



March 12, 2023 - Newsletter

EBTC Ride and Event Reports Upcoming EBTC Rides and Events From the Saddle

EBTC Ride and Event Reports

EBTC Annual General Meeting, February 26, 2023

June MacGregor, EBTC President

The Board was pleased that 38 members attended our 3rd AGM by Zoom (Feb. 26, 2023). As returning President, I am thankful to those members who volunteered for the 12 EBTC Board positions, as well as the two members who serve as Special Volunteers to the Board.

A full slate of Board members was acclaimed for 2023, and the Board welcomed **Michael Roloff** as the new Social Events Coordinator.

[Click here for the full AGM report](#)

Ride Leader Session, March 5 2023

Danielle Amerongen, EBTC Ride Coordinator

A huge thank you to Scott Keast for his leadership in putting on the session and updating the Ride Leader Manual. Scott guided 17 participants on how to organize and lead a ride, how to handle various incidents, and how to use RWGPS and Karelo as a ride leader.



Upcoming EBTC Rides and Events

Upcoming EBTC Rides

Danielle Amerongen, EBTC Ride Coordinator

The ***EBTC ride and event calendar*** is being updated almost daily! If you are interested in leading one of your favourite rides, please contact me at touring@bikeclub.ca or complete and forward a ***ride proposal form***.

Relive the Octogenarian Odyssey - A Social Event with Bob Fletcher and Wayne Grover, March 26, 2023

June MacGregor, EBTC President and **Michael Roloff**, EBTC Social Events Coordinator



Many of us followed former EBTC member, **Bob Fletcher**, and current EBTC member, **Wayne Grover**, as Bob pursued his Octogenarian Odyssey to set a world record for the longest e-bike ride on a trip from North Pole Alaska to Panama City. They will join us in person to share stories of their 5 month, 14,000 km adventure.

This event is free for members. Non-Member guests are welcome at a charge of \$10, cash only, at the door. If guests join EBTC, the \$10 will be credited toward their membership. Please forward the names and email address of guests to ***Michael Roloff*** so that we have sufficient snacks/beverages on hand, and that they receive a \$10 discount code for membership sign-up.

The event will take place at the Laurier Heights Community Hall (14405 – 85 Avenue) on Sunday, March 26, 2023. Join us for a one-hour guided walk at 13:00. We will socialize before and after the Talks and Qs&As that start at 14:30.

Snacks/Beverages: Snacks and non-alcoholic drinks are free; wine and beer are \$5 cash only per drink.

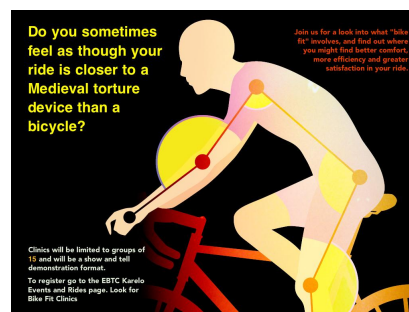
[Click here to register for the Octogenarian Odessey Social](#)

[Click here for a 2023 EBTC Membership](#)

In-Person Bike Fit Demonstrations April 5 and April 12 2023

Anne-Marie Adachi, EBTC Past President

Whether you are a rookie or a seasoned rider, you can always learn something new to improve your performance on the bike. Did you know that a perfect seat height can maximize your power on the bike? Come and join us for one of two bicycle fit demonstration sessions on April 5 or April 12 2023, led by **Scott Keast**, EBTC Safety and Education Coordinator. These sessions will be held at The Providence Center 3005 -119 St NW from 18:00 - 21:00.



[Click here to register for the April 5, 2023 session](#)

[Click here to register for the April 12, 2023 session](#)

[Click here for bike fit demonstration event outline](#)

Cycling 101 Ride Series - April/May 2023

Anne-Marie Adachi, EBTC Past President

Cycling 101 will be a multi-week on-bike, on-road course to be held at Gold Bar Park during April and May 2023 offered by **Scott Keast**, EBTC Safety and Education Coordinator. Watch for details and Registration Information in upcoming EBTC Newsletters.



[Click here for Cycling Ride Series Outline](#)

Drumheller Get-Away May 27-28, 2023 - Expression of Interest

June MacGregor, EBTC President

If you are keen to cycle the beautiful and unique Drumheller area on the weekend of May 27-28, 2023, please **email me**. Plans for this weekend get-away will be finalized based on the e-mail expressions of interest I receive.

[Click here for the preliminary Drumheller Get Away trip description](#)

Update - Oregon Trail Cycling Trip - Fall 2023

Danielle Amerongen, EBTC Ride Coordinator

Oregon Trail trip registration opened on Saturday March 5. There are still some spots left, especially for the 5 day tour. Registration closes March 19. Interested members should contact Hans at hans@hfcomputer.ca.

[Click here for details and registration for the 12-Day Astoria to San Francisco Trip](#)

[Click here for details and to register for the 5-Day Eureka to San Francisco Trip](#)

Update Bike and Barge Trip in Southern France Starting on May 25, 2024

Cathy Walsh, Elaine Steedsman

This trip is filling quickly! There are only 7 spots left. EBTC members receive a 50 euro discount if they book before March 31st, 2023. Don't delay. A 25% deposit will secure your spot. The prices on the Girolibero web site are for 2023. Prices for the 2024 trip are:

- 1.620 euro per person in DBL/TWN cabin; 1.970 euro per person in SGL cabin
- 110 euro regular muscle bike; 270 euro E-bike
- 50 euro special diets supplement

Cathy Walsh is happy to field questions about the trip!

[Click here to register for the 2024 EBTC bike and barge tour](#)

[Click here for the EBTC Ride Description](#)

[Click here for the EBTC ride and event calendar with registration links](#)

[Click here to join the EBTC Facebook Group](#)

From the Saddle

Dodging Tortoises on the Galapagos

John Shaw, EBTC Newsletter Coordinator

While cycling on the Galapagos Islands isn't the first activity to come to mind, there is **a network of gravel trails on Isabela Island**. Short jaunts along the south coast and rides to natural hot springs near a still active volcano at the north end of the island are both possible. There is also a day-ride on Santa Cruz along a dedicated bike path that follows the E5 from Puerto Ayora to the highest point on the



island. ***You can take a detour to visit a tortoise farm on the way.*** Beware though, you'll need to dodge giant tortoises as they speed across your path!

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

Click here to visit the EBTC
Facebook Page

Click here to join the EBTC
members only Facebook
Group

Click here to visit the EBTC website

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