

PACELINE



A Newsletter From The Emerald Coast Cyclists

Volume 17

Number 10/11

June/July 2005

President's Line...by Jim Lefebvre

It's June already and July is on the way. The swift passage of time and the recent death of a long-time cycling enthusiast and club member remind me to be thankful for my opportunity to be cycling along the Emerald Coast. **Thanks Roy Roemer for showing us how to stay young and for providing the inspiration and vision for riding-in-my-eighties!**

Caden Ewing, who is young at 9 years-young, has been showing us how to ride like an ol' pro. Teaming with his father, **Scott Ewing**, on a tandem bike, the duo is a force on the Tuesday night ride! **Sophie Beedie**, has been taking some lessons and was recently clocked at 23 MPH going uphill! **David Cornwell** has been putting away his mountain bike – at least most of the time – to join the fun. **Sam Sutton** is running down the breaks, while **Grady Smith** and **Johnny Harrison** are reminding us Tuesday nighters that triathlon is still alive by assisting – thanks a lot!?

Actually, a few more club members are reminding us that triathlon is alive. **Congratulations** to the half-dozen or so **club members** that recently completed the **Half-Ironman** in Panama City. Don't worry if you missed it, **Dan Nowers** will be providing an opportunity for you to find out what triathlon is all about – it's not just about biking in your speedo – when he directs **My First Tri** on **June 25th**. Being a 200-yard swim, 9-mile bike, and 2.5-mile run, it's designed for beginners, but you'll still need to break out the swim suit – a part of it is about biking in your speedo – and running shoes.

Okay, enough of that triathlon stuff, let's get to some real news. A group of Emerald Coast Cyclists, including **Kathy Stamp**, once again finished **TOSRV** – that's back-to-back centuries (standard and metric)! **Dan Steighner** recently completed the **Three-state, Three-mountain Century** in Tennessee. Let's hope he doesn't have to pay the devil back for the help. **Mark Lewis** forced his brother to “eat the worm” by beating him up **Mount Mitchell**, a 117 mile ride with over 12,000 feet of climbing – about 7,000 of it in the last 25 miles! That's 19 of the last 20 years he's made that ride.

While all that may be impressive, I ate a hamburger, hotdog, a piece of chicken, a ton of fixin's, and of course a five-course meal of deserts, including **Tammy Salsberry's** “Chocolate Pudding Delight”, at the **ECC picnic!** Originally postponed due to a monsoon, the second time was a charm. We made the best of a beautiful day by going for a ride and then enjoying some great food in the shade of some pines. A cool breeze topped it off. Once again, a **special thanks** goes out to **Nate and Teri Bryan, John Stamp**, and all those bringing the dishes.

Speaking of eating and riding, the **Tour de France is on its way!** After an exciting Giro de Italia, I can hardly wait. Though in the past, catching the daily coverage has been a grind, I will not be complaining this year after the reduced coverage of the Giro – bad on OLN. In the meantime and in-between time, let's go for a ride.



JUNE / JULY GENERAL MEETINGS

We will meet at **La Bamba** in Niceville on **Wednesday, June 1st and July 6th**. **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**.

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

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.

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.



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



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

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.

TWO LOCATIONS



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

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

The Multisport Store

Tour De Georgia Report

By Steve Fikar

If you are interested in cycling then you might enjoy this recap of my trip to north Georgia to watch the Tour de Georgia last month.

Although I was planning on going to watch the Tour de Georgia, I altered my plans slightly, leaving a day earlier than scheduled when I heard that Lance Armstrong had just announced his retirement from cycling prior to the start of the race. So I sped up to Rome, GA to watch the end of Stage two. What a wild finish. The three finishing laps through downtown Rome had the Discovery team in control up front.

