



August 11, 2024

EBTC Newsletter

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## From the EBTC Board

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### Bikenbender Gravel & Trail Ride: September 14, 2024

June MacGregor, EBTC President

If you are experienced or new to gravel or cross-country riding, consider signing up for this off-road adventure, offered by the Canadian Birkie, at the Cooking Lake-Blackfoot Provincial Recreational Area. It is a 37 km loop for all levels of cyclists with three timed sections. E-assist bikes are welcome too. The event is limited to 150 cyclists. [Click here for details and registration.](#)



### Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

All EBTC rides and events appear in the calendar. They await your perusal and registration! Please continue to check out the weekly rides and join your friends in keeping yourself fit while having fun. Click on the entries for details and to register.

Click here to contact  
Audrey Sonnenberg

Click here for the EBTC  
Ride and Event Calendar &  
Registration Links

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## Upcoming EBTC Rides and Events

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In addition to our regular series rides, one or more of these events might appeal to you.

**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 with Charles World at the grill:

- **Click here to register for the Pigeon Lake Inner Loop and Picnic: August 25, 2024**, 65 km, led by **Frank Potter**. This ride has varied surfaces.
- **Click here to register for the Pigeon Lake Outer Loop and Picnic: August**

**25, 2024**, 60 km, led by **Anne-Marie Adachi**. This ride is on pavement. These are terrific rides, and the BBQ, allows time to meet members you haven't met yet, or reconnect with those you have.

**Friday Quiet Roads Series Ride Returns on August 23, 2024**, and is led by **June MacGregor**, EBTC President. After 2-weeks of cancellations, join us at Ardrossan to cycle the Beaver Hills Biosphere. Our planned route is based on the shorter Biking like a Viking ride. Many of us enjoyed it then and finished saying, "We've got to this one again – but not today". [Click to register for the Friday Quiet Roads Ride on August 23, 2024.](#)

[Click here to register for the C&E Trail Ride from Lacombe to Red Deer: August 28, 2024.](#) This is a 47 km social ride, led by **Liz Timleck**.

**2nd Annual 'Chase the Sunrise' Breakfast Ride, Monday September 2, 2024**, 54 km social ride led by **Michael Roloff**. This ride has been rescheduled for Monday Sept. 2 after its cancellation in August due to rain. We will meet up at 6:30 a.m. and start to ride at sunrise - 6:46 a.m. It's a Sherwood Park to Beaumont round trip of approx. 54 km with a fantastic breakfast at IHOP. Here's a quote from one of last year's riders: "A fantastic experience with fresh morning air, almost no traffic, only the sounds of nature, a great breakfast and fun riders led by a super ride leader."

- Non-member friends or family who cycle are welcome to join us: [click here for Bring a Friend details](#) If you have a non-cycling friend/partner/spouse, they are welcome to come out for breakfast. For the purpose of our breakfast reservation, please contact me if anyone will join us to cycle or for breakfast: Michael Roloff at 780-691-8213.
- [Click here for more information and to register.](#)

**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! Both rides return to Cooking Lake Park for breaks and bathroom visits during the ride. So register and get your EBTC friends to join you!

- [Click here to register for the longer Loop Ride \(100 km\)](#)
- [Click here to register for the shorter Loop Ride \(60 km\)](#)

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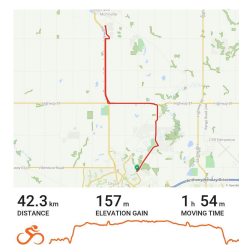
## EBTC Ride and Event Reports

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### Pop Up Ride, Wednesday August 14, 2024

Liz Timleck, EBTC Ride Leader

Our ride today was good! Our valiant group of 4 encountered little smoke to begin. We had a bit of a head wind on the way out which brought in more smoke. We stopped for coffee at Tim's in Morinville where it was decided to just do the out and back rather than adding the extra kilometres. Next time! The ride back was very fast. Woohoo!



Join me next week for a 50 km Pop Up Ride from Elk Island to Lamont. [Click here for details and to register for the ride on August 21, 2024.](#)

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# Sunday Social Ride August 18, 2024

Betty Lafave, EBTC Secretary and Ride Leader

20 EBTC members drove out to Gunn for our annual Lac Ste Anne ride. The weather was cool but not windy, the perfect temperature for our 52 km ride. We checked out the pier at Alberta Beach and then headed to the Lac Ste Anne shrine where we stopped for a short tour. We then rode to West Cove for a break. Back at Alberta Beach we stopped at a new coffee shop right on the beach where we enjoyed coffee drinks and pastries!

Join us next week at the Strathcona Olympiette Centre for a 60 km ride to New Sarepta, led by **Robin Lane**. [Click here for details and to register for the ride on August 25, 2024.](#)



## Helpful Links:

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### Sign Up:

Click here for  
an EBTC  
membership

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

Click here for  
EBTC  
exclusive  
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map access

### Dive deeper into the EBTC community:

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