



# Newsletter

Fun Fitness Friends

November 24, 2024

## Message from the Board

### Audrey Sonnenberg, Ride Coordinator has Stepped Down from the Board

June MacGregor, EBTC President

Rider Leaders and Board members were saddened that Audrey Sonnenberg has stepped down from her role to focus on other pressing priorities. We have all enjoyed working with her and know that members found her regular 'Rider and Ride Leader Updates' in the Newsletter useful and a 'good read'. Many members will also remember her informative and enthusiastic Ride Program update at last February's Volunteer Appreciation/Annual General Meeting.

Audrey is an avid long-term cyclist whose primary local mode of transport since a teenager has been a bike. She joined EBTC some seven years ago and the Board last year. Her contributions to the Board, Ride Leaders and members have been significant and long lasting. They go beyond managing the planning and oversight of the annual ride program. She organized Ride Leader training and volunteered to serve on the Board's committee to improve member communications and experience, bringing great ideas to the table and arranging bike shop discounts and MEC discount shopping evenings.

Speaking for the Board, we will miss Audrey's positive 'can do' attitude, energy, knowledge and experience, best summed by the comment, "She's Amazing". However, we are also pleased that she will continue as an EBTC member and indicated that she is happy to lead rides. We hope to see her out on many rides, trips, socials and winter events.



## Upcoming EBTC Events

# Ft Edmonton Walk, Friday, November 29

June MacGregor, Walk Leader

## Who's Afraid of a Little Nip in the Air? Not EBTC's Friday Walkers!

Join us at 11:00 a.m. on Friday, Nov. 29 at the Fort Edmonton parking lot for a nice walk in the woods – and coffee too. The walks this fall have typically been in the 6 to 8 km range, with the distance depending on weather, terrain and group interests. Click [here](#) for more information and to register.

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## Walk Report

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

Liz Timleck, Walk Leader

Friday's hike took us to St. Albert's River Lot 56. The trails had not been groomed for cross country skiing yet. Eight of us enjoyed the peace and serenity of the natural area with the fresh snow and the sun on our faces. Later we went to Tim Hortons at St. Albert Centre for coffee and snacks. Some of us went shopping to take advantage of the Black Friday sales. Keep your eyes peeled for more scheduled/pop-up events.



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## From the Saddle

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### Cycling Slovenia

Sonja Taylor, EBTC Social Media

Where do you really, Really, REALLY want to cycle?

Maybe Slovenia.

Fourteen Canadians (10 EBTC members) and one Swede enjoyed a great tour in September.

Enjoy vicariously via Sonja's full text with photos [here](#).



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## EBTC Throwback

**Scott Keast**, EBTC Member

Cast your mind back to February 1982. A new Board had been voted in and included a couple of names that I recall for sure – Victor Dorian and Bette-Anne Carey. It's two pages – yes just two, and there is a call for expanding the club's FOUR tours. There was a women's hand-built bike for sale as well - \$500.00 or best offer.

Click the link below and sit back and enjoy an EBTC Throwback.

[\*Spokes January 1982\*](#)

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## Helpful Links:

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exclusive  
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