



May 7, 2023 - Newsletter

Focus on Some Fun Social Rides Where We Were This Week Finishing Your Bike

[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!

Three great rides this week through interviews by **June MacGregor**, EBTC President

Monday Recreational Ride, **Gaye Carter**, Ride Leader

Why Monday evening (6:30 p.m.)? Initially created to help loosen up after riding hard or training on the weekend..... it's continued now for a number of years.

Who's it for? All riders! New riders may find it a little tough at first to climb out of the river valley. Endurance builds quickly if members ride a few times a week.

What's it about? A 'no drop' ride (e.g., meet at the top of hills) from Rundle Park, with the option of coffee afterward. Riders go a little longer and faster every week.

What's coming up? A 20 km ride on May 8. The ride will build to 40 km over time.

Friday Night Lights, **Michael Roloff**, Ride Leader and EBTC Social Coordinator

Why Friday evening (6:30 p.m.)? Destress after a long week (work or otherwise). Relax, enjoy some baked goodies or other treats, get ready for the weekend's rides.

Who's it for? Anyone! Everyone! A 'no drop' ride (meet up at intersections, lights).

What's it about? Start at a different place every week. Ride out 15 to 20 km, have a coffee/ice cream/bakery stop, then return. Total 30 to 40 km.

What's coming up? May 12 is country roads from Sherwood Park with a stop at McD's. May 19 is from the city's south to Beaumont's The Spot Food Trailer. Front and rear bike lights essential.

Loop de Loop (Saturday), **Phil Davidson**, Ride Leader and EBTC Guy for the Website/Social Media/temporarily Newsletter too.

Why this crazy title (10:00 a.m.)? Two loops let riders pick their distance. Riders can do one loop, then decide whether to ride a 2nd different loop.

Who's it for? New or returning riders, those who just want to gawk while they ride or who did a hard ride and want a recovery ride. We re-group regularly along the route.
What's it about? From a different location every week (north, south, east, west or inside the city), each loop is about 20 km. Post- or within-ride coffee is typical.
What's coming up? Partridge Hill with a stop at the Fox Run golf course.

Event Reports

Longer Recreational Ride May 4

Phil Davidson, EBTC Webmaster

We didn't take the "longer" part too seriously this week, but it was such a beautiful day we added a bit of distance. RvGPS let us know repeatedly that we were off-route. Too bad RvGPS!

Next week we up the distance to 41 km in town ending at the Mood Cafe.



[Click here to sign up for the Longer Recreational Ride May 11](#)

Friday Quiet Roads May 5

June MacGregor, EBTC President

We rode out in the wind but sailed back fast on the return! This no drop (meet-up-at-corners) ride at just under 30 km with a break at South Cooking Lake was enjoyed by 16 riders.



Join us next week in the west end, heading south from Lessard Rd and 199 St.

[Click here to sign up for Friday Quiet Roads May 12](#)

Friday Night Lights May 5

Michael Roloff, EBTC Social Coordinator

Over 300 EBTC members missed out on a yummy treat and coffee. Don't deprive yourself next week!

Join us next Friday for McD's Country Roads 41 km out and back .

Open to a time change; if 6:30 is too early to accommodate riders we can move to a 7pm start. If you want to come but can't get there by 6:30, let **Michael** know. We do our best to accommodate our

riders.



[Click here to sign up for Friday Night Lights May 12](#)

SWC Hike and Social May 6

June MacGregor, EBTC President

It was a cool, windy day - perfect for a walk in the woods, followed by sweets and coffee/drinks organized by **Michael Roloff**, EBTC's Social Coordinator. About 20 members admired the greening of Strathcona Wilderness Centre, without smoky skies, despite nearby fires.



Loop de Loop May 6

Phil Davidson, EBTC Webmaster

Hi! from a happy gang in Blackmud Creek valley, a lovely ride within the city. Next week we'll head out of town around Partridge Hill with a break at the Fox Run golf course.

Next week we'll head out to Partridge Hill and stop at the Fox Run Golf Course.



[Click here to register for the Loop de Loop May 13](#)

Sunday Social Ride May 7

Betty Lafave, EBTC Secretary

It was a cool and windy day but our group of 7 intrepid riders rode from

Graminia Hall to the Spruce Park Ranch Country Store and back. A great time was had by all!

Next week we'll ride from Clifford E. Lee to Spruce Park for coffee (or ...).



[Click here to register for Sunday Social Ride May 14](#)

Oregon Coast Tour

Hans Feldman and **Danielle Amerongen**

We still have a few openings for both the long trip and short trip in September. This is an advanced ride requiring a 20km/hr average pace. Ebikes are welcomed. If interested, please contact **Hans**.

EBTC Ride Etiquette

Danielle Amerongen, EBTC Ride Program Coordinator

As all our rides are group rides, it's imperative that all participants, both new and returning, be aware of how they get started. First, all riders are expected to be at the starting location 15 minutes prior to start time. This is reinforced when you receive your ride registration confirmation. Second, five minutes before all rides, all participants gather with the leader for a « safety chat ». It is mandatory for all cyclists to be present at the chat. Once the chat is complete, the ride begins. Out of respect to all riders, don't expect the group to wait for a late comer.



Finishing Your New Bike

Scott Keast, EBTC Safety and Education Coordinator

Once you've seen the big ticket, you might want to finish your new bike with a few upgrades. Some may be worth a few dollars, while others are mainly jewelry.

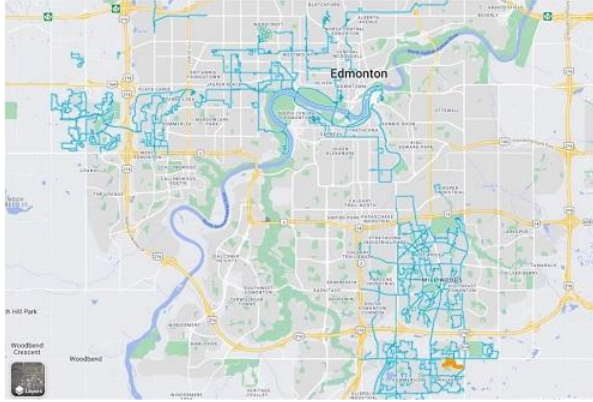


[Click here for the full story](#)

From the Saddle

Looks like we missed the November 30 event, but this sounds like an interesting project, over 500 km of bike

paths around Edmonton added to Google Street View as of then.



[Read the story](#)

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](#)

[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](#)

Edmonton Bike and Touring Club | Unit 304, 11660 79 Ave NW, Edmonton, T6G 0P7 Canada

[Unsubscribe media@bikeclub.ca](mailto:Unsubscribe_media@bikeclub.ca)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by media@bikeclub.ca powered by



Try email marketing for free today!