



# Newsletter

Fun Fitness Friends

and Food too!

September 8, 2024



## Rider and Ride Leader Updates

Audrey Sonnenberg, EBTC Ride Coordinator

“In the hazy days at summer’s end when the air’s still warm and the green near spent, when the days grow short and the evenings tall, then you feel in a whisper, Fall.” **Laura Jaworski**

[Click here to contact Audrey Sonnenberg](#)

[Click here for the EBTC Ride and Event Calendar & Registration Links](#)

## Upcoming EBTC Rides and Events

The Last Rides of the Season include:

**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.](#) There are only a few spots left, don't delay!

Some weekly rides are still in progress. The next opportunities for them are:

- **[Friday Quiet Roads Ride](#)**, Friday September 13, 2024,
- **[Sunday Social Ride](#)**, September 15, 2024,
- **[Tuesday County and Urban Ride](#)**, September 24, 2024

Click on the bolded text for details.

Also, continue to check the calendar. Pop-up rides may well appear too!

## EBTC Ride and Event Reports

2nd Annual Chase The Sunrise Ride, September 2, 2024

**Michael A. Roloff**, EBTC Ride Leader

Six souls jumped out of bed before the crack of dawn for the 2nd annual chase the sunrise breakfast ride. We completed a 60 km round trip with a wonderful lhop breakfast. The weather, the company and the ride were absolutely perfect – See you all next year at the 3rd annual ride!



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## Autumn Hub and Spoke Rides, September 8, 2024

**Audrey Sonnenberg**, EBTC Ride Coordinator

Oh my, a most gorgeous fall day for a ride through South Cooking Lake country. The crunch of the leaves and the mature seasonal cacophony of smells leaves the heart light as the sun beamed for a day of blissful riding. Okay, the wind was a little brisk at some points, and it did get really warm. But all those cyclists who came out were rewarded with snacks and drinks at South Cooking Lake Park.

Many thanks to **Ava Craig** and **Larry Zelazo**, EBTC Membership Coordinator, for this wonderful and very popular Fall event. Thanks too to **Keith Bambridge** for sweeping the 100+ ride.

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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 Pop-Up Ride E-mail List](#)

[Click here for EBTC exclusive RideWithGPS map access](#)

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