



February 11, 2024 - Newsletter

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

Messages from the EBTC Board

Quick Reminders!

June MacGregor, EBTC President

- 2024 Membership: please sign up soon; you need to be a 2024 member to register for EBTC outings and events such as the Annual General Meeting and Volunteer Appreciation Brunch on Feb. 25. Fees are the same as 2023.
- Pop-Up Ride & Event Notices: sign up to be notified about winter activities. You won't need to check the website calendar plus email notifications include the link to register.

[Click here to obtain or renew your 2024 EBTC membership](#)

[Click here to sign up for the pop-up ride e-mail list](#)

EBTC's E-Bike Policy - Rationale for 'Pedal-Assist Only' E-Bikes

June MacGregor, EBTC President

Safety during a group ride is best assured if the bicycles used perform in a similar manner. 'Pedal-assist' e-bikes are more similar to 'pedal-only' bikes than 'throttle e-bikes'. This is because power assistance only engages when the bicycle is being pedalled, and a safety mechanism prevents any power before a speed of 3 KPH is attained. E-bikes with a handlebar throttle allow more rapid acceleration from a stop, on flat terrain, and passing up hills. While throttle e-bikes can be useful in some cycling situations, they can pose a risk in group riding with a mix of bikes.

[Click here for the full story](#)

Upcoming EBTC Rides and Events

EBTC Annual General Meeting; Volunteer Appreciation Brunch (with Trans Europa Ride Talk), February 25, 2024

June MacGregor, EBTC President



Where? Laurier Heights Community Hall (14405 85 Ave NW)

What's Planned? Your Board looks forward to seeing many members at both events. Each requires registration as we need attendee #s for quorum at the Annual General Meeting (AGM), and for preparing food for the Volunteer Appreciation Brunch.

AGM - 11 a.m. to noon. Register and arrive a little early. Hear how things went in 2023, learn what's in the works for 2024, have your say, and enjoy coffee/tea/goodies plus some social time before the Brunch.

Volunteer Appreciation (VA) Brunch - 12:45 to 2:30 p.m. Register to celebrate EBTC's 2023 volunteers, socialize and enjoy an excellent buffet brunch prepared by executive chef and member, **Michael Roloff**. Also hear from member, **Wayne Grover**, about the adventures of cycling thru eleven countries from Tallin, Estonia to Gibraltar.

The VA Brunch is offered to members at an 'EBTC subsidized' cost of \$25, to be paid by credit card when you register. There is no charge for AGM attendance or for the brunch for our 2023 Volunteers, who have already been contacted and advised.

Members can invite non-member partners or friends to the VA Brunch. Non-members will pay \$30 (cash only) at the door. However, you need to contact me with the name(s) so that we can track the attendee #s for our chef.

[Click here to register for the EBTC AGM](#)

[Click here to register for the Volunteer Appreciation Brunch](#)

[Click here if you are bringing a non-member guest to the Volunteer Appreciation Event](#)



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

The ride season is just around the corner, even though for most, it is more than that, but I just wanted to let those of you who are new to the club, and those who may have returned after a few years away, that there are rides for everyone within EBTC.

2024 Ride Program:

The **Stamina Builder Series** is designed for training, fitness, and fun with faster pace, fewer stops, and more independent riding. It is aimed at riders who wish to embark on a more ambitious ride season, and/or prepare to ride longer rides during

the summer months. The season begins gradually with **Optimum** and **Ultimate**, starting at 25 km, and can build to 160 km if the **Enduro** ride is right for you. These rides start mid-April, so consult the ride calendar, but also read the ride descriptions carefully to ensure that this series falls within your abilities and goals. These rides do require a working knowledge of RWGPS (Ride with GPS) which is free with your membership.

The **Social Ride Series** is designed with fitness and fun in mind including shorter distances and a more leisurely pace with more frequent stops, quite often with sweeps so that no rider is left behind. These rides generally begin a little later (May) in the season, so again, consult the ride calendar, read the descriptions carefully as to the type of bike, whether RWGPS is used, so you can find the ride that is right for you.

Pop-Up Rides, Unique Rides as well as **Limited Series Rides** will also appear in the calendar as the season opens. These are the wondrous opportunities to ride the favourites of some of our ride leaders. Each month different rides appear! So, check the ride calendar often to make sure you do not miss out!

The riding season is all about finding the ride that best suits your bike, your level of fitness, your availability, and what kind of “fun” you wish to have. Each ride is led by volunteers who have prepared rides and designed routes for the pleasure of your company! Do support them, and do respect their instructions as their reminders are designed to keep all riders safe within the guidelines of the Alberta Traffic and Safety Act, and EBTC.

Ride Leaders:

- Thank you ride leaders who have already registered for the Ride Leader Training Session, and to those of you who have submitted Ride Series Descriptions, Pop-Up intentions, and Unique Rides. Great Work!!
- Don't forget to [register for the Ride Leader Training Session March 3, 2024.](#)

[Click here to contact Audrey Sonnenberg](#)

[Click here to register for the Ride Leader Training Session March 3, 2024](#)

Volunteer with EBTC

June MacGregor, EBTC President

If you are interested in team work to shape EBTC's continued success, we have excellent opportunities for you. Please contact me with any questions or to express your interest (link below). Your Board will support you and is open to having some positions shared by two members or filled by special volunteers (non-Board).

Social Coordinator (Board Position) - Working with Board members and backed by other volunteers, the Coordinator plans, organizes and stages events – an excellent role to learn how EBTC operates behind the scenes, and to get to know our friendly members.

Safety and Education Coordinator (Board Position) - Supporting the Club in conducting our activities in a safe manner, the Coordinator doesn't need to be an 'expert'. You just need to be keen to research/learn about safety topics and gain new experience through working with the Board and members.

Volunteer and Member Liaison Coordinator (Board Position) – Serving as a 'bridge' between the Board, and the Club's volunteers and wider membership, this

Coordinator organizes volunteers for EBTC activities and proposes/undertakes initiatives to help ensure the Club is welcoming to our members.

Vice-President (VP) (Board Position) - The VP backs-up the President in planning and chairing meetings, delegating functions, ensuring by-laws and policies are up-to-date and followed, supporting other Board members and helping maintain a co-operative Board environment. The VP and President work together to divide up responsibilities as Club needs change.

[Click here if you are interested in volunteering with EBTC!](#)

Helpful Links:

[Click here to become or renew your EBTC membership](#)

[Click here if you need help with membership](#)

[Click here if you'd like to contribute to the Newsletter](#)

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

[Click here to visit the EBTC Facebook Page](#)

[Click here to join the EBTC members only Facebook Group](#)

[Click here to visit the EBTC Website](#)

[Click here to Sign up for the Pop-Up Ride E-mail List](#)

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