



August 11, 2024

EBTC Newsletter

From the EBTC Board

Reminder: Celebration of Life for Terry Fannon, September 7, 2024

June MacGregor, EBTC President

If you wish to attend, [click here for more details and to sign up](#). This will provide Terry's wife, Vicki, and those helping her with the number of attendees and other information required to finalize the event. [Click here for an article about long term EBTC and former EBTC Board member, Terry Fannon](#).



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

When I sat at a concert last week surrounded by quite a few grey hairs, listening to the warm up band Platinum Blonde, and the main stage, Billy Idol, I got to thinking about my perceptions of ageing and the attitudes we have on ageism. Billy Idol mentioned his grandkids, and visiting them prior to coming to tour in North America, and Mark Holmes

(63) certainly is no "spring chicken" by any means, still prances across the stage, gustily belting out familiar tunes. And, they are not the only ones.

Mick Jagger (80 years old), Bruce Springsteen, Sheryl Crow, Alanis Morissette, Bryan Adams are all actively engaged in their professions, well after 60 and 70 years old. And, after looking into how many "rockers" are still "working," the list is substantial. What does that say about seniors? It proves we are actively engaged in our chosen "likes" and are willing to share talents with the rest of our communities and the world. And, let's be truthful and fair, there are young people who truly admire and respect the seniors in their lives, and those young people are part of our riding groups as well. We older folk love having them with us, and appreciate their energy and enthusiasm.

Despite the subversive prejudice that is often faced in the workplace and beyond, towards ageing employees, we are flourishing. As are those of you who ride, lead rides, volunteer, and participate in your neighbourhood groups and interests. Much can be learned from our mature populations, instead of running with an attitude that retirees should be "put out to pasture, or worse yet, have nothing to offer younger people". We are "Rock Stars" in our own right, so keep giving that "Rebel Yell".

[Click here to contact
Audrey Sonnenberg](#)

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

Upcoming EBTC Rides and Events

In addition to our regular series rides, one or more of these events might appeal to you. All are in the calendar, and await your perusal. Click on the entries for details and to register.

Mercato Gelato Series Ride: August 13, 2024 - This is a 40-45 km series ride led by **Keith Bambridge**. The distance may be adjusted if the leader thinks it is time to head to Mercato for gelato, coffee, sandwiches and an assortment of baked goods. There will be a sweep so this will be a no drop ride.

Kingswood To Moronville Pop Up Ride: August 14, 2024 - This is a 42 km intermediate social ride led by **Liz Timleck**.

The Pigeon Lake rides have a lovely description. Choose one and register before August 22, 2024 so food can be purchased for the BBQ that follows:

- **Pigeon Lake Inner Loop and Picnic: August 25, 2024**, 65 km, led by **Frank Potter**.
- **Pigeon Lake Outer Loop and Picnic: August 25, 2024**, 60 km, led by **Anne-Marie Adachi**.

C&E Trail Lacombe to Red Deer: August 28, 2024, 47 km, led by **Liz Timleck**

Autumn Hub and Spoke Short and Long Rides, September 8 2024. Both Rides start in South Cooking Lake Park and are led by **Larry Zelazo**, EBTC Membership Coordinator. Snacks and drinks will be provided by EBTC at the park during breaks and at the finish. There will be plenty of time to socialize!

- **Longer Loop Ride (100 km)**
- **Shorter Loop Ride (60 km)**

EBTC Ride and Event Reports

Monday Meanderings Series Ride, August 4, 2024

Sonja Taylor, EBTC Social Media Coordinator and ride leader

After watching threatening weather reports all day long, eight of us “stuck it out” and showed up on the evening of August 5 for a cloudy but dry ride through southwest Edmonton. The route included two good ascents - one on Keillor Road and the other on 23rd Avenue. We were also treated to seeing 2 coyotes meandering through the local neighbourhood along 119th street!



Pop Up Ride, Wednesday August 7, 2024

Liz Timleck, EBTC Ride Leader

Today's 53.5 K ride went from the Edmonton

Garrison to Bon Accord where we took a short break before returning. The weather was amazing, beautiful blue skies and absolutely no wind except what we created on our own. We went to Tim Hortons for coffee and shortly after we sat down it began to rain, and rain it did! Perfect when you can just watch it rather than experience it on your ride.



EBTC Potluck Picnic, August 8 2024

Sonja Taylor, EBTC Social Media Coordinator

The weather was perfect, the conversations diverse and interesting and the food was delish - dogs and smokies provided by EBTC; salads and desserts prepared and shared by members! 51 members and 5 guests partook in the event held at Laurier Park. A huge thank you to **Julie Moehrle**, EBTC Social Coordinator, and to EBTC member **Derek Sutherland**, who lugged the family BBQ to the event and served as expert BBQer.



Miquelon Lake Rides, August 10, 2024

Phil Davidson, EBTC Webmaster and Support Driver



Eighteen riders set out for a 95 km ride from Beaumont and picked up 16 others riding 42 km return from New Sarepta. Everyone got to Miquelon Lake about the same time for snacks, drinks and socializing. The weather was pretty much perfect. There was a bit of a headwind on the way out which picked up to become a great tailwind for the return ride, making the ride seem

effortless despite the temperature increasing to 27C.

Sunday Social Ride August 11, 2024

Betty Lafave, EBTC Secretary and Ride Leader

We rode from Ardrossan to the West Gate of Elk Island National Park where we took a break by the Lake. We didn't see any buffalo but there was plenty of evidence that they had been around. All those shorter rides in the wind and heat were good practice for our 68 km windy and very warm ride today.

Join us next week at Gunn for a 50 km ride partway around Lac Ste Anne. [Click here for details of the April 18, 2024 ride.](#)



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