

# PACELINE



A Newsletter From The Emerald Coast Cyclists

Volume 17

Number 8/9

April/May 2005

## President's Line...by Jim Lefebvre

They're back – the Tuesday Night Ride and the Third Thursday Time Trial. **Beginning April 5<sup>th</sup>**, cyclists will be gathering every Tuesday at Ranger Camp Road at 5:00 PM for a 15-35 mile ride. **Beginning April 21<sup>st</sup>**, cyclists will be gathering every third Thursday of the month at 5:00 PM for a 10-mile time trial. All you need is an Eglin Range Pass.

The **Tuesday Night Ride** is a great ride. It is known to provide **race-like action** for the area's fastest cyclists and is an opportunity to **gain experience riding in a group and a paceline** regardless of your cycling level. However, forget about riding in a group at the **Third Thursday Time Trial**. It's just you and the clock – and that headwind! The time trials are a great opportunity to **monitor your fitness** and **use it as motivation to improve fitness**.

Spring break and increased traffic are also back. **Be Safe!** Going fast is fun, making it home in one piece is priceless. That's not to say things can't happen even when letting-up a little – as **Eric Snyder** reminded us in his article last month. Thanks to him for sharing that experience. His article was a timely **reminder for us to stay alert**.

Thanks to **Nate** and **Teri Bryan** for their **many contributions**. Most recently Nate has been providing bicycle maintenance training at club meetings as well as providing

mechanic service, training, and coaching to boy scouts seeking their cycling Merit Badge. Teri provided the ability for him to work with the Scouts by replacing his expected services at the highway beautification activity. Also, many **thanks** go out to the **others who helped the ECC keep America clean**. **Thanks** also to **Smokey Bauman** for his **help with the boy scouts** as well as to **Moe Powers** for his **PR** for the club at a recent EXPO held at Okaloosa-Walton College.

**Congratulations** are in order for others in the club. **David Simpson** recently accomplished his own cycling merit badge – **his first century!** All he did was go out for a ride – a ride with **Maria McIntire**, **Larry Henley**, and **Steve Fikar**, that is. You had better be prepared to put in a few miles with that crowd, **who already have a few centuries under their belts this year**. Best wishes for a good time to all who are participating in the upcoming TOSRV and other centuries. Congratulations and best wishes to **Dani (formerly Brooks)** and **Philip Pollard**. They are just **married!**

Wow, time is flying and I almost forgot. The **ECC picnic is also back**. It will be in **Niceville at the Swift Creek picnic pavilion on April 30<sup>th</sup>**. Come join us for a ride and a picnic. You'll be glad you did. Also remember to join us at the **club's monthly meeting** which is held the **first Wednesday of every month**. You just might learn something. In the meantime, let's go for a ride.

## They're Back!

**What's back? It's all those great events that follow the return of Daylight Savings Time.**



- ♦ Starting **Tuesday April 5<sup>th</sup>** (and every Tuesday until the end of daylight savings time) you get a chance to join other riders on Tuesday evenings at 5:00 and 5:05 PM at Ranger Camp Road. The pace can be as fast or slow as you want it to be. The racers will be there to liven things up. The triathletes will try to break the pack apart. Many of us will try to hold on for a while and then form our own packs when the inevitable happens – we get dropped. There will also be lots of daylight for trail rides at Timberlake Pond if that is your desire.
- ♦ Starting **Thursday April 7<sup>th</sup>, 5:00 PM** (and most every Thursday afterwards). It's the Cappuccino Ride starting from the Winn Dixie sign in Bluewater Bay. The ride goes across the Mid Bay Bridge, along old 98 to the Sandestin Outlets to enjoy a cappuccino, coffee, iced tea or coke and then return to Winn Dixie. Ride speed will depend on the riders who show up. Distance is roughly 25 miles.
- ♦ Starting **Thursday April 21<sup>st</sup>, 5:00 PM** - the Third Thursday Time Trials will return. Meet at Ranger Camp Road and test yourself over a 10 mile distance. Establish a baseline to measure your progress during the summer; gauge your early season fitness; see how effective your winter training was; or just come out and see how you do. If enough riders want to continue the time trails, they will be held on the third Thursdays of each month.

Emerald Coast Cyclists 24-hour Hotline Number: (850) 864-7166

Emerald Coast Cyclists Web Site: <http://www.eccyclists.com>

Timber Lake Trails Association Web Site: <http://www.geocities.com/timberlaketrailassociation/>

Membership. . . . . To join the ECC and receive newsletters, call John or Kathy Stamp at 897-6862

## APRIL / MAY GENERAL MEETINGS

We will meet at **La Bamba** in Niceville on **Wednesday, April 6th** and **Wednesday, May 4th**. **La Bamba** is located just off Hwy 20 in Niceville, in the **Oak Creek Center**. Join us for a good meal, fellowship, and some cycling talk. There will also be some on scene tips for taking care of your bicycle. **Nate Bryan** promises to show us all how to make our cycles perfect in only 15 minutes. He says it is all in the technique. Start time is **6:30 PM**.

### **FLORIDA BICYCLING ASSOCIATION WEB SITE**

Visit the FBA web site for the latest in Florida cycling news. The web site is at:

<http://www.floridabicycle.org/>

If you want to see any additional features - let them know.



## Get Your 2005 Range Pass

Do you ride on the Timberlake Pond Area, Ranger Camp Road, Range Road near Bluewater Bay, or any part of the Eglin Reservation? You need a Range Pass if you ride anywhere on the Eglin Reservation. The Jackson Guard issues Range Passes by the Fiscal Year, in this case - October 1, 2004 through September 30, 2005.

