



Newsletter

Fun Fitness Friends

October 19, 2026

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From the Board

It's Pop-up Time!

As the weather becomes less reliably good for cycling, EBTC leaders often post active events close to the event date for registration, whether rides, walks or cross-country ski outings. You can check the Calendar frequently, log into Karelo frequently **or** you can register [here](#) to receive an email notification whenever a pop-up event is added, which includes the link to register.

Note that Karelo considers the pop-up list as a regular event. You can register, cancel and re-register according to your seasonal interests.



Upcoming Events

Saturday, Oct. 31: Save the Date for Halloween Hike

Liz Timleck, Walk Leader

I will be planning a hike on Saturday, October 31 - the weather will be cool but perfect for hiking. I have not decided on a distance or location at this point, but hoping to start round 11:00 so people will still have plenty of time to get home and go trick or treating or whatever their plans are for the rest of the day. Dress up optional.

Watch for a pop-up email if you are on the list, or check the Calendar in the coming days.



Weekly Recap

Friday, Oct 16: One Golf Course to Another

Liz Timleck, Ride Leader

Friday's ride started out a bit on the cool side as there was still some cloud cover, but once the sun came out we were able to start shedding a few layers. It turned out to be a beautiful day. We rode from the Edmonton Garrison Golf Course to the Legends Golf Course via the new bridge. We were a bit pressed for time so we didn't stop for coffee there today, but I already have plans for this ride next year!

Seven of us did a solid 45 km to finish off the cycling season. Thank you to all who came out and hope to see you on our walks/hikes until the snow flies, when we will again change gears.



Friday, Oct. 16: Bold Explorers VIII - Yeasty Boys Brewing

Kevin Zaychuk, Ride Leader

A short window of nice weather allowed us to schedule a Friday afternoon ride and enjoy a brand new brewery on Happy Beer Street. Once again, Scott and Lorraine have kept up their perfect track record.

Thank you to everyone who came out and made the ride and the social gathering afterwards so enjoyable.

Cheers everyone!



Helpful Links

Sign Up:

[Click here for
EBTC
membership](#)

[Click here to join
the Pop-up
Email List](#)

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Club**

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