The next day was the individual time trial. It was pretty neat as I was driving to the start since I had to follow behind one of the teams as they finished up their warm-up ride. I went to the Team Discovery bus and watched the mechanics prepare the bikes. Boy do they have a lot of equipment. This year there was a crazy guy with a large Texas flag that was begging to meet Lance outside the bus. You might remember last year on the Lance Chronicles that a young girl played that same role. But this guy looked really silly.



The highlight of the day was watching the team warm up on their trainers in front of the team bus.

Johan Bruyneel (team director) was all around and in control of the entire situation. I was hoping for a Cheryl sighting but I guess she had better things to do that day.

Lance did not place well in the time trial but his former teammate, Floyd Landis (now the team leader for Phonak), won convincingly. After Floyd finished his interviews, I tried to shake his hand but he walked right past me and shook the hand of the guy next to me. Maybe my LIVESTRONG shirt had something to do with it??

The next day was the first mountain stage from Dalton to Dahlonega. The morning of that stage I met a couple who had a son on the USA National team. His name is Steven Cozza. He is only 20 years old, has been racing in Europe for 3 years already, and is an interesting guy for lots of reasons, including a trip to Mt Everest last year and working as an activist in Boy Scouts. (You'll get 9,000 hits on his name in a Google search.) I spent most of the day with his parents and they told me about his trials and tribulations with races, road rash, coaches, sponsors, life on the road, etc. What is obvious is that, even at his young age, cycling is a business where only the best make it and the rest are discarded. But he loves what he is doing. Here's a couple of web sites about this young man: <http://stevencozza.com/> and <http://www.scoutingforall.org/>

This stage from Dalton to Dahlonega was a tough mountain stage. I watched as they crested Fort Mountain, a cat 2 climb, ascending 2000 feet in about 6 miles. What should not have been surprising (but still was to me) was that they all were going so fast in the climb. Lance was very noticeable with his rhythmic style of riding out of the saddle. He looked totally emotionless as he

passed by. Others, especially the younger ones, had a lot of pain in their facial expressions. Brutal. As soon as the last rider and associated support vehicles passed by, I immediately jumped in my car and followed the tail end of the convoy as they went down the mountain. Boy do they go really fast on the downhill. That was scary-and I was driving in my car.

Later in this stage it rained and hailed on the riders. It must have been miserable for them. The finish in Dahlonega was exciting as Viatcheslav "Eki" Ekimov (Team Discovery) just barely lost the stage to a CSC rider. Lance was 8 seconds behind.

Speaking of "Eki", I just read a Chris Brewer update on the Paceline and apparently "Eki" got injured on a training ride with Lance late last week and will miss the TdF this summer. That is too bad. Chris' article is pretty interesting. You can read it at: ["http://www.thepaceline.com/members/chrisb_item.aspx?cid=1051"](http://www.thepaceline.com/members/chrisb_item.aspx?cid=1051)

This stage was a 5½ hour, 133 mile killer with lots of climbs (real climbs, not the kind we do around here). You could definitely see that the non-leaders finished at a relatively slow pace. It was interesting that immediately after they finished, they didn't seem too tired. The area where all the teams congregated around their buses/vans was filled with these guys and they all seemed like they were just done with a training ride. Incredible.

One team, Colavita - Sutter, was even doing a little self promotion by having one of their riders eat some pasta flavored with the sponsor's olive oil. Levi Leipheimer was in this area and was very accessible. I was wearing a LIVESTRONG shirt again but he was more polite to me than Floyd. He was signing autographs while sitting in his team car.

Oh, by the way, the young Steven Cozza finished too far back and did not qualify to continue the next day. He had lots of company as many riders finished after him. He had to ride the last 30 miles by himself as he got dropped looping around a place called Woody Gap.

I had to leave after this stage so I saw the last two stages on OLN last weekend. Tom Danielson (Team Discovery) beat Levi Leipheimer at the end of the next day's incredible climb to the top of Brasstown Bald. That sealed his win for the entire race. It was really exciting even to watch on TV! It is interesting that Tom Danielson, the winner of this race, did not even make the cut to ride on Discovery's 9 man team in the TdF this summer. Boy do they have depth!

