



## May 19, 2024 - Newsletter



### Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

“Like a welcome summer rain, humour may suddenly cleanse and cool the earth, the air and you.” **Langston Hughes**

Well, we certainly needed to call upon our sense of humour this past week, as rides were cancelled due to smoke, and of course, much needed rain. Hopefully, our wildfire situation to the north improved so people can stay safely in their homes.

#### Bike Store Partnerships

EBTC has established a few partnerships with bike/sports stores in Edmonton, and even though some are still in discussion, three have come forward to assist us with discounts for year-round activities.

**MEC – 11904 104 Ave NW location only:** Mike Eerkes (manager) has graciously offered us their upper conference room for sessions with Ride Leaders, in addition to EBTC nights. The first **EBTC Night is June 6 from 18:00 to 21:00.**

- 15% of coupons for that night only, on almost all merchandise, to be presented with purchase were Emailed to members.
- Ride Leader Session @ 7:00 p.m. (registered participants only)

**Revolution Cycle:** (All locations) enjoy a 15% discount with a valid EBTC member receipt for 2024. Please ask for the owner/manager upon arrival. Downtown: Dennis Aronyk (owner), Alan Aronyk (manager); Sherwood Park: Rob Cowan (manager). They will also sponsor key events upon request with donations for draws.

**United Cycle:** (South-Side Calgary Trail) will continue to sponsor key events upon request.

#### Riders please continue to:

- cancel ride registrations when you cannot attend.
- be ready to ride 15 minutes prior to start time so you can hear safety talk.
- come prepared with water, sunscreen, snacks, bike repair kits.
- check emails prior to heading out to ensure you have not missed Ride Leader reminders, or cancellation notices.

Let's hope for better weather this coming week. Visit the ride and event calendar and register.

### 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 all EBTC  
Ride and Event Calendar &  
Registration Links

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## Upcoming EBTC Rides and Events

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### 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.

### Biking like a Viking Biosphere Ride(s), July 14, 2024

**June MacGregor**, EBTC President

It's a tour not a race but EBTC has a record to break: last year, 68 EBTC members cycled the inaugural event, and almost 30 volunteered to make it a success. Choose one of the **three non-timed rides** through the UNESCO-designated Beaver Hills Biosphere east of Edmonton: Biosphere **160 km Ride** (+/- 160 km); Biosphere **Century Ride** (+/- 100 km); Biosphere **Half Century Ride** (+/- 55 km). [Click here to for details and to register.](#)

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## EBTC Ride and Event Reports

T'was a washout of a week!

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### How We Build Fitness - Energy Systems

**Scott Keast**, EBTC member

This week we look at our body's energy systems and how they relate to our riding. There are many terms associated with the dreadful feeling of total

exhaustion. "Hitting the wall," "bonking," "seeing Elvis" all describe the point where the body's energy systems revert to default survival mode. If you speak with almost any advanced rider, they will likely recount their experience of barely being able to keep the pedals moving on the long, lonely ride back to the starting point of an event. Needless-to-say it is important to make every effort to avoid this unpleasant outcome.



Click here to read how to improve your energy systems

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## Helpful Links:

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## 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

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## Dive deeper into the EBTC community:

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Newsletter

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Click here to visit the EBTC Website

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