



Newsletter

Fun Fitness Friends

September 15, 2025

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-

From the Board



We'll keep riding until the cold settles in! On average, Edmonton's first frost occurs between Sept. 10 and 21, e.g., on the 16th in 2024, the 11th in 2014 and, the earliest on record, on Aug. 29 in 2004. There's no frost in the forecast for the upcoming week, but as the weather gets colder, you can expect fewer series rides and more pop-up rides and walks/hikes - another reason to sign-up for EBTC's Pop-up Rider List [here](#) and be notified by email (with the link to register) whenever a pop-up is added to the Calendar.

The joys and challenges of fall riding: We've certainly had some perfect days for cycling recently: Edmonton's windiest months (mid-March to early summer) are long gone and warmest months are fading. However, fall days start cool and can have changeable weather conditions during a ride.

Bringing along a jacket, something to cover your ears and neck, and even to keep your hands and feet warm become important. Also, checking the hourly weather forecast for the start location is useful. For example, for the beginning of Sunday's Hub & Spoke loops in Strathcona County, there was a fog advisory for the area with much cooler, damper conditions than in sunny Edmonton.

Upcoming Rides

Calendar of Events

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

Target On!: Calmar Bakery, Sept. 20 (63 km or 95 km)

Phil Davidson, EBTC Webmaster

We're into weather-permitting season and the forecast for next Saturday looks very permitting (so far). We'll head southwest from Devon. When we reach Hwy 39, we'll split: one group directly to the Calmar Bakery, the other to Thorsby and loop back to the Calmar Bakery. Calmar direct will have two good hills. Thorsby will add a third.

Click [here](#) for info or to register.

Sunday Social Ride, Sept. 21

June MacGregor, Ride Leader

Join us for this popular 45ish km loop from Edmonton's west end with a break at the U of A Gardens' patio restaurant. For info and to register click [here](#).

Ride Recap

Pop-up Ride: Tuesday, Sept. 9

Liz Timleck, Ride Leader

Four of us rode from Calahoo to Onoway - 40 km of quiet road bliss. We enjoyed our break at the Burger Baron and their delicious soft-serve ice cream. Join us if you can on Tuesday, **Sept. 16** for my next pop-up ride from the Garrison to Raven Crest Golf Course. Click [here](#) to register.



Wednesday Evening Exploring with AL, Sept. 10

Al Carlson, Ride Leader

After canceling last week due to smoke, our Sept. 10 ride was a beautiful warm summer evening. Three of us headed back to NW Edmonton. Going the opposite way from last time on a path through the centre of Trumpeter we discovered a brand new, wide rolling path along the south edge. Then onto the path all around Hawks Ridge and over to Kinglet.

On the way back we found two new paths to nowhere (yet) beside South Starling. Lots of paths in the NW beside wooded areas. We did not get back to Big Lake for sunset, where I was told we missed a big, bright red sun in

the smoke. Come join us next week, **Sept. 17** (register [here](#)) and maybe more.



Friday Quiet Roads: Holborn Hall, Sept. 12

June MacGregor, Ride Leader

What a perfect day for a 48 km ride out to Holborn Hall in Parkland County. Great fall scenery, a keen group of members, and, amazingly, zippo km/hr headwind riding west. Earlier this summer, that wind was so fierce that we changed up the route and never made it to the hall. Next week's ride from Ardrossan is a modified Tour de l'Alberta/Biking Like a Viking route. Click [here](#) to register.



Cooking Lake Hub & Spoke Ride, Sept. 14

Phil Davidson, EBTC Webmaster

The weatherman didn't quite get it right. Forty-three riders headed out in cool conditions with fog, at times sufficiently thick to feel the individual droplets. Nonetheless we had a great ride that included warmth and sunshine later on.

There were lots of familiar faces - some we hadn't seen for a while - and a few members on their first ride or first ride in the countryside. This is a nice set of rides that allows riders of all stripes to socialize together in one event.

Snacks were well-received, as always. The leftovers were packed up ready to ship out when one lone rider arrived, the only one who finished the 63 km loop and headed out for the second loop, unknown to the food crew.



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