



May 12, 2024 - Newsletter

From the EBTC Board

Handy Links for EBTC Members

June MacGregor, EBTC President

In the Newsletter, we often have articles about EBTC policies and rides, the super Biking-Like-a-Viking Biosphere Rides event on July 14, 2024, etc. We've put the lot in one handy document for easy access!

[Click here for a summary of handy links for EBTC members.](#)



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

"Cyclists see considerably more of this beautiful world than any other class of citizens. A good bicycle, well applied, will cure most ills this flesh is heir to." **Dr. K.K. Doty**

The sun was shining, the breeze was blowing, and the warmer temperatures the sun brought made us put on our short-sleeved jerseys. And... then the smoke arrived. The acrid sting of it really played havoc with the weekend rides. Therefore, for the rest of the summer it is really important to:

- **Sunscreen up** – keep yourself protected.
- **Water/Electrolytes** – 2 bottles now as temperatures rise.
- **Snacks** – salt/sweet/protein are good choices as you burn more calories and travel greater distances.
- **SMOKE.** Check your email prior to heading out, as weather is changeable, and the smoke from fires is very much part of our summer riding season. Ride Leaders will notify you as to the levels, and whether a ride is cancelled.
- **Look for time shifts for some Series Rides** – some are leaving earlier as temperatures climb and distances become longer.
- **Cancel your rides if you cannot attend.** Contact the Ride Leader.

The Downtown MEC is sponsoring an EBTC NIGHT. Look for invitation coupons in your mailboxes this coming week from EBTC. You must present it, for your discount, so do not press delete! A big thank you to **Mike Eerkes**, manager, who has initiated a partnership with us! More events to come in the future!

Ride Leaders look for an email with a registration link for Bike 101 evening event by MEC professionals to learn how to address flats on your rides/patch and replace

tubes, and basic bike maintenance.

Another series ride opens this week:

Wednesday Hilltops and Coffee Shops Series

Ride – is an intermediate hill training ride led by **Dean Cooper** that combines the best of our beautiful river valley with a café stop. You will be riding 25-30 km through multi-use paths, and urban roads linking the hills of the river valley. Come and begin your personal fitness challenge. [The first ride is on Wednesday, May 22. Click here for details and to register.](#)

[Click here to contact
Audrey Sonnenberg](#)

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

Upcoming EBTC Rides and Events

Al and Darren's Bakery Ride June 8, 2024

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.](#) Registration opens May 20, 2024.

EBTC Ride and Event Reports

Fort Saskatchewan Brunch Ride, Sunday May 5, 2024

Maureen Lank, EBTC Ride Leader

Ten brave souls showed up on a sunny and cool, but rideable day for the annual iconic Fort Saskatchewan Brunch ride to the Canadian Brewhouse in the Fort. It was a breeze getting to the Fort as the 30-40 KPH winds pushed us happily along. Six of us enjoyed a delicious lunch/brunch on the toasty warm patio at the restaurant, while four riders elected to eat their prepared lunches.



We were thankful that we were well fueled for the return trip, as the winds didn't cooperate and turn around to give us a tailwind back as they sometimes do in Alberta! However, riding back on RR 223 was very pleasant with lots of trees to block the wind and a beautiful little lake/pond part way through the ride. Thanks to Al, Larry, Ava, Adrian, Keri, Bernie L, Jim, Dennis & Nadine for joining me on one of my favourite EBTC rides. Hope to see you all next year!

Thursday Longer Recreational Series Ride, May 9, 2024

Phil Davidson, EBTC Webmaster

Sunny, light wind and warm conditions brought out 13 enthusiastic riders. We welcomed one new member who was a guest on the Sunday Social Ride. She signed up for next week within a couple hours of finishing today's ride; I guess she liked it. We stayed relatively short – 44 km from Graminia Hall to Holborn Hall, for the kids to play, and then to Spruce Park Ranch for coffee. Join us next week for a ride from Villeneuve to Spruce Grove for coffee. [Click here for details and to register for the ride on May 16, 2024.](#)



Friday Quiet Roads Series Ride, May 10, 2024

June MacGregor, EBTC President



Twenty-one happy riders, including three 'guests' who rode with us under the Bring a Friend initiative, enjoyed perfect weather for a 'no drop' ride that took us south of the city and around the Blackhawk Golf Course. Many laughs were enjoyed at coffee. Trust **Shirley Fisk** to bring birthday accoutrements to celebrate a rider's birthday (this time, my 21st – can't believe what you read these days). Rides in this social ride series start at a different location every week. [Click here for details and to register for the ride on May 17, 2024.](#)



How We Build Fitness - Supercompensation

Scott Keast, EBTC member



When we talk about building fitness, it is the stimulation of a body process

called **Supercompensation**. Essentially, we break down the body by stressing it, which causes it to rebuild stronger and better. This applies to the muscles, tendons, and ligaments, as well as the cardiovascular system. One of the most important takeaways about this is that exercise is the stimulant and supercompensation occurs when you REST. Any coach will tell you that one of their toughest jobs is to get a dedicated athlete to back-off from exercise and allow recovery to take place. Cyclists can get into a vicious cycle where they don't rest enough, their performance suffers, they train more to improve their performance, and predictively their performance suffers further. Ultimately, injury is often the result, and they are forced to rest. So, how do we do this right?

[Click here for the full article!](#)

Helpful Links:

Sign Up:

[Click here for an EBTC membership](#)

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

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

Dive deeper into the EBTC community:

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