



Edmonton Bicycle & Touring Club

January 7, 2024 - Newsletter

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

Messages from the EBTC Board

Welcome to 2024: Join EBTC or Renew Your Membership for 2024

June MacGregor, EBTC President

There is no reason to delay because EBTC's membership year runs from January 1 to December 31. Memberships sunset on Dec. 31 regardless of when you sign up! The Board is pleased that the Club is in a position to keep 2024 membership fees the same as 2023: first member \$40; additional family member (18 and over) \$20; additional family member (under 18) \$7. These are very reasonable fees to enjoy over 200 rides and other events/activities with a great group of active, fun-loving adults.

[Click here to Obtain your 2024 EBTC Membership](#)

Make 2024 the Best Ever for EBTC Members: Volunteer with Us

As a not-for-profit Society run for and by members, EBTC depends on volunteers. There are many good reasons to volunteer, whether you have a little or more time available.

- *Share your passion for riding and support others to enjoy it as much as you do.*
- *Share your skills – cycling; other – to make EBTC the best recreational cycling club around.*
- *Have fun getting to know other keen cyclists.*
- *Learn how EBTC operates as a 'not-for-profit', a learning useful in other settings.*
- *Gain experience and training that you wouldn't otherwise have.*
- *Add your EBTC experience to your resume.*
- *Be recognized for your contributions, e.g., Volunteer Appreciation; free membership for organizing/leading 10 or more rides.*

Give Us a Hand with Social/Other Events (non-Board; project-related)

As EBTC moves into winter and spring, there are a number of events in planning (e.g., Volunteer Appreciation, AGM) which require support, whether that's greeting

attendees and checking off their names at the door, picking up and setting up food/drinks, keeping the coffee pot full and perking, helping to set up and run the technology, making up name tags, etc. EBTC is looking for volunteers who can work in a team to organize and assign the duties that need to be performed, while supporting each other to make the event a good experience for attendees.

Vice-President (VP) (Board position)

Join EBTC now as a Special Volunteer (non voting) and experience the EBTC executive team before the Board election at the AGM in late February. This position serves as the back-up to the President to plan meetings, delegate functions, ensure by-laws and policies are followed and maintain a co-operative Board environment. Working together, the President and VP can jointly determine how best to share/divide up these various functions based on interests, availability and needs of the Club. The VP, therefore, has latitude in shaping their position. If you are interested in the work of a Board of Directors and gaining a window into all facets of EBTC, this may be the ideal position for you!

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

Upcoming EBTC Rides and Events

It's 2024 EBTC Riders!

Audrey Sonnenberg, EBTC Ride Coordinator

The planning for the coming season is underway. If you are interested in leading your favourite rides and routes, email your intentions to the address below. The Stamina Builder Ride Series has begun led by the capable Anne-Marie Adachi. EBTC is also looking for someone to assist with the Social Ride Series. If you are interested please contact me as well!

Mark your calendars ride leaders, as your Ride Leader Session is scheduled for Sunday, March 3, from 1:00-4:00 p.m. at Providence Center. This session is hosted by **Scott Keast**, and is only for ride leaders who are leading rides for the 2024 season. Please plan to attend. Don't worry, I'll remind you.

Thank you in advance to all the ride leaders and their loyal friends who ensure our membership enjoys laughter, good friends, and beautiful rides.

[Click here to contact Audrey Sonnenberg](#)

Watch for Pop-Up Events: Rides, Walks, Other Outings

June MacGregor, EBTC President

Events wound down over the holiday season but will ramp up again. In contrast to the warm season with EBTC's many pre-planned weekly and other events, winter outings are weather dependent pop-ups. They are set up and opened for registration close to the event date. To avoid checking the website calendar for outings, you can sign up for EBTC's Pop-Up List and receive email notification, including a link to register, whenever a pop-up is created.



If you are on EBTC's Pop-Up List, you'll continue to receive email notifications of events available for registration, including into 2024. There is no need to sign-up again for the List. As off January 1, however, you'll need a 2024 EBTC membership to register in Karelo for an event of interest.

If you're not yet on EBTC's Pop List, **[CLICK HERE](#)** to sign-up. Adding your name to the List for Karelo email notifications is a convenient way to keep up-to-date with what EBTC is offering members. In the winter season, most EBTC events are pop-ups, i.e., weather dependent, planned and available for registration close to the event date.

It's also easy to remove your name from the List. Every Karelo email notification has a closing paragraph with a link to remove your registration. You can always sign up again later if you change your mind.

Winter Cycling Tips: The Extremities – Head, Hands and Feet

Scott Keast, EBTC Safety and Education Coordinator



For most people keeping their extremities comfortable is one of the greatest challenges. After all, when the body is exposed to cold the natural reaction is to gradually divert blood flow away from hands and feet and move it to the core – it's one of those survival mechanisms that sometimes messes things up.

[Click Here for Scott's full list of warm heads, hands and feet tips!](#)

Helpful Links:

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

[Click here if you need assistance with Membership](#)

[Click here to contribute to the EBTC 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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