



May 12, 2019 Newsletter

Ride Report for the Week of May 5



On a windy but beautiful Mother's Day May 12, the **Ardrossan Target the Tour**, had 37 riders. June was celebrating a birthday so we all sang happy birthday at the start. This is a photo of some of the cyclists enjoying the rest stop at South Cooking Lake.



Led by Dianne Clark, the **Tuesday Evening Ardrossan** group saw a turnout of 38 riders on May 7. The group enjoyed a gorgeous evening of cycling.



The weather was warm and friendly for the Thursday May 9 **New Rider Outings** where Terry Fannon reviewed gear and gearing and chain maintenance. The group completed a 15 km ride. Come join the fun on May 16.

Protecting Your Bike

In the April 7 newsletter, bike theft was identified as a problem in Edmonton. It was suggested that cyclists can make it harder for thieves by checking the serial number on *Bike Index* before buying a used bike and registering their bike serial number(s) at: <https://bikeindex.org/about>

What about locking your bike? Easy ... ALWAYS ALWAYS ALWAYS lock your bike. Try to lock in high visibility, high traffic areas. Thieves still get less secure bikes in those locations, but it's a

Get rid of the quick releases on seat posts and wheels if you can too.

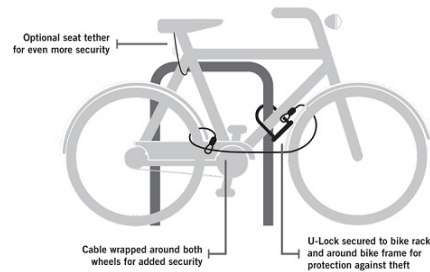
There are 2 recommended ways to lock your bike: without wheel removal and with front wheel removal. To lock without wheel removal, position your bike frame and wheels so that you fill up as much of the open space within the lock's U portion as possible. The tighter the lock up, the harder it will be for a thief to insert a pry bar and pry open your lock. Notice in the diagram below that a U lock and

lot less likely they'll pull out an angle grinder in front of a Second Cup window! What kind of lock is good? How many locks are optimum and how should the locks be fastened?



Do not trust cable locks by themselves. Cables can be good for securing a wheel in association with a U lock but not by themselves as they are easy to cut with small bolt cutters.

cable lock have been used. If you are going to use only one lock, a quality U lock attached as shown below is the way to go.



To lock with front wheel removal, attach a U lock around the frame, immovable object, and two wheels.

Thanks to Greg Pommen for bringing key pointers forward!

[More detailed info](#)

Rockies Bike and Hike -- One Spot Left!

Danielle Amerongen's 'bike and hike' trip out of Canmore is almost full and the deadline to sign up is this week so hurry and **register** before that last spot disappears. For detailed trip info, go to: **[Bike and hike the rockies](#)**

Tour de l'Alberta (TdA) Video featuring EBTC's Don Peddie!

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**. Special thanks to Don Marcotte for his creative video talents.

[Link to watch video of Don Peddie re TdA!](#)

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

May Events:

May 13/20/27: 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.

May 14/21/28: Tuesday Evening Ardrossan Ride (arrive 6:15 pm; start 6:30 pm)
Ride Leaders: **Tilly/Sig Jensen** or **Dianne/Charlie 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 name) and date

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

Ride Leader: **Danielle Amerongen**

Start Point May 19: Spruce Grove Second Cup, 100 Campsite Road

RidewithGPS route: Look for club route with name 'WE TtT Spruce Grove'

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

May 19/26: Ardrossan Target the Tour (arrive 9:45 am; start 10:00 am)

May 19 Rider Leaders: **June McGregor** and **Phil Davidson**

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

RidewithGPS route: Look for club route with name 'TtT May 19'

May 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: **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/2019-05

Visit our website

