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Newsletter

Fun Fitness Friends

October 26, 2026

In This (Really Short) Issue:

- Bunchberry hike
- What's your bike?

Upcoming Events

Saturday, Oct. 31: Halloween Hike at Bunchberry

Liz Timleck, Walk Leader

I'll be leading a hike at one of our favourite locations on October 31 - Bunchberry Meadows. Dress up (maybe for warmth) and come out to the spooky woods to join us. After its regular fall closure to allow plants, wildlife, ghosts, witches, etc. to get ready for winter, Bunchberry is open again. Click **here** to register.

From the Saddle

What Should We Call a ‘Regular’ Bike?

June MacGregor, EBTC President

With the rise of e-bikes, what should we call the non e-bikes many of us ride? We used the term ‘regular bike’ in EBTC’s policy allowing pedal-assist e-bikes on rides, a term that now seems out of date.

I just had to google and found the following options for ‘regular bike’. Let me know if you have a favourite or other option by emailing president@bikeclub.ca

- **Push bike:** No, sounds like we lack the gears to ride uphill.
- **Traditional bike or Legacy Bike:** O.K., but may convey we’re ‘all’ riding vintage bikes, although some members do enjoy riding their old bikes.
- **Analog bike or Acoustic bike:** Cute, communicates mechanical versus digital or electronic.
- **Food-fueled bike:** No, in EBTC, we’re ‘all’ food-fueled. Riders of pedal-assist e-bikes also need fuel to keep riding.
- **Holier-than-thou bike:** Ha, ha, love it! By now, however, I think EBTC riders recognize the benefits of e-bikes for many riders.
- **Muscle bike:** O.K. Traditional Bike and Muscle-Powered Bike are descriptive terms to emphasize that movement comes strictly from the rider's legs. The first time I came across this term was in a Canadian Cycling article about gravel riding in Tuscany. Locals were amazed to see a Canadian on a ‘muscle bike’ tackle the steep hills whereas Europeans were riding e-bikes.

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