



June 15, 2026

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

In This Issue:

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- Elk Island ride & picnic
- Weekly recaps (it's been busy!)
- ...and more!

From the Board

Safe Group Riding. One of EBTC's key aims is to provide a safe riding environment for members. All riders are expected to abide by the [Code of Conduct](#). This week we focus on safely riding in a group. Recent articles in From the Board covered the following topics, which are good to review again: [What to Bring on a Ride](#) and [Crossing Major Highways and Uncontrolled Intersections](#)

Riding Etiquette and Conduct:

- Be predictable. Ride in a consistent manner.
- Do not swerve or change rate of travel unexpectedly.
- Indicate – learn accepted cycling hand signals and use them.
- Call out hazards. The rider in front is responsible for those following.
- Keep an even pace. Do not brake or slow unexpectedly. Be aware that there is a compounding effect for those following.
- Look ahead at what is happening on the road and anticipate the moves of the cyclists ahead of you.
- Keep adequate distance. Avoid overlapping wheels. If your front wheel touches the rear wheel of the rider in front of you, you will fall.
- Be defensive to stay safe.

- Obey the rules of the road, bicycles are classified as vehicles under provincial legislation. Conduct yourself with the same consideration as you would expect from any other road user. Aggressive behaviour or gestures by cyclists could alienate motorists and lead to endangering themselves or other cyclists.
- Stop at all red traffic lights and stop signs. When riding alone, obey traffic signals and proceed when conditions permit.
- Do not hold up following traffic. Ride single file on single-lane and busy roads where motor vehicles are frequently coming past. In Alberta, it is illegal to ride two abreast unless passing. When overtaking slower riders or vehicular traffic do so in a prompt manner ensuring that you are not impeding the free flow of other cyclists or motorists.
- During a no-drop ride, if the group is split when arriving at an intersection/turn, the leading riders should stop and wait in a safe place or slow down to enable the trailing riders to rejoin them.
- On all EBTC rides, follow the planned route and any verbal directions given by the Ride Leader. Do not wander off without the Ride Leader knowing your intention. Trying to find you will disrupt the rider and other riders' experience.

Upcoming Events

Note: The following are just some of the rides being offered. Members are encouraged to look at the [Calendar](#) for additional rides - but remember to refresh your browser by clicking the circular arrow icon on your computer or smart phone to see the most up-to-date information. Brief descriptions of EBTC's regular Series rides are found in [Series Summary](#).

June 23: Country and Urban Tuesday Ride

Sonja Taylor, Ride Coordinator

Get to know some of our nice rural and urban roads all around Edmonton. This bi-weekly fast-paced ride series offers cyclists progressively longer routes as our summer days get longer. These rides are designed for riders who can self navigate, RWGPS is required.

Meet-up location: Kinsmen Park - meet in the tennis courts parking lot. 6 p.m. departure.

Description: The Near West End - a scenic ride from Kinsmen through the river valley to Edmonton's original west end. 23 km

Click [here](#) for more details and to register.

Tuesday, June 23: Elk Island Ride & Picnic

Liz Timleck, Ride Leader

This is a 49 km no-drop ride through Elk Island Park toward Lamont. Bring your own lunch for a picnic after at the Visitor Centre. I'm not sure if admission is free or not, so bring along a pass if you have one. I have a family pass and I can bring in 7 riders. If bringing a guest please make sure to have the waiver filled out and signed.

For more info click [here](#). Registration opens June 17.

(Photo courtesy EBTC member Stephen Middleton)



Friday, June 26: Save the Date - Ride with Bob Fletcher

June McGregor, EBTC President

Save-the-date for a special Friday ride on June 26. We'll be riding from the Devon area to meet up with Bob Fletcher and a small group of other riders, including members, who are riding across Canada. Details will be in next week's newsletter and in Karelo on June 20. Many of you will remember Bob from his and Wayne Grover's talk at the 2023 Volunteer Appreciation event about their ride from Alaska to Panama.

Sunday, July 5: Save the Date for EBTC's "Gran Fondue"

June MacGregor, EBTC President & Julie Mohrele, Social Coordinator

We'll meet in Ardrossan at different start times in the morning for a shorter, intermediate or longer ride, and return to the Seniors' Centre for a sandwich lunch with *chocolate fondoooo*, supplied by the Club. If you choose not to ride, you can come out for lunch and social time. The Seniors' Centre is near the Ardrossan Rec Centre. Expect more details about registration in upcoming newsletters.

For members riding in the Tour de l'Alberta/Biking Like a Viking event (July 12 below), our "Gran Fondue" rides will approach your target distances, with the 100 km ride moved to Sunday from Saturday. All members, however,

are welcome to ride, whether or not you're signed up for the Tour/Biking Like a Viking event.

([Photo credit](#))



Sunday, July 12: Tour de l'Alberta/Biking Like a Viking - It's Coming up Fast!

Click [here](#) for more info and to register for this premier cycling event in Strathcona County. 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**.

Tour of the Rockies, 2027!!