You can get it at the Jackson Guard, 107 Highway 85 North in Niceville. Ask for the Recreational Range Pass. By the way, the new Range Pass is **GREEN**. The cost has gone up to \$7.00 for this year. Office hours are Mon-Thur 7:00 AM - 4:30 PM; Friday 7:00 AM - 6:00 PM; Saturday 7:30 AM - 12:30 PM. Call 882-4166 if you have any questions.

You can also get the permit by mail. Pay by money order, cashiers check, or personal check (no cash) made payable to DFAS-LI Eglin AFB. The address is Eglin Natural Resources Branch, 107 Highway 85 North, Niceville, FL 32578.

## 2005 Club Officers

**President:** Jim Lefebvre  
**Vice President:** Charlie Helms  
**Secretary:** Teri Bryan  
**Treasurer:** Syd Shaeffer

## 2005 ECC Board

**Social:** Teri Bryan  
**Bike Safety:** David Simpson  
**USCF Rep & NORBA Rep:** Moe Powers  
**Off Road Rep:**  
**PACE LINE Printing:** Maria McIntire  
**Trash Pickup:** Nate Bryan  
**Membership:** John & Kathy Stamp  
**Ride Coordinator:** Dan Steighner  
**Hot Line:** Tammy Salsberry

*You may notice that we have a few openings on the ECC Board. Please let Jim Lefebvre know if you are interested in any of these.*

## **Like to cycle? Want to promote cycling?**

Join us on our rides. Join the Emerald Coast Cyclists. Just fill out an application and send it in with the \$15.00 annual dues.

## SHARE THE ROAD!!!

Share The Road license plates are available where you get your Florida plates.

## **OUR PARTICIPATING MERCHANTS HAVE AGREED TO CONTINUE THEIR BENEFITS FOR CURRENT ECC MEMBERS!!!**

Several local merchants offer discounts and special offers to *current* ECC members. **Robin's Bikes & Fitness, Bob's Cycling & Fitness Center, Big Daddy's Bikes & Beachsports, Dragon Sports, Truly Spokin', and Alpine Bicycles II** offer a 10% discount on retail merchandise (excluding bikes and sales items). **Alpine Bicycles II** also offers a 10% discount on Fuji bicycles, a 5% discount on Litespeed bicycles, and an ECC Buyer's Club. **Destin Athletic Club** offers a 40% discount on Spinning sessions. Show your ECC membership card to get your discounts and remember - your membership must be current.



1191-B Eglin Parkway  
Shalimar, Florida  
(850) 651-0004 • Fax: (850) 651-0084

Monday - Friday 6am to 6pm  
Saturday 7am to 4pm  
Sunday 7am to 2pm

Shalimar Plaza

TWO LOCATIONS

# Dragon Sports



1130A Hospital Road  
Ft. Walton Beach,  
Florida 32547  
(850) 863-8612

444 N. Navy Blvd.  
Pensacola,  
Florida 32507  
(850) 456-BIKE (2453)

*The Multisport Store*

Sure you can ride with the best of them, but it's that running and swimming part of a triathlon that has kept you from giving one of the fastest growing

## **6<sup>th</sup> Annual "My First Tri" Triathlon**

200M Swim - 8mi Bike - 2.5 mi Run

7:30 AM, Saturday, June 25, 2005 at Postal Point, Eglin AFB

sports in the country a try. Well, here is a way for you to get introduced to this wonderful sport. "My First Tri" is designed specifically for the person who wants to give triathlon a "tri" but is a little unsure about taking the plunge into "standard" distance event. The course is flat and friendly for the bike and run, and the swim is a short 200 meters in the protected waters of the bay to help alleviate the fear of "open water" swimming.

Race divisions are structured to ensure first time triathletes only compete against other first timers for awards. Veteran triathletes are welcome and we have a division for you to truly test your sprinting skills on this short and fast course. Five-year age group splits start at age 10 up to and including a 75 and over age group. Awards are bountiful.

There will be plenty of food and drink after the race for the athletes, supporting family members and friends. Multiple door prizes will be awarded, including a **new triathlon bike** (must be a registered participant and present to win) and many other triathlon related prizes.

Last year this race filled up a week early and we had to turn many folks away. Due to the short distance of the race, we limit the field to 300 to keep crowding on the course to a minimum. Due to security restrictions early registration is mandatory. The last day to

establishments. Additionally, you can register online at "[www.active.com](http://www.active.com)" and applications can be downloaded at "[www.runresults.net](http://www.runresults.net)." Get them in early!!!

Maybe you're not interested in participating, but would like to volunteer. We welcome your support, and we'll find a job for you. It takes a lot of folks to keep things moving smoothly during the race. Your support would be most welcomed, and we'll make sure you get a T-shirt for your efforts and the athletes will provide many moments that will make your time most memorable.

For more information on the race or if you would like to sign up as a volunteer please contact me at (850) 729-6110 or "[Daniel.nowers@eglin.af.mil](mailto:Daniel.nowers@eglin.af.mil)", or contact Ms. Dee Dykes of the Eglin Fitness Center at (850) 882-2302 or "[dykesd@eglin.af.mil](mailto:dykesd@eglin.af.mil)". The ECC has been a wonderful support group to this race in the past and I really appreciate all of those who have shared their time and resources.

