



August 4, 2025

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From the Board

MEC Discount Coupon for EBTC Members, August 5 to 19: We're emailing members a 15% discount coupon for regularly-priced merchandise at the downtown store (11904 104 Ave. NW). To receive the discount, present the coupon to the cashier, either as a printed document or in the email on your phone. You can shop at your convenience during this 2-week period for your biking and other outdoor needs, and check out sale items too. Thank you to our member Leslie McWeeny, and to MEC staff for arranging this discount period for us.

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

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 Recreation Area. Spaces are limited and the cost of registration goes up on August 15.

Upcoming Events

Calendar of Events

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

Potluck Picnic in the Park, Thursday, August 7
Julie Moehrle, Social Events Coordinator

You can register [here](#) up to Wed., Aug. 6 at 5 p.m. for this fun gathering at **Sir Wilfrid Laurier Park** by the Valley Zoo. Although the forecast is improving and we have canopied site #1 from 4 to 8 p.m., (look for the EBTC flag), we will email registrants on Wed. whether the picnic is a 'go' or 'postponed'.

EBTC supplies hotdogs/smokies/veggie dogs for the BBQ plus buns, condiments, plates, napkins, cutlery, no-alcohol beverages. Members are invited to bring a dish if you so choose, e.g., salad, dessert. Alcohol is permitted so BYOB if you wish.

Partners/friends are welcome but please let Julie know at 780 405 5334 or social@bikeclub.ca and bring \$5.00 cash to the picnic to defray non-member costs.



Annual Miquelon Lake Rides, Saturday, August 9

Phil Davidson, Ride Leader & June MacGregor, Support Driver

Choose your distance and start location/time. All riders meet for a friendly break with Club-supplied snacks (e.g., crackers, cheese, chips, fruit, cookies) and drinks at Miquelon Provincial Park (picnic area by the Visitor Centre; photo is from 2023). Our support vehicle has water on route and a cooler *if* you bring lunch.

- 92 km challenging loop - from Beaumont (10 AM), click [here](#) for details and to register.
- 42 km intermediate out/back - from New Sarepta (11 AM), click [here](#) for details and to register.



Annual Pigeon Lake Loops & Picnic, Saturday, August 23

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

Registration is open for this great day at Pigeon Lake (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 is available from 1-4 p.m.

Both rides are unsupported and there will not be a sweep. Riders should be prepared to fix their own flats and carry enough food and water for 60 km.



Ride Recap

Pop-up Ride: Kingswood Park to Garrison, Tues., July 29

Liz Timlek, Ride Leader

Fourteen riders enjoyed Tuesday's short 30 km pop-up ride from Kingswood Park in St. Albert to the Garrison. The weather was most cooperative. We took a short coffee break at Garrison's Tim Hortons before returning.



Friday Quiet Roads: C & E Trail, Aug. 1

Liz Timleck, Ride Leader

Friday Quiet Roads took place this week from Lacombe with a 48 km out-and-back ride to Red Deer. Great weather, great friends, and great food at ONA Cafe. What more could anyone ask for? Thank you Larry for sweeping the ride - couldn't have done it without you. Sometimes it's really nice to try out new routes.

On **August 8**, Friday Quiet Roads returns to Ardrossan for a 52 km loop led by June MacGregor, based on the 2024 Biking Like a Viking ride. Click [here](#) for details and to register.



Pop-up Ride: West End to Spruce Park Ranch, Aug. 1

Betty Lafave, Ride Leader

Ten started the ride from 199 St. and Lessard Road but only 7 cycled back after our rest break. One cyclist had a broken seat, one needed a ride back and the third didn't feel well and also took a ride back. I got so distracted that I forgot to take a picture. Thankfully there was a bit of shade on the road. It was very hot! Over 30C.

Target the Miquelon Tour, Aug. 2

Phil Davidson, EBTC Webmaster

We almost crashed ... a rustic wedding. When we arrived at Holborn, the guests were waiting in the cool hall for the outdoor ceremony to begin in full sun with 28C in the shade (of which there wasn't any).

The ride itself had warm comradery (at 28C some might almost say hot) in mostly sunny skies with little breeze.

This was a warm-up for the Beaumont to Miquelon Lake ride on August 9. After that we'll keep going as long as weather and enthusiasm hold up.



Sunday Social Ride, Aug. 3

Betty Lafave, Ride Leader

Ten of us ignored the weather forecast and rode from South Cooking Lake to New Sarepta. Old Station Honey & Mead wasn't open yet, so we took our break at the store. It started raining lightly thereafter so we had a refreshing ride back to the cars.



Pop-up Ride: Kingswood Park to Morinville, Aug. 4

Liz Timelick, Ride Leader

Today we had 9 riders for a fantastic 44K ride from Kingswood to Morinville. We took a short break at McDonalds before returning the same way. We had 6 people cancel because there was a fear of getting caught in rain, which I appreciated. I think it rained a bit in St Albert while we were away so we didn't have our picnic but Shirley brought her famous chocolate chip cookies to share, which we devoured when we got back. Thanks to everyone who came out today.



From the Saddle

Safety and Education

Mary Anne Stanway, Safety Coordinator

Remember: Be Visible, Stay Alert and Always Cycle Defensively

Hello EBTC members and other newsletter readers. Since joining EBTC in 2024, I have really enjoyed the Club's rides as our members look out for each other and socialize. My years of cycle touring, cycling on bumpy country roads, busy highways, and city streets and trails have taught me the

importance of the above motto. Through the newsletter, I will share what I and others have learned about cycling safety and education, including articles from the previous long-serving coordinator, Scott Keast.

Canadian Cycling Magazine recently had an article about checking over and caring for your bike in mid-summer (reprinted [here](#) with permission from the magazine). You may ask, haven't we passed mid-summer in Edmonton? We never know but, regardless of the timing, the article has useful tips for all of us (also check out the magazine's website cyclingmagazine.ca for more information and to subscribe).

Helpful Links

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