



July 7, 2025

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From the Board

SAVE the DATE, August 7 - Potluck Picnic in the Park: We return to Sir Wilfrid Laurier Park (4 to 8 p.m.) near the Valley Zoo for the annual BBQ. EBTC will supply the smokies/hot dogs; members bring the salads, desserts, etc. Social Coordinator, Julie Moehrle, has again booked a super canopy-covered site for us. Expect details and the link to register in the upcoming weeks.

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](#).

July 13 Tour de l'Alberta (Biking Like a Viking) – Registration Closes Soon. Registration closes on **July 7** at 11:59 p.m. Click [here](#) to register for the distance of your choice (55, 100 or 160 km) and join other EBTC members in this annual local event with full-support, rest stops and great food at the end.

Upcoming Events

Thunder Lake Cycling & Camping Trip, July 26-27

Led by Debbi Wallace, this fully-supported, intermediate cycling/camping weekend is an EBTC favourite. Members who go once, join in again! We meet in Onoway for a 9:00 a.m. start on Saturday 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: we cycle at a relaxed pace (15-20 kph), and have a sweep, a break every 20 - 30 km and a support vehicle that can carry a couple of riders and bikes if you want to skip a leg.

The \$125 fee for this trip includes lunch and dinner on Saturday, breakfast and lunch on Sunday, camp site, snacks, and a support vehicle that carries tents and a small bag for each registrant (clothing, bike supplies, "beverages"). The fee does not include the coffee break on Sunday, ice

cream on arrival at the campground, loonies for shower at the campsite, and “beverages”.

Click [here](#) for more details and to register.

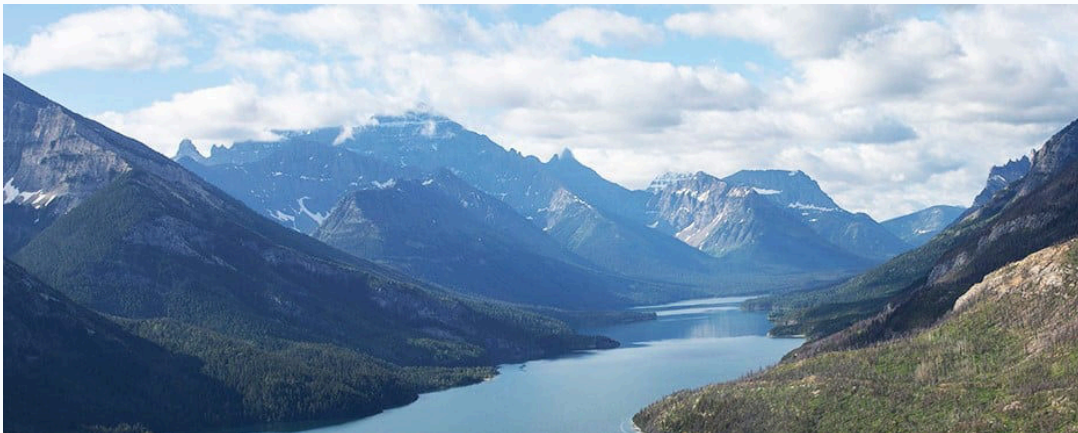


Pincher Creek Trip, July 22-24: Registration Still Open

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. Phil/June will contact registrants to co-ordinate EBTC members' participation. Click [here](#) to register in Karelo.

The trip starts on Tuesday afternoon with a 60 km loop of the Oldman Dam reservoir. The next two days are more open-ended, based on weather and rider interests. EVCC categorizes the trip as Intermediate/Advanced with longer or shorter route options. Click the EVCC calendar [here](#) for details.

(Photo: Waterton Lakes)



Ride & Walk Recap

Monday Meanderings, June 30

Sonja Taylor, Ride Leader

The evening of June 30 was perfect weather to cycle from Laurier Park through the river valley to the Tawatinaw Bridge and Kinsmen Park. After a small off-road experience (due to a closure of our regular route for Canada Day fireworks set-up), we were on our way to back to Laurier Park via MacKinnon Ravine!

If you are interested in an intermediate-level city ride on Monday evenings, check out the EBTC [Calendar](#) - Monday Meanderings!



Canada Day Ride: Morinville to Legal

Liz Timleck, Ride Leader

Elbows up! It was a perfect day for our 56K ride from Morinville to Legal. We had 19 riders, 3 cancellations and 3 no-shows. The weather really cooperated for us, with lots of sun and very little wind. Nice stop at Bon Appetit in Legal. Thanks to everyone who came out today and thank you Bob for being my sweep.

(Side note: if you are unable to make a ride please cancel asap so riders on the wait list can join the rides!)



Ruck On! Mill Creek Ravine, Thursday, July 3

June MacGregor, Walk Leader

As the photo shows, it was a 'tough' evening of rucking with friends. We return to Capilano Park next week to explore other hilly areas on foot to build strength for cycling, hiking, etc. Click [here](#) to register for **July 10**.



Friday Quiet Roads, July 4

June MacGregor, Ride Leader

Facing a strong northwest headwind, our group of eighteen cycled 15 km from the Clifford E. Lee Nature Sanctuary before we made a 'smart' decision to abandon our pursuit for Holborn Hall. Instead, we happily rode to Spruce Park Ranch for a coffee, then up and down some range roads for a total of 45 km. Register [here](#) for a relaxing 40 km (pre Tour de l'Alberta) ride on **July 11** from Villeneuve Hall 'up' to the Calahoo golf course.



Target the Tour, Sunday, June 29

Phil Davidson, EBTC Webmaster

What makes for the perfect ride? A bunch of keeners, beautiful scenery, temperatures from mid-teens to low twenties, sunshine, slight headwind on the way out picking up a bit as a tailwind on the return, good pavement all the way, rest stop mid-way with water and tables, Timmies afterward. Check, check, check...

We rode 91 km from Beaumont to Miquelon Lake and back. I'm ready for the Tour de l'Alberta 100 km next Sunday, provided they arrange similar conditions. Lots of rest stops, lots of folks to yak with.

Next week we won't have a ride the day before the Tour, but on the 19th we'll be back with a 67 km recovery ride from Villeneuve to Onoway. For more information or to register, click [here](#). After that we'll be preparing for the Miquelon Lake ride in August and whatever else is on our plates.



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