



# Newsletter

Fun Fitness Friends

August 25, 2024

## From the EBTC Board

### Celebration of Life for Terry Fannon on September 7, 2024

June MacGregor, EBTC President

An 'In Memory' article about avid cyclist and long term EBTC and former Board member, Terry Fannon, was included in the [April 28, 2024 Newsletter](#). If you wish to attend the celebration of his life planned for Saturday, September 7, 2024, [please click here for more details and to sign up](#). By signing up as soon as possible, you will help Vicki Fannon and others who are assisting her to finalize the arrangements for the event.



### Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

"All human beings are intrinsically valuable, and the intentional taking of the human life by private persons is always wrong." **Neil Gorsuch**

I know most of you have heard, or discussed with your cycling friends the death of the Gaudreau boys who were killed by a drunk driver this past week while attending as groomsmen, their sister's wedding. The boys were riding bicycles on Thursday night when they were struck from behind by a suspected drunk driver. For those of you who are hockey fans, this in every which way is a tragedy, but it is a reality we all face when we go out for a ride.

This brings to light the sobering truth of being a cyclist when fates align and details coincide to create a terrible event. And, how many times, we have been on the rode and said to ourselves, "Oh, this could go wrong in a big way...", exercise our best caution, and finish our rides. And, I also know that for the next few weeks, we will all have a thought in our minds, about our own vulnerability, and a feeling of how fragile the human body is...but we will get on our bikes, ride in the fragrant air, embrace the iconic fall fields with their cut wheat, barley, and hay, because we love this feeling of moving forward on our bikes.

Many of you are very soon taking off to your fall riding destinations. Enjoy your rides, and don't forget to send your stories "From the Saddle".

Click here to contact  
Audrey Sonnenberg

Click here for the EBTC  
Ride and Event Calendar &

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## Upcoming EBTC Rides and Events

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In addition to our regular series rides, one or more of these events might appeal to you.

**2nd Annual 'Chase the Sunrise' Breakfast Ride, Monday September 2, 2024**, 54 km social ride led by **Michael Roloff**. We will meet up at 0630. and start to ride at sunrise - 0645.

- Non-member friends or family who cycle are welcome to join us: [click here for Bring a Friend details](#). If you have a non-cycling friend/partner/spouse, they are welcome to come out for breakfast. For the purpose of our breakfast reservation, please contact me if anyone will join us to cycle or for breakfast: Michael Roloff at 780-691-8213.
- [Click here for more information and to register.](#)

**Autumn Hub and Spoke Shorter and Longer Rides, September 8, 2024**. The rides start in South Cooking Lake Park and are led by **Larry Zelazo**, EBTC Membership Coordinator. Snacks and drinks will be provided by EBTC at the park during breaks and at the finish. There will be plenty of time to socialize! The rides return to Cooking Lake Park for breaks and bathroom visits during the ride. So register and get your EBTC friends to join you! The shorter 60 km ride includes a 35 km loop and then a 25 km loop. The longer "100 km" ride, includes 3 loops: the first loop is 63 km, the second is 35 km and the optional third loop is 25 km. RWGPS is a must for these rides. You are in control of your ride choices!

In the event of bad weather we will postpone to the next weekend of September 15, 2024. If this occurs, then riders will be asked to reregister.

- [Click here to register for the longer Loop Ride \(100 km\)](#)
- [Click here to register for the shorter Loop Ride \(60 km\)](#)

**Al and Darren's Late Summer Bakery Ride**, September 14, at 1000. This 25 km social ride starts at the Kinsman Recreational Centre and includes visits to the Vienna Bakery, and the Punjabi Sweets and Restaurant. [Click here for details and to register.](#)

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## EBTC Ride and Event Reports

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### Monday Meanderings Series Ride, August 26, 2024

**Sonja Taylor**, EBTC Social Media Coordinator and Ride Leader

Another season for Monday Meanderings comes to an end! What a glorious last night it was with a "full house" and a beautiful evening! Until next year!



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## Friday Quiet Roads Series Ride, August 30, 2024

**June MacGregor**, EBTC President and Ride Leader

**Wayne Grover** led riders from the Clifford E, Lee Nature Centre on a somewhat circuitous route to the Spruce Park Ranch for a coffee break and return. From the smiles in the photo, it was a good day to enjoy the cool fresh air and the great company. Thanks to **Wayne** for stepping in to lead on short notice.

Join us on September 6 2024. **Norbert Broda** will lead riders on a 50 km loop with a coffee/lunch break at the U of A Gardens. [Click here for details and to register.](#)



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## Helpful Links:

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an EBTC  
membership

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exclusive  
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map access

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