



August 18, 2025

In This Issue:

- Wednesday evening rides
 - Pigeon Lake
 - Autumn Hub & Spoke ride
 - ...and more!
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From the Board

MEC Discount Coupon: Tomorrow, **Aug. 19**, is the final day to use your 15% discount coupon at the downtown store (11904 104 Ave.) for regularly-priced outdoor necessities (and nice-to-haves, too)..

New Members: You can find key information about EBTC [here](#), including Ride with GPS.

Edmonton Bike Swap, Sunday, Sept. 7: If you are looking for a bike or have one to sell or donate, click [here](#) for details and FAQs.

Members who attended in previous years have really appreciated that every bike passes a tech check and is verified as not stolen.



Canadian Birkie Society's Off-road 'Bikenbender', Sat., Sept. 13: Click [here](#) for info and to register for this gravel or cross-country ride at the Cooking Lake-Blackfoot.

Upcoming Events

Calendar of Events

Click [here](#) for the complete list of what's on and to register.

Wednesday Evening Exploring with AI, August 20 & 27
AI Carlson, Ride Leader

We've ordered up 'sunshine' after rain forced cancellation of last week's ride. Come out to the Enjoy Centre in St. Albert for a relaxed-paced, no

drop, social ride exploring St. Albert and the far northwest of Edmonton. Members can expect an easy 20-25 km route with no big hills and possible stops for treats. Click [here](#) to register for August 20. Also, check the Calendar to register early for August 27. (Photo credit: City of St. Albert website)



Annual Pigeon Lake Loops & Picnic, Saturday, August 23

Frank Potter & Anne-Marie Adachi, Ride Leaders; Char World, BBQ

Registration closes soon as we need to know the rider #'s to plan the BBQ. Choose one of these favourite loops around Pigeon Lake below and register using the link.

Both rides are unsupported, i.e., no a sweep or support on route. Riders should be prepared to fix their own flats and carry enough food and water for 60 km. (photo is from 2024). **Meeting location for both loops: Mulhurst Bay, 49 St. Park, down the street from Bayview Grocery and Liquor store.**

- The Inner Loop Ride led by Frank begins at 9 a.m. This is an intermediate 60 km ride, suitable for hybrid, gravel or mountain bikes due to the terrain which could be asphalt, hard packed or gravel. Click [here](#) for details and to register.
- The Outer Loop led by Anne-Marie begins at 10 a.m. This is an intermediate 60 km road ride on relatively new pavement. Click [here](#) for details and to register.

The barbeque led by Chef Charles will be available from 1-4 p.m.



Autumn Hub & Spoke, Sunday, Sept 14

Larry Zelazo, Membership Coordinator

These shorter or longer rides start in South Cooking Lake Park and are organized by Larry. There will be other ride leaders and sweeps for each loop. Snacks and drinks will be provided by EBTC at the park during breaks and at the finish. There will be plenty of time to socialize!

This event is designed to be suitable for all levels of cyclists in our club. The rides return to Cooking Lake Park for breaks and bathroom visits during the ride. So register and get your EBTC friends to join you!

The shorter ride starts with a 35 km loop and followed by an optional 25 km loop. The shorter loops are a meet-up-at-corners ride and thus Ride with GPS is optional. The challenging longer ride has up to 3 loops: the first loop is 63 km, the second is 35 km and the optional third loop is 25 km. RWGPS is a must for the challenging longer ride. You are in control of your ride choices! There will be no support out on the road for these rides.

In the event of bad weather we will postpone this event to the next weekend.

- Click [here](#) to register for the challenging longer loop ride (63 km or more)
- Click [here](#) to register for the shorter loop ride (35 km or 60 km).

Ride Recap

Friday Quiet Roads (Hopefully) Returns August 22

June MacGregor, Ride Leader

After two cancellations due to rain, the probability of a third rainy Friday must be nanoscopic! ("ha, ha", say the rain gods). On August 22, we'll ride from the Strathcona Olympiette Centre to Old Station Honey and Mead in New Sarepta. Owner, Will Munsey, is opening early for us and says they have great pies to go with our coffee, tea, etc. For details and to register, click [here](#).

Target Tries to Crash Another Wedding, August 16

Phil Davidson, EBTC Webmaster

No, we didn't actually try to crash the wedding. There was a wedding about to take place at Hastings Lake Gardens and Events when we arrived for our mid-ride break. They were all dressed up; we knew that we couldn't sneak in the way we were dressed.

Only 5 riders participated but we had a good time. Only 10C at the start but it warmed up. After a 40+ km headwind on July 13 over the hills on Twp Rd 510, a mild tailwind was wonderful on the way back. This route had it all - beautifully smooth new pavement as well as not so great; nice flat straight stretches and some decent hills; some old familiar roads and some we hadn't tried before...oh, it did sort of lack stretches of heavy traffic but we didn't mind too much.

Next week is Pigeon Lake and I'm away for that and on August 30. We'll Target On! into the fall on September 6. For information or to register, click [here](#). We usually divide into a faster group and a slower group. This ride is suitable for anyone who can do the distance comfortably.



Sunday Social & Fitness Ride, August 17

Betty Lafave, Ride Leader

The weather was lovely for our 50 km ride along Lac Ste Anne. We visited the pier at Alberta Beach and the Lac Ste Anne pilgrimage site. We rode out to West Cove on another part of the lake. On our return, we stopped at a real coffee shop at Alberta Beach for drinks and snacks.

Join us next week for a 42 km from South Cooking Lake to Hastings Lake Gardens. Click [here](#) for more info and to register.



From the Saddle

Staying Strong Throughout the Cycling Season

Mary Anne Stanway, Safety and Education Coordinator

Remember: Be Visible, Stay Alert and Always Cycle Defensively

This week we're rerunning the checklist from coach Kevin Rokosh, Epic Season Coaching, for staying strong and mobile throughout the cycling season through proper nutrition, hydration and stretching. Read **Fuel, Flow and Flex** by clicking [here](#). Kevin has given EBTC valuable advice through presentations at the AGM/Volunteer Appreciation (photo from AGM), on Zoom, and by answering many questions during ride season planning.



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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