Overall this was a really neat experience, especially since it was most likely the last time to see Lance race on U.S. soil. He seemed really strong on the climbs but was relatively slow on the time trial. It was interesting that, just like everybody else, he looked nervous before starting the time trial. Something else also interesting was that all the riders started out in their big ring on the time trail. And some of them even applied too much pressure and lost traction on the ramp. Wow!

There was lots of neat biking equipment. Mavic was in the middle of everything with their car riding in front of the peleton every day. Some teams had components that I don't think you can buy on line. Many teams, however, had the same components that we all have. I saw some Ultegra, lots of Dura Ace, and plenty of Campy on the European teams. All the bikes were very clean before each stage. After the mountain stage, through the rain, the bikes didn't look too good.

Would I recommend this to others? Yes, but its not like football where you see a solid hour of action. Its sort of funny, but only seeing sometimes just minutes of action each day seemed really exciting to me and others. It was a blast!



◆ **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/>

June/July 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**.

- **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**.
- **May 28, 10:00 AM – Roy Roemer Memorial Ride** Meet at **Lincoln Park in Valparaiso** for a 45-50 minute ride through Valparaiso and Niceville. Following a short memorial at **11:00 AM**, there will be a get together of family and friends to exchange memories/stories about Roy. Meat and drinks will be provided. Bring a dish to share with others. Please join us for the ride or for the celebration of Roy's life afterward. For more information call **Syd Shaeffer** at **678-6331** or **John & Kathy Stamp** at **897-6862**.
- **June 4, 7:30 AM – Double Bay Bridge** Meet at **Mr. Bean's** coffee shop in Bluewater 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 **678-0120**.
- **June 11, 7:30 AM - DeFuniak Springs Loop** Meet at **Mr. Beans** in Bluewater Bay for the **DeFuniak 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**.

- **June 18, 7:30 AM - Red Bay Loop** - Meet at the community center in **Portland** for a **50-mile** ride. If you are interested in more miles there will be an **85-mile option**, ride leaves the Niceville, K-Mart at **6:30 AM**. It will be a moderate to fast pace ride. For more information about this ride call **Charlie Helms** at **897-5234**
- **June 25, 7:00 AM - Big Apple-Ranger Camp/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. This will be a moderate paced ride. For more information on this ride call **Dan Steighner** at **678-0120**. Don't forget your Range Pass.
- **July 2, 7:00 AM - N. County Mossy Head/Laurel Hill Loop** Meet at the Mossy Head community center 1 mile east of the junction of Hwy's 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 Hill and will loop back. Maps will be provided the day of the ride. For more information about this ride call **Nathan & Teri Bryan** at **729-2758**
- **July 9, 7:00 AM - Mr. Beans to Freeport S. Loop** - Meet at Mr. Beans coffee shop in Bluewater Bay for a moderate to fast pace ride to Freeport and back. There are 40 & 56 mile options. For more information on this ride, call **Dan Steighner** at **678-0120**
- **July 16, 7:00 AM – Ruckel Middle School/DeFuniak Springs Loop** Meet at Ruckel Middle School for a moderate to fast paced ride to DeFuniak Springs and back. The ride will go up Hwy 285 to Bob Sikes Rd, then up to Hwy 90. There will also be a variation going to Mossy Head and back. The ride length will be 40 to 65 miles. For more information on this ride call **Dan Steighner** at **678-0120**

- **July 23, 7:30 AM** - 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 **ECC Hotline** at **864-7166**.
- **July 30, 7:30 AM - 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 **Charlie Helms** at **897-5234**
- **Aug 6, 7:30 AM - N. County** Meet at the **C.V.S. Pharmacy** in **Crestview** at the corner of Hwy 85 and Hwy 90 for a moderate to fast pace ride. The ride length will be 30 & 60 miles. For more information on this ride, call **Dan Nowers** at **689-2070**
- **Aug 13, 7:30 AM – Ruckel Middle School/DeFuniak Springs Loop** Meet at Ruckel Middle School for a moderate to fast paced ride to DeFuniak Springs and back. The ride will go up Hwy 285 to Bob Sikes Rd, then up to Hwy 90. There will also be a variation going to Mossy Head and back. The ride length will be 40 to 65 miles.

