



April 20, 2026

EBTC is a vibrant, member-led club sharing a passion for cycling and other outdoor activities.

In This Issue:

- Season launch with ride & pizza
- Choosing your ride
- Tour de l'Alberta/Biking Like a Viking
- ... and much more!

From the Board

Sunday, April 26: Launch the Season - Ride and/or Pizza Social!

Sonja Taylor, Ride Program Coordinator & June MacGregor, President

Choose your ride and enjoy pizza! OR Come out for pizza only!

We've added a **no-ride option** of joining us in the afternoon for pizza. Whether you choose a ride or not, we meet up and enjoy pizza (**no** cost to members) at **Graminia Hall** (you'll see the Hall's location when you register). 51101 Range Rd 270, Spruce Grove, AB T7Y 1G6

Ride Options: Two early-season 'no-drop' rides are planned on quiet rural roads, with regular group-ups at corners or landmarks. If the weather forecast isn't good for cycling, we'll change the plans and advise registrants by email (e.g., start later; walk/hike; enjoy pizza and social time at the Hall which EBTC has booked for the day).

Option to **Launch-the-Season *without* Riding:** Come out after 1:00 p.m. for pizza and the company of old and new EBTC friends.

- 11:00 a.m. **Intermediate Ride** of 45 to 50 km. Click [here](#) to register

- 11:30 a.m. **Easier Ride** of 22 or 28 km based on wind and group interest. Click [here](#) to register.
- 1:00 p.m. **Pizza without the work**, no ride. Click [here](#) to register.

Sign up by noon Friday so we can order the pizza!



Become a Member: click to [join or renew](#) your membership. Also, **sign up for the 'Pop-Up' List:** although most rides and walks are in the website Calendar well in advance, some are added at sort notice based on weather. So, click [here](#) to get an email with each 'pop-up'.

So far we have 210 members this year, 26 of whom are new this year. If past years are an indication, membership will probably increase noticeably when the weather warms up a bit.

So far, we have about 200 rides set up in the Karelo registration system. Many later season rides are not yet visible in the Calendar

Ride Program

Choosing Your Ride — HELP, which ride is a good match for me???

Sonja Taylor, EBTC Ride Program Coordinator

Ride Scale for Level of Difficulty:

The website descriptions of easier, intermediate and challenging rides are based on EBTC's road ride scale [attached](#). This is a 'general' guide as weather, road conditions and rider conditioning will vary with each ride. Every ride has a detailed description in Karelo to help members make informed choices.

Easier Road Rides

These are shorter slower-paced rides designed for rookie riders or veteran cyclists who want to enjoy a relaxed ride or who may be returning to cycling after an absence from cycling for whatever reason. **Rambling Routes** (Wednesday evenings from May to early August), **Wednesday Evening Exploring with AL** (mid-August to September) and **Short 'N Sweet** (Saturday mornings from May to August) are examples of **Easier rides**. **Friday Quiet Roads, Monday Meanderings and Sunday Social Rides**

start in this category but change to intermediate level rides as the season progresses.

Stay tuned as next week I will introduce EBTC's Intermediate Road Rides!

Ride Leader Training



Sonja Taylor, Ride Program Coordinator

I am excited to say that 16 members attended Sunday afternoon's Ride Leader Training event to learn how to support EBTC by leading or sweeping rides. They enjoyed refreshments and meeting others while gaining and sharing insights on how to run rides in a safe manner, following EBTC policies. Key parts of the Ride Leader Manual as found on our [website](#) formed the base of the session.

Even if not interested in leading or sweeping a ride, I would encourage ALL members to check out this manual as well as EBTC's [Code of Conduct](#). There are so many good tips to learn and/or review!

This is a gentle reminder to thank your ride leaders and sweeps. Without these key volunteers, EBTC would not have the variety of ride options that we do.

AND Stay tuned – there may be new ride options (series, unique, multi-day) appearing over the next few weeks.



Upcoming Events

Tuesday Social Ride, April 21

Liz Timleck, Ride Leader

Tuesday got off to a great start on Monday last week. This week we'll try for a ride from Kingswood Park again but this time with coffee at the new

incarnation of good old Johnny's Store. For information or to sign up click [here](#) or see the [Calendar](#).

Next week we'll start from Kingswood Park again but take a tour past the Sikh temple. For information or to sign up click [here](#) or see the [Calendar](#).

Monday Recreational Rides, *Season Launch*, April 27

Gaye Carter, Ride Leader

Our longest running series. Can anyone remember a time before this venerable series? The rides always warm up with a climb out of the river valley with coffee and snacks to reward your effort.

For information or to sign up click [here](#) or see the [Calendar](#).

May 22-24: Drumheller - The Dinos and Drama Tour

Norbert and Karen Broda, EBTC Members

EBTC members loved the first three iterations of this trip, so we're going again.

For more details and/or to register click [here](#).

Norbert and Karen can be reached for questions at drumheller@bikeclub.ca.

July 12, 2026: Tour de l'Alberta/Biking Like a Viking

June MacGregor, EBTC President



The Canadian Birkebeiner Society and Beaver Hills Biosphere have again teamed up to offer a premier ride event in our region. This year, 4 rides start at the Olympiette Centre in Strathcona County and end there with a catered meal.

No matter which one you do, you'll enjoy cycling the landscape of our local UNESCO-designated biosphere and refreshment stops to rest and refuel along the way. **Click [here](#) for more info and to register for your ride of choice: 35 km** Beaver Hills Biosphere Tour; **55 km** Biking Like a Viking | Half Century Ride; **100 km** Tour de L'Alberta | Metric Century Ride; **160 km** Grand Tour de L'Alberta | Century Ride.

The prices are reasonable and **EBTC members** will shortly receive a Karelo email with a **Promo Code for 15% off the posted rates**.

Save the Dates for More Multi-day Trips!

Sonja Taylor, Ride Program Coordinator

To help you with planning your summer activities, the following are confirmed multi-day trips planned for 2026. More details will follow – for now, just mark your calendar!

1. Thunder Lake Cycling and Camping, July 25-26
2. Fairmont Hot Springs, BC, September 21-24

There may be more announced in the future, so stay tuned and keep an eye on the Club [Calendar](#).

Event Recap

Target the Tour 100, April 18

Phil Davidson, EBTC Webmaster

Three down and a couple hundred to go! EBTC rides this year, that is. The second Target of 2026 put on a modest 30 km in sunshine on good pavement with little traffic, followed by a chat over coffee in Beaumont.

Three of the riders are new this year, one on his very first EBTC ride. We'll be nice to them for the first few rides.

We'll ramp up the distance, gradually at first, as we head for the 100 km Tour de l'Alberta on July 12. Next week we're looking at 35 km from Ardrossan.

For more information or to register, click [here](#) or from the [Calendar](#).



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

Edmonton Bicycle and Touring Club

11660 79 Ave NW, #304, Edmonton
Canada T6G 0P7

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