Come on out and give it a TRI and bring someone with you to share the joy that comes from completing a triathlon for the first time. We'll do our best to make your first experience in the triathlon world a wonderful one.

Thanks, Dan Nowers, Race Director

## **Bicycle Maintenance Is Important, But so is the Know How to do it Right!**

*By Dan Steighner*

In the past year my love for cycling (or addiction as my wife calls it) has grown to the point of wanting to be my own bike mechanic. I remember tearing my bikes down as a kid and getting them back together with no problems. So I bought this really cool set of tools, the wife got me a nice Park work stand for Christmas, and I picked up the *Everything You Ever Wanted to Know About Bike Repair* book. At this point I figured I was set to become an expert mechanic. Besides how much could bikes have changed in the past 30 years?

It turns out a lot has changed. Found out quickly, aluminum is easier to damage than steel ever was. Also, it seems the modern bike needs to be fine tuned to exact tolerances or really bad things can happen - trust me I know. On the February 12 ride, I experienced a drive train meltdown and my own inexperience as a mechanic was most likely a contributing factor.

I recently replaced my worn chain to prevent premature wear on my drive train. Never doing this before I was unaware the proper way to size the new chain. With toolbox in one hand and how-to book in the other I got started. After threading the chain over the chainrings and through the derailleur it was time to make the decision how much to shorten the chain. My vast experience allowed me to take a long look at the chain and, well, make a guess. I'm not sure what happened to the "everything you ever wanted to know about bicycle maintenance" book I walked in with. After removing the links I deemed necessary, I attached the ends of the chain and ran the bike through its gears. All worked well-for about a month.

14 miles into the ride our group got a flat and we all stopped while it was fixed. Soon we were off again. I clicked in the left pedal and applied pressure to get rolling when I heard the sound of parts breaking and, after a half turn of the cranks, everything stopped moving. All it took was a quick glance to see the problem. My rear derailleur was bent up and over into my wheel. That's right, the part that normally points down to the road was now pointing up at me. The list of damage was the rear derailleur, derailleur hanger, broken chain, 2-3 spokes and my brand new wheel was bent. It appears the chain came apart on the inside of the link causing it to hang up on the derailleur cage.

Somehow one of the members of the group managed to straighten out this mess enough for me to ride it back the 14 miles to my truck. Even more amazing, most of this spectacular feat was accomplished with a mini-tool. While getting the bike back to useable I was informed a possible contributing factor to the drive train devastation was the chain being too long, in turn not enough tension was kept on the chain. Not knowing how to properly size the chain cost me \$150 in parts and repairs. Even worse, imagine if this would of happened locking everything up in a paceline traveling 18+ mph.

I still have an interest in maintaining and repairing my own bike, but in the future I will ask for help. One of the nicest things about being a member of a cycling club is the members are willing to assist us in our quest for knowledge. For starters, the club has dedicated part of the monthly meetings for a how-to forum of bicycle maintenance. So come out, eat some food with friends, and absorb some useful information. Until the next meeting, see you on the road.



◆ **Check Hotline for extra local rides that may be added (850) 864-7166.**

◆ Rides may also be added to the web page: <http://www.eccyclists.com/>

## April/May Ride Schedule

### Local Road Ride Rating Scale:

|              |   |
|--------------|---|
| Fast Pace    | – 19 mph average or faster.   |
| Intermediate | – 16-18 mph pace, riders should stick together, even if that means the fitter people may have to wait occasionally. |
| Moderate     | – 12-14 mph, conversational pace where the road allows  |
| Casual       | – 10-11 mph   |



### PLEASE REMEMBER – ALL RIDERS MUST WEAR A HELMET!

The ECC is working hard to have different paced rides in different areas. I hope you have noticed that we have different paced rides on the same day to accommodate the needs of our cycling community. Your comments and suggestions are always welcomed. The club is trying to fulfill the needs of all of its members, so come out and join us and make this year one of our best ever. If you have a ride and would like to have others join you, please call **Dan** at **678-0120**.

➤ **Mar 26, at 9:00 AM – Redbay (w/twist) Loop** Meet at the community center in Portland for a 54 mile ride – it is the Redbay loop. It will be a moderate to fast pace ride. For more information about this ride call the **ECC hotline** at **864-7166**.

➤ **Apr 2, 8:00 AM - N. County Mossy Head/Laurel Hills Loop** Meet at the Mossy Head community center 1 mile east of the junction of Hwy 285 and 90. It will be a moderate to fast pace ride. There are quite a few rolling hills on quiet back roads. The ride goes up to Laurel hills and will loop back. Maps will be provided the day of the ride. For more information about this ride call **Dan Nowers** at **689-2070**.

➤ **Apr 9, 8:30AM – Mr Beans/Freeport S. Loop** Meet at Mr. Beans for a moderate ride to Freeport and back. Ride distances are 40 or 52 miles. For more information about this ride call **Dan Steighner** at **678-0120**.

➤ **April 16, 8:00 AM - Big Apple-Mossy Head** - Meet at **Big Apple Bagels** in Shalimar for a 35 or 70 mile ride. This will be a moderate to fast paced ride. Come out and join us for a great ride and a great after ride brunch from Big Apple Bagels! For more information on this ride call the **ECC Hotline** at **864-7166**.

➤ **April 23, 8:00 AM – Baker/Blackwater Forest** Meet in **Baker** at the **Gator Café** for a moderate pace ride to **Berrydale**, then through the **Blackwater Forest**, to **Holt** and back to **Baker**. The ride length will be from 45 to 70. This will be a hilly ride, but at a reasonable pace. For more information on this ride call **Dan Steighner** at **651-0120**.

