



Edmonton Bicycle & Touring Club

## February 4, 2024 - Newsletter

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

### Messages from the EBTC Board

#### Purchasing or already own an E-Bike? Here's EBTC's Policy

June MacGregor, **EBTC President**

At its January meeting, the EBTC Board reviewed and added some points of clarification to the EBTC policy about 'pedal-assist' E-bikes on EBTC rides.

'Pedal assist' E-bikes are generally permitted on EBTC rides if they have the following characteristics:

- can be propelled by the rider's muscular power alone;
- cease power assistance immediately when the rider stops pedaling. **No** other type of speed control such as handlebar throttles are allowed.
- have a total power output of 500 watts or less.
- have a power assist limit of 32 km/hour on level ground.
- have a safety mechanism preventing the motor from being engaged before the bike reaches a 3 km/hour speed (i.e., no fast acceleration).

If E-bikes are **not** considered appropriate for a particular ride (e.g., hill training), the Ride Leader will state this in the ride description.

EBTC members who are new to E-bike riding are strongly advised to become proficient in the use of their bike before joining a group ride with EBTC. Ways to gain proficiency include taking a course, riding on both flat and on hilly terrain, and riding in rural and urban settings with various types of intersections.

When riding with EBTC, E-bike riders should anticipate and control any speed surges so as not to impact others in the group. If it is necessary to pass another rider - particularly on hills where most riders lose speed - this should be clearly communicated, i.e., "passing on your left."

### Upcoming EBTC Rides and Events

#### Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator





Wow! The weather awesome? I think we still have a little snow in our future. However, it doesn't hurt to think about booking your bike in with your favourite mechanic for a tune-up. Some bike shops are offering reduced rates or free basic checkups.

#### Ride Leaders:

- Ride Series Descriptions are needed by February 23, 2024!

• **Register for the Ride Leader Training Session March 3, 2024.**

#### Ride Program Volunteers:

I would like to introduce two very important volunteer people to you. Your Coordinator in facilitating the Stamina Builder Series is **Anne-Marie Adachi**, and part-time Social Ride Coordinator, **Norbert Broda**, who is working part-time with me. These two individuals have kindly invested their time and effort to launch the riding season with me, and their knowledge and experience are greatly appreciated.

The rest of you who purchased memberships and indicated your desire to volunteer, thank you for stepping forward.

#### EBTC Riders:

Do visit the EBTC website **Resources** tab for important information that all EBTC riders should know, especially the **Code of Conduct** and **E-Bike Policy** for the year. Your Ride Leaders will appreciate you being fully prepared for each ride.

Click here to contact  
Audrey Sonnenberg

Click here to register for the  
Ride Leader Training Session  
March 3, 2024

## 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](#)

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## 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!](#)

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## From the Saddle

A Great Day Out -- with  
Caveats: Cycling From San  
Cristobal de las Casas to  
Chiapa de Corzo, Chiapas

**John Shaw**, EBTC Newsletter Coordinator





Before arriving three weeks ago, I'd spotted **Jaguar Adventours**. They offer my kind of day trips – cycling and trail running in the mountains of Chiapas combined with cultural experiences. They deal with logistics, pueblo dogs, route curation and meals. Their reviews are excellent. I gave myself three weeks to adjust to the base elevation (2200 m) before choosing to head up into the surrounding passes and mountains (up to 3000 m). **Based on my experience last winter** that might not be enough time, but it is all the time I have.

For my first outing with them I was up, had made and gulped two lattes, and walked 30 minutes to their shop all before 07:00. The tour included a 73 km (800 m up hill) mountain bike ride and a two-hour boat trip in the **Sumidero Canyon**.

[Click here to continue reading "A Great Day Out"](#)

## 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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