



# Newsletter

Fun Fitness Friends

## April 7, 2025

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  - Stamina Builder series ride
  - Multi-day trips
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### From the Board

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### Reminders

**New Club Jerseys:** The pre-ordered 2025 club jerseys have arrived. If you weren't able to pick yours up at the AGM, come by Laurier Heights Community Hall at 14405-85 Ave NW (Edmonton) on April 13 between 1-3 p.m. during the Pizza Social. Even if you don't want to join in the walk or pizza social (but why wouldn't you - it's free!! Scroll down to Special Events below to register), you can still stop by to pick up your jersey and say hi to your cycling community!



If you can't make it on April 13 you can pick up from Sonja's home (SW Edmonton). Please email [Sonja.taylor55@gmail.com](mailto:Sonja.taylor55@gmail.com) to set up a date and time.

**2025 rides are starting up!** Click [Calendar](#) to view what rides are available and to register. The Calendar is on the EBTC website [bikeclub.ca](http://bikeclub.ca).

**Pop-Up List:** Sign up [here](#) for an email notification whenever a weather-dependent activity is planned on short notice and available in the Calendar.

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

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## Special Events - Don't Miss Out!

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### Zoom Session on Nutrition, Hydration and Stretching; Tuesday Evening, April 8

We'll get useful tips from coach Kevin Rokosh to make our rides even more enjoyable, whether we've cycled for years or are newer/returning to the sport. Register [here](#) for the Tuesday, 7:00 p.m. Zoom. (Note: Registration closes April 8 at 4:00 p.m.)

If you weren't at the March 30 AGM to hear Kevin, read his tips to improve cycling fitness [here](#).

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### Pizza Social, Sunday Afternoon, 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 - 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. If you are out riding, drop by or join us when you can. Register for pizza [here](#). (Note: sign up before April 11.)

The hall has lots of room, an outdoor patio, and secure bicycle parking. You can also pick up your pre-ordered club jersey between 1-3 p.m.

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## Rides This Week

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Ride Garrison to Quarry Lookout, Tuesday, April 8  
Liz Timleck, EBTC Ride Leader

The weather forecast is looking good so let's bike! Meet at 11:45 for a 12:00 p.m. start from Garrison Golf Course to Quarry Lookout where we can check the progress on the new footbridge that's going to open up some great routes. Distance is about 38km.

For more information or to register, click [here](#).

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## Don't Miss Target the Tour, April 12

Phil Davidson, EBTC Ride Leader

Get ready for a great Tour de l'Alberta on July 13 by coming out for weekly Target the Tour rides that will gradually build distance and pace toward the longer rides.

Next Saturday will be gentle to get you started painlessly. (The pain will start a little later – just kidding; we're not into that.) Start now and 100 km will be a breeze by mid-July.

For more information or to register, click [here](#).

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## Upcoming Series Ride

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### Stamina Builder Enduro 160:

#### Preparing for Your First 100 Mile Ride

Rachel Champagne, EBTC Ride Leader

Have you set your sights on completing an imperial century this year?

Awesome! If you completed a metric century (100 kms) in 2024, the weekly Stamina Builder Enduro 160 training ride series could be just what you're looking for.

Starting on **April 27, 2025**, we'll ride 50 kms and gradually increase our mileage by 10 kms each week – the perfect training plan if you're looking to ride the Tour de l'Aberta 160km cycling event on July 13, 2025.

This year, experienced EBTC ride leaders Craig Brown, Glen Babichuk & Rachel Champagne will be your primary contacts. This team will once again be backed up by a solid group who will share the ride leader role over the 12 weeks.

Check out the EBTC Calendar online at [bikeclub.ca/calendar](http://bikeclub.ca/calendar). You'll find all the group rides to build your mileage, under the Stamina Builder Enduro 160 tab, so you're prepared and feeling good on the big day!

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## Registration: Multi-day Trips

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

Karen & Norbert Broda, EBTC Ride Leaders

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

For trip details click [here](#).

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## Fairmont Hot Springs, May 19-22

Sonja and Freeman Taylor, EBTC Ride Leaders

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

For trip details click [here](#).

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## Oregon Trip, Sept. 2025

Hans Feldmann, EBTC Member

To register for the Oregon trip, use the links below. There is flexibility in reassigning spots between the different rides. **Note: Only EBTC members can register for this trip.**

Option 1: Sept.13-Sept. 26, Astoria to San Francisco. **Cost: \$3,400**  
<https://www.karelo.com/register.php?BID=394&BT=10&PrivEv=22376>

Option 2: Sept 13-Sept 20, Astoria to Eureka. **Cost: \$2,500**  
<https://www.karelo.com/register.php?BID=394&BT=10&PrivEv=22377>

Option 3: Sept 21-26, Eureka to San Francisco. **Cost \$1,900**  
<https://www.karelo.com/register.php?BID=394&BT=10&PrivEv=22378>

For trip details click [here](#).

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## Request for Ride Leaders & Sweeps

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### Ride Leaders/Sweeps for Joint Multi-Day Trips

Sandra McDonald, Multi-Day Trip Coordinator

EBTC is partnering with Calgary's Elbow Valley Cycle Club (EVCC) on some overnight/out-of-town rides. In order to offer these rides, EBTC needs to provide a leader and sweep for EBTC riders.

We still need a leader and sweep for the following multi-day trip:

- **EVCC host - Cranbrook, Sept 11-15:** This is in conjunction with the Cranbrook Gran Fondo. Suitable for road or mountain bike. EVCC provides route maps, etc.

If you are interested in volunteering contact me at [treasurer@bikeclub](mailto:treasurer@bikeclub).

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## Event Recap

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### Target the Tour Series Opener, April 5

Phil Davidson, EBTC Ride Leader

The weather was warm (for April) and sunny. The paths were good (almost everywhere). Nine keeners headed out to start getting ready to really enjoy the 100 km Tour de l'Alberta on July 13.



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### Walking Edmonton Garrison Trails, April 4

Liz Timleck, EBTC Walk Leader

Nine of us walked 7.76 km on the well-maintained trails at the Edmonton Garrison. It was a beautiful spring day with lots of sunshine, blue skies and wonderful conversation. We later enjoyed a coffee and yummy snacks at Tim Hortons, compliments of Larry. Hope you can join us on Tuesday, April 8 for a bike ride.



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## Helpful Links

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### Sign Up:

[Click here for  
EBTC  
membership](#)

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

[Click here for  
RideWithGPS  
member access](#)

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### Dive deeper into the EBTC community:

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

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EBTC on Instagram](#)

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11660 79 Ave NW #304, Edmonton  
Canada T6G 0P7

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