



Newsletter

Fun Fitness Friends

March 16, 2025

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From the Board

Become a board member or special volunteer: With the AGM coming up now is a good time to consider joining the Board. Whether you join with or without board experience, you'll learn how a not-for-profit society serves its members, take part in shaping the club's future and meet great people. The club needs board members or special volunteers with interests as diverse as the ride program, safety, education, and projects. To discuss a role that aligns with your interest and availability, please contact

President@bikeclub.ca

2025 Membership: We now have 200+ members and are on track for last year's 350 or more! Join or renew your membership [here](#) so you don't miss out on the exciting season ahead!

The confirmation email from Karelo will have your 2025 membership card to keep (electronic or paper) for bike shop discounts arranged by EBTC. **Note:** **New members** please find key information and links [here](#).

Pop-Up List: Sign up [here](#) to receive an email whenever a weather-dependent outing is put in the calendar for registration close to the event date.

AGM & Volunteer Brunch

AGM & Volunteer Appreciation Brunch, March 30

Join us **March 30** for the AGM followed by the Volunteer Appreciation Brunch for tasty food and terrific talks about cycling adventures abroad!

Where - Laurier Heights Community Hall (14405 85 Ave NW)

Annual General Meeting – 10:30 a.m. to noon. Arrive early to enjoy a coffee or tea and snack. The agenda will cover an overview of 2024, with a motion to approve the Club's finances, and what's ahead in 2025, with the election of directors for the Board. **Click [here](#) to register for the AGM.**

Volunteer Appreciation Brunch - 12:30 to 2:30ish p.m. Celebrate EBTC's 2024 volunteers, socialize, and enjoy an excellent buffet brunch prepared by executive chef and member, Michael Roloff. Brunch is offered to members at a 'Club subsidized' cost of \$25, to be paid by credit card when you register. **Click [here](#) to register for the Volunteer Appreciation Brunch** (FYI: brunch is free to 2024 volunteers, who have been contacted)

After the buffet, you'll hear two fascinating talks with photos by members:

- **Cycling from Colombia to Chile** (see map and photos of the Peruvian desert and busy Colombian Road): Rachel Champagne and Bernice Aebly will share the diverse terrain, weather and cultures they experienced on this epic South America trip.
- **Cycling Oman** (map and photo in last week's newsletter): Walter Pinto will present the unique and amazing tour he completed with club members Kevin Zaychuk and Klaus Strenzke.

Members can invite **non-member partners or friends** to the Volunteer Appreciation Brunch. Non-members will pay \$30 (cash only) at the door. However, you need to contact June at President@bikeclub.ca, with the name(s) so that we can track the attendee numbers for our chef.



Upcoming Multi-day Trips

Registration Open for Oregon Trip

Hans Feldmann, EBTC Member

You can now register for the Oregon trip. Use the links below to register. There is flexibility in reassigning spots between the different rides. **Note: Only ETBC members can register for this trip.**

Use this link to register for Option 1: 12-day ride.

<https://www.karelo.com/register.php?BID=394&BT=10&PrivEv=22376>

Use this link to register for Option 2: Astoria to Eureka ride.

<https://www.karelo.com/register.php?BID=394&BT=10&PrivEv=22377>

Use this link to register for Option 3: Eureka to San Francisco.

<https://www.karelo.com/register.php?BID=394&BT=10&PrivEv=22378>

Option 1 is a 12-day trip from Astoria to San Francisco (September 13-26, 2025), covering 1,250 km and including the Redwoods and Golden Gate Bridge. **Cost: \$3,400.**

Option 2 allows participants to join the first seven days of the trip, cycling from Astoria and arriving in Eureka, CA, on September 20 (750 km, up to 130 km/day), after which they must arrange their own transportation to San Francisco. **Cost: \$2,500.**

Option 3 must find their way to Eureka, CA, on September 20, joining the group for the final five days to San Francisco (510 km, up to 119 km/day), also passing through the Redwoods. **Cost \$1,900.**

Continue reading [here](#).

Drumheller: The Dinos and Drama Tour, May 23-26

Karen & Norbert Broda, EBTC Ride Leaders

Registration opens **April 1** for this popular ride, with 18 cycling spots available.

We return for a third year to pedal through the dramatic landscape and unique sites of the Badlands – canyons, a ferry ride, hoodoos, a saloon! The drama isn't limited to the landscape. We'll also be attending the buffet and a live comedic performance of *The Foreigner* at the [Rosebud Theatre](#).

The trip's 'hub and spoke' format covers distances between 36-70 km each of the four days. (Click [here](#) for a quick look at the itinerary.) Several hotels and campgrounds are situated as close as a 2 km cycle from each day's starting point in Drumheller.

With some significant hill climbs and no sag wagon, this trip is suitable for **intermediate** riders. Pedal assist e-bikes are welcome.

This is a 'pay-your-own-way' trip. Participants are responsible for all transportation, accommodation, food/snack and entertainment costs. Non-cycling spouses/friends are welcome to join in the Rosebud Theater evening and Wayne Saloon lunch stops.



The last chance to refuel at the Last Chance Saloon in Wayne.

Cycling Fairmont Hot Springs, May 19-22

Sonja and Freeman Taylor, EBTC Ride Leaders

Registration opens **April 2** in Karelo for a two-day cycling trip in the Fairmont Hot Springs (FHS) area.

As a "pay your own way" trip, participants are responsible for arranging all transportation, accommodation, food/snacks and any other expenses. This is an **intermediate**, social (no drop) ride as there is NO van support and the second day has considerable elevation gain. Each participant is welcome to bring a well-maintained road bike or a pedal assist e-bike. Each day we'll meet up at the designated time and location so we can start together.

Plan to arrive in Fairmont Hot Springs on the evening of May 19 for two days of cycling on May 20 and May 21. You may wish to stay May 22 and do your own thing. You might also consider signing up for the 4-day cycling trip in Drumheller with leaders Karen and Norbert Broda from May 23-26. Register for one or both — your choice! (NOTE: the two trips have different registration dates in Karelo.)...Continue reading [here](#).



Other Upcoming Events

Walk the Trails from Fort Edmonton, Friday, March 21

June MacGregor, Walk Leader

We'll meet for an 11:00 a.m. walk on the trails from Fort Edmonton. Our route and distance (6-9 km) will depend on weather, walking conditions and group interests. As usual on these Friday walks, coffee will be on the agenda. For more details and to register, click [here](#)

Event Recap

Mill Creek Ravine Walk, Friday, March 14

June MacGregor, Walk Leader

After a snowy, blustery day, seven members met at the Muttart Conservatory to walk in brilliant sunshine and clear blue skies. We quickly signed-in our license plates to park in the lot and reserved a table in the Bloom Café for our return. After a 7.4ish km walk, we enjoyed excellent coffee, snacks/lunch and conversation at the table that was waiting for us.



Helpful Links

Sign Up:

[Click here for EBTC membership](#)

[Click here to join the Pop-up Email List](#)

[Click here for RideWithGPS member access](#)

Dive deeper into the EBTC community:

[Click here to contribute to the Newsletter](#)

[Click here to connect with EBTC on Instagram](#)

[Click here to see the public EBTC Facebook page](#)

[Click here to connect with the members Facebook group](#)

[Click here to bring a friend on an EBTC ride](#)

[Click here to visit the EBTC website](#)

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