



Newsletter

Fun Fitness Friends

October 27, 2024

Upcoming EBTC Events

Walk Bunchberry Meadows on Friday November 2

This conservation area will be open after its regular fall closure to not disturb migrating birds and rutting ungulates. Meet for a 10:00 a.m. start at the parking lot (with picnic tables and outhouses) on the west side of Range Road 261 (Fleming Road) just over 2 km south of Township Road 514 (Woodbend Road). Non-members are welcome; EBTC waivers will be available for them to sign. 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. This week, 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, a session on hiking/cross country skiing products available, with 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.

Sessions will occur from 5:30 to 8:00 p.m. Each will be announced prior to their commencement. Timetable is flexible, and will respond to demand.

Before, after, or during your shopping or attending sessions, **stop by for free refreshments and snacks** available on the main floor on the southwest side of MEC. Share what you've learned, and visit with members.

This is a night for all of our EBTC members, and its success really depends on your attendance. The staff have dedicated an evening of their time to support our club, so come out and check out not only what's on sale, but what is new equipment for the

fall and winter.

If you wish to attend the MEC night, please register in Karel~~o~~here by November 5 as registration is now open. See you there!!

Ride and Event Reports

Ft Saskatchewan Walk, October 25, 2024

June MacGregor, Walk Leader

Thumbs up to the Fort Saskatchewan Trails! Since the mountain bike trails were free of riders and mud, our group trekked the ups and downs of the dirt track along the river from the west pavilion eastward to the Hwy 15 bridge. Before returning on the paved multi-use trails, we checked out the new walking/cycling bridge under the highway bridge. By then, road and mountain



bikers, as well as walkers, were out to enjoy the warming temperatures of late morning. We followed up the 9 km walk with coffee and a snack, and agreed that there are more great trails to explore in Fort Sask. east of the Hwy 15 bridge.

Sign up to walk Bunchberry Meadows on Friday November 2



And Then There Were Five, October 27, 2024

Phil Davidson, EBTC Webmaster and Ride Leader

... after one couldn't rouse herself for a ride starting at 11 am, and another took a flat in the parking lot as a bad omen and went home. We five had a great ride from Terwilliger to Malina Ukrainian Bakery (YUMMY!) with a slight detour around Black Hawk Estates. Will there be more rides this season?





Just a Thought

Offer a 'Pop-up' Walk?

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

Do you have a route you like to walk in the city or region – whether during the evening, weekday or weekend? Please consider offering a one-time EBTC 'pop-up' walk so that other EBTC members can join you. Just drop me a line at president@bikeclub.ca and I can assist you with getting the info out to members for registration, etc.

Helpful Links:

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](#)

Dive deeper into the EBTC community:

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