



April 14, 2024 - Newsletter

Messages from the EBTC Board

Bring a (non-member) Friend to an EBTC Ride

June MacGregor, EBTC President on behalf of the Board

If you have a friend who is not an EBTC member, you may invite them to join you on an EBTC ride. EBTC recognizes that cyclists often ride with a companion. You may invite more than one friend to a ride. Details are posted on the [EBTC web site](#) and here is what you need to do:

- **Decide well in advance of the ride that you want to bring them.** Check out [Choosing Your Ride](#) to select an appropriate type of ride for your friend.
- **Click on a ride of interest in the [EBTC Ride Calendar](#); click on 'See Full Details' for the 'Contact' name and email link of the Ride Leader.**
- **Email the Ride Leader well in advance that you intend to bring friend(s), noting the ride title and date.** The Ride Leader will respond with questions or info on the suitability of the ride for friends (e.g., limit on registrant #s). Since the Ride Leader must give their OK, please allow time for email exchanges before registration closes for the ride.
- **With the Ride Leader's OK, download, print, complete and have your friend(s) sign the [Guest Registration and Waiver Form](#).** Bring the form(s) to the ride. If you can't get the paperwork done, come to the ride early. The Ride Leader will have forms to fill out.
- **Host your friend(s) at the ride.** Stay with them. If they find the ride too difficult, you may need to stay behind or return to the start with them.

Each non-member friend can only ride once with EBTC but EBTC members may invite different friends to different rides following the steps above. If you have questions or comments about the EBTC Bring a Friend Initiative, [please contact me](#).

Explore Cycling ... on the EBTC Website

Phil Davidson, EBTC Webmaster

Have you looked at the EBTC website recently? The Calendar has the most recent list of upcoming rides (and other events); the Series Summary includes series rides that we know about so far. The Unique Rides and Events includes rides and events planned so far this year.

Check out all the information available under Resources!

- Want to ride EBTC routes on your own? We have dozens of RWGPS routes

available. [Resources > Riding with EBTC > RideWithGPS](#) will tell you.

- Bike not shifting quite right? Maybe you just need a couple minutes to adjust your **front** or **rear** derailleur. Resources > Maintenance > Adjust a Derailleur.
- Do your cycling interests extend beyond EBTC? Really?! See Resources > Other Sites for other non-profit sites.

Suggestions for items to add or comments? **Please contact me.**



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

It was great to see so many EBTC members out for rides both pop-up and initial ride series, a walk, and pizza this past week. A great start to the summer riding season. Welcome to all returning and new members!

The Stamina Builder Series, began at 25 km. The weather was terrific (well, except for a little bit of wind). Welcome to spring riding in Alberta! It was fantastic to see so many of you out for the rides. Together we will build stamina and endurance, so every ride we are on is enjoyable and well within your abilities or fitness goals. Join us in Beaumont next weekend for more fun, if this is what you wish to achieve.

Registrations are open for the Stamina Builder Series, but also first rides for the rest of the ride calendar. Registration starts Tuesday, April 16, for Outbacks (a ride that's all about you) and County/Urban (social and fitness combined). Series ride registrations open one week prior to the ride day. This gives you time to check out rides, but also time to read the ride descriptions to make sure it is the ride for you. I will keep you posted as they open. Do not forget, that Pop-Ups have already started, so continue to look for those in your email, or on the ride calendar.

Each week, volunteer ride leaders are excited to share their favourite roads, sights, and coffee shops with you. On their rides, you will always find new places, meet old and new friends, catch up from last year, and best of all share stories.

Based on the first few rides, I need to nudge EBTC riders with some reminders:

- **Bring clothing layers** to go on or off so you are comfortable (long fingered gloves keep hands warm, vest, buff, wool socks, etc.)
- **Arrive early for a successful ride.** It is good to be there minimum 20 minutes prior to ride time, and if safety reminders occur at 15 minutes prior to ride start, you may need more, so judge for yourself what works best for you. I hate to see riders stressed about holding people up, so be kind to yourself, and arrive earlier so we can introduce everyone to you, chat about who you are, and your ride goals. You will enjoy your experience with new and old friends more!
- **Check your emails.** Don't miss a change, or show up when a ride has been cancelled! The ride leaders want to take good care of you, and will send update emails for almost every ride to communicate details associated with weather, parking, routes, and cancellations. It is always a good idea to check your email the night before, or the morning of rides you register for.
- **Communicate with your ride leaders, and coordinators!** We are always open to doing what is best for you. Share your good ideas and concerns.

Click here
to contact
Audrey

Click here for EBTC
Ride and Event
Calendar &



Upcoming EBTC Rides and Events

Here are some rides opening this week. Don't forget to look at the EBTC Ride Calendar for others and to click the links for details.

- **[Stamina Builder Ultime Series Ride Saturday April 20, 2024](#)** A 30 km route starting in Beaumont, this time at an approximately 18 k/hr pace. A sweep, maintaining an average of 18 k/hr will be provided this week.
- **[Stamina Builder Optimum Series Ride April 21, 2024](#)**. Our second ride in the series is a 25 km route at an approximately 16 k/hr pace, starting in Beaumont.
- **[Outbacks, Tuesday April 23, 2024](#)**. We do a short warm-up ride, then 30 minutes as hard as you're up for, then a short recovery, blast back to the start and end with a cool-down.
- **[County/Urban Ride Tuesday April 23, 2024](#)**. A 40 km ride on fairly decent paved roads, starting from Colchester Community.
- **[Sunday Social Ride Sunday April 28, 2024](#)**. We'll meet at the Strathcona Olympiette Centre for a 25 km ride to South Cooking Lake where we will have a break and then head back.

EBTC Ride and Event Reports

Eclipse Pop-Up Ride, Monday April 8, 2024

Liz Timleck, EBTC Ride Leader

The eclipse ride to the Quarry outlook on Monday was great. We enjoyed the sunshine, quiet roads and the sights and sounds of spring. It was amazing to see how much work on the footbridge toward Fort Saskatchewan was completed. Thanks to everyone who made the ride special just by being there.



Pop-Up Ride, Friday April 8, 2024

Liz Timleck, EBTC Ride Leader

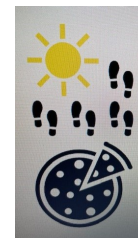
Thanks to all who came out to the Pop up ride on Friday. We rode from Villeneuve to Calahoo. The first 12 km was pretty much up hill into the wind. It was super satisfying to reach the top. The return 28 km was so sweet with a short stop at Calahoos playground for fun and refreshments.



Pizza Social, Sunday April 14, 2024

June MacGregor, EBTC President on behalf of the EBTC Board

With some 70 registrants, including 40 for the pre-Pizza walks, Laurier Heights Hall was swarmed by EBTC members. A big thank you to the volunteers who helped make this event a success: **Liz Timleck** and **Ann Sutherland** who led the walkers and others who supported them; members/Board members who arranged the food and supplies, assumed other duties at the event and arrived early or stayed late for Hall set up and clean up. The Board's Communications Committee also thank members who filled out our question sheet.



Helpful Links:

Sign Up:

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become or
renew your
EBTC
membership

Click here to
Sign up for
the EBTC
Pop-Up Ride
E-mail List

Click here for
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exclusive
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map access

Dive deeper into the EBTC community:

Click here if you'd like to
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