



March 15, 2020 Newsletter

EBTC and the COVID-19 Virus

Safety is a top priority for EBTC and its members. The COVID-19 virus reminds us that this extends beyond the road. Until the all-clear is provided by health authorities, the club will use the following principles for the 2020 season.

EBTC and its members will:

1. promote social distancing on club rides
2. restrict group rides to no more than 10 riders; larger groups will be split into smaller ones to accommodate this
3. postpone social events in accordance with health authority recommendations. Larger group rides, including the Tour de l'Alberta (TdA), will be evaluated based on best available information 2-4 weeks in advance of the event.
4. defer overnight events with shared accommodations
5. encourage calm and that members stay healthy. Physical activity is a great way to build immunity and resilience against disease, COVID-19 included.

All participants are asked to;

1. keep one front wheel away from each other (e.g. 3-5 feet or 1.0-1.5 metres)
2. cover both their nose and mouth when coughing; try to cough or sneeze into their arm, away from others, or into tissue paper (to be disposed in toilet after completing the ride) and wash their hands immediately afterwards.
3. not engage in spitting or "snot rockets" while riding with others and instead pull away, if necessary
4. not share items (e.g. water bottles, nutritional items)
5. avoid physical contact of any kind
6. use hand sanitizer before and after rendering mechanical aid
7. use rest stops that support good hygiene, e.g. running water with soap or at least hand sanitizer. Members are encouraged to bring their own antiseptic wipes.

EBTC asks members to make their own decisions and to pack common sense on their rides. Please stay away from club events if not well. If a member is in a high-risk group as defined by health authorities, it is recommended that they defer joining club rides until the all-clear is provided by health authorities.

The EBTC Board of Directors will be monitoring the situation and canceling our riding programs is a possibility. Therefore, please monitor the **[club website](#)** for further information.

EBTC 2020 Membership

Registration for **[2020 memberships](#)** is open. Please be sure to sign up early so we can get you your 2020 bicycle license plate(s) before the snow melts!



The Tour de l'Alberta (TdA) is a legacy ride that ran for 25 years as a public ride. It is held on the last day of the Tour de France (based originally in Morinville, more recently Beaumont). In the past, it has demanded considerable volunteer resources (and risk).

In 2020 it will be club ride for **EBTC members** only. This will require few volunteers through reducing services (non-supported; no snacks at rest stops) and a significantly reduced cost to members (about \$45; lunch included).

Two food trucks will serve hot lunch and cold dessert: **Meat Street Pies** (aka tourtiere) and **DaVinci Gelato** (ice cream).

The event will be held out of the beautiful **Riviere Qui Barre arena** (big thanks to the Riviere Qui Barre Agricultural Society for their support).

If you want to invite a guest for the 'after ride lunch/social', extra 'food only' tickets will be available for sale at the time of registration on Karelo.

Route options: 50 & 100km. Details regarding registration deadline, event start time, route and registration fee to be announced shortly.

Rider Organizers: **Terry Fannon** and **Tilly Jensen**



Upcoming Event List:

Click on the ride name to view full ride description.

NOTE: If you are concerned about weather, make a judgment call or phone/text/email the trip leader.

April 5: EBTC Spring Social - The indoor component of the social is cancelled to comply with the health authority's recommendations. However, the outdoor cycling and walk are still a 'go'; please check the **club website** for any changes that might occur.

April 7: Tuesday Evening Ardrossan Ride (arrive 6:00 pm; start 6:15 pm)

Ride Leaders: **Tilly Jensen** and **Dianne Clark**

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

NOTE: 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 ride name)

and date

April 12: Target the Tour Ardrossan (arrive 10:45 am; start 11:00 am)

Ride Leader: **Terry Fannon**

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

NOTE: Ride Leader, route, and distance changes week to week

April 12: Westend Target the Tour (arrive 10:15 am; start 10:30 am)

Ride Leader: **Danielle Amerongen**

Start Point: Tim Hortons 20108 Lessard Rd; 25 kms

NOTE: Start point changes week to week

For the full list of events this cycling season, please go to: <http://bikeclub.ca/2020-cycling-calendar/> or go to a specific date on the [website calendar](#).

International Cycling Opportunities

Special Notice re Oregon Trail Trip September 2020: Concerns about The COVID 19 virus; the uncertainty related to flights between Canada and the US in September; and, the health alert in the US, specifically Oregon and California, this trip is being deferred to September 2021. Members who have made deposits on this trip will have their money refunded. Questions? Contact [Terry Fannon](#).

Visit our website

