



Newsletter

Fun Fitness Friends

May 5, 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 are 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.

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 Rides

Rambling Routes Series, May 7

Sonja Taylor, EBTC Ride Leader

Reminder that the first of these beginner-level rides is Wednesday, **May 7**. Meet at 7:00 p.m. at the Victoria Skating Oval on River Valley Road and we will explore Edmonton. For more information and to register click [here](#).

Friday Quiet Roads, May 9

June MacGregor, Ride Organizer

This series ride is now underway! On **May 9**, come out for a 32 km ride starting at 10:00 from Lessard Road and 199 Street, led by Leslie McWeeny. For more information and to register click [here](#).

Al and Darren's Bakery Ride, May 17 and June 15

Al Carlson and Darren Okrainec, EBTC Ride Leaders

Save the dates and indulge your sweet tooth as we cycle with stops along the way for bakery treats and maybe gelato! This is always a popular ride. In fact it's so popular there are two dates. The first ride is Saturday, **May 17** starting at 11:00 a.m. from Coronation Plaza. For details and to register click [here](#).

The second date is scheduled for June 15. Information will be in the newsletter closer to that date.

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 Trip: 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.

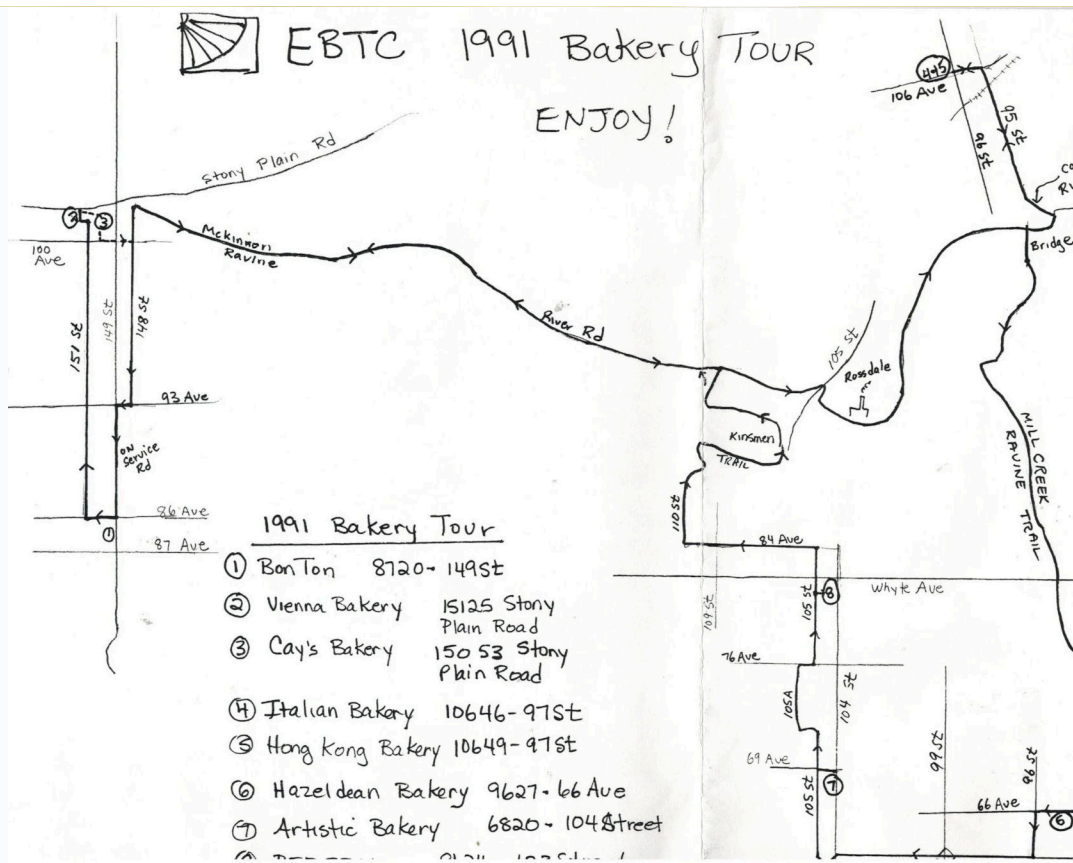
From the Saddle

The Bakery Ride: Hitting the Sweet Spots

Ann Sutherland, EBTC Newsletter Editor

The Bakery Tour has been a staple for EBTC members for decades. Back in 1991 we visited eight bakeries (Bee Bell was # 8). Many of those bakeries are still around like the Bon Ton, Artistic Bakery, and Hazeldean Bakery. But Cay's and Bee Bell are, sadly, no more. There was a note for this ride to 'be careful of construction on Stony Plain Road'. Well, here we are in 2025 and there is *still* construction on SPR!

For this year's Bakery Rides, on May 17 and June 15, the sweet spots will include Cedar Sweets, Duchess Bakery and more. Al and Darren, your ride leaders, will make sure your sweet tooth is satisfied!



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
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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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