



April 7, 2024 - Newsletter

Messages from the EBTC Board

More Reminders and Links as the 2024 Riding Season Ramps Up!

June MacGregor, EBTC President

2024 Membership: You need to be a member to register for rides and events.

EBTC Calendar: Along with the calendar, which can be viewed as a list or by month, there's useful information about choosing your ride, registering, and Ride with GPS.

Pop-up Rider List: **Sign up** to be notified by email whenever a weather-dependent pop-up ride (or walk, etc.) is available. You won't need to keep checking the calendar.

Key EBTC Policies:

- **E-bike Policy** - While 'pedal-assist' e-bikes are generally welcomed, 'throttle e-bikes' are not allowed as their rapid acceleration does not mix well with people-powered bicycles.
- **Code of Conduct**

Ride Summaries: Please take a moment to review the summary descriptions of the **Series (regularly recurring) rides** and **Unique (once-a-season) rides and events**. This will help you plan your ride season!



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

It's the best feeling ever when you know it's time to ride. It's time to ride!

The calendar is posted for the season, and the Series Rides open for registration one week prior to riding. Unique Rides all have their own registration timelines, and open at least two weeks ahead of time. Pop-up rides have a life of their own. Check calendar often or sign up for the Pop-Up ride e-mail list.

All riders are invited to attend the **EBTC Pizza Social on Sunday April 14, 2024**. Those of you who registered for the **Stamina Builder Optimum ride on April 14, 2024** will have time to ride, and to arrive in time for pizza. Both events are in the west end. Your faithful ride leaders will ensure you finish on time, and you will be the coolest group because you'll arrive in riding gear!

On behalf of all the Ride Leaders, welcome to the 2024 riding season! In order to

have a successful start, riders please ensure you have the following:

- A well maintained bike – bike clean, chain cleaned/lubricated, tires filled, brakes checked, and repair kit carried on bike (tube, patches, pump).
- Water bottles – hydration is key as the rides get longer, and the temperature rises, so 2 bottles of liquid: one water, one electrolytes, always.
- Bright riding apparel – it's great to be seen. Safer too.
- Food – fruit/protein bars are necessary as the rides lengthen.
- Attitude - all ride leaders are volunteers and deserve your support and respect.
- **RWGPS** – some rides require the use of RWGPS, and it is the cyclist's responsibility to have the route, and activate it for the ride.
- Time – every cyclist who registers knows the details associated with the ride and has chosen carefully according to their abilities.

Please arrive on time to unload your bike, put on shoes, apparel, and check for food/water, and lights. Arriving 20 minutes prior to start time is always a good idea. Please do not hold up a ride. If you are going to be late (it happens), please text your leader, so they are aware and can plan accordingly.

Your ride leader wishes to prep you for the route, meeting points, and safety reminders, and ALL riders need to hear these details. These talks begin 15 minutes prior to ride start. Please help leaders do their job, and then everyone can start on time, and be safe.

Guests are welcome on EBTC rides. Please ensure that you have notified the ride leader, brought the **guest waiver**, signed, to the ride, and have understood the responsibilities associated with being the guest's designated ride partner.

Also, all EBTC members should go to bikeclub.ca. Under "Resources" there are helpful items that will help you enjoy the ride season.

[Click here to contact
Audrey Sonnenberg](#)

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

Upcoming EBTC Rides and Events

Pop-Up Ride, Monday April 8, 2024 @ 13:00

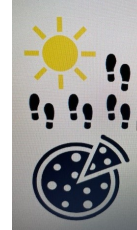
Edmonton Garrison to the quarry: This is a 38.5 km social ride suitable for well maintained road, trail or peddle assist bikes, led by **Liz Timleck**.

[Click here for details and to register for the Pup-Up Ride April 8, 2024.](#)

Pizza Social, Sunday April 14, 2024

June MacGregor, EBTC President on behalf of the EBTC Board

Laurier Heights Community Hall (14405 85 Ave NW) is a perfect place to meet up with new and old friends and to enjoy an afternoon walk and some excellent pizza.



This no-cost social has two events. Register for one or both:

- **12:00:** Outdoor walk starting from the Hall and led by **Liz Timleck** and **Ann Sutherland**. Two walk distances/paces may be offered. Coffee/tea/pop will be available when walkers return to the hall.
- **13:30:** Pizza with some coleslaw and coffee/tea/pop too.

The Hall has lots of room, an outdoor patio, and secure bicycle parking if you choose to ride. For cars there is plenty of parking surrounding the park along 145 Street, 83 Avenue and 85 Avenue, and a limited number of stalls in the lot accessed from 80 Avenue.

[Click here to register for the walk](#)

[Click here to register for the pizza social](#)

EBTC Ride and Event Reports

Pop-Up Ride, Tuesday April 9, 2024

Liz Timleck, EBTC Ride Leader

We had our first pop of ride of the season last Tuesday! 18 keen riders left Kingswood Park in St. Albert for a short ride to the Tim Hortons at the Edmonton Garrison. We stopped for coffee, treats and visiting. It was a beautiful day, surrounded by so many enthusiastic and happy people.



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:

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