



April 28, 2024 - Newsletter

From the EBTC Board

In Memory of Terry Fannon

June MacGregor, EBTC President

On behalf of current and recent Board members, and previous EBTC Presidents Anne-Marie Adachi and Charles World, we are saddened to advise that Terry Fannon, a prior EBTC Ride Coordinator, passed away suddenly and unexpectedly on Sunday, April 21. Terry's contributions have had lasting benefits for the Club. Many of you will remember his ride overviews at winter Annual General Meetings. Ride leaders will recollect his diligence and support in coordinating a ride program of interest to members. Others may remember him as a ride leader with an eye out for all riders. Board members will recall how he helped navigate the difficult policy and system changes necessitated by the COVID19 pandemic, emerging as a champion of on-line ride registration.



Our deepest sympathy goes out to Terry's wife Vicki, the rest of his family and his friends for their loss.



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

So proud of all the riders who are out on their bikes and working to meet a variety of personal fitness goals. Many of you have adventures you are working towards, so we wish you the very best, and if we can help, let your ride leaders know. There are also many EBTC members who have experiences they can share!

For those of you who have already registered for rides next week, absolutely awesome, and for those who are still looking to book some rides, there are more options!

A few things to remember for all riders:

- Routes you have ridden, or will ride this summer have rough spots, potholes, creases in the pavement, and sometimes downright failures. Please leave two bike lengths between you and the rider in front of you so you can see the road ahead and their hand signals with time to react!

- All EBTC rides occur in single file because this is designated by the Highway Safety Act. Please, for your own safety, adhere to this EBTC principle.
- Railway tracks are often in routes. Always cross perpendicular to the tracks. Keep you and your tires safe!
- Double check that you have a tube, pump, and/or patching kit in your bike pouch. We've had flat tires this past week! Come prepared, and helpful people will get you quickly on your way again.
- Thanks to all who a diligently cancelled their ride when they cannot attend. And yes, the opportunity to cancel does close usually 1-2 hours prior to the ride, so emailing the ride leader is greatly appreciated.

Series Rides Starting this week:

- **Monday Recreational Ride** An urban, social, no drop ride in the river valley starting at the tennis courts in Rundle Park at 18:30. [Click here for details and to register for April 29, 2024.](#)
- **Wednesday Rambling Routes** A relaxed social, no drop ride for beginning riders, and those who have been off the bike for a while, starts at 15 km and maxes out each month at 30 km, seeks to build your fitness, so you can move on to other rides if you wish. This week, meet at the Terwilliger Recreation Center at 19:00. [Click here for details and to register for May 1, 2024.](#)
- **Thursday Longer Recreational Ride** A longer social, no drop ride that stops frequently to chat or regroup with a stop in the middle for a bite to eat. Not a training ride, but the pace is sufficient to cover distances starting at 30 km and going to 80-100 km. Each ride has its own unique views and locations to visit, and there is ample time to socialize. This Thursday, meet at Partridge Hill Hall starting at 10:00. [Click here for details and to register for May 2, 2024.](#)
- **Friday Quiet Roads** A relaxed ride for veterans of road and urban cycling routes. The distances increase from easy to intermediate as the summer unfolds, so it's a ride for those riders who wish to increase their fitness, while enjoying a more rural scenery. This ride begins this week at the Strathcona Olympiette Centre at 10:00. [Click here for details and to register for May 3 2024.](#)

Series Rides Already Underway:

- **Sunday Social Ride** Join Betty Lafave for a relaxed, social, no drop ride starting at the end of Lessard Road Tim Hortons at 10:00. At the end, a coffee or icecap is waiting with the friends you will meet! [Click here for details and to register.](#)
- **Stamina Builder Enduro** A Sunday morning training and fitness program for experienced cyclists who wish to increase their endurance to participate in longer rides up to 160 km at a pace of 22 kph or more. All riders must be able to use RWGPS. This week meet at the Ken Nichol Recreation Center in Beaumont. Start time is 10:00. [Click here for details and to register.](#)
- **Stamina Builder Ultime and Optimum** are Saturday morning training rides. Join us to improve your fitness and perhaps train for the Biking Like a Viking on July 14? Both rides start in Spruce Grove at 11 Westwind Drive. Macdonalds and Tim Hortons offer restrooms and coffee/snacks at the end! [Click here for details and to register for the Ultime ride.](#) [Click here for details and to register for the Optimum ride.](#)

Unique Ride open for registration:

- **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

Click here for



to contact
Audrey
Sonnenberg

EBTC Ride and
Event Calendar
& Registration
Links

Upcoming EBTC Rides and Events

Saturday Social Ride Series Starts May 11, 2024

Michael Roloff's social, no drop ride is about to open for registration. It is an urban ride with sidewalk, road, and path routes that meander throughout the city Edmonton and Sherwood Park. Plenty of time to check out the sights, as well as stop for coffee during or after the ride. Michael is an executive chef, who can regale you with stories of great food and the tastiest ingredients. First ride embarks on May 11 for a 20 km ride from Sherwood Park to Ellerslie. [Click here for details.](#)

EBTC Ride and Event Reports

Inaugural Outback Series Ride, April 23, 2024

Phil Davidson, EBTC Webmaster



Sunny, no wind, warm – perfect conditions for some conditioning. Ten eager riders, some of whom were a little out-of-shape after the winter, headed out to warm-up, ride (relatively) hard for two 30-minute intervals and cool down. Consensus that it was a great ride, well except for one flat tire. The series continues next week: same time, same location. This ride caters to everyone – couch potato to super-cyclist. [Click here for details and to register for April 30, 2024.](#)

Pop-Up ride Tuesday April 23, 2024

Liz Timleck, EBTC Ride Leader

The weather for our ride from Kingswood Park in St. Albert was fantastic - lots of sunshine and very little wind. We set out to do a 40 K ride that turned out to be 51.7 Km. I made the mistake of using an incomplete ride from my Ride with GPS library. We were all able to soldier through with a coffee stop at Tim Hortons at the base. Phil managed to squeeze in two rides, his morning outback ride and again with us!



Stamina Builder Enduro Ride Sunday, April 28, 2024



The season starter began with 50 km of smooth and sweet cycling out of Ardrossan today, and. "Oh Baby" it was awesome. Join the gang next week in Beaumont for 60 km of the same! [Click here for details and to register for May 5, 2024.](#)

Pop-Up Ride Sunday April 28, 2024

Liz Timleck, EBTC Ride Leader



Oh ye of little faith! I did say it was going to be a lovely afternoon, lots of sun and little wind for our ride in the Glory Hills. We enjoyed a beautiful stop at Muir Lake. Jack was disappointed when we got to Calahoo. There was no place for him to buy a puffed wheat square. Great ride. Thanks to all for joining me.

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