Newsletter

Fun Fitness Friends

August 17, 2026

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

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- Lac Ste Anne rides & bbq
- Sunrise breakfast ride
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- Ride recaps
- ...and more!

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).

Aug. 19: Wednesday Evening Easy Rides (W.E.E.)

Betty Lafave, EBTC Secretary

This new series was supposed to start last Wednesday but was cancelled due to rain. We're trying again this week. Meet at the Callingwood Recreation Centre (by the recycling bins). The rides will be 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.

Click here to join us this Wednesday!

Sunday, Aug. 30: 1st Annual Lac Ste Anne Rides & BBQ

Sonja Taylor, Betty Lafave & June MacGregor, Ride Leaders

Join us at the Lakeview Campground and Event Centre for a ride, followed by an EBTC-sponsored BBQ at the Event Centre. Lakeview is located at 55007 St. Anne Trail (about 2.4 km down St. Anne Trail from the Esso Station on Hwy 43). Check them out on their website **here**.

Register for one of the rides below. At the end of the rides, we'll meet up at the Event Centre for a BBQ. Once again, Char World of the Birkebeiner Society is gifting the smokies (including some vegetarian and gluten free) and EBTC will supply salads, desserts and beverages (Note: this is a no alcohol event but we'll have some nice cold 0% beer).

Regardless of your ride of choice, please arrive at least 15 minutes early to be ready to depart on time. We'll be parking at the hotel's (guest suites) large parking lot and will walk over to the Event Centre to use the washrooms.

- 70 km ride departs at 9:30 a.m. Click **here** to register
- 50 km ride departs at 10:00 a.m. Click **here** to register
- 26 km ride departs at 10:30 a.m. Click **here** to register

If you have any questions, please contact **president@bikeclub.ca**

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 1: 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

Tuesday, Aug. 11: Garrison to Prairie Gardens (or so we thought)

Liz Timleck, Ride Leader

The plan was to ride from the Garrison to Prairie Gardens. The forecast was all over the place, but we decided to forge ahead and evaluate the weather at every turn.

Unfortunately, the skies were looking increasingly threatening, so by the time we reached Bon Accord, we decided it was best to turn around. Despite the change in plans, we still managed a great 52 K ride.

We started with eight riders and finished with six. A few of us headed to Tim Hortons after for coffee, snacks and great conversation.

A reminder for everyone: if you need to leave the ride early, please let the ride leader know so we can keep track of everyone's whereabouts and ensure everyone is accounted for.

Thanks for everyone who joined today. It was a great ride despite the weather!

Join us this Tuesday for a 41 km ride from the Garrison to Quarry Bridge. Register **here**.

August 13: Thursday Night Rollers

Nadia Abass, Ride Leader

Thursday Night Rollers had a small but mighty crew this week! With dark clouds overhead, rain in the forecast and even the possibility of funnel clouds .....(which, in our imaginations, naturally translated to *tornado)* we weren't quite sure what kind of ride we were heading into.

But we decided to take our chances and set out anyway. And we're glad we did! We managed to dodge the worst of the weather, enjoyed some beautiful skies and scenery along the way, and were rewarded with the perfect ending: finishing our ride under a rainbow.

Sometimes the rides you're not quite sure about turn out to be the most memorable. Thanks to our adventurous little crew for rolling the dice on the weather and making it another great Thursday night!

We'll be taking a break next week, but we'll be back at it on August 27! Looking forward to seeing some familiar faces — and hopefully lots of new ones — on the next Thursday Night Rollers ride.

Thursday, Aug. 13: B.E.E.R. Ride

Kevin Zaychuk, Ride Leader

Some very bold explorers set off in the rain last Thursday but ended up with perfect weather shortly after the start. We were all dry if not a bit chilly once we got back to our starting point and we were able to settle in for some good food and beverages.

Thank you to everyone who took part in all of the rides this season and a special raised glass award goes to Scott and Lorraine who didn't miss a single ride. 🍻🍻 They even stayed for the first ride of the season that was cancelled due to poor weather.

Watch the newsletter and the calendar as I may add a ride for the first week of September. It depends on the weather and the harvest schedule so I hope to see you out there if the ride takes place. Let me know if you have a favourite spot that you would like to see added to the list.

Enjoy the rest of August everyone and safe riding!

Aug. 7: Friday Quiet Roads - From Clifford E. Lee

June MacGregor, Ride Organizer

The drive out got me worried about whether we'd be visible in the thick fog. But soon it started to lift and turned into a perfect cycling day. Hard to imagine … no howling headwinds, no rain and no forecast of thunder … and even happier cyclists than usual.

The **Aug. 21 ride** is 55 km from Ardrossan south to the Northern Bear Golf Course for a coffee/snack break and return. To register, click **here**.

Saturday, Aug. 15: Miquelon Lake Rides (final Target?)

Phil Davidson, EBTC Webmaster

What could be better than a 92 km round-trip ride from Beaumont to Miquelon Lake in the sunshine, no wind and socializing with copious quantities of snacks? Well, by the vote of 27 registrations to 10, the 42 km ride from New Sarepta to Miquelon apparently was even better. Both groups are convinced theirs was the better ride.

After the rides, rehydration took place at Old Station Meadery in New Sarepta and Old Yale Brewery in Beaumont. No evidence on who enjoyed which the most, although rumour has it that the pie at the Meadery was a hit.

Same time next year, with possibly notably different routes and maybe another event at Miquelon. Watch for it!

Thanks to June for once again forgoing the ride in order to organize refreshments and provide support along the routes.

This was the last longer ride which we were targeting. However, if you want another longer ride this Saturday, we could still add one. Email **webmaster@bikeclub.ca**.

Aug 16: Sunday Social Ride to Holborn Hall

Betty Lafave, Ride leader:

Ten riders left Clifford E Lee Nature Reserve and headed for Holborn Hall. The weather was warm and sunny for a change and a headwind made us work a little harder. After a rest at Holborn Hall, and a brief discussion, eight of us decided to extend the ride to Spruce Park Ranch. The ride to the

ranch was very fast as we had a welcome tailwind! After our second break at the ranch we rode back to the cars for a total of 52 km.

From the Saddle

Tire vs Nail

We can agree that everyone had a great ride to and from Miquelon Lake on Saturday. But one member really nailed it!

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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