Newsletter

Fun Fitness Friends

August 24, 2026

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

In This Issue:

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

From the Board

Lac Ste Anne: A Special & Historical Place in Alberta

June MacGregor, EBTC President

As you register for the Aug. 30 event below in Upcoming Events, you might find the following links of interest.

History of the Lac Ste Anne Pilgrimage Grounds The 70 and 50 km rides will have a quick stop at this National Historic Site, if time permits. The 26 km ride will allow more time to explore the Grounds and St. Anne shrine.

You may recall that Pope Francis attended the pilgrimage in July 2022 and spoke about reconciliation with indigenous peoples who lived by and fished the lake long before settlers arrived,

[More about the Pilgrimage Groups and St. Anne Shrine]

[Alberta Beach Museum] The 26 km ride may have time to stop here.

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).

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

Sonja Taylor, Betty Lafave & June MacGregor, Ride Leaders

Register Now; No Need to Wait for the Weather Forecast!

Where to Meet and Park: Lakeview Campground and Event Centre at 55007 St. Anne Trail, Gunn, Alberta – that's about 2.4 km down St. Anne Trail from the Esso Station on Hwy 43. Park in front of the hotel, accessed from the entrance road by turning right at the rock fountain.

When to Meet: Click on the options below for details and to register. If you are riding, please arrive at least 15 minutes early to be ready to go on time, and to use the washrooms at the Event Centre, which is part of the hotel and has big industrial doors.

- **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
- **No ride** (BBQ only) at 1:00ish p.m. Click **here** to register

When and Where's the BBQ: At the end of the rides, we'll meet at the Event Centre for the BBQ to start between 1:00 and 1:30. If you're there early, you can enjoy a snack, beverage and socializing. If you're there later, food will be available. Char World of the Birkebeiner Society is gifting smokies (some vegetarian and gluten free) and EBTC will supply salads, desserts and beverages (**Note:** the BBQ is free for members; this is a **no** alcohol event but we'll have some nice cold 0% beer).

What's the Deadline to Register: Fri., Aug. 28 at 11:00 p.m. so that we know the attendee #s for the food and beverages. If weather/smoke is looking bad for riding, we'll cancel and registrants will receive a Karelo cancellation email on Aug. 29 or earlier (and Lakeview will carry forward our reservation to next year).

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

August 18: Tuesday Social Ride

Liz Timleck, Ride Leader

Riding from the Garrison to Quarry Bridge wasn't exactly an original idea - we crossed paths with another cycling club and plenty of other cyclists along the way!

The ride down to the bridge was fast and fun, while the climb back up was a little slower, but we all made it with smiles.

On our way back we stopped at Kuhlman's Green House for a quick bathroom break. They must have been expecting us - there were two porta-potties, bike racks and an abundance of beautiful flowers waiting for us.

After a leisurely ride back, we wrapped up the day at the Garrison Tim Hortons with coffee, snacks and great conversation.

Please join us this week at Johnny's Store for another short and flat ride. For information or to register click **here** or visit the **Calendar**.

Wed., August 19: W.E.E. Ride

Ann Sutherland, Newsletter Editor

The first West End Easy (W.E.E.) ride brought out 11 riders, including an international guest from Zimbabwe! It was a beautiful evening as our intrepid leader, Betty LaFave, led us through the winding paved trails of Edgemont on the city's western edge. I had no idea these beautiful trails even existed!

Join us for another 20-25 km ride this Wednesday. For more info and to register click **here**.

August 21: Friday Quiet Roads From Ardrossan

June MacGregor, Ride Organizer

Great weather and good quiet roads defined the 53 km ride out to Northern Bear Golf Course for a coffee break and return. The eighteen riders divided into a faster and a fastish subgroup until the latter dealt with a rider's chain

issue – but we were still smiling when we arrived at Ardrossan after our faster friends had left for home.

The August 28 ride is one I always look forward to, with a break at the U of A Gardens Patio. Click **here** to register.

Saturday, Aug. 22: Short ‘n Sweet

Claire Harrison, Ride Leader

This was the last Short ’n Sweet ride for the season, but it’s been a lot of fun so I’m sure we'll be back next year. The weather stayed pleasantly cooler on Saturday for the 8 riders as we tried to avoid construction zones. A few weeks ago, we stayed low in the river valley over multiple bridges; this time we went high and crossed over and back on the High Level Bridge going from Sunterra Market in the south to the north side trails.

This year we have helped to welcome many new riders to the club and showed off some of our favourite trails. We encourage everyone to check out the Calendar for other rides and keep riding!!

Aug. 23: Sunday Social Ride to Hastings Lake Garden

Phil Davidson, EBTC Webmaster

Well, the risk of a shower materialized, complete with thunder. We were fairly damp by the time we got from South Cooking Lake to Hastings Lake Garden. The big fans helped dry the laundry, but the laundry racks (aka bicycles) were effective too. The beverages and snacks were good, and it's a pretty spot for a stop and chat (and to dry out). It's become one of our new favourite routes.

Next week is the Lac Ste Anne ride and bbq - see above for more info and 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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