



May 14, 2023 - Newsletter

Focus on Some Fun Social Rides Where We Were This Week Caring for your Cycling Clothes

[Click here for the EBTC Ride and Event Calendar including Registration Links](#)

[Click here for Tips for Selecting EBTC Rides](#)

Focus on Some Fun Social Rides: What Ride Leaders Say!

By **June MacGregor**, EBTC President

Last week, we covered the Monday Recreational Ride (evening), Friday Night Lights (evening) and Loop de Loop (Sat. a.m.). Below are more of EBTC's weekly social rides.

Wahoo Wednesday, Charmaine Folster, Ride Leader

Why late afternoon (3:00 p.m.) Mid-week ride before dinner for those who work early days or want to ride in the afternoon.

Who's it for? Anyone. We change between city paths/quiet roads one week, where any type of bike is good, and then country roads the next week, where a bike other than a road bike will have you working hard.

What's it about? City rides are in west Edmonton, with likely one good hill. Don't worry, we regroup at the top. Country rides are just west of the city and a little flatter and faster.

What's coming up? On May 17, meet at 20039 Lessard Rd (Edo Japan parking lot).

Longer Recreational Ride (Thursday), Phil Davidson, EBTC Webmaster

Why this ride (10:00 a.m.) Some of us like to get out for longer rides, gawk a bit, chat and even get a little exercise, without busting our butts.

Who's it for? Intermediate/advanced riders who can cover the distance.

What's it about? We start at various locations, try to find some interesting things to see and spots for a snack break.

What's coming up? Next week we pick up the distance to 52 km from Villeneuve to Muir Lake and a snack in Spruce Grove.

Friday Quiet Roads, June MacGregor, EBTC president

Why Quiet Roads (10:00 a.m.)? We try to get away from the city's traffic and noise.
Who's it for? Members with riding experience seeking to explore Edmonton's countryside. As riders get stronger during the season, ride distance/pace increases.
What's it about? We start at a different location weekly, regroup at corners/stop signs (no drop), and enjoy a coffee break during or after the ride.
What's coming up? May 19's ride is 39 km ride from the Ardrossan Rec. Centre.

Sunday Social Ride, Betty Lafave, EBTC Secretary

Why this ride (10:00 a.m.)? It's social and it's fun!

Who's it for? Members who can maintain a 18 kph pace and a 40 km distance. Pace increases and distance gets longer over the summer as we become more conditioned

What's it about? We meet up at corners and stop signs, chat with other riders and try to incorporate a coffee stop into each ride, either during or after the ride.

What's coming up? Rides start at various locations: on May 21 from the Ardrossan Rec. Centre, with a break at Half Moon Lake Resort; on May 28 from Villeneuve.

Hill Tops 'N Coffee Shops

Danielle Amerongen, EBTC Ride Program Coordinator

This Intermediate/Challenging training program beginning this week is meant to increase a cyclist's strength required for hill climbing and riding into head winds, as well as exploring Edmonton coffee shops. Cycling experience and some fitness required.

[Click here to register for Hill Tops 'N Coffee Shops May 17](#)

Event Reports

Longer Recreational Ride May 11

Phil Davidson, EBTC Webmaster

We stayed in the city this week, though it didn't feel like it sometimes, past fields and through Blackmud Creek valley. Fourteen riders ended at the Mood Café, which has great rewards for a good ride ... with a great group on good pavement in bright sun and perfect riding temperature. Next week we head from Villeneuve to Spruce Grove.



[Click here to sign up for the Longer Recreational Ride May 18](#)

Friday Quiet Roads May 12

June MacGregor, EBTC President

Eighteen riders agreed that the newly repaved Winterburn Rd is a delight.



Join us next week as we head from Ardrossan to Half Moon Lake.

[Click here to sign up for Friday Quiet Roads May 19](#)

Friday Night Lights May 12

Michael Roloff, EBTC Social Coordinator

Fantastic weather for week 2 of Friday Night Lights – enjoyed a 31.5 km solo adventure and still had time to treat myself.

Join us Next Friday May 19th for an adventure out to Beaumont with a stop at The Spot Food Trailer

Open to a time change; if 6:30 is too early, let **Michael** know. We do our best to accommodate our riders.



[Click here to sign up for Friday Night Lights May 19](#)

Loop de Loop May 13

Phil Davidson, EBTC Webmaster

Weather couldn't have been better for a little ride in the country from Partridge Hill. (OK, even less breeze would have been fine, but it kept the smoke away.)



Next week we'll head out from the Strathcona Olympiette Centre with a stop at Half Moon Lake.

[Click here to register for the Loop de Loop May 20](#)



Sunday Social Ride May 14

Betty Lafave, EBTC Secretary

Ho hum, just another perfect cycling day, from Clifford E. Lee out Graminia way. Warm but not hot, enough breeze to keep cool without getting buffeted around, ...

Next week we'll start at Ardrossan for a change with a break at Half Moon Lake.

[Click here to register for Sunday Social Ride May 21](#)

May 20 Stamina Builder Ultimate change of location

Danielle Amerongen, EBTC Ride Program Coordinator

Next Saturday's ride will start at the Graminia School, NOT Devon. Construction on the bridge makes it unsafe for a group ride. The Optimum Sunday ride also starts at the same location. Optional rest stop at the Spruce Park Ranch Coffee Shop.



Stamina Builder ride rewards!! Ride for the ice cream or coffee!

[Click here to register for SB-U May 20](#)

'Pop Up' Rides/Socials: Reminder to Sign Up for E-Mail Notifications

June MacGregor, EBTC President

If you're already on the Pop-Up E-Mail List, you've been notified that the first 'Pop-Up' of the season is in the calendar and open for registration: SW Edmonton Ice Cream Ride on May 16. Members can expect more 'Pop Ups' as the season progresses.

Unlike EBTC's series and unique rides and social events, which are planned well in advance, 'Pop Ups' are often offered close to their actual date when a ride leader/organizer is available and the weather looks good.

Members have the option to receive an e-mail notification, with the link to register, whenever a 'Pop Up' is available. That way, you won't need to keep checking the EBTC calendar!

[Sign up for the Pop-Up E-mail List](#)

Caring for your Cycling Clothing

Scott Keast, EBTC Safety and Education Coordinator



Those high-tech clothes are not cheap so maybe we should take care of them and get the performance they promise.

[Click here for the full story](#)

From the Saddle

Canadian Road Cycling Championships are bringing some of Canada's top elite cyclists to Edmonton June 23 to 26 and they're looking for your help. Do North Events is hosting and looking for volunteers. Check it out!



[Check it out](#)

Or maybe you'd like a great deal on an Edmonton Symphony Concert - half price if you cycle to this one!

[Bike to the Symphony](#)

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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