



July 13, 2026

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

In This Issue:

- Thunder Lake
- Potluck picnic
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- Target on rides
- ...and more (plus spot the Viking)!

From the Board

Safe Cycling: Thunderstorms

We sure hope no EBTC members were out riding, walking, running, etc. in the suddenly vicious weather on Friday or Saturday. The recent storms made us ask: what should a cyclist do in a thunderstorm? This is a summary of what AI provided but there's more in the specific articles cited. If you've waited out a storm with your bike in a ditch, picnic shelter, etc., this may be 'news':

- **Seek safe shelter** if the time between a lightning flash and thunderclap is under 30 seconds. That means a hard-top vehicle or a sturdy, grounded building, **not** a picnic shelter, isolated trees or a bridge, which are all targets for lightning.
- **Ditch the bike and metal gear**, e.g., a backpack with metal in the frame. Move at least 30 metres from your bicycle. Metal conducts electricity and attracts strikes.
- **If no shelter is available, assume the 'lightning position' in a low-lying area.** Crouch on the balls of your feet with your feet touching

and your head tucked low. Don't lie on the ground in order to reduce the risk of shock if lightning hits nearby.

- **Wait out the storm.** 30 minutes after the last thunderclap is advised.

Keeping with the theme of safe cycling, click [here](#) to find the following articles from recent newsletters:

- What to Bring on a Ride
- Crossing Major Highways and Uncontrolled Intersections
- Road Conditions and Avoiding Obstacles
- Riding Etiquette and Conduct

Upcoming Events

Note: The newsletter highlights only some of the rides available to members for registration. Please check the EBTC website [Calendar](#) for all rides available - 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](#).

Although most EBTC rides are planned well in advance, Ride Leaders may offer 'pop-up' rides at short notice depending mainly on weather conditions. To get an email whenever a pop-up is available (with the link to register), click [here](#) to sign up for our **Pop-Up List**. You won't have to check the Calendar regularly for pop-ups.

Saturday, July 18: Target On

Phil Davidson, EBTC Webmaster

The last two Saturdays have been on Sunday – for the grand First Annual Gran Fondue and our namesake target, the Tour de l'Alberta. Now we're back on schedule with various targets.

This week we're looking at a 90 km loop from Morinville through Legal and Bon Accord, the French area north of Edmonton. For more information or to register, click [here](#) or check the [Calendar](#).

Thursday Night Rollers – Starting Soon!

Sonja Taylor, Ride Program Coordinator

Starting **Thursday, July 23** at 6 p.m., join in this new intermediate series. Rides are between 30-40 km and explore local multipurpose trail systems and rural roads in and surrounding Edmonton. The focus is on improving pace with opportunities to build confidence, fitness, and cycling skills. While this is a no-drop ride, cyclists are expected to maintain an average pace of 20-22 kph. All well-maintained bikes are welcome including pedal assist e-

bikes (no throttle). Cyclists should bring food and water as there are no refreshment stops en route.

Click [here](#) to sign up.

B.E.E.R. Ride Taking Two-Week Hiatus

Kevin Zaychuk, Ride Leader

Hello Bold Explorers. We are taking a two-week break and will be back with another great route on **Thursday, July 30**. It will start and stop at yet another one of my favourites. This one is located in the McIntyre Industrial area and we will ride on a couple of City of Edmonton recommended bike routes in the SE. Please watch the ride Calendar and register early.

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.



Save the Date - Thurs., Aug. 6: Annual Potluck Picnic

June MacGregor, EBTC President

EBTC returns to Sir Wilfrid Laurier Park (by the Valley Zoo) for an enjoyable social evening. Our picnic is *not* weather-dependent because Social

Coordinator, Julie, has again booked a canopied site. Members bring appetizers, salads or desserts and, this year, we thank the Birkebeiner Society for providing the smokies for the BBQ. Watch for the link to register in an upcoming newsletter.

Weekly Recap

July 6: Monday Meanderings

Sonja Taylor, Ride Leader

Sunshine, blue skies, canola fields, gentle winds, good route = gorgeous evening!

After three weeks in a row of cancellations, we were finally rewarded with magnificent conditions! Join Monday Meanderings - an intermediate evening ride leaving from various SW Edmonton locations.



Tuesday, July 7th: Villeneuve to Calahoo

Liz Timlek, Ride Leader

It was a hot and sunny day with a little more wind than was necessary to keep the mosquitoes at bay. The ride, though hilly, was invigorating. We enjoyed our break at the Glacier Green Golf Course and were the only people on the patio. When we arrived in Calahoo for our second short break we ran into Jack, who was out scouting a new route for another day. Beautiful ride with beautiful people. Welcome to Laura, one of our newest members.

Join us Tuesday at Kingswood Park in St. Albert to make the trek to the Quarry Golf Course. Register [here](#).



Wednesday, July 8: Rambling Routes

Sonja Taylor, Ride Leader

We had a great ride in southwest Edmonton exploring the University area, Grandview and Parkallen. This is an easy urban ride exploring Edmonton. They are on Wednesday from 7- 9 pm. No e-bikes on this ride please. For more details or to register for this week's ride, click [here](#).



July 10: Friday Quiet Roads, U of A Gardens

June MacGregor, Ride Organizer & Sweep

Cancel/don't cancel, given unfriendly skies and later afternoon thunderstorms? Since both Environment Canada and the Weather Network predicted a sunny mid-day period, the 40 km ride out of Villeneuve went ahead. We enjoyed an excellent ride in good cycling conditions. Riders were also thrilled to learn that the long-closed store in town will reopen as a bakery/coffee shop. And, yes, the thunderstorms arrived with a vengeance well after our ride ended.

Next week's ride is from the Clifford E. Lee Nature Sanctuary. Click [here](#) to register.



July 12, Sunday Social Ride

Betty Lafave, Ride Leader

It was a beautiful day for our 50 km ride to Spruce Park Ranch. The group was fast and we got to the ranch before it opened. We didn't want to wait so we added another 4 km to the ride and stopped at Clifford E Lee for a break. The mosquitoes were wicked so we didn't stay long. After the ride a few of us went for a beer on the patio of a bar across the street from Tim Hortons. It was great to be able to sit outside and enjoy the day!

Join us next week at South Cooking Lake for a 50 km ride to New Sarepta, led by Robin Lane. Register [here](#).



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

It couldn't have been better: perfect weather, great turnout with EBTC members registered for the 35, 55 and 100 km rides, reasonably easy-to-follow routes, good support throughout, Dixieland band at the finish, excellent post-ride buffet and well over 200 happy cyclists. The Birkebeiner Society did a great job – and for a very reasonable price this year.





Helpful Links

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