



# Newsletter

Fun Fitness Friends

November 10, 2024

## Upcoming EBTC Events

### Walk the Riverside Nature Trail, November 15, 2024

June MacGregor, Walk Leader

Our 'by-foot' exploration of the scenic and interesting trails of the Edmonton region continues next Friday. We'll walk this gravel trail just north of Sherwood Park, starting at 11:00 a.m. Click [here](#) for more information and to register

## Ride and Event Reports

### The EBTC Flag Marked the Spot at MEC, Thursday, November 7, 2024

June MacGregor, EBTC President

For members who came out for the November 7 **15% discount evening at MEC** (Mountain Equipment Company), it was easy to find the Club's area for food, drink and socializing on the store's ground floor. It was marked by our large blue EBTC flag. Members first saw the flag at the summer picnic in Laurier Park, and then at a couple of unique/once-a-season rides.

A special thank you to **Audrey Sonnenberg**, Ride Coordinator, for organizing the MEC discount evening and presentations by MEC specialists on topics of interest to members. Given the arms full of merchandise I saw at check out (including my own), it was a successful event for members and MEC.

**Julie Moehrle**, Social Coordinator planned the food and drink and **Sonja Taylor**, Social Media

Coordinator purchased these provisions and manned the social area with me. The 0% alcohol beer sure was a favourite of members!



In terms of our flag, we'll regularly use it next year and thank **Ann Sutherland**, Communications Coordinator, for spearheading its design and fabrication.

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## Ft Saskatchewan Walk, Friday, November 8, 2024

Liz Timleck, EBTC Walk Leader

Friday's pop-up walk took 17 of us on a 10K walk through the trails of St. Albert. We met at the Seniors centre and walked through the white spruce forest to Tim Hortons where we stopped for coffee and snacks. We then continued on, back to the trails to the St. Albert foot bridge to return to the Seniors centre.



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## From the Saddle

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### EBTC Throwback

Sit back and curl up with your favourite beverage (there's no judgement here) and enjoy an **EBTC throwback**. Photos and newsletters from days gone by. The club has advanced and matured over the years, but we still ride bikes for fun, and although the scope of our day rides, tours and international tours have broadened – it's still about the fun.

This newsletter, look all the way back to 1980 and the Fall Newsletter. Hand-typed, photocopied and mailed out (no, email hadn't been invented yet) via Canada Post. The four-person executive produced this weighty tome, not weekly or even monthly, but seasonally.

Sit back and enjoy an EBTC Throwback.

***Spokes November 1980.***

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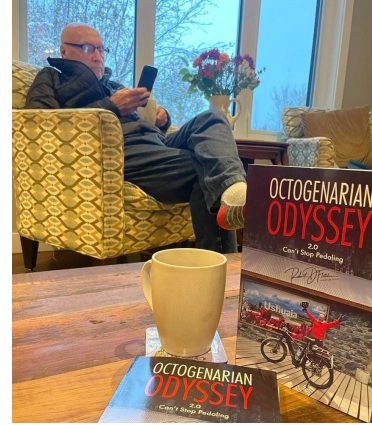
### Octogenarian Odyssey Returns

Many of us enjoyed the presentation by **Bob Fletcher**

and **Wayne Grover** back in March 2023. Several EBTC members have ridden with Bob in North America, South America and Europe since then. Quite a few have bought his books about these adventures, and many more follow his posts on Facebook.

Well, Bob is back in town briefly for a book signing before setting off again, this time to Australia. He will be at:

Battista's Calzone Restaurant, 11745 84 Street NW  
Sunday, November 17, 2:00 to 5:00 pm., Q&A at 4:30.  
Please reply to **Robert Fletcher** by November 15 if you will be there.



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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:

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

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