advertised as a 52 km loop from Villeneuve to Spruce Grove, our ride leader (me) relied on memory (versus reliable RWGPS) and extended the ride (oops) to ~60 km. Luckily, with seasoned riders and perfect weather, the ride ended with smiles.

The July 14 ride is a 60 km out and back from the Strathcona Olympiette Centre to New Serepta for a break. On these Friday rides, we meet up regularly at corners or other key points, leaving no one behind.

July 14 ride: <https://www.karelo.com/register.php?BID=394&BT=10&Ev=21067>

[Click here to register for the Friday Quiet Roads Ride on July 14, 2023](https://www.karelo.com/register.php?BID=394&BT=10&Ev=21067)

Friday Nights Lights Ride, July 7, 2023

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



Shelley, Sandra & Ryan joined me for a 34 Km Friday Night Lights ride where we stopped at Kind Ice Cream for a treat. The line was long, and the ice cream was amazing. Try the Key Lime Pie Ice Cream, so good. Join us on July 14, 2023, as we take another tour to a locally owned hidden gem!

[Click here to register for the Friday Nights Lights Ride, July 14, 2023](#)

Helpful Links:

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

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

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