

March 19, 2023 - Newsletter

Upcoming EBTC Rides and Events

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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, onroad 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. Their 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 sports 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

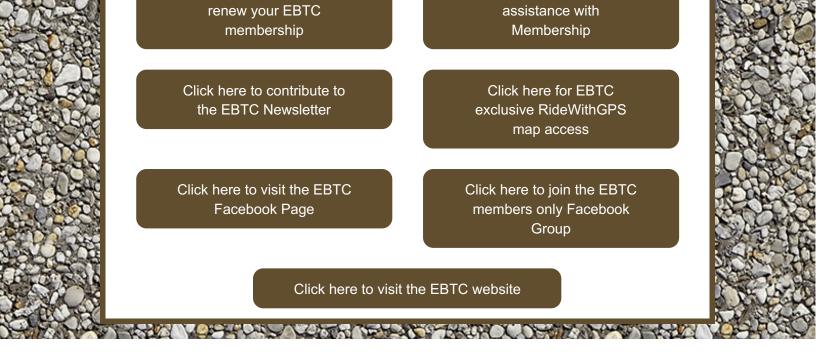
Click here for the EBTC Ride Description

Click here for the EBTC ride and event calendar with registration links Click here to join the EBTC Facebook Group

Helpful Links:

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