➤ **April 30, 7:00 AM, 7:30 AM and 10:30 AM - ECC picnic...** for 60+, 46 or 38 mile rides. All comers ride 10-12 miles at **10:30**. Ride begins in **Swift Creek** in Niceville. See more details in this **Paceline**.

➤ **May 7, 8:00 AM - Mossy Head-Ponce de Leon** Mossy Head community center 1 mile east of junction Hwy 285 and 90. The ride will head east to Ponce de Leon and back on Hwy 90 for a ride length of 48 miles. A second variation adds 8 miles to the ride length. For more information call **Charlie Helms** at **897-5234**

➤ **May 14, 7:30 AM – Big Apple-Ranger Champ/Back** Meet at Big Apple Bagel for a moderate paced ride to the second stop sign on Ranger Camp Road and back. The distance is 45 miles or less and the route is out and back. For more information on this ride call **Tammy Salsberry** at **678-9283**. Don't forget your Range Pass.

➤ **May 21, 6:30 AM & 7:30 AM - Mr. Beans Extended Red Bay** The first portion of this ride will be leaving from **Mr. Beans** in Blue water Bay and going to Portland, this is a **6:30** start time. The second portion of this ride starts at the community center in **Portland** at **7:30**, for a 45 mile loop. The last leg of this ride will return back to Blue water Bay. You

are welcomed to do all or any portion of this ride for a total of 75 miles. For more information on this ride call the **ECC Hotline** at **864-7166**.

➤ **May 28, 8:30 AM - Holt Ride Holt/Blackwater Forest** Meet at the **Post Office** in **Holt** on **Hwy 90** for a 31 to 56 mile moderate to fast paced ride through the **Blackwater Forest**. For more information on this ride call **Steve Fikar** at **499-1818**.


➤ **June 4, 7:30 AM – Double Bay Bridge** Meet at **Mr. Bean's** coffee shop in Blue water Bay for a moderate to fast pace ride over both of the bay bridges for a 60-mile ride. There will be a 40-mile option for those that are interested. For more information on this ride call **Dan Steighner** at **651-0120**.

➤ **June 11, 7:30 AM - De Funiak Springs Loop** Meet at **Mr. Beans** in Bluewater Bay for the **De Funiak Springs Loop**. This is a 65-mile ride with plenty of rolling hills. There are short options available of 40 miles or less. These are moderate to fast pace rides. For more information on this ride call **Dan Steighner** at **678-0120**.

For further ride information, call the **ECC Hotline** at **864-7166**.

Do you have a nice neighborhood or road that you ride on and wouldn't mind the company of a few smiling faces or a friendly conversation to ride at a casual or moderate pace? Then call the Hot Line and leave a message or call **Dan** at **678-0120**. Your suggestion and comments are always welcomed.

Most of these rides will have a casual/touring ride option...check the Hotline (864-7166) for more specific information.


Jerry Stollker & Jeremy Keeney

(850) 243-5856 • Fax (850) 244-1651  
431 Bryn Athyn Blvd. Mary Esther, FL 32569



## Weekly Rides

- Starting **April 5<sup>th</sup>** meet on **Tuesday's** at 5:00 PM at Ranger Camp Road just off Lewis Turner Blvd. There will be two rides with the fast group starting at 5:00 PM and a more moderate ride starting at 5:05 PM. Distances range from 17 to 27 miles. Make sure you have your Range Pass and a photo ID with you.
- Starting **April 7<sup>th</sup>** and continuing on Thursdays, at 5:00 PM The **Cappuccino Ride** will go from the Winn Dixie Sign in the Bluewater Bay Shopping Center. It heads over the Mid-Bay Bridge, takes a break for a cup in Destin, and returns. For details, call **Smokey Bauman** at **897-9740** or **Nate Bryan** at **729-2758**.
- **Third Thursday Time Trails - April 20<sup>th</sup> and May 18<sup>th</sup>.** Meet at the beginning of Ranger Camp Road. The Time Trials will start roughly 1/3 mile beyond where the cars are parked and go to the top of 5-mile hill and reverse course to the start point (a total of 10 miles). For details call **Moe Powers** at **678-3425** or **John Stamp** at **897-6862**. First rider departs promptly at 5:01 PM. Make sure you have your Range Pass and a photo ID.
- Every Saturday at 8:00 or 9:00 AM, there will be a ride from Truly Spokin' in Milton, FL. The ride starts at the bike trail. Distances and speeds vary – with trips through the Blackwater Forest. For more info, contact **Shelley** or **Victor** at “trulyspokin.com” or call **(850) 983-2488**.
- Every Sunday Dragon Sports has a moderate to fast pace ride. Where, start time and the distance will be determined on Thursday. For info on this ride call and ask for **Bruce** or **Blondie** at **863-8612** or check out there web site at “WWW.dragonsports.net”.

## Other Rides

**April 2 (Sat), Orange Park, FL** Pedal for Lupus For more information on "Pedal for Lupus", including start time, course map and registration information, please visit our web site.