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.

Weekly Rides

- 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.
- **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 - June 16th and July 21st**. 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 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 information on that ride call and ask for **Bruce** or **Blondie** at **863-8612** or check out there web site at "WWW.dragonsports.net".

Other Rides

May 29 (Sun), Sarasota, FL

Sarasota Century Email:
ROADCYCLINGCAL@CS.COM

May 28-29, Hartwell, GA

Challenge of the Centuries
(706) 377-2432. Email: tjs@hartcom.net
<http://www.hartcom.net/~bikeride/>
[Active.com online registration](http://www.hartcom.net/~bikeride/)

May 28-29, Statesboro, GA

Jim Kruse Century Contact: Paul Hibbs,
305 Donehoo St, Statesboro, GA 30458.
Email: pedal_the_boro@yahoo.com
<http://www.jimkrusecentury.com/>
[Active.com Online Registration](http://www.jimkrusecentury.com/)

May 30 (Mon), Cedartown, GA

2005 Cedartown Memorial Day Bike Ride
20, 40, 80 miles.
[Active.com Online Registration](http://www.cedartownga.com/)

June 4-5, Fernandina, FL

Yulee Railroad Days Bicycle Ride
Email: Ride@YuleeRailroadDays.org
http://www.yuleerailroaddays.org/about.asp?page_id=4&n=5

June 4-11, Battleship, AL

Bicycle Across Magnificent Alabama (BAMA)
(256) 658-5189 Fax: 256-881-8032.
Email: morton@bikebama.com
<http://www.bikebama.com/>
[Active.com Online Registration](http://www.bikebama.com/)

June 6 (Sun), Carrolton, GA

West Georgia 100
Email: thefolks@perpetualmotionbikes.com
<http://wga-net.com/westgeorgia100/>
[Active.com Online Registration](http://wga-net.com/westgeorgia100/)

June 11 (Sat), Baldwin, FL

4th Annual Rescue Ride

Email: gpruett@trinityrescue.org
<http://www.trinityrescue.org/>
[Active.com Online Registration](http://www.trinityrescue.org/)

June 11-18, Columbus, GA

Bike Ride Across Georgia (BRAG)
Email: braghq@aol.com
[BRAG Homepage](http://www.braghq.com/)
[Active.com Online Registration](http://www.braghq.com/)

June 18 (Sat), Huntsville, AL

Alabike/SCCC Four Hill Feast Century
Email: morganandriulli@comcast.net
or jamorgan10@comcast.net
<http://www.alabike.org/fourhillfeast/>
[Active.com Online Registration](http://www.alabike.org/fourhillfeast/)

June 19 (Sun), Dunedin, FL

Gulf Coast Cycling Classic
For more information call: Pinellas Trail
Bikes at 1-727-734-5976.
Email: ROADCYCLINGCAL@CS.COM
[Active.com Online Registration](http://www.pinetrasil.com/)

June 19 (Sun), Fairhope, AL

Alabama Sports Festival Metric Century
<http://www.alagames.com/cycling/>

June 20-24, Savannah, GA

Cycle South Carolina
Email: John@CycleSouthCarolina.com
<http://www.cyclesouthcarolina.com/>

June 25 (Sat), Cartersville, GA

Cartersville Century (770) 382-5500.
Email: bgclubs@aol.com
<http://www.cartersvillecentury.org/>
[Active.com Online Registration](http://www.cartersvillecentury.org/)

