



July 28, 2024 - Newsletter

From the EBTC Board

Potluck Picnic in the Park Returns - Please Mark your Calendar

Julie Moehrle, Social Events Coordinator



The 2024 picnic is coming up (photo is from 2022).

Join fellow members for a fun late afternoon and evening in the park. **Date:** August 8, 2024 **Time:**

4:00 to 8:00 p.m. **Place:** Sir Wilfrid Laurier Park, Site #1 (Canopied site; alcohol permitted (BYOB)). The picnic sites are just west of the large **Valley Zoo** parking lot [Laurier Park Site Map](#)

The Club will provide hotdogs/smokies/veggie dogs, condiments and Bubby. We will also supply plates, napkins and utensils. **We ask members** (if you are able to and wish to) to bring a dish to contribute to the potluck, e.g., salad, dessert.

Please [register](#) to attend (registration closes late on August 6). **Partner/friend non-members are welcome** but please contact Julie with the name(s) as we need to know how much food to buy. Non-members should bring \$5.00 in cash to help defray EBTC's expenses. If you are bringing a guest or have questions, please contact Julie at 780 405 5334 or gmoehrle@live.com.



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

"The bicycle saves my life every day. If you've ever experienced a moment of awe or freedom on a bicycle; if you've ever taken flight from sadness to the rhythm of two spinning wheels, or felt the resurgence of hope peddling to the top of a hill with the dew of effort on your forehead; if you've ever wondered, swooping down bird-like down a long hill, if the world was standing still; if you have ever, just once, sat on a bicycle with a singing heart and felt like an ordinary human touching the gods, then we share something fundamental. We know it's all about the bike." — **Robert Penn**

I have to concur with Robert Penn. Riding a bike is freedom, and there are moments when there is pure awe for sure - when the bald eagle appears and rides above, and the moose raises its head and contemplates the line of cyclists before dropping to feed unconcerned with our appearance. It is the way the clouds sit on the horizon, or when you do get up that hill, and the awesome largess of trees and mountain range plays out before your eyes. Nothing compares to those days when not one worry takes up space in our heads.

And... cycling is an amazing way to combat some of the health issues that surface as we age.

The health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression.

Click [here](#) for more detail

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. All are in the calendar, and await your perusal. Click on the entries for details and to register.

- ***Kingswood Park to Ravencrest Golf Course: July 30, 2024***, 60 km social ride, led by **Liz Timleck**.
- ***Morinville-Legal Loop: August 5, 2024***, 56 km social ride, led by **Liz Timleck**.
- ***Sunrise Breakfast Ride: August 5, 2024***, 54 km, led by **Michael Roloff**.
- ***Potluck Picnic in Wilfrid Laurier Park Site #1, August 8, 2024***.
- ***Miquelon Lake from Beaumont: August 10, 2024***, 95 km, led by **Phil Davidson**.
- ***Miquelon Lake from New Sarepta: August 10, 2024***, 42 km, led by **Phil Davidson**.
- ***Pigeon Lake Inner Loop and Picnic: August 25, 2024***, 65 km, led by **Frank Potter**.
- ***Pigeon Lake Outer Loop and Picnic: August 25, 2024***, 60 km, led by **Anne-Marie Adachi**.
- ***C&E Trail Lacombe to Red Deer: August 28, 2024***, 47 km, led by **Liz Timleck**

Lacombe Memorial Centre (5524 - 50th Ave.). Arrive at 9:00 a.m. for a ride start at 9:30 a.m. Lunch for those who wish at Ona Cafe in Lacombe upon return to Lacombe.

EBTC Ride and Event Reports

Friday Quiet Roads Ride Trails Walk July 26, 2024

June MacGregor, Ride Leader

It wasn't the smoke that prompted the ride cancellation. It was the 50-80 km winds – and rain too. I replaced the ride with a pop-up walk in the sheltered Mill Creek Ravine. Five members had an enjoyable social walk, followed by coffee and a snack at the Mill Creek Café.

Click [here](#) for details and to register for a great 50 km loop ride from Ardrossan on August 2.

Stamina Builder - Special Ride Saturday July 27, 2024

Audrey Sonnenberg, EBTC Ride Coordinator

The weather was a kind of Dr. Jeckyl and Mr. Hyde Saturday morning as the radar did not provide a positive start. Dry in the west end, and wet in the east. But... 5 cyclists said, let's go, and we did a route with two loops that provided an opportunity to bail if the weather went from cold, windy, and wet to colder, windier and wetter. You know what, it was okay, except for the guy in the truck who intentionally splashed Bernie Fitzsimmons and I. OHHHHHH is was hard to keep my hands on the bars. I had to squeeze tight as that finger of mine really wanted to send a message. We got totally sprayed.... Yet, it was kind of nice to get out in those lowering skies to feel the wet wind on our faces, and by the end of the 90 km, the sun was out and we were peeling off some clothes. A great day for a ride!!



Sunday Social Ride July 28, 2024

Betty Lafave, Ride Leader

It was a great Sunday with no rain, no smoke, normal wind and temperature in the mid 20s. Hooray! It's been a long time since I've been able to say that. 18 of us rode 62 km from the Strathcona Olympiette Centre to New Sarepta where we enjoyed pie and ice cream on the patio at Old Station Honey and Mead. Some of us even sampled the Mead, which was excellent!

Join us next week for a 67 km ride from Villeneuve to Onoway for ice cream at the famous Burger Baron. Click [here](#) for details and to register.



From the Saddle

Self-guided cycling trip Toulouse to Carcassonne, France (June 2024)

Sonja Taylor, EBTC Social Media Coordinator



Freeman, my husband, had dreamed of visiting the medieval city of Carcassonne since seeing pictures of the walled city years ago. We were going to be in southern France already on an EBTC organized Bike and Barge cycling tour from Aigue-Mortes to Avignon. So, the decision to book a second cycling tour that took us to the Occitane and Languedoc regions of France was not hard to make.

With six EBTC friends, we signed up for the Velo Voyageur self-guided cycling trip from Toulouse to Carcassonne. We are not fans of cycling flat terrain (as it would be if we stayed on the suggested Canal du Midi route). Freeman planned some routes into the surrounding countryside using RWGPS long before we headed overseas.

[Click here to continue reading Sonja's trip report](#)

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