



March 24, 2024 - Newsletter

Messages from the EBTC Board

Policies to Read Ahead of the Riding Season

June MacGregor, EBTC President

- E-bikes are growing in popularity and EBTC generally welcomes 'pedal-assist' e-bikes on our rides. 'Throttle e-bikes', however, are not allowed as their rapid acceleration does not mix well with people-powered bicycles. [**E-Bike Policy**](#)
- The [**EBTC Code of Conduct**](#).

EBTC Web-Accessible Resources

June MacGregor, EBTC President

The [**EBTC Website**](#) has some excellent resources for cyclists. By hovering over '**Resources**' at the top of the homepage and then '**Gear**', you'll find a menu of topics about cycling gear including a useful article about helmets: [**What the MIPS is MIPS?**](#)

If you're interested in a new bike, hover over '**Need a new Bike**' for a link to the first article you'll find [**Need a New Bike - General**](#). You'll also see other useful articles to help you select a bike: drivetrains, brakes and finishes.

If you are not familiar with hovering around a website on your laptop/desktop, here are two tip:

- The little down arrow means hover here for a submenu; the absence of a down arrow means click here for the article.
- If a submenu extends beyond the bottom of your computer screen, use the 'PgDn' arrow on your keyboard.

Upcoming EBTC Rides and Events

It's Pizza Social Time, Sunday, April 14, 2024

June MacGregor, EBTC President

EBTC returns to the Laurier Heights Community Hall (14405 85 Ave NW) for a "no cost" social afternoon. Whether you are new to the Club or have renewed your membership, join us to meet up with new and old friends. Register for either or both activities:

- **12:00:** Outdoor walk. Meet at the Hall for a walk, led by Liz Timleck and Ann

Sutherland, EBTC's super walk leaders. Depending on registrant numbers and interests, we may offer two walk distances/paces. Coffee/tea/pop will be available when walkers return to the hall.

- **13:30:** Pizza, pizza, pizza with some coleslaw and coffee/tea/pop too.

The Hall has lots of room, an outdoor patio, and secure bicycle parking.

[Click here to register for the April 14, 2024 Walk at 12:00](#)

[Click here to register for the April 14, 2024 Pizza Social at 13:30](#)

Drumheller Hub and Spoke Ride with Drama! May 24 to May 26, 2024

Norbert and Karen Boda, EBTC Ride Leaders

We offer a repeat of last year's amazing ride. Enjoy up to 3 days of riding in the beautiful Drumheller Valley. Rides range from 36km up to an optional 72km on the last day. With some significant hill climbs, this trip is suitable for intermediate riders and e-assist bikes are welcome. This is a no drop ride. Nobody will be left behind. This trip is a "pay-your-own-way" trip. Registrants are responsible for choosing and paying for their own accommodation, theatre tickets and food. Registration closes May 15, 2024.

This year we have the opportunity to catch the last performance of the Rosebud Dinner Theatre production of "Chariots of Fire" on Saturday May 25 @ 20:00. The event includes a buffet supper (do they know how much hungry cyclists can eat after a riding day?) and is expected to sell out. If you plan on attending, **we recommend reserving your tickets ASAP.**

Click on the Registration link for a PDF document outlining each ride day, accommodation information, and Rosebud Theatre details. For any additional questions please feel free to contact the ride leaders.

[Drumheller Hub and Spoke Ride with Drama, Ride Details and Registration](#)

[Click here to contact the ride leaders](#)

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

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](#)

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

[Newsletter](#)

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

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members only Facebook Group](#)

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EBTC Website](#)

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

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