



June 9, 2024 - Newsletter

Biking like a Viking Biosphere Ride, July 14, 2024

June MacGregor, EBTC President

If you haven't already done so, please consider signing up for one of the non-timed rides, which start and end at the Strathcona Olympiette Centre. You'll experience the UNESCO-designated Beaver Hills Biosphere, where EBTC members regularly ride, in a new way.

- Biosphere 160 km Ride (+/- 160 km) | Start 0800
- Biosphere Century Ride (+/- 100 km) | Start 0900
- Biosphere Half Century Ride (+/- 55 km) | Start 1000

This premier road cycling event for our region is again offered by the Canadian Birkie and Beaver Hills Biosphere. So close to home and at a reasonable cost, participants enjoy professionally marked routes; nutrition and aid stations; support along the way from motorcycle and bicycle marshals, bike maintenance vehicles and sag wagons; finish line catering and more.

[Click here for details about the rides and the Beaver Hills Biosphere. and to including about the unique Beaver Hills Biosphere.](#)



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

"The very basic core of man's living spirit is his passion for adventure. The joy of life comes from our encounters with new experiences, and hence there is no greater joy than to have an endlessly changing horizon, for each day to have a new and different sun." Christopher McCandless (*Into the Wild* by Jon Krakauer)

Some of our EBTC members have returned from faraway places, and others are just getting ready to journey within and outside of Canada. Because we ride, I believe we all share a passion for discovery - for the sights, scents, and smells of those places close to home, but also for those places that are new, as they have an indescribable quality that envelops us as we ride by, and this experience is like no other.

[Click here to contact Audrey Sonnenberg](#)

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

Upcoming EBTC Rides and Events

Tuesday Outbacks Series Ride

Phil Davidson leads this ride that allows you to test yourself on a ride with lovely pavement. As an out and back, you go as far as you can in the allotted time, and return. Every week your endurance increases as you set your own pace, and progress as an individual. A great group of people who have stories to tell! [Click here for details and to register for the ride on June 11, 2024.](#)

Tuesday County And Urban Series Ride

An every two week 40 to 70 km ride led by **Stephen Yakimets** that takes you from city to country. Explore some new places, and enjoy a moderate pace. [Click here for details and to register for the ride on June 18.](#)



Al and Darren's Bakery Ride **Rescheduled** for June 22, 2024

Please re-register for this event in Karelo. Al and Darren were very disappointed that the weather interfered with this annual event. Join **Al Carlson** and **Darren Okrainic** for an easy social ride through 30 kms of a food itinerary. This annual event is very popular as it allows you to spend your day with friends and food. [Click here for details and to register.](#)

EBTC Ride and Event Reports

Wednesday Hill Tops & Coffee Shops Series Ride, June 5, 2024

Dean Cooper, EBTC Ride Leader

This week we started our ride on Ada Boulevard and rode north-eastward to the Anthony Henday Bridge and back. There were lots of people on the trails walking and cycling, and we learned that way back in the 1970s all the trails through Rundle Park would have been traversing the Beverly Dump! Fast forward to 2024 and one of the old historic buildings in beautiful Highlands now houses Mandolin Books & Coffee where we sat for a spell on the patio.



Join us next Wednesday morning for a ride from Malina Ukrainian Bakery in Cameron Heights. [Click here for details and to register for the ride on June 12, 2024.](#)

Wednesday Rambling Routes Series Ride, June 5, 2024

Audrey Sonnenberg, EBTC Ride Coordinator

This past week, the group, led by Scott Keast, braved the winds, and sought a peaceful and green ride out to Blue Meadows and Blackhawk Golf Course. Such good sports they were! This week (Wednesday, June 12), the group heads out from the Kinsman Sports Centre (9100 Walterdale Hill) at 7:00 p.m. Join this group if you are new to cycling, or just wish a more leisurely ride. The next ride is on June 12. They'll depart from the Kinsman Sports Centre at 1900. [Click here for details and to register for the ride on June 12, 2024.](#)

Thursday Longer Recreational Ride, June 6, 2024

Phil Davidson, EBTC Webmaster and Ride Leader

The weather continues! Sunny and a little cool for some. The forecast said wind NW gusting to 42 km/hr, but that was for Spruce Grove and we were up a little higher and out in the open. Consensus was the gusts were over 50 and three sensible members turned back while the less sensible 7 did a tour to Muir Lake and Spruce Grove Timmies. We even had a sag wagon courtesy of one of the sensible members, who also took some photos.



Join us next week as we head from Devon to the Calmar Bakery. [Click here for details and to sign up for the June 13, 2024 ride.](#)

EBTC Discount Night at MEC, June 6, 2024

June MacGregor, EBTC President

On behalf of the EBTC Board and members, I express appreciation to **Audrey Sonnenberg**, EBTC Ride Coordinator for organizing an EBTC Discount Night at Mountain Equipment Company, 11904 – 104 Ave. We enjoyed 15 % discounts all in-stock items purchased in the store.

Here's what some members who attended had to say: "Great deals!" "I didn't expect 15% off on sale items. A nice surprise". "Staff were helpful – I found what I needed." "We both liked being able to shop, with a 15% discount, and chat with other members of the Club." "Really enjoyed yacking with members I don't regularly see." "Glad we went." "I'd go to another discount evening in a heartbeat."

Along with discounted shopping, ride leaders attended a Bike 101 session with a MEC bike mechanic. They said: "He sure knows his stuff." "Excellent, personable and willing to answer any question." "I got a good tip about changing flats - why it's best not to turn your bike over."

Thank you to Audrey and the staff at MEC!

Sunday Social Series Ride June 9, 2024

Betty Lafave, EBTC Secretary and Ride Leader

Thank goodness the wind died down. It was the best riding day all week! Our group of 18 rode from Ardrossan to Partridge Hill and then to the Fox Run golf course where we stopped for a break. It was great to be cycling!



Join us next week in Spruce Grove for a ride through the Glory Hills to Muir Lake.
[Click here for details and to register for the ride on June 16, 2024.](#)

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