



September 17, 2023 - Newsletter

Check the EBTC calendar regularly for a full list of rides. Check your email for ride confirmations and cancellations!

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

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

What's Up?

June MacGregor, EBTC President

Our **Newsletter** Coordinator extraordinaire has returned. No more 'making do' with limited Newsletter expertise.

In terms of EBTC rides, it's weather-dependent pop-up ride time of year. If you haven't yet signed up for the EBTC's pop-up ride list, ***please do so now***. You'll be informed by e-mail as soon as a ride is added in Karelo for registration and is added to the EBTC calendar. Once you have registered for a ride and received a Karelo confirmation, continue to check your e-mail (junk mail to) for a possible cancellation. With the iffy fall weather, including smoke, your ride leader may send a Karelo e-mail cancelling the ride – hopefully not.

Upcoming EBTC Rides and Events

Pop-Up Mercato Italian Bakery Ride Sept. 19, 2023

This ride is already in the Calendar. More rides may be added during the week.

[Click here to register for the Pop-Up Mercato Italian Bakery Ride](#)

Ride Reports

Friday Quiet Roads Series

Ride, Sept. 15, 2023

June MacGregor, EBTC President



Sandy Ponich and Robin Lane traded off leading and sweeping an enjoyable 40 km ride from the Partridge Hill Community Hall through the West Gate of Elk Island Park to the small picnic area by the lake. Some of the 21 riders continued to the intersection with the main road through the Park and back, adding some distance and hills to their ride. Many EBTC members do a West Gate ride several times a season; it's certainly one to be recommended.

Autumn Hub and Spoke Rides, Sept. 17, 2023

June MacGregor, EBTC President

When **Larry Zelazo** and I met at the Club's equipment shed on Saturday to get organized for the Sunday event, we wondered if the smoke that had blown in would make many members cancel their registrations. With 20 riders on the longer more challenging rides and 25 on the shorter intermediate ride – plus a fine forecast - we decided to proceed on that basis. Larry then loaded equipment and supplies needed at the Park at South Cooking Lake into his vehicle, and I went off to purchase the snacks.

On Sunday morning, the smoke had cleared and all those registered for the longer ride headed off with ride leader Keith Baimbridge for their first 60 km loop shortly after 10:00. By the 11:00, the smoke had reappeared by the time ride leader Frank Potter organized his group of 17 for their first 35 km loop. Riders loved the way Frank allowed riders to self select for 3 groups: the 'Lone Wolf' to ride alone at their own pace with RWGPS (1 rider who had a deadline to return); the 'Wolf Pack' to ride together with a member with RWGPS (6 riders); 'Frank's Friends' to be ride with Frank at enjoyable social pace (10 riders). All riders returned to the break at the Park with smiles on their faces.

As the smoke increased during the day and the wind picked up, many riders had a nice break at the Park and decided not to ride another loop. A big thank you to **Larry Zelazo** for planning the event, and to **Norah Seed** for supporting riders with me with snacks and drinks during the event. Also, a big 'we apologize' to all the groups riders we didn't photograph as we were too busy to get photos when you arrived. The photos focus on those riders who completed 100 km – thumbs up!

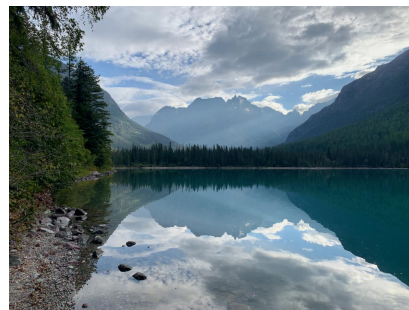




From the Saddle

John Shaw, EBTC Newsletter Coordinator

I was hiking in ***Glacier National Park*** Montana recently. The photo is from one of our camp sites on Bowman Lake. My recent visit reminded me how extraordinary the ***Road to the Sun***, which traverses the park, is to cycle. The 80 km ride from St. Mary's to West Glacier is a must day ride. There is currently a 14 km stretch, mostly along McDonald Lake that is being redeveloped. So, wait until next summer! You'll need to plan your ride carefully because cycling is not permitted between 11:00 and 16:00 (June 15 until Labour Day). Head out really early/late in the day/riding season or have lunch and a rest and possibly a hike along the way somewhere. During the summer of 2013, an EBTC group, including me, chose to eat/swim/snooze/chat at McDonald Lake Lodge! You might too!



Helpful Links:

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