



April 27, 2026

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

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- Bike swap
- ...and lots of rides coming up, so read thoroughly!

From the Board

Now on Sunday, May 3: Launch the Season - Ride and/or Pizza Social!

Sonja Taylor, Ride Program Coordinator & June MacGregor, President

Waking up to snow for several days sure confirmed how lucky we were that EBTC's super Social Coordinator, Julie Moehrle, was able to delay the Club's hall booking by a week. **Please register by noon on Friday** so that Julie can organize the right amount of pizza, etc.

If you registered for the initial date, you are still registered - no need to register again. If you registered for the previous date and can't make the new one, please cancel at Karelo > My Registrations.

Whether you choose to ride or not, we meet up and enjoy pizza with old and new EBTC members (**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. The two early-season 'no-drop' rides are on quiet rural roads with regular group-ups at corners or landmarks.

- 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. **No Ride: Pizza without the work**, no ride. Click [here](#) to register.

If the weather forecast isn't good ... again..., we'll change the plans and advise registrants by email (e.g., start later; walk/hike; enjoy pizza and social time at the Hall).



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 short notice based on weather. So, click [here](#) to get an email with each 'pop-up'.

Ride Program

Choosing Your Ride — HELP, Which Ride is a Good Match for Me??? Part II: Intermediate Rides

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 presented in the newsletter last week. 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.

Intermediate Road Rides:

- Are designed for cyclists who are interested in somewhat longer, faster rides
- Are generally 40km to 65km but can be longer as the season progresses. On weeknights, these rides are generally 30-45 km,
- Recommended for cyclists who can maintain an average pace of 18k/hr or faster; usually have a ride leader and sweep or just a sweep who will keep this pace throughout
- Cyclists keep a steady pace and generally meet up at some identified rest stops

- Roads will vary from flat to rolling hills with some steeper climbs
- RWGPS is recommended, especially if you want to ride ahead of the group

The bulk of the rides organized by EBTC fall into this category and include: **Monday Recreational Rides, Monday Meanderings, Tuesday Social Ride, Longer Recreational Rides, Friday Quiet Roads and the Sunday Social Rides.** For the month of April and early May, the **Target the Tour rides** on Saturday mornings and the **Sunday Fitness ride** (a faster (and sometimes longer) group as part of the Sunday Social Rides) fit into the Intermediate category. However, as the cycling season progresses the distance and speed in these two fitness rides fit into the challenging category. Keep your eyes and ears open – there may be a **new intermediate evening ride added on Wednesday or Thursday evenings** – to help meet the cycling goals of those members who are working.

Next week – stay tuned for the Challenging Rides!

Upcoming Events

Note: The following are just some of the rides being offered. Members are encouraged to look at the ride [Calendar](#) as many ride series are starting up in the next few weeks. Brief descriptions of each of the rides are found on the website in [Series Summary](#).

Wednesday, April 29: Social Ride from Kingswood Park

Liz Timleck, Ride Leader

Note: Our Tuesday social ride from Kingswood Park to the Sikh Temple is on **Wednesday** this week. The weather doesn't look terrible for Tuesday but I think there will still be too much water and mud to enjoy cycling. A few days of drying out will help.

If you have already registered and can make it, no need to cancel or reregister. But if you cannot come Wednesday, please cancel with Karelo.

And anyone who hasn't already registered click [here](#).

Friday, May 1: Friday Quiet Roads

June MacGregor, Ride Leader

Register [here](#) for the first ride of this season-long weekly cycling series. We'll meet in Ardrossan and cycle 30 to 35 km with the distance and route based on the weather and wind. This is a no-drop ride where we regularly group-up, and enjoy a coffee break during or after the ride. As per EBTC policy, pedal-assist e-bikes are welcome.

Saturday, May 2: Short 'n Sweet - New Ride Series!

Claire Harrison, Ride Organizer

Short 'n Sweet is a relaxed Saturday morning ride of 20 to 30 km, using paved pathways and quieter roads while avoiding hills whenever possible and an average speed of about 15 km/h.

For information or to sign up for the May 2 ride, click [here](#) or see the [Calendar](#).