June 26 (Sun), Lake Worth, FL

The Lauren Katzenstein Celebration Ride
For more information, contact Mark Lowe
at (561) 434-4909.
Email: SPDLowe@AOL.com
[Active.com Online Registration](http://www.lakeworthbikes.com/)

June 26 (Sun), Birmingham, AL

Ride to Live Metric Century. It's not a hundred miles, it just feels like it. Come ride the hills of Birmingham, AL to benefit the Lance Armstrong Foundation and support cancer programs, education and research.
<http://www.discoveryyellow.com/>
[Active.com Online Registration](http://www.discoveryyellow.com/)

July 10 (Sun), St Petersburg, FL

3rd Annual Share the Road Ride
<http://www.sharetheroadride.com/>

July 17 (Sun), Boca Raton, FL

16th Annual Frank Stark Celebration Ride
(561) 391-6109
Email: ybikedon@bellsouth.net
<http://www.starkride.org/>
[Active.com Online Registration](http://www.starkride.org/)

August 7 (Sun), Covington, GA

17th Annual Covington Century
Email: bastin@pa.org
[Active.com Online Registration](http://www.covingtonga.com/)

August 13 (Sat), Summerville, GA

Chattooga Century
<http://chattoogacentury.org/>
[Active.com Online Registration](http://chattoogacentury.org/)

August 13 (Sat), Russellville, AL

Franklin County Watermelon Ride
(256) 332-3892.
<http://www.franklincountychamber.org/bikeride.html>
[Active.com Online Registration](http://www.franklincountychamber.org/bikeride.html)

August 13-14, Suwannee River State Park, FL

Dog Days Open House
Email: billw@mail.co.leon.fl.us
<http://www.suwanneebike.org/>.

August 27 (Sat), Dothan, AL

Tri States 100 For more information call
Joe Varner at (334) 596-0760.
Email: joe.varner@oncologysupply.com

One Cyclist's Perspective of the Tuesday Night Ride

By Dan Steighner

The first Tuesday night "Hammer Fest" has come and gone. The anticipation building up to the ride was intoxicating. I had the opportunity to see adults acting like children on Christmas Eve, myself included. I received late night phone calls Monday wanting to know if this was the week it all started. Tuesday at work the flood of email, subject: "Tuesday night ride" was almost like an online forum.

The riders gathered on Ranger Camp road early to warm up in attempt to compete with the local elite. Others such as myself got there at the last minute, because I forgot my shoes and had to go back home. I guess the excitement got to me also.

It was great to see the generations of riders, ages spanning pre teens to riders in their 70's. The gap of skill levels was just as vast. From the best I could tell traveling over 20 mph inches from the wheel in front of me, most everyone found a group to ride with.

Reasons for participating in 30 miles of leg burning, lung-busting torture was as diverse as the riders themselves. For some it's the thrill of the race environment. For others it's the chance to work on paceline discipline. With others it's the chance to build and polish skills.

Still another reason (should I say, the dream of many) is the thought of someday surviving the front group. The one way for many to do this is ride for all you are worth until you can't hold that wheel in front of you any longer. (That was approximately the 7-mile mark for me) We will do this week after week and as the Tuesday nights pass throughout the season the distance you hold on keeps expanding. Each mile added brings you one step closer to your goal of being with the lead pack at the end of the ride.

Putting all the other reasons aside, I think the most important reason for rider turn out is camaraderie. To be with so many others sharing your interest and excitement is priceless. We know on Tuesday night we have a place to belong. This is a place to promote friendship among all levels of cycling. I heard top riders exchanging tips with lesser riders, encouraging them to give their all. Competition while promoting a healthy life style also seems to be a common bond.

So pass along the word of this local cycling Mecca. Also spread the joys of cycling to friends and family. Invite them ride and who knows, maybe they will catch the bug. Before you know it they could be at Ranger Camp road on Tuesday nights, or just enjoying a ride around the neighborhood. Either way you have passed on the joy of cycling. I'll see you on the road.

