



# Newsletter

Fun Fitness Friends

October 20, 2024

## Upcoming EBTC Events

### Walk the Scenic Trails of Ft. Saskatchewan on Friday October 25

Expect a 2-ish hour walk on trails which may be paved or unpaved, and then enjoy coffee/lunch locally. Click the [calendar](#) or [Karelo](#) for more information or to register.



### Members Night at MEC

Audrey Sonnenberg, EBTC Ride Coordinator

Mark your calendars for the upcoming **MEC night November 7** at the downtown store. Very soon, a coupon

will appear in all EBTC members' email (for some of you check your junk mail) that allows members to enjoy a 15% discount on regular and sale merchandise on (almost) all items in stock.

Staff at MEC are available to run 1/2 hour sessions on:

- Putting your bike away for the winter which includes what to do to ensure it is ready to go next spring, with essential products to clean parts.
- Winter Riding - what kind of bike can be used, appropriate tires, clothing, and protective gear are required for safe and enjoyable riding in those colder temperatures.
- What if I want to think about an e-bike? What is available from MEC and what does a new e-bike rider need to know about sizes, and power needed.
- Lastly, if staff are willing, a session on hiking/cross country skiing products available. New technology coming in this fall.

When you attend the sessions, do not be afraid to ask questions as they are meant to be interactive and inclusive of all skill levels. Make sure you walk away with something important to you. The staff are fantastic and knowledgeable.

Closer to the date, the times, and locations will be announced as MEC identifies areas in the store at which the sessions will take place. Forget to check your newsletter, don't worry there will be announcements during the time allotted to us as to what and where the sessions will occur.

Join other EBTC members for refreshments in the south corner (next to the big windows). See you all there!

## Ride and Event Reports

Thanksgiving at  
Chickakoo, October

14, 2024

Liz Timleck, EBTC Ride Leader

Sixteen members were thankful for great weather on a 62 km ride from Acheson to Chickakoo with a stop at Muir Lake. We'll be even more thankful if the weather allows a couple more - stay tuned!



Still some fall colour along the way, but not at Chickakoo.

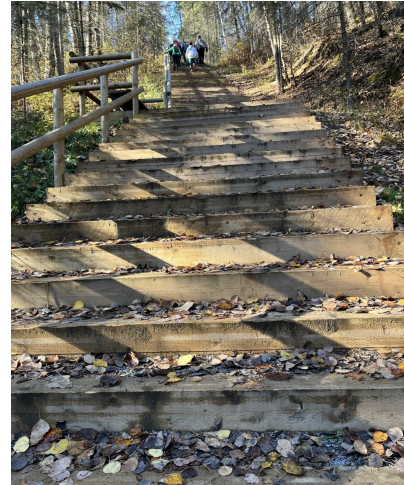


## No Mutiny on October 18

But, will they walk again next Friday?

June MacGregor, EBTC Walk Leader

It was a perfect day for a 2-hour walk from the campground area below the Town of Devon. Ups and downs were expected but we assumed the 392 steps descending into a narrow ravine must lead to another trail. Wrongo! We had to climb back up to the scenic trail along the top of the river bank. Luckily, the group's consensus was "a good workout" versus "let's sacrifice the leader to the river gods". The morning ended with coffee/lunch at 'The Coffee Shop in Devon' by the bike shop. Join us next Friday, October 25 to **Walk the Trails of Fort Saskatchewan.**





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## Just a Thought

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### Interested In/Available to Offer a Walk?

By **June MacGregor**, EBTC President and Walk Leader

Do you have a favourite route to walk in an urban area or our region? Please consider inviting other EBTC members to join you – whether in the evening, during a weekday or on the weekend. Although the weekly Friday rides are currently being offered as walks, many keen members can't do Fridays.

Just drop me a line at [president@bikeclub.ca](mailto:president@bikeclub.ca) if you would like to lead a walk as I can assist you, e.g., to get the info out to members for registration. At this time of year, a 'pop-up' walk is a good option as planning requires limited lead-time based on weather, with an automated email to all members who have signed up below for the 'Pop-up Rider' list.

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### Getting a little cool to ride but no snow to ski on?

Avoid sitting around and getting depressed by the state of the world.

In addition to joining a walk, you might check out the website <https://bikeclub.ca> -> RESOURCES and either:

find out about gear you might want to buy at MEC at 15% off . . . -> GEAR

or

start planning where to go next season, in Alberta or elsewhere . . . -> OTHER SITES

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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

Click here for  
EBTC  
exclusive

Pop-Up Ride  
E-mail List

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

Click here to connect with  
EBTC on Instagram

Click here to connect with  
EBTC on Facebook

Click here to engage with  
the EBTC Facebook Group

Click here to bring a friend  
on an EBTC ride

Click here to visit the EBTC  
web site

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