



Newsletter

Fun Fitness Friends

April 21, 2025

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From the Board

2025 rides are starting up! Click [Calendar](#) to view what rides are available and to register. If you have certain goals (100 km Tour de l'Alberta perhaps?) see [here](#) to help you decide which rides will help you meet your goal.

Club jerseys: For those of you who have yet to pick up your club jersey, please contact Sonja at Social.media@bikeclub.ca to make arrangements.

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](#).

Upcoming Series Ride

Monday Recreational Rides: Starts April 28

Gaye Carter, EBTC Ride Leader

These Monday night rides start **April 28** at 6:30 pm from Rundle Park Tennis Courts parking lot (information and registration [here](#)). I have led this ride for about 16 years. I first came to this ride to improve my strength and cycling abilities and I used it as a recovery ride from the Learn to Ride a 100 kms and Target the Tour rides.

Each ride starts with us climbing the hills of Rundle Park to get out of the river valley and then as we progress we add more hills. The rides start with a distance of about 17-18 kms and a speed of 18-20 kph. Each week we add about 2-4 kms in distance and try to increase the speed. By the third week of June we will be riding about 40 kms. Near the end of July as the evenings get shorter so do our rides. We regroup often. This is a no-drop ride. We stop for coffee and/or treats about midway through the ride.

Destinations include Legends, Raven Crest, The Quarry, Italian Centre, Park, Kind Ice Cream, Twice Cream.

Sunday Social/Fitness Ride, April 27

Betty Lafave, EBTC Ride Leader

Come out for the first Sunday Social & Fitness Ride of the season on Sunday, **April 27**. Meet at the Strathcona Olympiette Centre for an 11:00 a.m. start. This is a 23 km ride to South Cooking Lake where we will have a break. For more information and to register, click [here](#).

Stamina Builder Enduro 160, Sunday, April 27

Rachel Champagne, EBTC Member

The Stamina Builder Enduro series is a training program for very experienced cyclists looking at increasing their endurance to complete 160 km. The first ride is Sunday, **April 27**. Start time is 11:00 a.m. at the Ardrossan Rec Centre for a 50 km ride. For more information and to register, click [here](#).

Registration: Multi-day Trips

Fairmont Hot Springs, May 19-22

Sonja and Freeman Taylor, EBTC Ride Leaders

Registration is open for a two-day cycling trip in the Fairmont Hot Springs area. To register click [here](#).

For trip details click [here](#).

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

Karen & Norbert Broda, EBTC Ride Leaders

Registration is open with just a few cycling spots left. To register click [here](#).

For trip details click [here](#).

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 ETBC 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](#).

Request for Ride Leader & Sweep

Volunteers for Multi-Day Trips: Cranbrook, Sept 11-15

Sandra McDonald, Multi-Day Trip Coordinator

EBTC is partnering with Calgary's Elbow Valley Cycle Club (EVCC) on some overnight/out-of-town rides. EVCC is hosting a trip in Cranbrook, **Sept 11-15**. In order for our club to participate we need a ride leader and sweep. EVCC provides route maps, etc.

If interested in volunteering contact me at treasurer@bikeclub.

Ride Recap

Kingswood Park to Johnny's Store, April 15

Liz Timleck, EBTC Ride Leader.

Six of us enjoyed a fabulous ride from Kingswood Park in St. Albert. We rode up Starkey Road to Hwy 37 then to Johnny's Store where we stopped for a short break before returning through the base. The 30.5 km ride included two hills, three traffic circles and a lot of wind. It was a good ride!! Thanks Richard for the photo.



Villeneuve to Calahoo, April 18

Liz Timleck, EBTC Ride Leader

The ride from Villeneuve to Calahoo was great fun. After pushing up the first couple of hills it was clear sailing to Calahoo. We stopped for a short break at the general store - love the new renovations with lots of space outside to sit and put your feet up. The return ride was a bit more work with our old friend the wind in our faces part way. We could not complain as the road was so nice. We all had a good stretch before going home.



Target the Tour (TTT), April 19

Liz Timleck, EBTC Member

Saturday's TTT was from Ardrossan under blue skies and great temperatures. We had a large group of 24 with varied cycling abilities: fast, medium and a little slower. Sonja took the faster group and I stayed near the rear. A few of us went for coffee at the new A&W after. Thanks Ava and Larry for sweeping. Register [here](#) for the April 26 TTT from Spruce Grove.



From the Saddle

Looking Back: How it Started

Ann Sutherland, EBTC Newsletter Editor

Before the name changed to Tour de l'Alberta, the ride was called Tour de France Alberta. The inaugural ride was in 1995, so it all began 30 years ago. There was one distance (100 km), paper maps and written instructions. Apparently, at kilometer 52 you could "enjoy the PIGS (if the wind is right)".

This year marks the return of Tour de l'Alberta on July 13, now organized by the Birkebeiner Society (register [here](#)). There might not be any pigs to 'enjoy', but you will enjoy riding through the Beaver Hills Biosphere!



2nd ANNUAL TOUR DE FRANCE ALBERTA

Edmonton Bicycle and Touring Club
July 20, 1996 100 km





CLOSING CEREMONIES
Tour De France Tradition
4:30 pm



00 Km - Assembly area - St. Albert Centre Parking Lot NW Corner
1.8 - Left turn onto Erin Ridge Road to Villeneuve
13.4 - Jct. of Hwy. 794 - Continue straight ahead across #794
13.9 - Right turn into Villeneuve
14.2 - Store/Gas pumps
Outhouse behind Community Centre across the street
14.4 - Leave via North road through town
27.3 - Left at Jct. Hwy 794 (North to Riviere Qui Barre)
28.3 - Left turn into Riviere Qui Barre
Riviere Qui Barre
Store/gas station/washroom facilities
28.9 - Leave via North road through town (.7 km gravel)
31.8 - Rejoin Hwy. 794 - Left turn (North)
31.8 - Right turn (East) at Hwy. 642 (stop sign) (No town signposts)
44.2 - **Morinville - LUNCH BREAK**
Esso and Gasland Gas stations on right - K.F.C. on left
- Depart via Hwy. 642 East
52.5 - Enjoy the PIGS (if the wind is right)
54.8 - Left turn at Jct. Hwy. 28 (to Bon Accord, Gibbons)
63.1 - **TURN AROUND POINT - Bon Accord**
- On Left side, Service road
Gasland Gas Station, water, store
RETRACE ROUTE BACK TOWARDS EDMONTON - Hwy. 28 South
71.4 - Straight ahead (South) at Jct. of Hwy. 642
81.3 - Right turn at Jct. of Hwy. #37 *or left turn to*
81.8 - Johnny's Store and Gas Station
- Depart **WEST** on Hwy. #37 (towards St. Albert./Onoway)
82.3 - Straight ahead (WEST) at Jct. Hwy. 28
91.8 - Left turn at Hwy. 2 towards St. Albert
100.0 - Left turn into St. Albert Centre parking lot
100.3 - END

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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