



Newsletter

Fun Fitness Friends

March 31, 2025

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From the Board

Upcoming Events. Don't Miss Out!

The Board is pleased to announce two upcoming events:

Zoom Session on Nutrition, Hydration and Stretching, Tuesday, April 8:

Coach Kevin Rokosh will share important information for members as we move into the cycling season. Many of us veteran cyclists have learned a few things about these topics 'the hard way' but often wonder if we're doing them 'the best way'. This is our opportunity to find out. Register [here](#) for the Zoom.

(Scroll down to find out more about Kevin's work with EBTC and his tips for improving cycling fitness in the AGM and Volunteer Brunch report.)

Pizza Social, Sunday, April 13: EBTC returns to the Laurier Heights Community Hall (14405 85 Ave NW) for a social afternoon. This is a **free** event for members but you must register. Whether you are new to EBTC or have renewed your membership, join us to meet up with new and old friends. Register for either or for both activities:

- **12:00: Outdoor walk.** Meet at the hall for a guided walk by members Liz Timleck and Ann Sutherland. Depending on registrant numbers and interests, we may offer two walk distances/paces. Drinks will be available for those who return to the hall early. Register for the walk [here](#).
- **13:30: Pizza, pizza, pizza** and non-alcoholic drinks too, including beer (sorry, no 'decaf' wine because we haven't found a good one yet). Register for pizza [here](#).

The hall has lots of room, an outdoor patio, and secure bicycle parking.

Reminders

2025 Membership: Click [here](#) to join EBTC. **New members**, please find key information [here](#).

Pop-Up List: Sign up [here](#) for notifications when a weather-dependent ride or walk is planned on short notice and available for registration.

Request for Ride Leaders & Sweeps

Ride Leaders/Sweeps for Joint Multi-Day Trips

Sandra McDonald, Multi-Day Trip Coordinator

EBTC has an exciting opportunity to partner with Calgary's Elbow Valley Cycle Club (EVCC) on some overnight/out-of-town rides. But, in order to offer these rides, EBTC needs to provide a leader and sweep for EBTC riders. Note: some rides now have EBTC leaders/sweeps.

For the EVCC hosted rides, EVCC provides the route maps, etc.:

- **EBTC host, July 12-14:** Tour de l'Alberta/Biking Like a Viking. We require a leader and sweep for Saturday and Monday only. We also need someone to coordinate an afternoon barbeque/picnic at Elk Island on Saturday, July 12.
 - Sat., July 12: Elk Island ride with possible picnic after. **Volunteer required to organize picnic.**
 - Sun., July 13: Tour de l'Alberta/Biking Like a Viking.
 - Mon., July 14: Short Monday morning ride (30-40km) to stretch the legs before EVCC heads home.
- **EVCC host: Pincher Creek, July 22-24.** A leader/sweep needed from EBTC.
- **EVCC host: Drumheller, estimated date is end of July.** A leader/sweep from EBTC needed. This is rated as a challenging ride. There is also an opportunity to attend the [Badlands Passion Play](#).
- **EVCC & EBTC: C&E Trail, mid-August.**

- **EVCC host - Cranbrook, Sept 11-15:** This is in conjunction with the Cranbrook Gran Fondo. Suitable for road or mountain bike.
Leader/sweep from EBTC needed.

If you are interested in volunteering for rides that still require a leader and sweep as noted above, contact me at treasurer@bikeclub.

More Upcoming Events

Target the Tour is Back!

Phil Davidson, EBTC Ride Leader

Tour de l'Alberta is returning! To get ready, we're having a Target the Tour 100 ride series. We'll start at a modest distance and pace, gradually increasing both as we prepare to enjoy a beautiful 100-km day in the Beaver Hills Biosphere on July 13.

The Tour is not a race and we will be preparing to ride it at a recreational pace. Coach Kevin recommends taking regular breaks of only 5 to 10 minutes to allow our bodies to recover without shutting down. We'll take his advice (mostly) and have coffee after the ride.

