



January 26, 2026

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From the Board

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

Our winter outdoor activities are weather-dependent pop-ups, which appear in the on-line Calendar and open for registration close to each event's date. By adding your name to EBTC's Pop-up List [here](#), you'll receive an email with the link to register whenever a Pop-up is available, i.e., no need to check the Calendar. And, your name will remain on the list for summer Pop-Up bike rides.

Ride Season Planning? Huh, in January?

Yes, planning starts early to fill the Calendar with weekly series rides, unique once-a-season day rides and overnight tours (in 2025, 169 rides). We invited ride leaders/subs and some active members to give us input for planning.

Fifteen members came out yesterday and contributed a great deal of enthusiasm and many thoughtful comments on ride leading and offering a diverse ride program ... and had quite a few laughs as well as snacks. We'll

incorporate this input into EBTC's planning and may hold another session as planning progresses. Expect more updates for members in the Newsletter.



Upcoming Event

Tuesday, Jan. 27: XC Ski at Strathcona Wilderness Centre
Phil Davidson, EBTC Webmaster

After a few days of somewhat-less-than-ideal conditions, tomorrow looks pretty good. If you're on the pop-up list, you (should) already know that we're heading to Strathcona Wilderness Centre to ski tomorrow. You can still get the info or sign up [here](#) or link from the [Calendar](#).



From the Saddle

Maintaining Bike Fitness Through the Winter
Ann Sutherland, Newsletter Editor

Cycling season is still a few months away, but there are ways to maintain your fitness throughout the winter so when you do hit the road on your bike you'll be fit and ready.

I recommend reading this [article](#), from an organization called People for Bikes, which lists some ways to maintain your bike fitness during the snowy months. (Hint: #5 - go cross-country skiing. And it just so happens that Phil is leading a [pop-up ski](#) tomorrow!)

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
an EBTC ride

Click here to visit the EBTC
website

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