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## February 23, 2026

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### In This Issue:

- AGM sneak peek
- Cross-country skiing
- ...and more!

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### From the Board

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#### Become a 2026 EBTC Member

Join us now so that, before the cycling season, you can register for winter outdoor activities, socials and other events. Click to [join EBTC or renew](#) your membership.

#### Sign up for EBTC Pop-Ups

Winter outdoor activities are weather-dependent pop-ups. Sign up for our Pop-up List [here](#) to receive an email with the link to register whenever a pop-up is available. Moving into March, we hope for a month of 'pop-ups' for walking and for cross-country skiing. Both have fitness benefits for cyclists; Nordic skiing sure helps with the cardiovascular fitness, endurance and balance (see article below in From the Saddle) - useful for cycling but requires some 'how to ski' technique.

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### Save the Date: Annual General Meeting (AGM) & Volunteer Appreciation Brunch

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Sunday, March 29: AGM & Volunteer Appreciation Brunch

Save the date! You won't want to miss this!

We've organized a 'show and tell' with the brunch about new developments in bikes, both e-bikes and regular bikes, and in cycling gear. Whether you're interested in where technology is at/heading or in buying a new or used bike or cycling gear, you should find this update by experts in the field of value.

We've again booked the Laurier Heights Community Hall (14405 85<sup>th</sup> Ave. NW) for March 29. Come to the late morning AGM to get an update and have your say about the Club. Then, enjoy the brunch that follows. The details will be in upcoming newsletters, including links to register.

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## Upcoming Event

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**Wednesday, Feb. 25: Ski Strathcona Wilderness Centre**  
Phil Davidson, EBTC Webmaster

Good snow conditions, moderate temperatures – time to ski!

Strathcona Wilderness Centre generally has the best grooming around.

Note that the last time we were there the former office and rental area was closed for renovations and the former lounge was used for office and rentals, making it unavailable as a lounge. Be prepared just to ski at the Centre. Depending on interest, we can stop at Gratitude Coffee (just south of Hwy 16) in Sherwood Park on the way back to town.

At this time of year, check the forecast and your email before heading out.

Sign up and info [here](#).

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## Weekly Recap

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**Friday, Feb. 20: St. Albert Walk**

Liz Timleck, Walk Leader

We intended to walk 6 km on Friday, but it was too beautiful for such a short distance so the six of us kept walking for a total of 9.4 km. We stopped at Tim Hortons part way through for coffee and snacks. It was the perfect day to be out on the trails, enjoying each other's company, along with the pristine snow and the beautiful blue skies. What could be better?



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## From the Saddle

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### Cross Train with Cross-Country Skiing

Ann Sutherland, Newsletter Editor

As I write this, snow is falling and, after the snow-melting stretch we had, all I can think is, “Yes! Make skiing great again!” You might be thinking, “What does cross-country skiing have to do with cycling?”

According to Canadian Cycling Magazine, skiing has quite a lot to do with cycling. It’s one of the best ways to maintain your cycling fitness, especially

aerobic fitness, over the winter. It's also a great workout for your legs, plus it also has the advantage of working your upper body, core and back. You can read this insightful article [here](#).

EBTC offers ski outings when the conditions are good. (See Phil's pop-up this Wednesday under Upcoming Events.) If you have a pair of skis, there's still time to dust them off, 'cause winter ain't done yet! If you've always wanted to cross-country ski, it's never too late to learn. Several local Nordic ski clubs (e.g. Edmonton Nordic, St. Albert Nordic) offer lessons.

See you on the trails!

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## Cycling and the Law

If you missed **Cycling and the Law** last week, click [here](#) for this excellent article about how the information on a bike computer or action cam can help a cyclist win a legal case in the event of an accident. (Canadian Cycling Magazine, February & March 2026)

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## Helpful Links

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### Sign Up:

Click here for  
EBTC  
membership

Click here to join  
the Pop-up  
Email List

Click here for  
RideWithGPS  
member access

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### Dive deeper into the EBTC community:

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### Edmonton Bicycle and Touring Club

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