



Newsletter

Fun Fitness Friends

April 28, 2025

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From the Board

Promo discount code for Tour de l'Alberta/Biking Like a Viking: For **current** EBTC members only - you should have received an email with a promo code to use for a 10% discount on registration for the [Tour de l'Alberta](#). If you don't see this email check your spam folder, and if you still don't see it, contact membership@bikeclub.ca.

2025 rides up and running: 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.

Great advice from Coach Kevin: Kevin Rokosh, Epic Season Cycling, gave a talk at the AGM on getting fit for a ride event like the Tour de l'Alberta, and at a Zoom on Nutrition, Hydration and Stretching. If you missed either or both, click these links, [Get Fit](#) and [Zoom session](#) to read about his advice.

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.

Upcoming Series Ride

Country & Urban Tuesday Ride Series: Starts April, 29

Stephen Yakimets, EBTC Ride Leader

If you've ever had the desire to ride here, there and everywhere, this ride series is for you! Every other Tuesday at 6 p.m., a random location around the city or surrounding countryside is chosen as the start point for a 40 - 60 km evening ride. As the evenings get longer, the distance increases. Some rides are in the city, some in the surrounding areas, and generally rotating through the different quadrants of the city. Occasionally a wee bit of gravel sneaks in, but 99% of the time we are on roads and paved trails. The Country and Urban Tuesday Rides are rated intermediate at speeds of 20+ kmh and are a no-drop rides. A RideWithGPS map is posted prior to ride. All are welcome, road bikes are ideal.

The first ride is **April 29** starting at 6:00 p.m. from the Edmonton Garrison Golf Club for a 39 km ride. For more information and to register, click [here](#).

Friday Quiet Roads Series: Starts May 2

June MacGregor, EBTC Ride Organizer

Looking for a quiet ride in the countryside? Come and check out the Friday Quiet Roads series. These are more relaxed rides for veterans of road cycling and for cyclists with experience on urban bike paths who want to try rural routes. Rides start at 10:00 a.m. from a different location weekly to explore rural routes north, south, east or west of the city. Early season distances are 30 to 40 km but build to over 60 km as riders get stronger. Riders meet up at corners or landmarks (no drop) and enjoy a break (coffee? ice cream?) during or after the ride.

It all starts this Friday, **May 2** at 10:00 from the Clifford E. Lee Nature Sanctuary for an approximately 30 km ride. For more information and to register click [here](#).

Hill Tops & Coffee Shops: Starts Tuesday, May 6

Dean Cooper, EBTC Ride Leader

Hill Tops & Coffee Shops is a series of intermediate fitness rides that combine the best of Edmonton hill training and coffee-shop culture, capitalizing on our beautiful river valley and ravines. The routes are mostly along paved multi-use paths and local roads, linking together a series of climbs in and out of the river valley. The highlight after our ride is a

'debriefing session' at a different local coffee shop café each week. This series offers benefits of hill-repeats, without the repeats (we do several different climbs) and with an added dose of chill. We typically have a range of hill-climbing speeds, and wait to regroup at the top of each slope. As long as the prospect of climbing out of the river valley a few times on a Tuesday morning seems like a cool idea to you, sign up and join us! Limited spots available (due to café sizes).

The first ride is **May 6** at 10 a.m. starting from Square 1 Coffee (Fairway Drive) in Aspen Gardens. For more information and to register click [here](#).

Rambling Routes Series: Starts May 7

Sonja Taylor, EBTC Ride Leader

If you have just returned to cycling after a long break or an injury, are a new cyclist, or just want to explore Edmonton, this is the ride for you. Join Ride Leaders, Sonja Taylor and Scott Keast for a beginner-level Wednesday evening series. All rides start at the Victoria Skating Oval on River Valley Road and we will explore Edmonton in the months of May and June!

This is a relaxed ride of about 20 km on mostly flat or gently rolling terrain. There are breaks as needed for snacks and water - so make sure that you bring your own.

Cyclists must have a well-maintained bike and be prepared to enjoy the sights. Please, NO e-bikes on this ride. The first ride is Wednesday, **May 7** at 7:00 p.m. For more information and to register, click [here](#).

Sunday Social & Fitness Ride, May 4

Betty LaFave, EBTC Ride Leader

The scheduled ride for April 27 was a no-go due to cool temperatures and possibility of rain.

The next ride is **May 4** for an 11:00 a.m. start at the Tim Horton's, 199th and Lesaard Road. We'll do a 35 km ride to the Blackhawk Golf Course.

For more information and to register, click [here](#), and May the 4th be with you.

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

Garrison to Raven Crest Golf Club, Tuesday, April 22

Liz Timleck, EBTC Ride Leader

We celebrated Earth Day on our 40 km ride! We met at the Garrison Golf Club at 11:00 a.m. and the temperature was only +7C, but the sun was out and the wind light. We rode to Raven Crest Golf & Country Club where we had the patio all to ourselves. We enjoyed drinks, snacks and each other's company. Wonderful place for a break.



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:

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