



Newsletter

Fun Fitness Friends

May 19, 2025

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From the Board

Registration for Tour de l'Alberta/Biking Like a Viking. The promo code for a 10% discount for EBTC members contained an error. The correct code was emailed to all members on Wednesday, May 14. If you have **not** yet registered for this super Birkebeiner Society event, check your emails for the discount code.

If you have registered but did not get the discount because the code didn't work, you can contact the Society for a refund of the extra 10% you paid: ski@canadianbirkie.com

Join us on Sunday, July 13 to explore the UNESCO-designated Beaver Hills Biosphere east of Edmonton. You can choose the 55, 100 or 160 km route and enjoy a fully supported ride, with rest stops along the way and a meal at the end. For details and to register, click [here](#).

Ride with GPS. Clicking on a link to a members-only route (e.g., from a Karelo ride description) brings up an error message saying, erroneously, that the route does not exist. Please login to RwGPS before clicking links to route maps.

Jerseys are Available Again

If you missed out on the initial order of EBTC's cycling jersey, here's your chance to order your 2025 club jersey.

Nimblewear Canada has re-opened the online store. Deadline to order is **May 26**. Your jersey will arrive in early July - allowing plenty of time to enjoy it this cycling season. NOTE: This will be the last time that the online store will be open for this year - so don't delay.

Two short sleeved versions are available: 1. Quick Dry Budget (Fondo) for \$48.74, and 2. Quick Dry Star (Silver) for \$80.70. For a small extra fee of \$8, you may also order a "tall" version if you need the extra length.

Click the link below to see the detailed descriptions of the two versions, the clubcut sizing chart, the artwork, as well as to order:

<https://nimblewear.ca/2025/ebtc-cycling-jersey-order-page/>

Upcoming Events

The season is in full swing! Come out and join the fun!

Phil Davidson, EBTC Webmaster

We're out of hibernation and exploring our environment. January, February and March had a combined total of 10 walks. April saw 15 rides/walks scheduled. May is at 39 and counting. As of May 17, we have 289 members, including about 50 new this year. The risk of snow is minimal after the May long weekend. So far we have good air quality, and no rides have been rained out (touch wood).

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.

Registration: Oregon Trip

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.

Event Recap

Kingswood Park Ride, May 13

Liz Timleck, EBTC Ride Leader

On Tuesday, May 13th, 10 of us did a 30.7 km fast-paced loop ride from Kingswood Park in St. Albert. Upon returning we enjoyed socializing, lunch, coffee and a sweet treat. The weather was perfect - blue skies and little wind.

Ruck On! Thursday, May 15

June MacGregor, Walk Leader

This new weekly series started on a perfect evening for walking hills, stairs and flat areas wearing a backpack. Our small group was so focused on the river valley's colours of spring that we hardly noticed the elevation gains (mmm, maybe a bit of a fib here).

Join us for the **May 22** urban rucking adventure, led by Betty Lafave. Click [here](#) to register. You can put as much or as little weight in your backpack as you choose. This series follows advice to EBTC from coach Kevin Rokosh (Epic Season Coaching) that rucking is an excellent way to build strength for cycling, hiking, etc.



Friday Quiet Roads, May 16

June MacGregor, Ride Leader

It was a cool morning when we met at Partridge Hill for a 30 km ride. The wind was light, the sun came out and our group enjoyed coffee on the deck of the Fun Run Golf Course before finishing. Come out for next week's 40ish km ride on **May 23** with ride leader Bob Atlee who led the Friday rides a few years ago and has explored almost every road in Strathcona County by bike. Click [here](#) to register.



Al and Darren's Bakery Ride, May 17

Darren Okrainec, EBTC Ride Leader

We had a leisurely 31km ride with a lunch stop at Sunbake Pita Bakery. We continued to Duchess Bake Shop for dessert.



Target the Tour 100, May 17

Phil Davidson, EBTC Webmaster

Some old friends and some new faces among the 18 riders for our 60 km ride. A little cool and breezy but still a great ride. AND the Garrison Timmies is closed for renovations so we went to the Garrison golf course club house. They were welcoming and the food was good – most had the beef and barley soup but Phil had a very nice not-so-little side Caesar salad. We'll be back.

To accommodate faster and not as fast riders, we broke into two groups, as we will probably generally do.

Next week it's Devon to the Calmar bakery. For information or to register, click [here](#).



Sunday Social and Fitness Rides, May 18

Betty Lafave and Keri Hindman, EBTC Ride Leaders

The weather cooperated on our 40/44km rides starting in Spruce Grove. The wind was at our backs going west and uphill on Glory Hills Road. The sun actually came out during our stop at Muir Lake! Thanks to Keri Hindman for leading the fitness group.

Join us next week, **May 25**, in Ardrossan for a 40/50 km ride to Half Moon Lake Resort. Register [here](#).



Enduro Riders Increase Distance to 77 km

Rachel Champagne, EBTC Member

Eight hardy members cycled a 77 km loop from Rundle Park to Ft. Saskatchewan on May 18. Ride leader Craig Brown was unable to ride so he supported his troop by driving his truck loaded with snacks and water. Another windy day, so everyone worked hard. Next week, the series moves

to Morinville to conquer a 92 km route. Each week the distance increases 10-15 kms to prepare cyclists to ride the 160 km route of Tour de l'Alberta - Biking Like a Viking on July 13.



From the Saddle

A Day Ride in Montreal

Darren Okrainec, EBTC Member

On July 1, 2024, I rented a bicycle in Old Montreal and cycled 76 km. I rode through Montreal on the multi-purpose pathway along Lachine Canal. At the end of the canal I headed west on Lake Shore drive along the St. Lawrence River and cycled to Dorval. On the way back I took a brief detour onto the Samuel Champlain Bridge. It is the longest bridge that I have cycled across and I found myself having to do it twice to get a second chance at viewing downtown Montreal from that viewpoint.

What I found interesting was the cycling culture. My rental bike came without a bell. I heard no bells being used by any cyclists while I was navigating the busy pathway system. Plus, not many cyclists were wearing a helmet. Pedestrians appeared to stick to the right. It was a fantastic day of cycling!



Helpful Links

Sign Up:

[Click here for
EBTC
membership](#)

[Click here to join
the Pop-up
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[Click here for
RideWithGPS
member access](#)

Dive deeper into the EBTC community:

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