



July 6, 2026

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

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From the Board

More about Safe Cycling: EBTC has been very lucky for several years with no injuries requiring hospital visits. Our luck has run out recently. Two crashes have sent members to hospital. These are bike-only incidents.

Although difficult to know what actually triggers an accident, it's time to remind ourselves how to stay safe on rides. For now, we'll focus on just a couple aspects:

Road conditions play a part in safety. Alberta always has issues with frost heave in the spring but this year we had record rainfall in June that has also caused damage and debris on roads.

We love to chat and experience a group vibe, but ... **it takes time to avoid obstacles.** A good rule of thumb when riding in a group is to allow 2 seconds between you and the person ahead. You can start a slow count to 2 ("one thousand one, one thousand 2") when the front wheel of the bike ahead passes a sign and make sure your front wheel doesn't pass the sign before you finish.

Another strategy when you are fairly close behind someone is to keep a little to the left of their rear wheel. If your front wheel hits their rear wheel, you're the one going down. But, be aware you may block their mirror view of passing riders and vehicles.

One word about drafting: "DON'T!" As a recreational cycling Club, EBTC discourages drafting. Staying a few inches from the wheel ahead does improve efficiency somewhat but it's dangerous, even for experienced riders, and really dangerous for those less experienced without appropriate paceline training. We're not racing; we're gawking about and enjoying the scenery.

And, of course, communicate to your friends: signal/call out when you see obstructions, slow/stop, pass, etc.

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](#).

Tuesday, July 7: Country & Urban Rides - Horse Hill

Stephen Yakimets, Ride Leader

Enjoy an early evening 45-50 km ride on fairly decent paved roads with a few rougher roads. This week we are going to the scenic Horse Hill district in north east Edmonton over gentle hills.

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

Thursday, July 9: Bold Explorers Enjoy Riding IV

Scott Keast, Ride Leader

Join us Thursday evening for B.E.E.R., Part IV. Bonus this week for those of you who are rushing home from work. Come early to Polyrhythm and grab a hotdog before the ride. With time permitting we may do a quick stop at km 7.3 at Sunbake Pita. They make incredibly good 'pita sandwiches' and 'pita pizzas'.

This is a 20 km no-drop social ride within the city and with relatively little elevation gain and drop. All types of human powered bikes and e-assist bikes are welcome. No e-bikes with throttles please.

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

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

June MacGregor, EBTC President

Starting and finishing at the Strathcona Olympiette Centre, this is your chance to take part in a great road cycling event! There are four distances lined up—35 km, 55 km, 100 km, and 160 km—so there is a distance for every cyclist. The weather forecast is looking splendid, and it will be a beautiful day to explore the Beaver Hills Biosphere landscape.

Register [here](#).

July 25-26: Thunder Lake Multi-Day Cycling & Camping

Sonja Taylor, Ride Program Coordinator

Thunder Lake is a fully-supported, intermediate cycling/camping weekend, suitable for cyclists with road bikes or pedal-assist e-bikes (no throttle bikes). We will meet on Saturday in Onoway then ride approximately 80 km on Saturday to Thunder Lake where we will camp overnight. Then the next day (Sunday), we return 94 km to Onoway. Expect a combination of paved mainly flat highways and country roads.

There will be a sweep; the pace is relaxed (15-20 k/hr) and no one gets left behind. There will be snack breaks every 20 - 30 km. The support vehicle can carry two bikes and riders if someone cannot ride or needs a break. There is a fee for this event to cover costs as noted in the description.

NOTE: Registration closes on July 23.

Click [here](#) for more information or to register.



Weekly Recap

Thursday, July 2: Bold Explorers Enjoy Riding, Part III

Kevin Zaychuk, EBTC Treasurer

We had another great evening to ride last Thursday. We went through several of the neighbourhoods south of NAIT riding along some new bike lanes and then followed the LRT tracks from the old Coliseum toward the inner city, finally looping back and around to Blatchford Field. We ended at our starting point, The Growlery, and we all had a well earned beverage.

See above in Upcoming Events for the ride this Thursday with interim ride leader, Scott Keast, as I will be away. Enjoy the ride and have a pint for me!



July 3: Friday Quiet Roads, U of A Gardens

June MacGregor, Ride Leader (C Team)

To quote Phil Davidson, ride leader (A Team): "Despite a few drops of rain at the start, 17 keeners headed out on quiet roads (well, except for a little bit on Hwy 60). Only four men out of 17 riders; men are such wimps."

After the faster riders (A Team) cycled off with Phil, I continued at the front of the pack. That's until we ended up at the bottom of a big hill, in spite of Betty Lafave shouting, "You missed the turn." Most riders were not keen to cycle back so Betty lead them through previously unexplored scenic acreages (B Team). Four of us went back uphill and did the planned route (C Team). We happily arrived at the U of A Gardens to find the A and B Teams enjoying snacks or lunch.

This Friday's ride is out of Villeneuve. With Biking Like a Viking/Tour de l'Alberta on July 12, a shorter route is planned, i.e., 40 km but with some hills. Click [here](#) to register.



Saturday, July 4: Short 'n Sweet in St. Albert

Rachel Harrison, Ride Leader

With the riverside trails in St. Albert being more suited to kayaking than cycling, Saturday's Short 'n Sweet became a tour de St. Albert instead. Thanks everyone for embracing the change in route, despite the hike & bike sections.



Sunday, July 5: Grand Gran Fondue

By 'Too Many to Name'

You've heard of a Gran Fondo but we had a grand Gran Fondue with about 70 members and three ride distances – 35, 50 and 100 km plus, lunch for everyone even if you didn't ride. So Fondo/Fondue, what's the difference? Well, a Fondo doesn't usually include a fondue. Members really enjoyed a

leisurely chat over sandwiches and fondue. The variety of distances and no-ride option made everyone feel welcome.

The turnout was great considering the weather forecast. Depending on the distance, riders got fairly damp or pretty much soaked, but nobody complained, especially when they got their yummy chocolate fondue. Sounds like a First Annual! Watch for it next year and don't miss out.

The 35 km group started out at 10:30 a.m. under wet, windy and cold conditions! Arghh! But their perseverance paid off and they enjoyed the glorious sun, blue skies, a nice route and good company!

The 50 km group made it to South Cooking Lake without much rain. The only thing threatening Jack's group was a testy Canada goose.

The 100 km riders saw the first golden canola field of the year and there was even a little water in South Cooking Lake.

Participants extend a big 'thank you' to Social Coordinator, Julie, who organized the hall in Ardrossan, the lunch and fondue, and to her busy helpers, Pat, Marvie and June. Many 'thumbs up' go out to Ride Organizers - Sonja, Betty and Phil - and their co-leaders and sweeps: Freeman, Scott, Lorraine, Jack, Robin, Ted and others who supported the rides.

Photos, top to bottom: 35 km group, 50 km group, 100 km group, and the main event - fondue!







Helpful Links

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