



June 23, 2025

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From the Board

Bygone are Last Week's Thunderstorm Watches

In spite of last week's ominous forecast, few events were cancelled.

Check out what's ahead by clicking [here](#) to view the Calendar. A member's question this week was, "Why can't I sometimes see the rides I'm looking for in the Calendar?" All we can suggest is to 'refresh' your web browser by clicking the circular arrow icon, usually located near the address bar, or by using F5 on your keyboard.

Reminders

2025 Membership: Summer has just started, with lots of great rides and other events ahead. Click [here](#) to join EBTC or renew. You can find key information about EBTC [here](#).

Pop-up Ride List: Although most EBTC rides and other events are in the Calendar well in advance of their date, ride leaders may offer weather-dependent 'pop-ups'. Sign up [here](#) for an email notification whenever a pop-up is put in the Calendar.

Tour de l'Alberta (Biking Like a Viking), July 13 Road Riding Event, organized by the Birkebeiner Society, is coming up quickly. Click [here](#) to register for the distance of your choice (55, 100 or 160 km) for this enjoyable annual event from the Strathcona Olympiette Centre.

Upcoming Events

Ruck On! June 26

June MacGregor, Walk Leader

Last week's walk was cancelled as heavy rain left the paths wet and slippery, although sunshine returned. Ruck On! returns **June 26** in the Mill Creek Ravine south of Whitemud Dr. for some strength-building ups and downs. Click [here](#) for details and to register.

Pincher Creek Multi-Day Trip, July 22 to 24, 2025

June MacGregor, Ride Leader

Join us to ride this beautiful area of Alberta mid-week. Phil Davidson and I will lead EBTC members in conjunction with Calgary's Elbow Valley Cycling Club's (EVCC) annual Pincher Creek trip. Members of each Club register in their own registration system. Click [here](#) to register in Karelo.

This is a pay-your-own-way trip (no EBTC fee) with members responsible for their own transportation, accommodation and food. We will contact registrants to help co-ordinate EBTC members' participation.

On this trip, we benefit from EVCC's knowledge and experience of the area. The afternoon of July 22 is planned as a 60 km loop around the Oldman Dam reservoir. The next two days are more open-ended, based on weather and rider interests. The trip is categorized as Intermediate/Advanced with possible options to go longer or shorter.

Click [here](#) to access the Elbow Valley calendar and more detail about the trip, including the Cottonwood Campground meet-up location (sites B-45 and B-47) in the Oldman Dam Provincial Recreational Area.

(Photo credit: Town of Pincher Creek website)



Ride & Walk Recap

Elk Island Park, Tuesday, June 17

Liz Timleck, Ride Leader

Tuesday's pop-up social ride at Elk Island Park was beautiful as was the weather. We had 14 cyclists, two cancellations, one no-show and one guest. Most rode to the highway to Lamont. On the return we stopped at the beach for a short break and photos before returning to the Visitor Centre. A number of us stayed to enjoy our lunch/treats and to socialize. Watch for my next ride and a picnic/barbecue at Elk Island on Saturday, **July 12**, with the Elbow Valley Club.



Friday Quiet Roads, June 20

June MacGregor, Ride Leader

A perfect day to do my favourite ride from Spruce Grove – west without a headwind on the service road, then up, up, up, followed by a long speedy downhill back to town for coffee. This Friday, we'll ride east of Edmonton. For details and to register, click [here](#).



Target the Tour 100, Saturday, June 21

Phil Davidson, EBTC Ride Leader

The competition this week was fierce – the competition for EBTC members to ride Target the Tour or the MS Bike Ride. It appears that the MS Ride succeeded in luring a number of riders. Undeterred, five riders set out from Miquelon Lake Park to Lindbrook and Tofield, quite a bit of the route through the Beaver Hills Biosphere.

The MS riders headed south with a tailwind; we headed north into a stiff breeze. The last 5 km uphill into the wind was a test we all passed with big smiles (once we were back in the parking lot).

Join us on Saturday, **June 28** for a 90 km loop from Ardrossan through Elk Island Park with optional coffee and treats at the end. Click [here](#) for information/registration. We're close to the target!



Sunday Social and Fitness Ride, June 22

Betty Lafave and Jack Sommers, Ride Leaders.

We had 29 registrants so we broke up into three groups; the fast group lead by Jack Sommers and two slower groups lead by June McGregor and Betty Lafave. We left from Lessard Road and 199 St. and over to the U of A Botanic Garden for our break. We made it back before the rain started!

Join us for the next ride, **June 29** at Graminia Hall for a 45 km ride to Holburn Hall and to Spruce Park Ranch for coffee! Click [here](#) for details and to register.



From the Saddle

Cycling Survey – Have Your Say

The School of Public Health at the University of Alberta is looking to understand your experience on our cycling trails, including frequency of use, activity type, and safety on the trails. The goal? To share findings from Edmonton and the 7 other Canadian cities involved in this study to make sure cycling trails successfully support active transportation for the communities around them.

Click [here](#) to check out their summer survey locations throughout the city and stop by if you see them on your travels.

CYCLING SURVEY

UNIVERSITY OF ALBERTA
SIRCLE RESEARCH LAB
Ener Active Schools

SEE OUR SCHEDULE HERE: <https://bit.ly/Urbantrails>

Help us understand how you are using the bike network in Edmonton. Pedal by our team on the trails to learn more and participate!

Visit National Sites this Summer - For Free!

Santa arrived early! Click [Canada Strong Pass](#) for details about free or discounted admission, camping, etc. at national sites until Sept. 2. You don't need to purchase or sign up for this Gov't of Canada pass but can just visit a participating national park, museum, gallery, etc. Some Alberta examples are Elk Island, Jasper, Banff and Waterton Lakes National Parks.

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
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