Saturday, May 9: Edmonton Bike Swap

June MacGregor, EBTC President

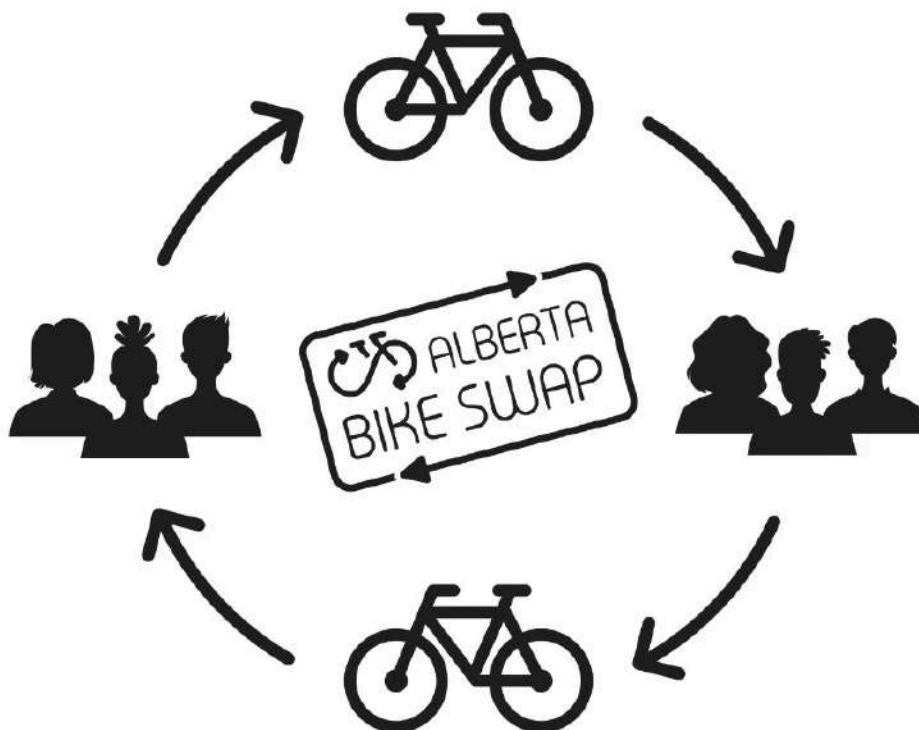
EBTC is pleased to be a Bike Swap partner and again have a booth at the upcoming event, offered by a not-for-profit run by Chris and Laura Grant. Part of their mission is “to make cycling accessible, safe, and community-driven by connecting people through transparent bicycle buy, sell, and donate events” Based on the Club’s experience last year, this is a good event to buy or sell a used bike (e-bikes are not included in the Bike Swap).

You’ll find everything you need at albertabikeswap.ca about selling a bike hassle-free, quickly and safely, about donating a bike, and about buying a bike that’s had a basic safety check.

Where: Alberta Aviation Museum Event Hall, 11410 Kingsway NW

Schedule: (i) Consign 0800 – 1400; (ii) Peace of Mind Preview 1400 – 1430; (iii) Buy 1430 – 1700; (iv) Donate 0800 – 1700; (v) Unsold Pick-up 1700 -1800.

We hope to see you on May 9. Drop by to say hi to the folks at the big blue EBTC flag.



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.

Saturday, May 30 & June 13: Al and Darren's Bakery Ride

Al Carlson & Darren Okrainec, Ride Leaders

Eat and Ride! There will be not one, but two Al and Darren's Bakery Rides this year — May 30 and June 13. Join friends for a 35 km (approximately) social ride, visiting some great spots for eats and treats. For more details and to sign up, click [here](#) for May 30 and [here](#) for June 13.

(Photo: last year's Bakery Tour)



July 12, 2026: Tour de l'Alberta/Biking Like a Viking - Register Now!

June MacGregor, EBTC President

This premier cycling event in our region is coming up again. There are 4 ride distance options this year, which start at the Olympiette Centre in Strathcona County and end there with a catered meal. No matter how far you choose to cycle, you'll enjoy the landscape of our UNESCO-designated biosphere and the refreshment stops to rest and refuel along the way.

Click [here](#) for more info and to register. Choose from: **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 very reasonable and **EBTC members** have also been sent a Karelo email with a **Promo Code for a further 15% off the posted rates**.



Save the Date, June 16-17: C & E Trail

Sonja Taylor, Ride Program Coordinator

New this year, we will have an overnight trip where we cycle the **C & E Trail**.

Day 1: Lacombe to Red Deer (and back).

Day 2: Red Deer to Innisfail (and back). We'll stay overnight in Red Deer on June 16 and enjoy a group supper as well.

Our friends from Elbow Valley Cycling Club (EVCC) will be invited to participate, providing ride leaders for their participants (they will register through EVCC).

This will be a trip where members arrange and pay for their own travel, accommodation (hotels/campsites), and meals, etc.

More details to follow!

Check out this [video](#) about the C & E Trail. And for history buffs, click [here](#).



Weekly Recap

Tuesday, April 21: Kingswood Park to Johnny's Store

Liz Timleck, Ride Leader

Tuesday's social ride from Kingswood to Johnny's store was amazing and so was the weather. We had 13 cyclists, two who are new to the club - Mark and Stuart welcome! Johnny's is open for business and we had a quick snack break and visit before returning.

Note: This week's Tuesday social ride is moving to Wednesday as the conditions will be better (see Upcoming Events).



Helpful Links

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the Pop-up
Email List](#)

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RideWithGPS
member access](#)

Dive deeper into the EBTC community:

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