



# Newsletter

Fun Fitness Friends

November 3, 2024

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## Upcoming EBTC Events

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### Members Night at MEC This Thursday

Audrey Sonnenberg, EBTC Ride Coordinator

Calling all EBTC members to register for **MEC NIGHT** scheduled for this **Thursday, November 7** at which you will enjoy a **15% discount** on most regular and sale priced merchandise.

Also, join MEC experts for 1/2 hour sessions on:

- bike maintenance (summer bikes to rest for the winter), and
- e-bike technology and choosing the best bike for your riding needs, as well as,
- Winter riding, bikes, equipment, nutrition, and safety, in addition to,
- Hiking/cross country skiing products available with new enhancements for an enjoyable walk or ski.

Remember all sessions are interactive so bring your questions so you can learn something new.

During your MEC experience, before, during, and after your shopping or sessions, **stop by for refreshments and snacks sponsored by your EBTC Club.** Location will be on the MEC main floor at the south west side of the building. Share what you have learned, and visit with your EBTC members.

The MEC team have prepared, and devoted this time for our club, so do come out and enjoy their expertise, and the experience of the store to yourself.

Parking is free and available in two areas: surface and underground.

**Look to your email for the MEC 15% off coupon tomorrow.** Print it, keep it on your phone or whatever, but bring it with you! **Get your Christmas Shopping Done Early!!**

Register [\*\*here\*\*](#) by November 5.

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## Walk the Trails of St. Albert, Friday, November 8

Liz Timleck, Walk Leader

Meet at 10:45 for a 11:00 a.m. start from the Red Willow Place seniors' centre. We're starting late morning with the later sunrise and cooler morning temperatures of Standard Time. Planned for 6.5 km, our scenic loop will have a mid-point break at Tim

Hortons. Those wanting a longer walk can easily go farther on the return. Click [here](#) for more information or to register.

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## Watch for More 'Pop-Up' Walks

**June MacGregor**, Walk Leader

In addition to Friday walks, I'm keeping an eye on the weather forecasts to decide if/when to offer a day hike on a weekend, recognizing that weekends are better for many members. If you are not yet on the Club's Pop-Up Rider List, sign up [here](#) to receive an email, including the link to register in Karelo, whenever an activity is planned close to the event date.

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## Ride and Event Reports

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### Bunchberry Meadows and Tucker's Field Walk, November 1, 2024

**June MacGregor**, EBTC Walk Leader

Fourteen walkers were not intimidated by the cool, cloudy weather on Friday morning. We were among the first to hike the trails after the reopening of the Bunchberry Meadows Nature Conservancy. It's closed every fall to keep migrating birds and rutting ungulates safe from human disturbance. The forest was as beautiful as ever with many large old birch trees, and the recently-dropped tamarack needles created a nice carpet for walking in some areas.

Our 8.5 km route of ups and downs included a trek into neighbouring Tucker's Field. We were delighted with the new maps installed by Parkland County at every intersection. For the first time, it was possible to decide on a loop route versus wandering about in

some confusion or hiking out and back on the same trail. The hike finished shortly after noon when most of the group drove over to the Malina Bakery in Cameron Heights for coffee/lunch.



## 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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on an EBTC ride

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