



April 28, 2019 Newsletter

Ride Report for the Week of April 21



Led by Dianne and Charlie Clark, the April 23 **Tuesday Evening Ardrossan Ride** saw 34 cyclists do more than 1,000 km for a group total that evening; wow!



Pausing for a break in Terwillegar Park on the April 25 Thursday Evening Trail Ride. Starting locations for the May rides are posted at <http://bikeclub.ca/events/>.

Rockies Bike and Hike -- One Spot Left!

Danielle Amerongen's 'bike and hike' trip out of Canmore is almost full so hurry and **register** before that last spot disappears. For detailed trip info, go to: **Bike and hike the rockies**

EBTC Safety Program: "Ride Safely; Make Safety Your Priority"

How To Ride Safely:

1. **Cycle single file** except when passing*
2. **Stay close to the shoulder; riding in the middle of the road is a NO-NO.**
3. Leave **adequate space** between cyclists; draft only when riders around you are experienced & comfortable cycling closer; pull up to draft behind another cyclist **ONLY** with their awareness and explicit approval. **Note: The cyclist following is responsible and at fault in an accident.**
4. **Be visible:** wear bright colors (yellow, orange); have headlight and taillight (use in overcast or rainy conditions as well as after dusk)**
5. **Be aware:** watch for other cyclists; watch for vehicles ahead and behind; have an escape route, preferably to the right to a shallow ditch
6. **Communicate** with other riders and pedestrians (walkers; runners)***
 - **call out** when passing (on the left)
 - when you wish to turn, slow or stop, **use hand and verbal (louder) signals**
 - **call out** to other riders when vehicles ahead and behind
 - **alert other riders to hazards** on the road: point out
 - **call out to pedestrians** that you are approaching especially if from behind***

*Twin riding: this may be safe when done by experienced riders but is contrary to the Alberta Highways Act

**Highways Act requires you to have a light if riding half an hour from sunset Last revised spring 2019

***Highways Act requires you to have a noise-making device on your bike (such as a bell)

Don't forget EBTC's 'New Rider' cycling nights begins this Thursday!

Please join us for our **New Rider Series** beginning Thursdays May 2 thru June 6. Go to: bikeclub.ca/new-rider-outings for more info.

Register for the 25th Anniversary Tour de l'Alberta (TdA)

Ride date for the **25th TdA** is Sunday, July 28. **Registration** is open. EBTC offers three Sunday rides to help you train for the TdA: **West End Target the Tour**, **Ardrossan Target the Tour**, and the **Sunday Afternoon Rides**.

Check it out!

EBTC 2019 memberships can be purchased at:
bikeclub.ca/membership

April/May Events:

April 29: Monday Night Recreational Ride (arrive 6:15 pm; start 6:30 pm)

Rider Leader: **Gaye Carter**

Start Point: **Rundle Park Tennis Courts parking lot**. Rundle Park entrance is at 113 Avenue and 30 Street or 118 Avenue and Rundle Park Road.

April 30: Tuesday Evening Ardrossan Ride (arrive 6 pm; start 6:15 pm)

Ride Leaders: **Tilly/Sig Jensen** or **Dianne/Charlie Clarke**

Start Point: **Ardrossan Rec Centre** southwest parking lot

April 30: The **RideWithGPS** route will be available by noon on date of ride so leaders can pick a route that considers wind direction; search for **TuesArd** (the name) and date

NOTE: For May/June/July, arrive 6:15/start 6:30;

May 2/9/16/23/30: New Rider Outings (arrive 6:15 pm; start 6:30 pm)

Ride Leader: **Charles World**

Start Point: **Rundle Park Tennis Courts parking lot**. Rundle Park entrance is at 113 Avenue and 30 Street or 118 Avenue and Rundle Park Road.

NOTE: Starts May 2 through to June 6

May 2/9/16/23/30: Thursday Evening Trail Rides (arrive 6:00 pm; start 6:15 pm)

Ride Leader: **Sig Jensen**

Start Point May 2: Corner of **138 Ave NW & 20 St NW**

NOTE: June/July dates, arrive 6:15/start 6:30; August/Sept arrive 6:00; start 6:15

May 3/10/17/24/31: Friday Afternoon Escapes (arrive 12:15; start 12:30)

Ride Leader: **Bob Atlee** and **David Tang**

Start Point: **Ardrossan Rec Centre** southwest parking lot

RidewithGPS: Bob will email route link to his distribution list of riders and post the link on the club Facebook page.

NOTE: Register your email with **Bob Atlee** to get last minute email updates or weather cancelations.

May 4/11/18/25: Show & Go Garrison-Morinville Loop (arrive 9:45; start 10:00)

Ride Leader: **Dave Mercier**

Start Point: **Edmonton Garrison Memorial Golf and Curling Club**
RidewithGPS route link

May 5/12/19/26: West End Target the Tour (arrive 9:45 am; start 10:00 am)

Ride Leader: **Danielle Amerongen**

Start Point May 5: **The Enjoy Centre** 101 Riel Dr., St. Albert

May 5 **RidewithGPS route link**

NOTES: Start time has changed to 10:00 am this week.

The start rotates between St. Albert, Spruce Grove and Hawkstone.

May 5/12/19/26: Ardrossan Target the Tour (arrive 9:30 am; start 9:45 am)

May 5 Rider Leader: **Rob Strashok** (**RideWithGPS Route** for May 5)

Start Point: **Ardrossan Rec Centre** southwest parking lot

NOTE: Start time has changed to 9:45 am this week

May 5/12/19/26: Sunday Afternoon Rides (arrive 1:15 pm; start 1:30 pm)

Ride Leader: **Jim Lochhead** (587-986-6629)

Start Point: **Ardrossan Rec Centre** southwest parking lot

RidewithGPS route: Look for club route with name 'Sunday Afternoon MMM DD YYYY'

May 15/22/29: Wednesday Show N Go (arrive 6:45 pm; start 7:00 pm)

Ride Leader: **Al Carlson**

Start Point: Northeast corner of the main Kinsmen Sports Centre parking lot (closest to new Walterdale bridge)

May 18: Blackfoot Offroad Ride (arrive 12:45 pm; start 1:00 pm)

Ride Leader: **Greg Pommen**

Start Point: Start from the **Waskehegan Staging Area**

May 20: Holiday Monday Morinville to Legal (arrive 9:45 am; start 10:00 am)

Ride Leader: **Liz Timleck**

Start Point: North of Tim Horton's in the Superstore parking lot at 8809 100 St, Morinville.

May 25/26 (Overnight): Victoria Trail Gravel/Backpack Trip

Ride Leader: **Charles World**

Start Point: Waskatenau, Alberta

NOTE: RSVP to **safety.education@bikeclub.ca** prior to May 22, to ensure a spot

***EBTC's detailed calendar of events is at:
bikeclub.ca/events/2019-04***

Visit our website

