



Newsletter

Fun Fitness Friends

and Food too!

September 15, 2024



Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

This summer's riding season is winding down, and on behalf of all our members I would like to thank our ride leaders who volunteered their time to provide us with another riding season that not only was designed with fun in mind, but also fitness and friendship. Your commitment to our club is always appreciated and all of you have provided us with another fantastic year of riding in the Edmonton Area whether it be a Series Ride, the Stamina Builder Series, Pop-up or Unique rides. Those of you who filled in and replaced ride leaders due to illness, or vacation, thank you as well, as we could not have carried the rides without you.

Our ride programme is transitioning to pop-up Fall and winter riding, some river valley walks, and the occasional cross-country ski event. Keep checking the Ride and Event calendar and make sure to register.

Click here to contact
Audrey Sonnenberg

Click here for the EBTC
Ride and Event Calendar &
Registration Links

Upcoming EBTC Rides and Events

The **Friday Quiet Roads** and the **Sunday Social Series Rides** are still in progress. See separate entries below.

The last **Tuesday County** and **Urban Ride**, is on September 24, 2024. [Click here for details and to register.](#) Continue to check the calendar. Pop-up rides may well appear too!

EBTC - MEC Event, November 7 2024.

Just like last time, a coupon with a barcode will show up in your email, so that you can enjoy a 15% discount on all regular and sale merchandise. Stay tuned for further details regarding 20-30 minute information sessions on summer/winter riding. If you have a session idea that would be of great interest to you, let Audrey Sonnenberg know. It just might happen! Join us as well for a casual social event. Location TBA.

EBTC Ride and Event Reports

Friday Quiet Roads Series Ride, September 13, 2024

Betty Lafave, EBTC Secretary and Ride Leader

Six of us rode 40 km from Spruce Grove to Muir Lake through the Glory Hills. Although it was windy, everyone enjoyed the beautiful sunny day.



Join us next week in St Albert for a 60 km ride to the Ravencrest golf course. [Click here for details and to register.](#)

Sunday Social Series Ride, September 15, 2024

Betty Lafave, EBTC Secretary and Ride Leader

It was a small group who rode the 65 km from Miquelon Lake to Lindbrook. Three other riders rode the same route ahead of us, but they were so fast I couldn't get their picture! We saw a lot of garter snakes on RR205 which is newly paved. The snakes were migrating in preparation for their winter hibernation. The day was sunny and warm for September. This is one of my favorite rides with great roads and very little traffic.



Join us next week at Lessard Road and 188 St. for a 45 km ride to the U of A Botanic Garden. [Click here for details and to register.](#)

Helpful Links:

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[Click here for an EBTC membership](#)

[Click here to Sign up for the EBTC Pop-Up Ride E-mail List](#)

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Edmonton Bicycle and Touring Club | Unit 304, 11660 79 Ave NW | Edmonton, AB T6G
0P7 CA

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