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## July 14, 2025

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- Tour de l'Alberta recap...and more!

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### From the Board

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**SAVE the DATES:** whether you're a new or long-term EBTC member, consider joining us for these terrific annual events. Expect more details and links to register in upcoming Newsletters.

- **Thurs. Aug. 7 (4 to 8:00 p.m.) – Annual Potluck Picnic in the Park:** EBTC supplies smokies/hot dogs; members bring salads, desserts, etc. We have a canopy-covered site booked for us at Sir Wilfred Laurier Park near the Valley Zoo.
- **Sat. Aug. 9 – Annual Miquelon Lake Rides:** Members can choose the challenging 95 km return from Beaumont or the intermediate 42 km return from New Serepta. Riders meet up at the picnic area by the Visitor Centre for drinks/snacks before cycling back to their start locations.
- **Sat. Aug. 23 – Annual Pigeon Lake Loops and Picnic:** Both loops start at Mulhurst Bay and end there with a BBQ in the park. The 65 km intermediate inner loop meanders past cottages on asphalt and hard packed gravel roads. The intermediate 60 km outer loop follows the paved roads around the lake.

**Calendar of Events (rides and other):** Click [here](#) for what's on and to register. Also, sign up for our [Pop-up](#) list to get an email when an event is added to the Calendar on short notice.

**2025 Membership:** Click [here](#) to join EBTC or renew. You can find key information about EBTC [here](#).

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### Upcoming Events

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Target the Next Tour  
Phil Davidson, EBTC Webmaster

We targeted the Tour de l'Alberta (TdA) and aced it! But the targeting was good riding on its own and there are other longer rides coming up. So, we're going to continue. Saturday, July 19, we'll do a TdA recovery ride, just 67 km (details or sign up [here](#)). We'll skip July 26 as some of us won't be back from Pincher Creek. August 2 will be 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.

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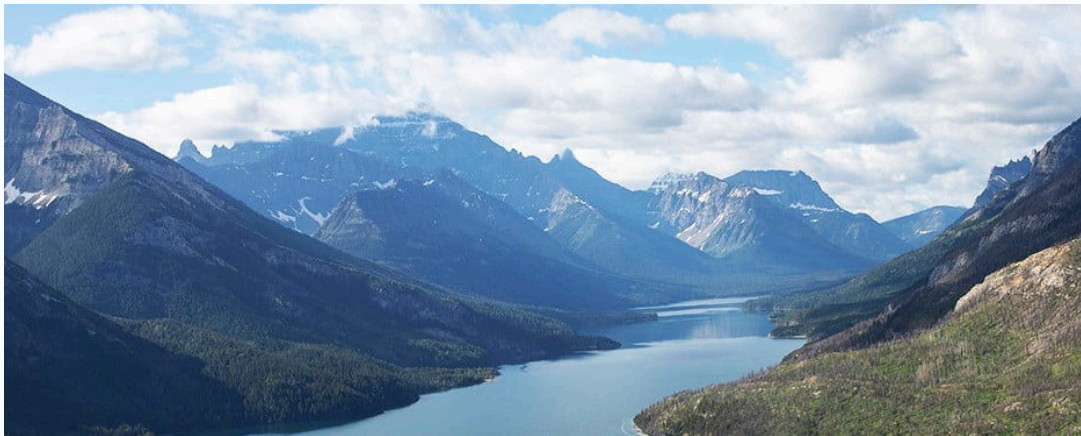
## Thunder Lake Cycling & Camping Trip, July 26-27

Led by Debbi Wallace, this fully-supported, intermediate cycling/camping trip is an EBTC favourite, with members returning and raving about the food, the riding, the support, the company, etc. We start in Onoway on Saturday morning to ride 80 km to the Thunder Lake Campground, where we overnight, and ride 94 km back to Onoway on Sunday. No one gets left behind as we cycle at a relaxed pace (15-20 kph) with a sweep, have a break every 20 - 30 km and benefit from a support vehicle that can carry a couple of riders and bikes if you want to skip a leg. Click [here](#) for more details, including all that's covered in the \$125 fee, and to register.

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## Pincher Creek Trip, July 22-24

Phil Davidson and June MacGregor will lead EBTC members on rides in the scenic Pincher Creek-Waterton region, where we'll join members from Calgary's Elbow Valley Cycling Club (EVCC) in their popular annual mid-week trip. This is a pay-your-own-way trip (no EBTC fee) with members responsible for their transportation, hotel room or camp site and food. Click [here](#) for more details and to register.



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## Ride & Walk Recap

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### Pop-up Ride, Tuesday, July 8

Liz Timleck, Ride Leader

On Tuesday, 10 of us rode 40 km from Calahoo to Onoway. It was a hot and fast ride to the Burger Baron for ice cream!



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## Ruck On! Capilano-Gold Bar Parks, Thursday, July 10

June MacGregor, Walk Leader

Our small but keen group of walkers explored the hilly ski trails above Gold Bar Park. This week, we return to the Whitemud Creek at Rainbow Valley to walk different trails than our last expeditions there. Click [here](#) to register for **July 17**.



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## Friday Quiet Roads, July 11

June MacGregor, Ride Leader

Imagine riding west from Villeneuve without a howling wind. Sixteen members and one friend experienced this rare weather 'anomaly' cycling to the Calahoo Golf Course for a break and return. Perhaps our luck will hold for next week's ride that includes a break at the U of A Gardens patio. Click [here](#) to register for **July 18**.



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## Tour de l'Alberta/Biking Like a Viking, Sunday, July 13

Phil Davidson, EBTC Webmaster

EBTC was well represented at this year's Tour. We rode mostly under sunny skies with temperatures in the high teens to low 20's but with a breeze gusting around 30 km/hr. The canola is at the height of its colour.

No official counts yet but I'd guess that there were about 100 cyclists at the start of the 100 km tour, more than either the 160 km or 55 km events.

The route meandered around the [Beaver Hills Biosphere](#) - scenic countryside indeed.

The 100 km route included a 22 km stretch heading straight into the wind with quite a few hills, from about the midpoint to 75% through the ride. A few of us wimps didn't like that stretch as much as the other 75% of the ride.

The 55 km route was a nice distance for those who preferred a shorter ride through the biosphere. It included dippy-doodling through an acreage subdivision where an enthusiastic group of kids cheered on riders.

The best part for some of us was relaxing and chatting over food after.

Our president greeted riders entering the hall for lunch to acquaint them with EBTC.

Thanks to the [Birkie Society](#) for sponsoring the event again this year.



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## Helpful Links

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Sign Up:

[Click here for EBTC membership](#)

[Click here to join the Pop-up Email List](#)

[Click here for RideWithGPS member access](#)

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Dive deeper into the EBTC community:

[Click here to contribute to the Newsletter](#)

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[Click here to visit the EBTC website](#)

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