Newsletter

Fun Fitness Friends

August 10, 2026

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

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From the Board

EBTC Cycling to Date

As of August 8, EBTC has 274 members, of whom 62 are new this year.

To August 8, we have scheduled 156 rides – lots of opportunities for everyone! Unfortunately, the weather gods have not always cooperated and 53 of those rides were cancelled, mainly due to rain forecasts (plus some wind and smoke).

The 100 plus rides that went had over 1300 registrations. We have 10 members who have made it out to over 30 rides this season and another 14 who have been on 20 to 30 rides. We're getting out when the weather cooperates, even when it's not quite perfect.

In addition to socializing on rides, we've had some events where riding was not necessary. The first annual Gran Fondue brought out about 70 members, most of whom also went for a (damp!) ride. About 50 members enjoyed smokies, salad and loads of desserts at the Laurier Park picnic. The pizza social saw most of the about 85 members riding. We still have the Miquelon rides on August 15 with snacks/drinks provided by EBTC and the new Lac Ste Anne BBQ with rides on August 30. Check the calendar for those.

Last year we started trying to increase the weekday evening rides for those members who can't make daytime and weekend rides. So far this year, we've had just as many weekday evening rides as Saturday and Sunday combined – a major increase. Big thanks to the members who stepped forward to lead these additional rides. Speaking of new leaders and rides, our ride program coordinator has enlisted a number of new leaders (10) for new rides in the daytime and on weekends as well as weekday evenings.

Many thanks to our leaders. We have four who have led over 10 rides and another five who have led 5 to 10. Without them, EBTC would not exist.

Keep checking the calendar, the newsletter and Karelo. You'll find rides that suit you perfectly!

Upcoming Events

Note: We can highlight only a few rides/events in the Newsletter. For **all** rides/events available to members, **please check the EBTC website Calendar** - but **first refresh your browser** (by clicking the small circular icon ⟳) to see the most up-to-date information. Descriptions of regular Series rides are found in **Series Summary**; once-a-season rides are at **Unique Day Rides and Multi-Day Trips**.

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).

Thurs. Aug. 13: B.E.E.R. Ride!! (Possibly Last One This Season)

Kevin Zaychuk, Ride Leader

Hey Bold Explorers! We will be starting and ending in my neighbourhood this week for another social ride this Thursday, August 13th. If you haven't been to this location you will find tasty food and a worthy ice cream shop across the street for a great treat before or after the ride. There is free parking in the SW gravel lot and lots of free bike parking in front.

We will depart at 6:30 PM as usual so please arrive early and be ready to roll.

Check the Club **calendar** or click **here** to sign up.

Aug. 12: Wednesday Evening Easy Rides (WEE)

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.

Click **here** to join us this Wednesday!

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.

Click **here** for New Sarepta to Miquelon, 42 km

Click **here** for Beaumont to Miquelon, 92 km

Sunday Aug. 30: First Annual Lac Ste Anne BBQ & 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.

Saturday, Sept. 12: Bikenbender Off-Road Cycling Event

If you are keen on off-road cycling, take a look and register for the Canadian Birkie's **Bikenbender Event** in the Cooking Lake region. The 37 km course of rolling hills features grass trails, gravel roads and double-tracked paths with three timed competitive sections.

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

Aug. 5: Sunday Social Ride on Wednesday!

Betty LaFave, Ride Leader

It was raining on Sunday (again!) but good the following Wednesday so we did a pop-up for our ride to New Sarepta from South Cooking Lake. There were only six of us but the roads were good and there was almost no traffic! We had a short break at the General Store which also serves breakfast. I love the downhill at the end!

Thursday, Aug. 6: Potluck Picnic in the Park

June MacGregor, EBTC President

No rain, no hail, no wind - but a little coolish - when some 45 EBTC members and friends gathered in Laurier Park for the annual picnic. The BBQed smokies were excellent, especially with Char's mix of cooked vegetables; devotees of desserts grazed the table for 'flights' of sweets; others were drawn to the selection of salads. The picnic was perfect for reconnecting with old friends and meeting other members. 'Excellent event' was echoed over as attendees left.

Thank you to Char World and Derek Sutherland for bringing their BBQs and their BBQing skills to keep up with the line of diners. We appreciate that Char gifted the smokies and condiments from the Birkebeiner Society. Also, a thank you goes out to Julie Moehrle, EBTC Social Coordinator, who couldn't attend but had booked the picnic site and boxed up paper plates, cutlery, etc. for me to take to the event.

Finally, a note of thanks to all the members who contributed food for the potluck and pitched in to set up and clean up.

Aug. 7: Friday Quiet Roads - S. Cooking to Hastings Lake

June MacGregor, Ride Organizer

What an excellent day to ride the rolling green hills south of Hwy. 14 out to Hastings Lake Gardens for a break and snack. The group of twenty-one cyclists divided into subgroups. Our staggered arrival at the gardens helped ensure that we were served with time to enjoy the gorgeous grounds and flowers. Thank you to Betty Lafave for leading the largest subgroup of riders.

The **Aug. 14 ride** is approx. 44 km from the Clifford E. Lee Nature Sanctuary to Spruce Park Ranch for a break and return. To register, click **here**.

Aug. 9: Sunday Social Ride

Phil Davidson, EBTC Webmaster

Weather Network and Environment Canada had opposite forecasts. We chose the one we liked and hoped, decidedly not in vain. The weather was perfect! Great ride from Calahoo to Onoway for ice cream. (Actually Villeneuve to Calahoo to Onoway for two masochistic types who turned a 40 km ride into 73 km)

These pedallers disobeyed the sign and did not report to the office we couldn't find, which was almost certainly not open on a Sunday anyway.

The whole group had a deer run across the road in front of us and hop a fence like it wasn't there. Jack and I saw a young buck do the same before we got to Calahoo. The osprey nest is almost gone but two ospreys were circling around just outside Onoway. Lots of water in the fields but some hay had been cut; it's rolling terrain (i.e., hills), so some is well above the water table.

Thanks to Jack for leading the group while Betty was off partying.

Next Sunday's ride is from Clifford E Lee to Holborn Hall. For more information or to register, click **here** or check the **Calendar**.

From the Saddle

Iron Horse Trail: Nine Days, 700 KM & Questionable Motels

By Walter Pinto (riding with Kevin Zaychuk and sharing dive motels along the way)

It was a cool May morning (4 C) to start a ride on pioneering trails through seven Alberta counties and five municipalities of Saskatchewan from Edmonton to Saskatoon.

Day 1: We biked along the “Trans Canada Trail” through Fort Saskatchewan and historic Lameroux along the “Victoria Trail” to Redwater.

Day 2: After brunch at the Iron Horse Cafe we got on the “Iron Horse Trail” only to find it really was more suitable for motorized off road ATV’s…so back onto the unpaved road to Smoky lake to end day two.

To read entire adventure 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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