



June 18, 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, unless they are cancelled due to smoke, or heavy rain. 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](#)

EBTC Volunteer Opportunity: Social Media Coordinator June MacGregor, EBTC President

We're looking for a Social Media Coordinator to oversee two of EBTC's key communications channels: the public-facing Facebook Page to convey externally what the Club is all about; the members-only Facebook Group where EBTC members and the EBTC Board share information about activities. The role doesn't require Facebook expertise as you'll be oriented and supported by the Webmaster and other Board members.

This 'Board role' is being temporarily filled as a 'Special Volunteer' as the incumbent, unfortunately, had to step down. By volunteering, you'll interact with the Board and members, and will learn how EBTC functions. You may then choose to join the EBTC Board in the Social Media position by standing for election at the Annual General Meeting in early 2024.

[Click here if you are interested in becoming the EBTC Social Media Coordinator](#)

Upcoming Rides

Morinville Legal Loop Ride - rescheduled for July 3, 2023

Anne-Marie Adachi, EBTC Past President and Ride Leader

Liz Timleck has rescheduled the Morinville Legal Loop Ride to July 3!! This is always a fun ride!

[Click here for details and to register for the Morinville-Legal Loop Ride,](#)

Vegreville/Two Hills Tour, July 8, 2023

Anne-Marie Adachi, EBTC Past President and Ride Leader

George Childs will lead the Vegreville/Two Hills Tour. This is a challenging 100 km ride, and it will be followed by a visit to the Ukrainian Pysanka Festival for authentic Ukrainian perogies, kielbasa and other delights!

[Click here for Vegreville/Two Hills Tour Details](#)

Al's Bakery Ride is Back, July 8, 2023

Anne-Marie Adachi, EBTC Past President

Riders will check out some of Al's favourite bakeries while riding mostly on bike paths in North Central Edmonton! Registration opens soon!

[Click here for Al's Bakery Ride Details](#)



Biking Like a Viking, July 23, 2023

EBTC Board

With a 50 km, 100 km and now a 160 km route to choose from, there is a ride for almost every EBTC member! These routes from the Strathcona Olympiette Centre will explore the area east of the city where many EBTC members regularly cycle. However, they are planned to feature the area's uniqueness as a UNESCO-Designated Biosphere, one of only 19 such Biospheres across Canada. By registering, you'll enjoy a professionally organized cycling event with support, nutrition stations and a catered meal at the finish – and may see our home cycling landscape in a new light.

[Biking Like A Viking Event Information](#)

[Biking Like a Viking Registration](#)

[Click here to learn more about the UNESCO-Designated Beaver Hills Biosphere](#)

Ride Reports

Friday Quiet Roads, June 16, 2023

Phil Davidson, EBTC Ride Leader, Webmaster and (Acting) Social Media Coordinator



Despite a little smoke in the air, 20 cyclists headed out from Ardrossan down to Half Moon Lake for a break. More geese than people enjoyed the water there! After the break, most riders took the 50 km route to complete the ride while others decided to finish with the 39 km option.

The June 23 ride returns to Elk Island National Park, hopefully without the wildfire smoke that caused us to cancel the previously planned ride. **Liz Timleck** will lead the group from the Visitor Centre through the Park, with a break at Astotin Lake on the return.

[Click here to register for the Friday Quiet Roads Ride on June 23, 2023](#)

Loop de Loop Ride June 17, 2023

Phil Davidson, EBTC Webmaster



Our nine riders timed it perfectly. We did our 25 km first loop out of Beaumont in mixed sun and cloud with no smoke. As we finished the first loop it started to rain just enough to convince us that we needed to caucus at Tim's to consider our options. After a lively discussion (that didn't actually mention the second loop), the rain was starting a bit again so the vote was in favour of adjourning until next week.

Sunday Social Ride June 11 and 18 2023.

Betty Lafave, EBTC Secretary and Ride Leader



The June 11th Sunday Social Riders enjoyed a 42 km ride from Ardrossan to the Fox Run Golf Course, via Partridge Hill. It was a great ride in windy conditions.

The June 18 Sunday Social Ride from Spruce Grove into the Glory Hills was cancelled due to the wet conditions. This ride will be offered again in July.

Please join us next Sunday for a 45 km ride from Graminia Hall in Parkland County to Holburn Hall.

[Click here to register for the Sunday Social Ride on June 25, 2023](#)

Avoiding the Magnetic Curb

(Destination Positioning)

Scott Keast, EBTC Safety and Education Coordinator



One of the most common mistakes that I see occurring with riders of all skill levels, is giving in to the Magnetic Curb. What is the Magnetic Curb and why does it seem to affect even the highest end composite bike?

[Click here to continue reading "Avoiding the Magnetic Curb\(Destination Positioning\)"](#)

From the Saddle

Gourmet Hub and Spoke Cycling Near Naramata

John Shaw, EBTC Newsletter Coordinator

Every time I visit Naramata (just north of Penticton on the east side of Okanogan Lake), I am reminded just how special a place it is and how much it has to offer cyclists of all stripes. From leisurely and scenic to challenging rides along the Kettle Valley Railway, to hill repeats and sprints on nearby roads, to beaches for a picnic or quick dip mid or post ride, to farmers markets, to winery visits, to great lunches on terraces overlooking the lake or a vineyard or both, to gourmet dinners with sunset views. It is easy to plan and have as many great days out as you have available!



[Click here for more about "Gourmet Hub and Spoke Cycling Near Naramata"](#)

Helpful Links:

Click here to become or
renew your EBTC
membership

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assistance with
Membership

Click here to
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