



June 22, 2026

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

In This Issue:

- Gran Fondue
- Meet the X-Canada Riders
- Weekly recaps (it's been rainy!)
- ...and more!

From the Board

Take another look at some of EBTC's Policies

In recent Newsletters, we've covered content in EBTC's [Code of Conduct](#) for members:

- [What to Bring on a Ride](#)
- [Crossing Major Highways and Uncontrolled Intersections](#)
- [Riding Etiquette and Conduct](#)

Here is a [link](#) to a document with other key policies for your perusal

- Cancelling or Changing Events for Weather, including Smoke
 - Insurance
 - Ride Events. This section covers six topics. As you read through this section, you will see that the Board guiding principle in setting ride policies is that "cycling is safest and most enjoyable when the riding environment is as predictable as possible".
 - (i) Helmets; (ii) Cell Phone Usage; (iii) E-Bikes; (iv) Pets on Rides; (v) Trailers on Rides; (6) Ride Leader Training
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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. The Canada Strong Pass is in effect, so that means free admission! If bringing a guest please make sure to have the waiver filled out and signed.

For more info and to register click [here](#).

Friday Quiet Roads, June 26: Ride to Meet up with Bob Fletcher and the Cross-Canada Riders

June McGregor, EBTC President

Starting at Devon, we'll ride the quiet rural roads west and south to meet up with Bob Fletcher and a small group of other riders, including members, who are riding across Canada. You may recall Bob from his and Wayne Grover's talk about their Alaska to Panama ride at the 2023 Volunteer Appreciation brunch.

The Cross-Canada riders start in Pigeon Lake that morning and we expect to meet them/turn back at approx. Hwy 39 and RR 275 for a 45 to 50 km Friday Quiet Roads ride. Our ride is **van-supported with food and drinks** for all riders. Click [here](#) for more details and to register.

June 27 & 28, 2026: MS Ride from Leduc to Camrose – Registration Closes Soon

June McGregor, EBTC President

Click [here](#) for information, including route maps, and to register for this annual charity event. The local ride is one of eleven across Canada over June to September with the goal of achieving a world free of MS. You'll see other EBTC members out on the ride and volunteering as marshals and other capacities.

July 5, 2026: EBTC's "Gran Fondue"

June MacGregor, EBTC President & Julie Moehrle, Social Coordinator

Join us in Ardrossan for a ride and/or a sandwich lunch with chocolate fondue supplied by EBTC. Choose from the following options to register and to get more info, including where to park because the facility (Ardrossan Senior's Club across the street from the big Recreation Complex) has limited parking:

- [Easy Ride](#) (35 km) with lunch:
- [Intermediate Ride](#) (50 km) with lunch:
- [Challenging Ride](#) (95 km) with lunch:
- Not Riding, lunch only: Click [here](#) to register

If you are cycling in the Tour de l'Alberta/Biking Like a Viking (see July 12 event below), our rides approach your target distances. **All members**, however, are welcome to our Gran Fondue rides, whether or not you're signed up for July 12.

([Photo credit](#))



Sunday, July 12: Tour de l'Alberta/Biking Like a Viking – Registration Closes July 11

Click [here](#) for more info and to register for this premier cycling event. Starting from the Strathcona Olympiette Centre, you'll explore the Beaver Hills Biosphere with a professionally marked route, nutrition and aid stations, and finish line catering.. Choose from four distance options: **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**.

Weekly Recap

June 16-17: C & E Trail - Lacombe to Innisfail

Susan Williams, Ride Leader

You can plan just about everything on a trip except the weather. The new C & E trip went ahead with rain threatening for two days and 18 members committed. The first day was overcast but warm (17C) and not raining when we started out from Lacombe. About 4 kms out the rain started at the first

hill. Three people turned back to the parking lot and cafe at the Lacombe Memorial Centre. The rest continued but the rain got harder and we got wet! With luck, we had a pergola to shelter in while the rain came down hard. Three more people decided to turn back to Lacombe. The rest - 12 hardy cyclists - were game to ride on to Blackfalds for coffee. We dried out, had coffee and ate some of our lunch at the Community Centre before cycling back to Lacombe (total 32 kms). After the wet cycling, we visited Blindman Brewing. Dinner was at Cilantro and Chive in Red Deer and the food was excellent.



Day 2 we were to cycle from south Red Deer to Innisfail - a ride of 60 km. It was raining, very windy, and cold when we met in the morning. No one wanted to cycle so we decided to drive the route so people could see what it was like. And we visited the Coffee Cottage in Innisfail for coffee and treats. While not the cycling trip that we/I had hoped- we all had a great social visit. We are considering doing the rides as one day rides as part of the Pop-Up series - so stay tuned.



Robin Lane, Ride Leader

Friday's ride started out with perfect weather – beautiful sun, little wind and an enthusiastic group of sixteen. Partridge Hill to Elk Island, here we come! A short encounter with a farm dog reminded us that we were out in the country. So, even with a short detour and threatening clouds ahead, we all ended the ride a tiny bit wet but glad we got to enjoy the day.



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:

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