



April 21, 2024 - Newsletter

From the EBTC Board

EBTC Insurance in an Nutshell

June MacGregor, EBTC President

Members ask, “Does EBTC have medical coverage for me?” The answer is, “No”. Medical insurance is an individual member responsibility. The Alberta Government website states “You should have additional travel or medical insurance when you leave Alberta” – that includes for travel within Canada. Similarly, insurance for personal property (including your bike) is the responsibility of each member.

So, what kind of insurance does EBTC have? Consistent with similar clubs, EBTC has commercial general liability insurance. This coverage is for third party injuries and property damage arising from EBTC operations. For example, if EBTC riders are scattered about crossing an intersection, and a pedestrian or vehicular accident occurs. A third party may put in a claim to our insurer.

‘Third party’ excludes EBTC members. By accepting the EBTC Waiver at membership sign-up, members assume the risks associated with cycling and release other EBTC members, EBTC ride leaders, EBTC officers and EBTC directors from liability. With a claim by a third party, our insurer will require information that riders on the ride were covered by our insurance, as EBTC ‘members’ (Karelo ride registration is our record of riders), or as non-member ‘friends’ who sign the EBTC Waiver in order to ride with us.

Change to Ride Registration - emergency contact information

Phil Davidson, EBTC Treasurer

The EBTC Board feels that ride leaders need emergency contact information for members on their rides, in case there is an incident. The ride registration procedures have just been updated.

The next time you register for a ride you will be asked for your Emergency Contact name and phone number. Once you have completed this information for one ride, it will be pre-filled for subsequent registrations. However, it will appear each time you register in case you need to update it – say if your usual contact is not available for some reason.

It’s always a good idea to have contact information (including a back-up contact) with you whenever you are out and about, just in case.



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

This week the ride season really begins to “heat up”. Begin your registration journey if you've not done so already!

Please remember to:

- Choose carefully according to your abilities and goals by reading the descriptions,
- Cancel your registration, if you cannot attend a ride after registering,
- Be ready 15 minutes prior to a ride start time.
- Email the ride leader, and present signed waiver at the ride, if you are ***bringing a friend.***

Here are rides to start your fitness and fun summer riding season:

- **Stamina Builder Ultime/Optimum/Enduro Series Rides** Those of you who participated last week enjoyed a 30 km ride. Each week the kilometres increase. These rides are about individual growth and fitness in both kilometres and pace. The next rides are a minimum of 35 kms at a minimum pace of 18 KPH.

Click here to register for the Ultime Ride April 27 2024

Click here to register for the Optimum Ride, April 27, 2024

Click here to register for the Enduro ride Sunday April 28, 2024

- **Outbacks Series** - also fitness rides. Vary your rides for optimal improvement. If you do one long ride a week (building endurance but not so much cardio and strength), it's good to get out and do a shorter, more intense ride another day for your heart and strength. We ride by time, not distance - go hard for a limited time. As well, if you go on vacation and miss a couple weeks, just come back and pick up again. This ride starts at Graminia Hall at 10:00 every Tuesday. [Click here for details and to register for Tuesday April 22, 2024](#)
- **County and Urban Ride Series** This bi-weekly fast-paced social ride takes you on rural and urban roads covering 40-70 km as the summer unfolds. The series is designed for self-navigating RWGPS users. [Click here for details and to register for a 40 km ride from Colchester Hall at 18:00 on Tuesday April 23, 2024.](#)
- **Pop-Up Ride** This 40 km social ride starts from St. Albert. We will meet at Kingswood Park at 12:45 on Tuesday April 23, 2024. Guests are welcome with a signed waiver. This is a no drop ride, so RWGPS is not required as the pace will be 15-18 kph. [Click here for details and to register.](#)
- **Sunday Social Ride Series** These rides give you a chance to see different areas around Edmonton each week, at a moderate pace, with a break to chat and rehydrate. These are no-drop rides where we re-group at turns. [Click here for details and to register for a 23 km ride from the Olympiette Centre on Sunday April 28, 2024.](#)
- **Rambling Routes Ride Series** – This is a relaxed no drop ride series to support new cyclists, or those who are just returning to their bikes. The first ride on Wednesday May 1, 2024 will be 15 km at a speed of 15 kph. There are frequent stops and time to enjoy the scenery. [Click here for details and to register.](#)

- **Fort Saskatchewan Brunch Ride** The first Unique Ride of the season is on Sunday, May 5, 2024. This 55 km ride social, no drop ride from the Ardrossan Recreation Centre is led by Maureen Lanuke. [Click here for details and to register.](#)

Click here to contact
Audrey Sonnenberg

Click here for EBTC Ride and
Event Calendar & Registration
Links

Upcoming EBTC Rides and Events

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

- **Monday Recreational Ride Series** – a no drop, social ride in the river valley starting from the tennis courts at Rundle Park at 18:30. Registration opens April 22, 2024.
- **Longer Recreational Ride Series** and **Friday Quiet Roads Ride Series** are starting soon too!

EBTC Ride and Event Reports

Stamina Builder Ultime and Optimum Joint Series Ride April 20, 2024

Audrey Sonnenberg, EBTC Ride Coordinator and **Phil Davidson**, EBTC Treasurer

It was a windy day, but 23 hardy souls took to the Beaumont area to ride 30 km against the elements to improve their fitness levels in the Stamina Builder Ultime and Optimum Series. The sun was shining....Next week, 35 km in Ardrossan is the next target, and good job to all who successfully negotiated the route with their RWGPS.



From the Saddle

Biking Like a Viking - EBTC Early Bird Registration Discount
June MacGregor, EBTC President

Many EBTC members participated in this event as riders and as volunteers last year. This year it takes place on July 14, 2024. EBTC has a 10 % discount code for the early bird registration fee (\$99) for members wishing to participate. The event includes three rides through the Beaver Hills Biosphere starting from the Strathcona Olympiette Centre: 55 km, 100 km, and 160 km. EBTC will be sending out the discount code for members by email shortly. Sign up early to enjoy this fantastic riding event. [Click here for event details and registration information.](#)

Helpful Links:

Sign Up:

Click here to
become or
renew your
EBTC
membership

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

Click here for
EBTC
exclusive
RideWithGPS
map access

Dive deeper into the EBTC community:

Click here if you'd like to
contribute to the EBTC
Newsletter

Click here to connect with
EBTC on Instagram

Click here to connect with
EBTC on Facebook

Click here to engage with
the EBTC Facebook Group

Click here to visit the EBTC Website

Edmonton Bicycle and Touring Club | Unit 304, 11660 79 Ave NW, Edmonton, T6G 0P7 Canada
<https://bikeclub.ca>

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

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

Sent by edmonton@edmontonbikeandtouringclub.ccsend.com powered by



Try email marketing for free today!