Newsletter

Fun Fitness Friends

August 3, 2026

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

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From the Board

Have your say!

We have a few quick questions to help plan the activities of your EBTC. Click the button below to open the questions in a browser window.

Have your say!

Safe Cycling

Observations made by EBTC members related to unsafe cycling behaviours during club Rides

We are enjoying many great rides led by our fantastic volunteer Ride Leaders but members (ride leaders, sweeps and participants) have observed some unsafe behaviours on these rides. **Riding in a group requires that ALL riders use safe riding etiquette and practices.** Group riding is different than riding alone.

It is time to check yourself to make sure **YOU** are riding safely and contributing to enjoyable, safe rides for all.

Make sure you:

- Are aware that the **distracted driving rules apply to cyclists in Alberta.** No texting or emailing on your cell when on your bike (see https://www.alberta.ca/distracted-cycling). As well, even answering a call using hands free devices on a bike in a group can cause problems as you may be slow to respond to lights, changes in conditions. This puts other riders at risk. Be considerate!
- Ride close to the **right side of the road/bike path** NOT the middle. When stopped, move to the right - whether on a multi-use path or a

country road.

- **Use arm signals** to indicate turns, slowing/stopping and road hazards (big pot holes, glass, gravel, etc). **Calling out** when slowing / turning may also help.
- **Pass on information** from the ride leader or sweep to others behind or in front of you.
- Keep **one hand (at least) on your handle bars.**
- If your bike has aero bars, **do NOT use those aero bars** when cycling in a group. They are unstable and not required on our rides. As well, you not have quick access to brakes. Refer to point 9 in EBTC's Group Riding Rule and Etiquette **https://bikeclub.ca/wp-content/uploads/Resources/SafeCycling/Group-Riding-Rules-and-Etiquette.pdf**
- **Call out "passing on your left"** when passing a fellow cyclist and **always pass on the left** NOT on the right.
- **Ride in a predictable fashion** I.e. Unless needing to do an avoidance maneuver - keep a straight line (no swerving or zigzagging) and keep a steady pace. In particular regarding being predictable for cars (and thereby safe), check out this article about **Avoiding the Magnetic Curb**.

Let's stay safe out there!

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, Aug. 6: Annual Potluck Picnic.

June MacGregor, EBTC President

Click **here** to register and enjoy great food and conversation with new and old friends. Members are invited to bring appetizers, salads or desserts. The Birkebeiner Society is supplying smokies (thanks to Char World, a former EBTC president). We'll also have paper plates, cutlery, napkins and non-alcoholic beverages. BYOB if you want; alcohol is permitted.

The forecast is looking fine and, with 'canopied' site 1 at Sir Wilfrid Laurier Park (by the Valley Zoo), our picnic is a 'go' regardless of rain or whatever … maybe not snow. Click **here** for the Park's site map – you can see site 1 as on the road just beyond the washrooms.

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**.

Wednesday Evening Easy Rides (WEE) start Aug. 12

Betty Lafave, EBTC Secretary

We have a new series starting Wednesday Aug 12 from the Callingwood Recreation Centre (by the recycling bins). The rides will be at an easy pace of around 18 km/hr and will explore routes in the west end at a distance of 20-25 km. We will stop for coffee if a coffee shop is located along the route. Enjoy some easy cycling and camaraderie in the West End.

Saturday, Aug. 15: Miquelon Lake Ride(s)

Phil Davidson, EBTC Webmaster

Miquelon Lake is a great spot for a leisurely snack (provided by EBTC) and chat in the middle of your intermediate 42 km or challenging 92 km ride. This annual favourite will have two different start times and locations (hence two separate registrations so leaders know who to expect where and when) so everyone can be at the lake together.

For information or to register check the **Calendar**.

Sunday Aug. 30: First Annual Lac Ste Anne BBQ and rides

Betty Lafave, EBTC Secretary

Join us at Lakeview Campground and Event Center for a ride of your choice followed by a BBQ. Descriptions of the different rides and registration information TBA.

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.

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 30: Thursday Night Rollers

Phil Davidson, EBTC Webmaster

No tears this week, despite one detour that added a bit of distance. Nadia led a great route around Big Lake. This week will be pre-empted by the Laurier Park Picnic. Thursday August 13 we'll head out from Rundle Park for another great intermediate ride. Check the club **Calendar** or click **here** for details.

July 30: Bold Explorers Enjoy Riding - V Analog

Kevin Zaychuk, Ride Leader

A great evening for riding and a chance to socialize at Edmonton's 'Nerdiest Brewery' brought out a big group of riders last Thursday. Well crafted beers and whimsical names centred around decades old video games proves that Analog lives up to its moniker. No ride this week as the Explorers will take a break this Thursday to attend the Annual EBTC Potluck in Laurier Park. See you there and watch the calendar for another ride soon!!

July 31: Friday Quiet Roads from Terwilliger Rec Ctr

June MacGregor, Ride Organizer

The route was 'quiet', except for huffing and puffing up the 45+ metre climb from the footbridge to the top of the river valley each way. After cycling a loop around the Blackhawk Golf Course area, our break at Malina's Bakery gave us each the boost to do the final climb with a smile – and maybe a grimace or two.

Click **here** to register for the August 7 out-and-back ride (44 km) from South Cooking Lake Park to Hastings Lake Gardens for a coffee break and Ice cream too.

Hi, Welcome to EBTC, Saturday, August 1

June MacGregor, Ride Organizer

A note of 'thank you' to Board members Kevin Zaychuk, Sonja Taylor and Phil Davidson who dedicated part of their Saturday to raising community awareness of our Club at the Strathcona Farmers Market. Unfortunately, this wasn't in Phil's plans until he cancelled the 'Target On' ride due to a nasty smoke forecast (which didn't seem to materialize). We met affable market-goers and had time to load up on veggies, goodies, etc. for home.

Tuesday Social Ride on Monday, Aug. 3

Liz Timleck, EBTC Ride Leader

Monday's ride took 7 of us from Morinville to Legal. We took a short break there, sadly Legal Pizza and Donair (formerly Bon Appetit) was not open. Anyone who wanted anything had to go to the little store/bakery to make their purchase. The weather was a mix of head/tail wind. Larry Richard decided that 56 k was just not long enough, so he rode from home adding an additional 62 K. It was a delightful ride with friends, sunshine and blue skies. We went for coffee/lunch at McDonalds after.

Tuesday Aug. 11 we will go from the Garrison Golf Course to Prairie Gardens. Check the **Calendar** or click **here** for information or to register.

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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