Newsletter

Fun Fitness Friends

July 27, 2026

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

In This Issue:

- Potluck picnic
- Bikepacking trip
- Fairmont
- Sunrise ride
- Kettle Valley Tour review
- ...and more!

From the Board

Hurray for Amrize!

On the drive home from cycling quiet roads, we pulled up beside a BIG transit-mix cement truck. We like his attitude! We left a message of support at Amrize (formerly Lafarge).

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 to see the most up-to-date information. Brief descriptions of EBTC's regular Series rides are found in **Series Summary**.

Ride Leaders may also offer 'pop-up' rides at short notice depending mainly on weather conditions. Click **here** to sign up for our **Pop-Up List** to get an email whenever a pop-up is available (with the link to register).

Thursday, July 30: B.E.E.R. Ride Is Back!

Kevin Zaychuk, Ride Leader

Hello Bold Explorers. We are 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. For more info or to register click **here**.

Thursday, Aug. 6: Annual Potluck Picnic. Registration Open!

June MacGregor, EBTC President

Click **here** to register for an enjoyable social evening. We're returning to Sir Wilfrid Laurier Park (by the Valley Zoo). Social Coordinator, Julie, has made sure we again have canopied Site 1 from 4:00 to 8:00 p.m. Our picnic is *not* weather-dependent, as proven in some past years when the conversation just got louder to 'drown out' the downpours hitting the roof.

Members are invited to bring appetizers, salads or desserts. The Birkebeiner Society is supplying smokies for the BBQ and condiments.

EBTC provides the buns, paper plates, cutlery, napkins and non-alcoholic beverages. BYOB.

Bring a non-member guest if you wish but let us know in advance by emailing **president@bikeclub.ca**. We'll have a jar for any small donations to offset EBTC's cost.

August 11-12: Bikepacking Trip to Fort Saskatchewan

Sonja Taylor, Ride Program Coordinator

Want to try bikepacking? You are in luck! Join this no-drop ride - great for newer bikepackers. It is not too far to travel and only one night - Tuesday, August 11 to Wednesday, August 12.

Meet and park at the ride leader's house in Edmonton then cycle using bike paths from Gold Bar to Fort Saskatchewan Lion's Campground via Rundle Park, Hermitage Park, NE Edmonton and over the North Saskatchewan on the new bridge to your campground. Camping fees will be split between the registrants.

You will need a well-maintained bicycle (preferably with 50 mm tires), a helmet, paniers and/or pack sack, a spare tube & a basic tool kit, a tent, sleeping bag, sleeping pad, a pillow, a headlight, your personal hygiene stuff, insect repellent, a plate, cutlery, money for breakfast & for coffees.

For more details or to register, click **here**.

Monday, Sept 7: Chase the Sunrise Breakfast Ride

Sonja Taylor, Ride Program Coordinator

Join us for the 4th annual Chase the Sunrise Breakfast ride. Cycle with the sunrise on quiet country roads, breakfast at IHOP, then a nice cycle back - approx. 55 km round trip with cost of breakfast up to each individual. Meet in Sherwood Park at 6:30 a.m. and start to ride at sunrise. Sunrise is scheduled for 6:52 a.m. Check the club **Calendar** or click **here** for more information or to register.

(Photo credit: Creative Commons A-SA 4.0 Reneebrandt)

Sept 22-24: 3rd Annual Cycling Fairmont Hot Springs Area

Sonja Taylor, Ride Program Coordinator

Looking for a short fall cycling trip? Check out this intermediate level multi-day cycling trip from September 22-24 (arrive on evening of September 21) in the Fairmont Hot Springs (FHS), BC area.

Day One: drive to Cranbrook and cycle to Marysville or Kimberley (and back).

Day 2: cycle from the hoodoos in FHS to Invermere (and back).

Day 3: cycle from FHS to Windermere Golf course (and back) + optional hiking in the afternoon.

Participants are responsible for organizing their own accommodation, food and transportation.

For more details or to register, click **here**.

(Photo: last year's trip!)

Weekly Recap

July 23: Inaugural Thursday Night Rollers

Sonja Taylor, Ride Program Coordinator

Well, yes, we were being a bit dramatic - crying because of the road closed sign! This one did not affect our planned route but one earlier on had (closed due to a sinkhole). Never fear, Nadia, our ride leader had our backs and found a way to circumvent it. Great intermediate ride on Thursday nights! Check out the club **Calendar** for details.

July 24: Friday Quiet Roads Spruce Grove

June MacGregor, Ride Organizer

Gotta love this ride: a cooling headwind to start, then up, up, up for a break from the late morning heat at the Glacier Greens Golf Course, and back down, down, down to the end. After our break, we divided into a 50 km group who did the planned route and the 42 km group who headed downhill as the smoke sadly rolled in.

Next week's 45 km ride is from the Terwillegar Recreation Centre, across the river valley with it's 'nice' down/up, and around the Blackhawk Golf Course. Click **here** to register.

July 26: Sunday Social Ride - Adrossan to Ft. Saskatchewan

Betty Lafave & Phil Davidson, Ride Leaders:

We had a wild thunderstorm Saturday night but 11 of us made it to Ardrossan on Sunday morning. The weather was good, the roads were quiet and we had an enjoyable 48 km cycle to Fort Saskatchewan. We had to change our route as we couldn't get past the downed trees on RR220. Somebody get a chainsaw!

Join us Aug. 2 at the park in South Cooking Lake for a 50 km ride to New Sarepta. Register **here.**

From the Saddle

Riding the Kettle Valley Rail Trail: Okanagan Trestles Tour

Jim Guloien, EBTC Member

For several years, I have been interested in cycling the Kettle Valley Rail (KVR) Trail after watching numerous videos of the route online. However, bikepacking—with its heavy gear and self-sufficiency—never really appealed to me. This year, my wife and I discovered the **Okanagan Trestles Tour**, a fully supported, one-day event that took place on Sunday, July 5, 2026. It was exactly the experience I was looking for...

To read full story, click **here**.

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:

Click here to contribute to the Newsletter

Click here to connect with EBTC on Instagram

Click here to see the public EBTC Facebook page

Click here to connect with the members Facebook group

Click here to bring a friend on an EBTC ride

Click here to visit the EBTC website

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