



# January 19, 2026

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## In This Issue:

- New EBTC Treasurer
  - Birkie volunteers needed
  - Walk recap
  - ...and more!
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## From the Board

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### Join Us or Renew with EBTC

Before we're into cycling, EBTC offers 'pop-up' cross-country skiing and walking, as well as socials and an informative AGM/Volunteer Appreciation brunch event. BUT, you need to [join or renew](#) your membership to register for 2026 events!

### Sign up for EBTC Pop-Ups

It's the time of year when EBTC's outdoor activities are weather-dependent pop-ups. These appear in the on-line Calendar and open for registration close to each event's date. If you haven't already done so, sign up for EBTC's Pop-up List [here](#). You'll receive an email from Karelo (our on-line registration system) and the link to register, whenever a Pop-up is available, so you won't have to check the Calendar for outdoor activities.

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### Let's Welcome EBTC's New Treasurer, Kevin Zaychuk

The Board is pleased to advise that Kevin Zaychuk has volunteered and been appointed as the Club's Treasurer. Kevin and his backup, Betty Lafave, EBTC Secretary, were oriented to the role by Sandy McDonald, who stepped down as Treasurer in late fall as reported in the newsletter. Under EBTC bylaws, the Board can fill vacant positions until the Annual General

Meeting (AGM) is held late in the winter, when all Board positions are up for election.

We asked Kevin to share some background about his cycling and EBTC experience. His passion for cycling sure comes across in his response:

“I am a longtime member of the club and I had to think back to almost two decades ago when I was a hard-core mountain biker, and swore I would never ride a bike on the road. I have my good friend and former EBTC member, Glen Hannah, to thank (or blame 🤪 🤪) for converting me to a roadie. The first time I got a new road bike, which he helped me pick out, he said ‘let’s go for a short ride’ which in his mind was at least 60 to 80 km. I don’t think I’d ever done anything more than 30 before that! Anyway, he got me hooked on road riding and I soon got into touring. I love to tour either solo, with friends or with my partner Nicole (who I met on a tour) and have seen many amazing cycling destinations.

I have learned a lot from the EBTC and its members, but I think my first lesson in cycling nutrition was on my first EBTC organized ride, The Tour de l’Alberta. Having no long distance riding experience but with my shiny new aluminum frame Cannondale CAAD8 I signed up for the 100 km ride...and then I ate a 12-inch sub at the lunch break. Won’t do that again ;>).

I am looking forward to serving the members of the EBTC as your new treasurer and continuing to get out on the road or the trail with my bike.”



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## Volunteer for 2026 Edmonton Birkebeiner

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Volunteer at Birkie Aid Station, Saturday, Feb. 14, 2026

Freeman Taylor, EBTC Member

EBTC has participated in the Birkie for over 25 years by supplying volunteers to operate the Round-Up Food Station. This is the first food station where both the 31 km and 55 km skiers pass through.

Many of us have worked at the station for several years now and for this year's event we are seeking additional EBTC volunteers to join in the fun on **Saturday, February 14th**.

As volunteers we have an early morning start to set up the station, prepare Gatorade, water, and various snacks for skiers. Once skiers start to arrive, the environment is fast paced and continues until the last skier has passed through.

What you need to know:

-Be prepared for a 7:00 a.m. meet-up at the Waskahegan staging area in Blackfoot Provincial Recreational Park where, once all our equipment is loaded up, we are transported to the Round-Up Station. We usually finish around 2:00 p.m. and are taken back to the staging area for refreshments and a smokie or hot dog lunch.

-Remember that it could be (will be) cold so dress in layers of your warmest clothing and have appropriate warm footwear as you will be standing in the snow for several hours (we do set up a tent with a heater and start a firepit to offer some warmth)

-Most of all bring your biggest smile, be prepared to laugh (even when cursing the cold), cheer on the skiers, and enjoy the company of your fellow volunteers

If you would like more information and/or would like to volunteer, please contact Freeman Taylor at [freeman.taylor@shaw.ca](mailto:freeman.taylor@shaw.ca).



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## Weekly Recap

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### Walk from Fort Edmonton, Friday, Jan.16

June MacGregor, Walk Leader

The daytime warmth and overnight cold made cross-country skiing treacherous. However, those conditions didn't intimidate 12 cleat/ice boot-wearing members from venturing onto the trails. Our walk took us up out of the river valley to the newish Square 1 Coffee Shop in Windsor Park for a break and return for a total of 9 km. Walking conditions on the shaded trails were good, so we only faced a few blocks of scary icy neighbourhood sidewalks to reach the coffee shop.

The shadowy figure on the photo is photographer, Phil Davidson, EBTC Webmaster, who is often present but rarely seen in photos of walks, rides, etc. We're looking forward to more EBTC walking and skiing this winter, and more haunting images of Phil too.



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## From the Saddle

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### Who Cycles and is it Safe?

Phil Davidson, EBTC Webmaster and numbers nerd

## Who Cycles?

According to Statistics Canada (in 2013/14, so somewhat out of date) 40.3% of Albertans over 12 years reported cycling compared to 40.5% of all Canadians, but 47.8% of Quebecers and 38.4% in Ontario.

31.4% of Canadians in the lowest 20% by income cycled versus 49.7% of those in the top 20% for income.

44.1% of those with some postsecondary education cycled versus 28.6% of those with no postsecondary.

## Is Cycling Safe?

Depends how you ask. In a 2012 study there were 2.6 deaths per million population while cycling versus 9.0 for pedestrians and 43.0 for motor vehicle occupants; YES cycling is safe!

However, a 2007 study based on deaths for the number of person-trips found fatalities per 100 million person-trips were 21.0 for cyclists, 13.2 for pedestrians and 9.2 for drivers; we drive more than we walk, more than we cycle.

Of course, these numbers ignore the physical and (even more importantly) psychological health benefits of cycling, which are a little harder to measure.

Source: [Statcan](#)



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**Helpful Links**

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## Sign Up:

Click here for  
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membership

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the Pop-up  
Email List

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RideWithGPS  
member access

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## Dive deeper into the EBTC community:

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