Start locations will vary to keep the scenery interesting. Although we will regroup periodically, we may become spread out at times, so be ready to follow the RideWithGPS (RWGPS) route maps. RWGPS will not be needed for the first ride and RWGPS help will be available after the ride, or click [here](#).

The first ride is just 26 km on Saturday, **April 5**. Click [here](#) for information and registration.



Last year's Biking Like a Viking - now Tour de l'Alberta.

Walk the Trails at the Garrison, Friday, April 4

Liz Timleck, Walk Leader

Arrive early for an 11:00 a.m. start to walk the trails at the Garrison for approx. 7 km. We'll finish back at Tim Horton's for coffee. The forecast (at this point) is looking warmer and sunnier. Register [here](#).

Upcoming Multi-day Trips

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

Karen & Norbert Broda, EBTC Ride Leaders

Registration opens **April 1** with 18 cycling spots available. To register click [here](#).

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, and live theatre! ...Continue reading [here](#).

Cycling Fairmont Hot Springs, May 19-22

Sonja and Freeman Taylor, EBTC Ride Leaders

Registration opens **April 2** for a two-day cycling trip in the Fairmont Hot Springs (FHS) area. To register click [here](#).

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](#).

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. **Cost: \$3,400**

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

Use this link to register for Option 2: Astoria to Eureka ride. **Cost: \$2,500**

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

Use this link to register for Option 3: Eureka to San Francisco. **Cost \$1,900**

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

For trip details click [here](#).

Event Recap

AGM & Volunteer Appreciation Brunch, March 30

June MacGregor, EBTC President

AGM: Approximately 50 members attended this year's event. The AGM focused on the past year but members also received a preview of what's ahead for 2025.

- For the 2024 review (to see 2024 Stats click [here](#)), Board members spoke briefly about membership trends, the ride program, priority given to communications, the new EBTC jersey, and the Club's finances.
- Looking into 2025, Charles World, president of the Birkebeiner Society, addressed the return on the popular Tour de l'Alberta (formerly Biking Like a Viking) on July 13 with 55, 100 and 160 km rides. This was made possible by the transfer of the trademark from EBTC to the Society.
- Coach Kevin Rokosh, from Epic Season Coaching, gave tips (see 'Tips from Kevin' [here](#)) on how members can prepare for distance goals for the Tour and longer, later season rides, e.g., the Club's multi-distance Sept. Hub and Spoke. Kevin is assisting EBTC to offer Fitness rides/other activities for these purposes.

Elections to the Board: We are thrilled to advise that Mary-Anne Stanway will join the Board as the Safety and Education Coordinator. All incumbents were returned to their positions. Three Board positions remain vacant: Vice President, Fitness (Training) Coordinator, and Volunteer Coordinator. We'll have more about the Board in upcoming Newsletters.

Volunteer Appreciation Brunch: After the AGM, we enjoyed a great meal and delicious desserts prepared by member, Chef Michael Roloff. After brunch, we listened to two talks by members about their cycling adventures abroad:

- Bernice Aebly recounted her 3-month expedition from Ecuador through Peru, Bolivia and Argentina to Santiago, Chile with former member Bob Fletcher and his support team. She introduced members to the unique landscapes and ancient history along the way. Unfortunately, due technical difficulties, Rachel Champagne was not able to present the challenging Columbian segment of this trip.
- Walter Pinto and Klaus Strenzke presented their gravel bike ride in Oman with member Kevin Zaychuk. The tough, rocky, mountainous riding on some days was offset by the friendly, helpful locals and great

scenery. And, we learned that Oman is a great country for coffee/coffee shops and fantastic Indian and Pakistani food.



Food and more food!



Coach Kevin explaining his tips for better cycling.

Ride Recap

St. Albert to Johnny's Store, March 25

Liz Timleck, Ride Leader

On Tuesday, March 25th, 11 of us took to the road to enjoy the first ride of the season in beautiful spring weather. We rode from Kingswood Park in St. Albert and took the long way to Johnny's Store, which has reopened with a new format. It's hard not to buy anything once you are inside. It's a really great place to visit. Check it out the next time you are in the area.



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

Edmonton Bicycle and Touring Club
11660 79 Ave NW #304, Edmonton
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