



Newsletter

Fun Fitness Friends

December 1, 2024

Messages from the Board

2025 Membership Registration Opens Soon

June MacGregor, EBTC President 2024

EBTC memberships are for the calendar year, ending December 31. In next week's Newsletter, we'll announce the opening of registration for 2025.

Your Board recently approved the following for 2025 memberships:

2025 Fees In reviewing the Club's finances, the Board decided to increase membership fees by \$5: first member \$45; additional family member (18 and over) \$25. The last fee increase was more than 7 years ago.

- This increase follows a motion approved by at the Annual General Meeting (AGM) almost two years ago (February 2023). Given pressures of inflation, the membership gave the EBTC Board authority to increase fees by up to \$10, starting in 2024.
- The Board did not need to raise fees in 2024. However, 2025 forecasts show that it will be difficult to maintain existing and offer more social events or rides with food and beverages that members enjoy.
- Members who attend AGMs know that the Club has savings; they may ask, "Why not dip into savings rather than increase fees by \$5." The reason is that the Board endorses the policy of previous Boards to use 'Rainy Day' funds for initiatives of lasting value for members (versus day-to-day operations) and for future Board flexibility to deal with major unforeseen circumstances. These funds have been key to EBTC's ability to revamp the website and to improve Karelo registration.

2025 Membership Card to Keep Upon renewing/signing up for 2025, your Karelo confirmation email will include a wallet-sized membership card. You need to keep this card to use for Club discounts, such as the two MEC 15% off shopping nights. You can keep it electronically on your phone and/or print it for your wallet (in colour or in black and white).



2024 Ride Leader Incentives Consistent with EBTC policy, fourteen members who led 10 or more rides or 1 or more no-fee multi-day trips in 2024 are each eligible for a free EBTC membership in 2025. These members will receive an email with the details for how to renew.

Help Make the 2025 Ride Program a Success

The EBTC Board has discussed how to organize and obtain more volunteers to help plan, schedule, communicate and support the 2025 Ride Program. This initiative includes positions on the Board or as Special Volunteers to the Board to coordinate activities as well as other volunteers to undertake tasks to support these positions. The necessity to reconsider how EBTC plans and delivers the ride program was highlighted by Audrey Sonnenberg's need to resign as the Club's sole Ride Coordinator. The ride program is why EBTC exists and deserves more volunteer effort, outside of the critical role of Ride Leader.

If you are able to assist with the ride program or a task role, please contact me at webmaster@bikeclub.ca

Upcoming EBTC Events

Bellrose River Walk, St. Albert, Friday, December 6

Liz Timleck, Walk Leader

Join us next Friday for a 7.6 km out-and-back walk along the north side of the Sturgeon River. We'll meet at 10:45 for an 11:00 a.m. start, and for walkers who so choose, we'll go for coffee after the walk.

The long-term forecast is looking good for walking. This beautiful nature walk has a few hills to keep it interesting. We might even see some of the resident moose along the way. Click [here](#) for more information and to register.

Walk Report

Ft Edmonton Non-Walk, Friday, November 29

June MacGregor, Walk Leader

Who's Afraid of a Little Nip in the Air? Not EBTC's Friday Walkers!

or so we said last week, before it got a little cool and bit of a breeze was forecast.

Whether you are cycling, walking or skiing in cold weather, the same principles of dressing for the cold apply. See [this article](#) and the articles it references for tips.



From the Saddle

Cycling on Mallorca, October 2024

For Tema Frank and me, cycling is just one part of our travel experiences. We are equally interested in the food, wine, architecture, culture, art, history, beaches, and people we encounter along the way as the riding itself. During our 12 days on Mallorca, we were looking for quiet end of season cycling, little car traffic, great scenery, good enough weather, uncrowded beaches, great local food and hotels, seawater warm enough for swimming, old towns to explore - the whole package! *"You can't always get what you want but ... you might ... get what you need"* to paraphrase the Rolling Stones would be an apt description of how things turned out.



Click [here](#) to read the full travelogue.

Helpful Links:

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