Ben Johnson from Mountain Madness Cycle Tours is offering a seven day cycling trip from Jasper to Longview **July 8-14, 2027!** This iconic Canadian Rockies cycle tour includes Sunwapta Pass, Bow Pass, and Highwood Pass

This is not an exclusive EBTC trip, and spots are filling up! A maximum of 13 cyclists can be accommodated so don't dilly-dally!

Price: (twin share): \$3797 + 5% gst per person. Includes all meals/snacks, hotel accommodations, round trip transport for you and your bike, support

van, National Park entry fees.

NOTE: Use coupon code **ebtc** to get lower pricing, which excludes Edmonton accommodation fees.

For full itinerary and registration information look for Tour #4, 2027 7-day 8-night itinerary at: <http://www.mountainmadnesstours.com/tours>

Note that the trip starts and ends in Edmonton (the itinerary has the trip ending in Calgary).

Riders can also contact Ben Johnson directly at: info@mountainmadnesstours.com, or phone: (780) 885-9813.

Weekly Recap

June 8: Monday Meanderings

Sonja Taylor, Ride Leader

What a glorious evening to explore Edmonton's southwest communities - from Terwillegar Rec Centre to Windermere! Come join us for this intermediate ride on Mondays at 7 pm. Check the [Calendar](#) for details and to register!



Tuesday, June 9: Calahoo to Onoway

Liz Timleck, Ride Leader

Tuesday's social ride went from Calahoo to Onoway. The weather Gods were certainly with us today, with perfectly blue skies and absolutely no wind. That was a foreign experience to cycle with no wind. Not complaining though. One of our members got a flat before we even left the parking lot - it was a virtual explosion! Dennis and Wendy stayed behind to help with the

repairs and were back on the road in no time and even reached the rest of us before we left the Burger Baron. Many thanks again to Sonja and Freeman for their early arrival to distribute the new EBTC jerseys.

There are some out-of-town rides this week, but if you are still around and able, hope to see you Tuesday at Kingswood Park. Register [here](#).



June 11: Southwest Thursday Intermediate Ride

Sonja Taylor, Ride Coordinator

Dark clouds, strong gusts and cold temps did not deter six riders from cycling from Cameron Heights to Blackhawk acreage subdivision via Wedgewood Ravine, Lessard and Uplands. We made it back just as it started to spit. This short series ends June 18 - so don't miss out! Check the [Calendar](#) and sign up!



June 12: Friday Quiet Roads

June MacGregor, EBTC President

In spite of showers and coolish temperatures, six keeners came out to the Clifford E. Lee Nature Sanctuary. After discussing the option of driving to a coffee shop, five decided to cycle a shortened route. We had an enjoyable 35 km ride (versus the planned 48 km) with a coffee break at Spruce Park Ranch, no downpours, and a walk in the sanctuary at the end.

Join us Friday, June 19 at Partridge Hill for a ride to the West Gate of Elk Island Park. To register, click [here](#).



Saturday, June 13: AL & Darren's Bakery Ride - Pelicans, Bakeries & Ice Cream

Kevin Zaychuk EBTC Treasurer

We had a beautiful day and 15 intrepid riders who were willing to take on the biggest and best bakeries and ice cream shops. The only thing missing on Al and Darren's bakery ride was Al and Darren themselves. I was honoured to lead the ride for them as unfortunately they couldn't make it.

We had lots of fine food at Sunbake Pita, Cedar Sweets, The Art of Cake and Twice Cream ice cream. Post-ride several of us headed over to Polyrhythm for a bit of rehydration. An excellent day overall!

I definitely have to thank Shelly for volunteering to be our sweep and keeping us on time by getting us moving so we didn't linger too long at each stop. Also, Steve was instrumental in helping with guidance along the route and making sure we were on track and didn't miss any turns. Ballroom blitz figured prominently in our ride, but you had to be there ;>)



Saturday, June 13: Strathcona County Pop-Up to Hastings Lake Gardens

Larry Zelazo, Ride Leader

Eight cyclists enjoyed the pop-up to Hastings Lake Gardens on a nice sunny Saturday in southeast Strathcona County. There were many small lakes on the route to the enjoyable coffee shop in a beautiful setting.



Saturday, June 13: Target the Tour 100

Phil Davidson, EBTC Webmaster

We've been adding distance and the number of riders – both great! This past week we were up to 79 km and 18 registrants (out of 42 registrations spread over four rides on Saturday - great total for one day).

The weather was great as we rode out to Holborn Hall for our first break and then on to the U of A Botanic Garden for refreshments and a chat. It's not just trees and other roadside vegetation; the fields are greening up with the recent rain, but still no mosquitoes to speak of.

Next week we'll pass the 80 km mark. For more information or to register, click [here](#) or check the [Calendar](#).



June 14: Sunday Social Ride

Betty Lafave & Larry Zelazo, Ride Leaders

It was a beautiful day for a ride. It's been awhile since we had sunny weather in the mid 20s. Twenty-two cyclists split into two groups rode from Ardrossan to the Fox Run golf course via Partridge Hill. Some of us rode 42 km and some rode further. Everyone enjoyed the sunshine.

Join us next Sunday, June 21, at 199 Street and Lessard Road for a 44 km ride to the U of A Botanic Garden. Register [here](#).



Helpful Links

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Click here to join
the Pop-up
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Dive deeper into the EBTC community:

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