WWW: <http://www.pedalforlupus.org/>

**April 2 (Sat), Colquitt, GA** 2nd Annual Mayhaw Century Bike Ride Three rides, 30 miles, 50 miles and 100 miles.

WWW: <http://www.colquitt-georgia.com/32/documents/24195.doc>,  
[Capital City Cyclists Review](#)

**April 2 (Sat), Concord, GA** Tour De Pike Rides of 8, 16, 33, 66, 100 miles. Don Collins (770) 567-3033.

Email: [KiwaniPike@aol.com](mailto:KiwaniPike@aol.com)

WWW: <http://www.kiwanipike.org>

[Active.com Online Registration](#)

**April 2 (Sat), Toccoa, GA** 16 Century Bike Rides Contact Dave Cornelius, Toccoa Falls College Radio Network, 1-800-251-8326.

WWW: [http://www.tfc.edu/radio/bike\\_ride.htm](http://www.tfc.edu/radio/bike_ride.htm)

[Active.com Online Registration](#)

**April 2 (Sat), Hiram GA** 7 County Century Breakfree Ministry, Inc. is hosting it's first annual 7 County Century.

[Active.com Online Registration](#)

**April 2-3, Clermont, FL** Brevet Series South: 600km 372 miles, South Central Region. Brevets are limited supported long distance rides which offer a greater challenge than century events. Michael Grussemyer, RBA, (239) 549-7459.

Email: [RBACentralFlorida@bike4one.com](mailto:RBACentralFlorida@bike4one.com)

WWW: <http://www.bike4one.com/brevets/>

**April 2-3, Birmingham, AL** Heart of the South 500 and Double Century

WWW: <http://www.heartofthesouth500.com/>

**April 3 (Sun), Bradenton, FL** Spring Classic 60/35/25 miles. St. Petersburg Bicycling Club PO Box 76023, St. Petersburg, Florida 33734

Email: [timbutts@wilsonmiller.com](mailto:timbutts@wilsonmiller.com)

WWW: [www.stpetecycling.com](http://www.stpetecycling.com)

**April 3 (Sun), Hollywood, FL** Tour d'Hollywood Ride begins promptly at 8:00am. [Active.com Online Registration](#)

**April 9 (Sat), Marion, AL** Old Howard 100 Email: [gsmartin@samford.edu](mailto:gsmartin@samford.edu) WWW: <http://www.samford.edu/groups/oldhoward100/>  
[Active.com Online Registration](#)

**April 9-10, Gainesville, FL** Brevet Series North: 600 km 372 miles. Jim Wilson (352) 373-0023.

Email: [wilson@afn.org](mailto:wilson@afn.org)

WWW: <http://gccfla.org/>

**April 9-10, Tampa, FL** Mid Florida MS Wheels, Whales & Tails Tour Contact Michael Cooper (407) 896-3873 ext. 29.

Email: [michael.cooper@flc.nmss.org](mailto:michael.cooper@flc.nmss.org)

WWW: <http://www.nationalmssociety.org/flc/>

**April 10 (Sun), Plant City, FL** 23rd Annual Strawberry Century More info: Ruben Watson (813) 404-5721

Email: [RubenWatson@hotmail.com](mailto:RubenWatson@hotmail.com)

WWW: <http://www.TBFreewheelers.com>

[Active.com Online Registration](#)

**April 10 (Sun), Enterprise AL** Boll Weevil 100 call or write the: Enterprise Lions Club, P.O. Box 310598, Enterprise, AL 36331-0598. (334) 393-0802.

Email: [lionsclub@entercomp.com](mailto:lionsclub@entercomp.com)

WWW: <http://www.enterpriselions.com/>

**April 15-17, Madison, GA** BRAG Spring Tune-Up Ride Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. (770) 921-6166 fax (770) 935-1918. Email: [bragHQ@aol.com](mailto:bragHQ@aol.com)

WWW: <http://www.brag.org/>

[Active.com Online Registration](#)

**April 16 (Sat), Clermont, FL** Tour de Cure 20, 55, 105 miles. Contact Delia Jervier at (800) 676-4065 x-3030 or send an email.

Email: [djervier@diabetes.org](mailto:djervier@diabetes.org)

WWW: <http://www.diabetes.org/orltour/>

**April 16 (Sat), Cocoa Beach, FL** Cocoa Beach Comber Ride Great 65 and 35 mile leisure rides along the ocean, the Intra

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|---|---|--|
| MASSAGE THERAPY<br>SPORTS NMT<br>SWEDISH<br>"HOT ROCK"<br>massage | <b>TRULY</b><br><br><b>SPOKIN'</b><br>your bicycle store<br>850-983-2488 | SALES<br>SERVICE<br>PARTS<br>ACCESSORIES<br>RENTALS<br>VICTOR BAGLEY<br>OWNER/OPERATOR<br>850-983-2488 |
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Coastal waterway, through old town Cocoa. For more information: Matt's Bicycle Center (321) 783-1196 (Daily: 9 AM - 6 PM).  
Email: [roadcyclingcal@cs.com](mailto:roadcyclingcal@cs.com)  
WWW: <http://www.bikeacrossflorida.com/>  
[Active.com Online Registration](#)

**April 16 (Sat), Bonifay FL** Century of the Month Ride Series Route maps and cue sheets are provided for all routes. Joe Arnold (850) 622-1165 @ Big Daddy's Bikes. Email: [flabrevet@hotmail.com](mailto:flabrevet@hotmail.com)  
WWW: <http://www.ride-4-life.com/>

**April 16 (Sat), Savannah, GA** Earth Day Ride Visit Savannah and enjoy a Spring ride of either 25, 50 miles or the short kids ride.  
Email: [bicyclesavannah@comcast.net](mailto:bicyclesavannah@comcast.net)  
WWW: <http://www.bicyclesavannahllc.com/>  
[Active.com Online Registration](#)

