



June 25, 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](#)

Messages from the EBTC Board of Directors

'Iffy' Weather: When does EBTC Cancel Rides?

June MacGregor, EBTC President

When conditions are 'iffy' due to wildfire smoke, rain, heat, cold, strong winds, etc., please check your e-mail before heading out to a ride. The ride leader may have sent registrants a Karelo e-mail cancelling or modifying (e.g., shortening) the ride. Also, if you are not comfortable riding in the current or forecast conditions, please cancel your registration in Karelo so that the ride leader doesn't expect you (and, if the ride has a waitlist, your spot opens up to another member).

EBTC's policy is that it is up to the ride leader and to members to decide what conditions are comfortable and acceptable to them. This policy acknowledges that significant individual differences exist in tolerance for weather conditions, and that we are each in the best position to make decisions for ourselves.

E-Bikes: Are they O.K. on EBTC Rides?

June MacGregor, EBTC President

Members are welcome to use 'pedal-assist' e-bikes on EBTC rides, unless the ride leader states otherwise, e.g., a training ride of hill repeats. If riding an e-bike is new to you, we encourage you to get familiar with how it operates before riding with a group. 'Pedal-assist' e-bikes only provide power assistance when rider is pedalling, i.e., they cease power assistance when the rider stops pedaling. These and other features which limit power, speed and acceleration make them suitable for cycling with other types of bikes. This is in contrast to 'throttle' or 'moped' type bikes, which are not acceptable for EBTC rides. These are powered when the throttle trigger or handle is used and, given their rapid acceleration and speed, do not mix well with other bikes.

Upcoming Rides

Stamina Builder Ride Series Update and Finale!

Anne-Marie Adachi, EBTC Past President and Ride Leader

The Stamina Builder Ride Series has been quite successful again this season. On average 12-15 riders have been out for all 3 rides, Enduro, Uptime and Optimum on Saturdays and Sundays. While some rides have been cancelled due to high AQI and rain, regular attendees are easily meeting and exceeding their goals of 60, 100 and 160km distances.

The 2023 Stamina Builder Series will end formally with the Biking Like A Viking Finale!! A HUGE thank you to our Stamina Builder participants in their volunteer roles for Biking Like a Viking.

SB Uptime (Saturday)			SB Optimum (Sunday)			SB Enduro (Sunday)	
July 1	Ardrossan	88km	July 2	Ardrossan	54km	Beaumont	120km
July 8	Vegreville -Two Hills	100km	July 9	Spruce Grove	44km	Leduc	130km
July 15	Spruce Grove	80km	July 16	Beaumont	60km	Ardrossan	140km
July 23	Biking Like a Viking	100km Finale	July 23	Biking Like a Viking	50km/100km	Biking Like a Viking	160km Finale

[Click here for Vegreville/Two Hills Tour Details and Registration July 8, 2023](#)

[Biking Like a Viking Details and Registration July 23, 2023](#)

Sunday Social Ride July 2, 2023.

Betty Lafave, EBTC Secretary and Ride Leader

[Click here to register for the Sunday Social Ride on July 2, 2023](#)

Morinville Legal Loop Ride, July 3, 2023

Anne-Marie Adachi, EBTC Past President and Ride Leader

Liz Timleck 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,](#)

Al's Bakery Ride, 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](#)

Ride Reports

Longer Recreational Ride June 22, 2023

Phil Davidson, EBTC Webmaster

The rain ended! EBTC riders were keen to get on their bikes. Sixteen rode 75 km from Woodbend Hall to the playground at Holborn Hall, then to Spruce Park Ranch for coffee and back to Woodbend. The weather was great: ideal temperature, little breeze.

Next week, we'll learn how mead is made and what it tastes like, as well as sample a few other goodies.



[Click here to register for the Longer Recreational Ride, June 29, 2023](#)

Friday Quiet Roads Ride, June 23, 2023

Liz Timleck, EBTC Ride Leader

It was a beautiful day for a 50k ride through Elk Island Park. On the return we stopped at Astotin Lake to enjoy snacks and fellowship.



Next week, we'll head from the Clifford E. Lee sanctuary to the Spruce Park Ranch for coffee, 45 km.

[Click here to register for the Friday Quiet Roads Ride on June 30, 2023](#)

Loop de Loop Ride

June 24, 2023

Phil Davidson, EBTC Webmaster

The competition for riders was fierce between us and the MS ride. MS won on quantity but not quality. We had a great 40 km ride in full sun, not too warm, from the Olympiette Centre, around about here and there, with refreshments at Half Moon Lake.



From the Saddle

Octogenarian Odyssey Continued!

John Shaw, EBTC Newsletter Coordinator

Bob Fletcher is on his way Bob Fletcher from Cartagena Columbia to Ushuaia at the southern tip of Argentina! You can follow him on Facebook or join him for segments if you like.



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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