



Newsletter

Fun Fitness Friends

June 30, 2025

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From the Board



Happy Canada Day!

Calendar of Events (rides and other): Click [here](#) to view what's on and to register. You'll find most events here well in advance of their date. Since ride leaders may offer weather-dependent 'pop-ups', sign up for our [Pop-up](#) list to get an email whenever a pop-up is added to the Calendar.

2025 Membership: EBTC now has 300+ members and summer has just started, with much more ahead. Click [here](#) to join EBTC or renew. You can find key information about EBTC [here](#).

Counting Down to the July 13th Tour de l'Alberta (Biking Like a Viking): 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) for this fun professionally-organized annual event. You'll explore the diverse landscape of the UNESCO-designated Beaver Hills Biosphere with full-support, rest stops and great food at the end.

Upcoming Events

Canada Day Ride: Morinville to Legal Loop, July 1

Liz Timleck is again leading this annual social ride. The 56 km intermediate loop includes a short break at Legal. With registration closing at 9:00 a.m. on July 1, click [here](#) now for the details and to register.

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 participate once always aim to do this trip again! Meet at the municipal parking lot in Onoway for a 9:00 a.m. start on Saturday. We'll ride 80 km to the Thunder Lake Campground where we overnight, and then cycle back 94 km to Onoway on Sunday. No one gets left behind as we have a sweep, a relaxed pace (15-20 kph), and a break every 20 - 30 km. There's space in the support vehicle for 1 or 2 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 this scenic area, where we'll join our friends from Calgary's Elbow Valley Cycling Club (EVCC) for their popular annual mid-week trip. Participants register in their Club's 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 transportation, hotel room or camp site and food. Phil/June will contact registrants to co-ordinate EBTC members' participation.

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 possible longer or shorter routes. Click the EVCC calendar [here](#) for details, 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

Rambling Routes, Wednesday, June 25

Sonja Taylor, Ride Leader

Rambling Routes cyclists enjoyed a beautiful evening ride in Edmonton's central northwest area on June 25. It included a stop to look at the brand new Coronation Recreation facility (set to open in 2026) which will also house the new indoor velodrome!

Based on cyclists' requests, the Rambling Routes series will be extended into July to offer beginner level rides to our members. Please check the [Calendar](#) for details. This is the perfect ride for new cyclists to join. It is offered in the evenings also - great for those who are working.



Ruck On! Mill Creek Ravine, Thursday, June 26

June MacGregor, Walk Leader

Last week's 'ruck' extended from the ravine's 43th Ave. entrance to the trail end at 34th Ave. So, nine blocks/return took over 1.5 hours? Well, the creek meanders, we meandered a bit (oops, wrong trail) and we tackled every staircase. The good company and beautiful green forest trail made for an enjoyable evening. Join us on **July 3** at Capilano Park by clicking [here](#) to register.

(Photo credit: [River Valley Alliance](#). The website is also a great source for info on Edmonton and area trails.)



Friday Quiet Roads, June 27

June MacGregor, Ride Leader

Meeting at Ardrossan, our group of 25+ formed subgroups: Larry Zelazo led riders on the longer route; Betty Lafave and I led/swept the majority of riders. We met up for a break at Half Moon Lake, and at the finish, all agreed we had an excellent ride on a perfect day. Register [here](#) for the **July 4** ride from the Clifford E. Lee Nature Centre.



Target the Tour, Sunday, June 29

Phil Davidson, EBTC Webmaster

The weather forecast Saturday said 100% chance of rain and risk of thunderstorms, so we changed the ride to Sunday. RR223 was very rough, so we rerouted via Twp 534 and RR220. I loaded my bike and started driving and had a flat, so I quickly swapped vehicles.

The reward for all the changes was a great ride – perfect weather (but with a breeze), good pavement, great group – through the countryside, including Elk Island Park (always a treat). Some of us even tried out the new A&W in Ardrossan after.

Next week we plan to ride 95 km from Beaumont to Miquelon Lake. For more information or to register, click [here](#). That will be our last prep for the Tour de l'Alberta on July 13. After the Tour, we'll change the reasons for similar rides, like the Beaumont to Miquelon ride in August.



Sunday Social and Fitness Ride, June 29

Betty Lafave, Ride Leader

It was very windy cycling from Graminia Hall to Holburn Hall, but the weather was warm and sunny for a change. We had a nice rest stop at Spruce Park Ranch Country Store before heading back to Graminia Hall at top speed with a great tailwind pushing us.

Click [here](#) to register for the **July 6** ride starting at the Elk Island Visitor Centre for a 50 km ride through the park. And remember – from now until September 2, entry to national parks is free, so no need for a pass!



Stamina Builder Enduro 160, June 29

Rachel Champagne, EBTC Member

Craig Brown and Debbie Snell provided SAG support including sandwiches, chocolates and Gatorade for this group of riders who completed 140 kms this week. Next week is a taper ride of 120 kms in preparation for the Tour de l'Alberta event on July 13.



From the Saddle

Reminder: Visit National Sites this Summer - For Free!

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.

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