**April 16 (Sat), Jefferson, GA** Brasstown Bald Buster Century Kick off your visit to Atlanta for the 2005 Dodge Tour De Georgia with the first annual Brasstown Bald Buster Century. WWW: <http://www.brasstownbaldbustercentury.com/>  
[Active.com Online Registration](#)

**April 16-17, Bonifay, FL** Brevet Series West: 400/600 km 248/372 miles. Joe Arnold (850) 622-1165 @ Big Daddy's Bikes. Email: [flabrevet@hotmail.com](mailto:flabrevet@hotmail.com)  
WWW: <http://www.ride-4-life.com/>

**April 16-17, Quincy, FL** 24th Annual TOSRV South Tour of Springtime Rural Vistas. Tour rural back roads of North Florida and South Georgia in the bloom of springtime. 200 miles or 126 miles in two days. Limit 500. Capital City Cyclists. Larry Pushor, Coordinator, 974 Park View Drive, Tallahassee, FL 32311. (850) 878-7473. Email: [tosrvsouth@yahoo.com](mailto:tosrvsouth@yahoo.com)  
WWW: <http://www.cccyclists.org>  
[Active.com Online Registration](#)

**April 16-17, Miami, FL** Maroone MS 150 "Breakaway to Key Largo" Bike Tour For additional information contact Cris Vidal at the South Florida Chapter (954) 731-4224. Email: [ms150@fls.nmss.org](mailto:ms150@fls.nmss.org)  
WWW: <http://www.maroonems105.org/>

**April 16-21, Live Oak, FL** 25th Annual Florida Bicycle Safari Riders may choose a 3-day or 6-day option. Routes cover the lightly traveled roads of north Florida and south Georgia. Contact: George Cheney, Executive Director (407) 788-3748. For registration go to the web site (below).  
Email: [FFWCLUB@aol.com](mailto:FFWCLUB@aol.com)  
WWW: <http://www.FloridaFreewheelers.com>

**April 17 (Sun), Cocoa Beach, FL** Bike Across Florida (BAF) A 167 mile point to point endurance ride. The ride starts at Cocoa Beach and finishes at City Hall in Crystal River.  
Email: [ROADCYCLINGCAL@CS.COM](mailto:ROADCYCLINGCAL@CS.COM)  
WWW: <http://www.bikeacrossflorida.com/>  
[Active.com Online Registration](#)

**April 17 (Sun), Cocoa Beach, FL** Halfway Across Florida *Officer Down Memorial Challenge* For the 3rd time cyclists will ride the first half of the legendary marathon Bike Across Florida. The 86 mile ride will start at the Holiday Inn Cocoa Beach Ocean Resort and finish at Kelly Park in Apopka.  
General info: (321) 783-1196.  
Email: [ROADCYCLINGCAL@CS.COM](mailto:ROADCYCLINGCAL@CS.COM)  
WWW: <http://www.bikeacrossflorida.com/>  
[Active.com Online Registration](#)

**April 17 (Sun), Jacksonville, FL** Katie Ride For Life Telephone Vicki at: (904) 321-2720.  
Email: [Vicki@katierrideforlife.com](mailto:Vicki@katierrideforlife.com)  
WWW: <http://www.katierrideforlife.com/>  
[Active.com Online Registration](#)

**April 17 (Sun), Columbus GA** Celebrity Classic Wheels to Heal Bryan Norris (706) 660-6559.  
Email: [bryan.norris@crhs.net](mailto:bryan.norris@crhs.net) WWW: <http://www.columbusregional.com/>  
[Active.com Online Registration](#)

**April 17 (Sun), Piedmont, AL** Cheaha Challenge Century Phone: (256) 435-5710. Mail: NEABC, P.O. Box 2414, Anniston, AL 36202. For spectators, the Cheaha Challenge Criterium is Saturday evening, April 16, 2005, in Anniston.  
Email: [cheaha@neabc.org](mailto:cheaha@neabc.org)  
WWW: <http://www.neabc.org/cheaha/>  
[Active.com Online Registration](#)

**April 23 (Sat), Hiawassee, GA** 2nd Annual Tour De Georgia Circle The Bald Ride the course that the world's best cyclists will be riding during Stage 5 of the Tour de Georgia. The ride will be same day as the Tour, but ends in time for participants to watch the highest ranked and largest multi day race for pro cyclists in the US. WWW: <http://www.sabacycling.com/circlethebald.shtml>  
[Active.com Online Registration](#)

**April 24 (Sun), Melbourne, FL** 6th Annual "Ride for the Red" Cycling Tour 100/62/33/20 Fun Ride. Contact Joann or Kevin Gulliver at (321) 752-0618 for more information.  
Email: [pgulliver@cfl.rr.com](mailto:pgulliver@cfl.rr.com)

**April 24 (Sun), Jacksonville, FL** Tour de Forts Visit <http://www.nfbc.us/> for updated information, directions, more information on the ride, or to link to our on line registration link through [active.com](http://active.com)  
WWW: <http://www.nfbc.us/>  
[Active.com Online Registration](#)

**April 29 - May 1, White Springs FL** Suwannee Bicycle Festival We've moved from Live Oak to the Stephen Foster Folk Culture Center State Park in White Springs this year. Contact: Lys Burden (386) 454-3304. Email: [bikesba@aol.com](mailto:bikesba@aol.com) WWW: <http://www.suwanneebike.org/sbaf.htm>  
[Active.com Online Registration](#)

