



August 25, 2024

EBTC Newsletter



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

“It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them.” **Ernest Hemingway**

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](#)

Upcoming EBTC Rides and Events

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

[Click here for details and 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 Shorter and Longer Rides, September 8, 2024. The 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! The rides

return to Cooking Lake Park for breaks and bathroom visits during the ride. So register and get your EBTC friends to join you! The shorter 60 km ride includes a 35 km loop and then a 25 km loop. The longer "100 km" ride, includes 3 loops: the first loop is 63 km, the second is 35 km and the optional third loop is 25 km. RWGPS is a must for these rides. You are in control of your ride choices!

In the event of bad weather we will postpone to the next weekend of September 15, 2024. If this occurs, then riders will be asked to reregister.

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

EBTC Ride and Event Reports

Pop Up Ride, Wednesday August 21, 2024

Liz Timleck, EBTC Ride Leader



The Elk Island Ride was perfect, the weather was as if we ordered it up. We rode into Lamont's Burger Barron to have a little break/snack. There was not much traffic and no bison although there was evidence they had been by earlier. Jack did see a bear on his way in but by the time he got out his camera said bear had disappeared into the woods. I am hopeful to get in another ride out there around Thanksgiving when all the colours are spectacular.

Next Wednesday Liz is leading the C&E Trail Ride. [Click here for details and to register for the C&E Trail Ride from Lacombe to Red Deer: August 28, 2024](#), This is a 47 km social ride.

Friday Quiet Roads Series Ride, August 23, 2024

June MacGregor, EBTC President and Ride Leader

Twenty-three members revisited the shorter Biking Like a Viking route, starting in Ardrossan with a break on the deck of the Half Moon Lake Resort. We divided into two groups: one led by Phil Davidson; one led by me. My group of three (in the photo) won 'Gold', 'Silver' and 'Bronze' for finishing 10ish minutes before the other 20 riders (immaterial that we short-cut 12 km from the ride). What a great route! What a great ride – and with a tailwind on the return!

Join us next Friday, Aug. 30, 2024 for a 45 km ride (with options to go farther) which starts at the Clifford E. Lee Nature Centre with a break at the Spruce Park Ranch Coffee Shop. [Click here for details and to register for Friday Quiet Roads, Aug. 30, 2024](#).



Pigeon Lake Rides + BBQ, August 25, 2024

Audrey Sonnenberg, EBTC Ride Coordinator

What an absolutely gorgeous day for the annual ride at Pigeon Lake. A total of 50 riders took to 3 rides in the inner and outer loops under a robin's egg sky led by Frank Potter and Anne-Marie Adachi. The only heart palpating rush was the arrival of the infamous pooch patrol who can come from both sides of the highway as we hollered our way through the Pigeon lake settlement. No worries the porcupine already gave one a lesson, and with some fast peddling we were once again on our way. The EBTC Enduro riders completed a fast-paced 100 km ride and joined in. The day finished off with a barbecue graciously prepared by Charles World. We enjoyed foot long Polish sausages with onions, and peppers, enough to make your mouth water just talking about it. Thank you Frank, Anne-Marie, and Charles for a great day! See you next year!



From the Saddle

Rider Hesjedal's Tour of Victoria, August 17, 2024

Audrey Sonnenberg, EBTC Ride Coordinator

On my drive last week to Victoria for *this ride*, I went through the devastation of the recent fire in the township of Jasper. It was miraculous that the whole town did not go up in flames. However, it was wonderful to see the herd of elk that frequents the area safely grazing down along the river.

The day before the ride, I probably visited every bike shop in Victoria, by bike, after securing my registration package. This attests to the bikeability of this city. The downtown area is busy, but bike lanes make it much safer.



The Empress Hotel, at the start and finish of our ride, was a hub of activity. We had amazing weather. The 23 C lent itself to the beautiful ride, not a race, through local parks, nearby towns and along the coast including: Saanich, Langford, Colwood, Tod Provincial Park, Cordoba Bay, Oak Bay and home to the Legislative Grounds adjacent to the Empress Hotel. 45, 60, 100, 140, and 160 km routes were available. After 140 km, it was absolutely wonderful to stop for a burger and ice

cream along Government Street!



Helpful Links:

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[Click here for an EBTC membership](#)

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[Click here for EBTC exclusive RideWithGPS map access](#)

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