



Newsletter

Fun Fitness Friends

November 17, 2024

Message from the Board

Newsletter Coordinator: Retirement and Transition

June MacGregor, EBTC President

John Shaw, EBTC's long term Newsletter Coordinator 'extraordinaire' is stepping down. The Newsletter is a popular and important means of Club communications with members and recent members, as evident by the statistics John reported regularly to the Board on the number of Newsletter opens and links clicked. John's skills, diligence and upbeat attitude will be missed. In fact, it was a joy to forward the positive comments we received about the Newsletter to John as 'more fan-mail'.

To quote John: *"I've been an EBTC member since 2006 and expect to be one for some time to come. When I was recruited to the Board, communication had been identified as an area for ongoing improvement. The Newsletter was as much as I had bandwidth to tackle at the time. I've gotten so much from EBTC over the years it felt good to give back."* In his retirement with increasing travel and other commitments, John moved to a flexible Special Volunteer position, and now finds it necessary to step down.

John is "happy to pass on the baton" to **Ann Sutherland**, Communications Coordinator on the Board. Ann brings a depth of knowledge and experience to the Newsletter role. **Phil Davidson**, Webmaster, who has served as the backup to John, will provide orientation.

One final quote from John: *"Who knows what the future might hold. If we pitch in, we can only make EBTC a better club! Don't forget to contribute to From the Saddle!"*



Upcoming EBTC Events

Walk Riverlot 56, St. Albert, November 22, 2024

Liz Timleck, Walk Leader

Join us on Friday November 22 for a beautiful nature walk. We will meet at Kingswood park in St. Albert at 10:45 for an 11:00 start. Washrooms available. We will do the lower Riverlot first then cross over the road to do the upper Riverlot. Bring water. Those who wish to can join us at Tim Hortons at St. Albert Centre for coffee/snack/lunch.

[Click here for more info and to register](#)

Walk Report

Riverside Nature Trail Hike, Friday, November 15, 2024

June MacGregor, EBTC Walk Leader

Fourteen hikers braved snow flurries to walk the gravel trail north of Sherwood Park. We checked out the construction of the multi-purpose bridge to connect Strathcona County (Twp. Rd. 540) with Edmonton (167 Ave.). Scheduled for completion next year, our group was delighted to find a concrete bridge already spanning the river and a busy construction site. This key link in the River Valley Alliance's plans will open new routes for EBTC members to enjoy, whether by bike or on foot.



After the bridge 'inspection', we continued to enjoy the trail and to hear/see flocks of geese taking off from a pond. Yes, winter is around the corner. Some of our group finished their hike after about 8 km; others continued on for another couple of km.

I often ponder whether these Friday outings are 'walks' or 'hikes' and looked up the difference: walks are shorter in duration, on smooth trails, and can be enjoyed by those of any age with a degree of fitness; hikes tend to be longer, on tougher terrain and are usually through bush or countryside. Based on these definitions, our outings can be either and are often both.



From the Saddle

EBTC Throwback

Scott Keast, EBTC member

How many remember the Golden Triangle Rides? Well, have a look at the image below and see how many people you recognize. The year was 2006 and there are fewer wrinkles on these faces, but a few should be recognizable.

Sit back and enjoy an EBTC Throwback.



Cycling Hawaii

Darren Okrainec, EBTC member

Last December I spent a few days cycling in Honolulu, Hawaii. Starting from the Waikiki area, I biked & hiked Diamond Head and Manoa Falls. On the way back from Manoa Falls, I rode the bike lanes on King and Pensacola St. I made it to Hanauma Bay on the I-72 but could not continue further east due to bumper to bumper traffic and no shoulder. For a couple hours, I had a beach bike and cycled around the North shore.



Helpful Links:

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[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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