**April 29 - May 1, Sebring, FL** The Annual Sebring Ride The ride will be based at The Kenilworth Hotel. For early reservations call 1-800-423-5939. Everglades Bicycle Club, PO Box 430282, South Miami, FL 33243-0282.  
Email: [gferby163@aol.com](mailto:gferby163@aol.com)  
WWW: <http://www.everglades-bicycleclub.org/activities.html>

**April 30 (Sat), Aiken, SC** The Edward Jones Aiken to Ride Century Aiken Bicycle Club. Aiken is located about 20 miles east of Augusta, GA. This is a new route this year. There is a full century, metric century and a 25 mile loop.  
WWW: <http://www.aikenbicycleclub.org/>  
[Active.com Online Registration](#)

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|---|---|--|
|  | <b>BIG DADDY'S</b><br><b>Bike shop</b><br>2217 Scenic Hwy. 30-A<br>Santa Rosa Beach, Fl. 32459<br>850-622-1165<br>Sales Repairs Rentals | <b>Dealer</b><br>JAMIS<br>SCHWINN<br>GT<br>KHS<br>FUJI |
| MON-SAT: 9-5 PM<br>Closed Sunday  |   |  |

|   |  |                                      |
|---|--|--------------------------------------|
|  | Jon Willis<br>Fitness Director<br>A.C.E. Certified Trainer<br>(850) 837-7300 | 995 Airport Road<br>Destin, FL 32541 |
|---|--|--------------------------------------|

**May 7 (Sat), Vidalia, GA** Sweet Onion Century With 24, 50, 63, 100 and 125-mile loops the Sweet Onion Century has a route for you. Email: [mike@letsride.net](mailto:mike@letsride.net)  
WWW: <http://www.letsride.net/socent2004.html>  
[Active.com Online Registration](#)

**May 7 (Sat), Lula, GA** The 2nd Annual L.A.P. Century Bicycle Ride  
Email: [jelam@habershambicycles.com](mailto:jelam@habershambicycles.com)  
WWW: [http://www.assemblyofpraise.com/lap\\_century.htm](http://www.assemblyofpraise.com/lap_century.htm)  
[Active.com Online Registration](#)

**May 7 (Sat), Cumming, GA** Biking For Burns Century 100, 64, 30 miles.  
[Active.com Online Registration](#)

**May 7 (Sat), Chattanooga, TN** 3-State 3-Mountain Challenge More detailed information and applications are available on our website and online registration is available from our web site or from [www.active.com](http://www.active.com). Contact for the event is Daisy Blanton, (706) 820-1157.  
Email: [DaisyBRider@cs.com](mailto:DaisyBRider@cs.com)  
WWW: <http://www.chattbike.com>  
[Active.com Online Registration](#)

**May 7-8, Sebring, FL** 'Bent Bike Bash, A Recumbent Rally Presented by the Kenilworth Lodge 1-800-423-5939, Linda Leeds, Event Director. 62, 31, 20, 12 mile rides daily; 100 if interest dictates; (561) 683-2851. [lindamarie7@juno.com](mailto:lindamarie7@juno.com)  
<http://www.kenilworthlodge.com/>  
[Active.com Online Registration](#)

**May 7-8, Athens, GA** Athens To Lake Hartwell For more info, see the website (below) or call Jim at (706) 543-9103.  
WWW: <http://www.bikeathens.com/nittygritty/hartwell.htm>

**May 13-15, Madison, GA** Georgia Tandem Rally Call Roger Strauss or Eve Kofsky at (770) 565-4150.  
Email: [info@georgiatandemrally.com](mailto:info@georgiatandemrally.com)  
WWW: <http://www.georgiatandemrally.com/>

**May 13-15, Helen, GA** Helen Fat Tire Festival Event Director, Woody by phone (706) 878.3715 or Email.  
Email: [woodysmtb@alltel.net](mailto:woodysmtb@alltel.net)

WWW: <http://www.sorba.org/modules.php?name=Content&pa=showpage&pid=21>

**May 14 (Sat), Bonifay, FL** Century of the Month Ride Series Joe Arnold (850) 622-1165 @ Big Daddy's Bikes.  
Email: [flabrevet@hotmail.com](mailto:flabrevet@hotmail.com)  
WWW: <http://www.ride-4-life.com/>

**May 14 (Sat), LaGrange, GA** West Point Lake Coalition's 2nd Annual Tour De Lake For more information or for entry forms call or stop by, Golden's Bicycle Shop in LaGrange.  
Phone: (706) 884-2420.  
Website: <http://www.goldensbikes.com/>  
You can also call WPLC at (706) 884-5916.  
WWW: [http://www.westpointlakecoalition.org/Tour\\_de\\_lake\\_050514.html](http://www.westpointlakecoalition.org/Tour_de_lake_050514.html)

**May 14 (Sat), Rome, GA** Up the Creek Without A Pedal Coosa Valley Cycling Association PO Box 2764, Rome, GA 30164-2764. Day phone is (706) 291-1501 (Bob's Cycle Shop)  
Email: [LEMBicycle@msn.com](mailto:LEMBicycle@msn.com)  
WWW: <http://www.cvca.org/>

**May 14-15, Jacksonville, FL** Tour de Cure Contact: Kimberly Lewis at (904) 730-7200, ext: 3061.  
Email: [kewis@diabetes.org](mailto:kewis@diabetes.org)  
WWW: <http://www.diabetes.org/jaxtour/>

