



## May 26, 2024 - Newsletter



### Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

Whew! Now that the rainy weather has abated for a bit, let's get back to registering and riding! Re-visit the calendar for this week's rides and some Unique rides coming up. Temperatures are climbing and maybe we can now ditch those heavy jackets and earmuffs.

Don't forget about **EBTC Night at MEC on June 6, 2024** from 18:00 to 21:00. Check your emails for your discount coupon. Ride Leaders have a few more days to [register](#) for Bike 101 hosted by MEC the same evening.

The last of our partnerships has been established with **Mud Sweat and Gears**. They are offering 10% off bike parts (not whole bikes) and accessories throughout the year. Thank you to **Gary Tait** and the ownership group for their EBTC support.

To claim discounts, all EBTC partners require EBTC members to present proof of 2024 membership. Flash a copy of your registration on the Karelo web site, or print a copy of your registration from Karelo before leaving home.

During June, some series rides are leaving earlier, and some are growing longer in kms. Remember your water (add electrolytes), snacks, and now, sunscreen as the temperatures rise.

[Click here to contact Audrey Sonnenberg](#)

[Click here for the 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 and to register.](#)

### 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 for details and to register.](#)

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## EBTC Ride and Event Reports

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### Wednesday Hill Tops & Coffee Shops Series Ride, May 22, 2024

Dean Cooper, EBTC Ride Leader



This ride is back after a one-year hiatus! We started and finished at Square 1 Coffee in Aspen Gardens and did an out-and-back route to Cameron Heights in order to justify our coffee and muffins. We pondered “what is the highest elevation multi-use path in Edmonton?” as we summited the bike path bridge crossing Terwillegar Drive which hits 700 m above sea level. Join us next Wednesday morning for a ride from Columbian Coffee in the French Quarter. [Click here for details and to register for the ride on May 29, 2024.](#)

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### Friday Quiet Roads Series Ride, May 24, 2024

Liz Timleck, EBTC Ride Leader



Nineteen enthusiastic cyclists rode from Ardrossan to Fort Saskatchewan. We had a chilly start, the sun unable to make up its mind whether to stay or go. The route along RR 224 was a little busier today with a few extra potholes. On the return, we came along RR 222 and it was smooth sailing and relatively quiet for a beautiful Friday afternoon. Thanks to all who joined the ride and to **Mike Stern** for stepping in to sweep. [Click here for details and to register for the next ride on May 31, 2024.](#)

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### Stamina Builder Ultime Series Ride, May 25, 2024

Audrey Sonnenberg, EBTC Ride Coordinator

Riders had a lovely 57 km ride on Saturday out of Ardrossan under sunny skies. A pleasant change from previous chillier rides. Join us next week, for a 65 km ride from the West End Lessard Road Location starting at 09:00. Please ensure you arrive in time for pre-ride reminders fifteen minutes ahead of the ride time. [Click here for details and to register for the June 1, 2024 ride.](#)

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### Sunday Social Series Ride May 26, 2024

Betty Lafave, EBTC Secretary and Ride Leader

It wasn't smoky, windy or single digit temperatures for our Sunday ride this week! We cycled from Villeneuve to the Calahoo Hills golf course and back through Calahoo onto the newly paved RR274. We got to see a cow stampede and it didn't start raining until we were almost back. Next week we are doing a 44 km ride from the west end. [Click here for details and to register for the June 2, 2024 ride.](#)



## 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:

[Click here if you'd like to contribute to the EBTC Newsletter](#)

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