**May 14-15, Bonifay, FL** Brevet Series West: 1000 km 620 miles. Joe Arnold (850) 622-1165 @ Big Daddy's Bikes.  
Email: [flabrevet@hotmail.com](mailto:flabrevet@hotmail.com)  
WWW: <http://www.ride-4-life.com/>

**May 14-15, Jekyll Island, GA** Jekyll Island Challenge Century Bicycle Savannah LLC, PO Box 60533-0533, Savannah, GA 31420. (912) 665-0854.  
Email: [bicyclesavannah@comcast.net](mailto:bicyclesavannah@comcast.net)  
WWW: <http://bicyclesavannahllc.com/>

**May 15 (Sun), Fairburn, GA** Tour De Cure [Fundraiser] American Diabetes Association. 1-888-DIABETES.  
WWW: [http://main.diabetes.org/site/TR?pg=entry&fr\\_id=2310](http://main.diabetes.org/site/TR?pg=entry&fr_id=2310)

**May 20 (Fri), Spartanburg, SC** Assault on Mt Mitchell 102 miles, extremely

challenging. Spartanburg Freewheelers, PO Box 6171, Spartanburg SC 29304.  
WWW (official): <http://freewheelers.info/assault.html>  
WWW (unofficial): <http://www.polkcounty.org/>

**May 21-22, Decatur, GA** ActionCycling 200 WWW:  
<http://actioncycling200.kintera.org/faf/home/default.asp?ievent=92807>

**May 22 (Sun), Flagler Beach, FL** Second Annual A1A Ocean Shore Scenic Highway Century Contact the Flagler Beach Rotary Club at P.O. Box 2005, Flagler Beach, Fla. 32136; (386) 439-0134.  
Email: [Leastokes@preferredmanagementservices.net](mailto:Leastokes@preferredmanagementservices.net)  
WWW: <http://www.RotaryFlagler.org/>

**May 29 (Sun), Sarasota, FL** Sarasota Century Start at 7 AM both days. Chief registrar: Karlee Knowles (407) 831-5142.  
Email: [ROADCYCLINGCAL@CS.COM](mailto:ROADCYCLINGCAL@CS.COM)

**May 28-29, Hartwell, GA** Challenge of the Centuries (706) 377-2432.  
Email: [tjs@hartcom.net](mailto:tjs@hartcom.net) WWW:  
<http://www.hartcom.net/~bikeride/>  
[Active.com online registration](#)

**May 28-29, Statesboro, GA** Jim Kruse Century Contact: Paul Hibbs, 305 Donehoo St, Statesboro, GA 30458.  
Email: [pedal\\_the\\_boro@yahoo.com](mailto:pedal_the_boro@yahoo.com)  
WWW: <http://www.jimkrusecentury.com/>  
[Active.com Online Registration](#)

**May 30 (Mon), Cedartown, GA** 2005 Cedartown Memorial Day Bike Ride 20, 40, 80 miles.  
[Active.com Online Registration](#)


**June 4-5, Fernandina, FL** Yulee Railroad Days Bicycle Ride  
Email: [Ride@YuleeRailroadDays.org](mailto:Ride@YuleeRailroadDays.org)  
WWW:  
[http://www.yuleerailroaddays.org/about.asp?page\\_id=4&n=5](http://www.yuleerailroaddays.org/about.asp?page_id=4&n=5)

**June 19 (Sun), Dunedin, FL** Gulf Coast Cycling Classic For more information call: Pinellas Trail Bikes at (727) 734-5976.  
Email: [ROADCYCLINGCAL@CS.COM](mailto:ROADCYCLINGCAL@CS.COM)

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Emerald Coast Cyclists  
P.O. Box 592  
Niceville, FL 32588



## April 30<sup>th</sup> – ECC Bike Ride and Picnic

Join the Emerald Coast Cyclists for some cycling and our Spring Picnic. We will ride from the Swift Creek development in Niceville. Due to the construction in Swift Creek, **plan on parking in the paved cul-de-sacs near the new entrance off Hwy 285.**

Swift Creek entrance is located on Hwy 285. Go south at the traffic light on College Drive, to the first left past the Rocky Bayou School. There are three cul-de-sacs on the right side of the road.

There will be several rides:

- **7:00 AM** for a 60+ mile ride at moderate to fast pace. Contact **Dan Steighner - 678-0120.**
- **7:30 AM** going up Hwy 285 to Mossy Head, one trip around Mary's Loop and return (46 miles). Contact **John Stamp - 897-6862.**
- **10:30 AM** the main ride following a route around Rocky Bayou (10-12 miles). Contact **Moe Powers - 678-3425.**

After the ride, join us for the Spring Picnic starting at **11:30 AM.** The picnic will take place in the park in the center of Swift Creek. The ECC will provide hot dogs, hamburgers, all the fixings, and sodas. **Bring a side dish or a desert.** This is a great time to share your favorite foods with some hungry and friendly folks. Our hosts for this event are **Ruckel Properties** - developers of Swift Creek.

Families of bikers are welcome to participate in these events.

### Visit The ECC Website

Have you looked at the new ECC website lately? It is growing in depth and features. **Gary Lorton** has the ECC website up. It can be found at:

<http://www.eccyclists.com>

Gary continues to build the website and welcomes suggestions you may have, stories of interest, pictures, etc. Please send them to Gary at [garylorton@cox.net](mailto:garylorton@cox.net).

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