2005 Third Thursday Time Trials Begin!

The next time trials of the season will be held on **June 16th** and **July 21st** starting at **5:01**. Ten mile time trial for adults and now 10 km

time trial for juniors. Come on out and set your mark so you can measure your progress during this season. Park at the entrance to Ranger Camp Road. The course starts approximately 1/3 of a mile from where you park. Make sure you have your new Range Pass.

A
P
R
I
L

Twelve riders came out in April to challenge the clock for the 10-mile time trial. It was a clear day (in the upper 70's) with a strong tailwind going out. Of course, that meant it was a strong headwind for the finishing leg. Frank Kubista showed who was boss with a 24.3 MPH average. The results were:

Name	Age	Time	Mph
Billie Madero	73	39:44	15.1
Eric Snyder	60	31:53	18.8
Walter Roberson	33	25:25	23.6
Matt Hughs	41	27:42	21.7
Larry Henley	56	29:21	20.4
Greg Schultz	44	28:09	21.3



Name	Age	Time	Mph
David Cornwell	41	28:51	20.8
James Dubben	41	26:36	22.6
Dan Steighner	43	27:57	21.5
Scott Nance	42	31:51	18.8
Maria McIntire	38	32:26	18.5
Frank Kubista	39	24:40	24.3

M
A
Y

Fifteen riders came out in May for the 10-mile time trial. It was a warm and muggy day with a strong headwind on the finishing leg. Cal Partlow led the way with a 26.5 MPH average. The results were:

Name	Age	Time	Mph
Billie Madero	73	40:40	14.8
Bruce Braseth	47	26:40	22.5
Tom Kaltenbach	63	29:23	20.4
Jimmy Carter	41	33:21	18.0
David Cornwell	42	28:49	20.8
Pat Connelly	42	27:49	21.6
Nick Muir	49	29:47	20.1
Larry Henley	56	28:46	20.9



Name	Age	Time	Mph
James Dubben	41	25:47	23.3
Matt Hughs	41	26:55	22.3
Eric Snyder	60	31:55	18.8
Maria McIntire	38	31:35	19.0
Grady Smith	39	26:37	22.5
Rachel Massey	33	24:43	24.3
Cal Partlow	41	22:39	26.5

<p>MASSAGE THERAPY SPORTS NMT SWEDISH "HOT ROCK" massage</p> <p>SHELLEY BAGLEY OWNER/MT MAY9832400</p>	<p>TRULY  SPOKIN your bicycle store 850-983-2488</p> <p>5172 Stewart St. Milton, FL 32570</p>	<p>SALES SERVICE PARTS ACCESSORIES RENTALS</p> <p>VICTOR BAGLEY OWNER/MT MAY11157</p>
--	--	---



**ANDREWS
PRINTING INC.**

FULL SERVICE COMMERCIAL PRINTING
850-244-2400 • 800-373-1859 • Fax: 850-244-2500
E-mail: andrews@bsc.net

FIRST RACE EXPERIENCE: What Did I Get Myself Into?

Written by Mike Stamp (son of John & Kathy Stamp, but didn't inherit the cycling genes)

I had recent flash backs during the one-year anniversary of my first and only race experience. On April 10th 2004, I entered in the New Mexico Road Series #5 of 2004 called the KY Criterium at Nob Hill. They call it a "Hill," but it's on the eastern slope of the Sandia Mountain. Albuquerque sits at 5,500 ft and the nearby Sandia Mountain crests at 10,400 ft. The race was a series of 13-mile circuits open to Categories A through E. Cats A & B raced the circuit five times, Cat C four times, D three times, E twice. Of course, I was Cat E (couldn't find Cat F registration).

Last spring (2004), I was reluctantly becoming more interested in road cycling, thanks to my parents persuasion there in sunny Florida and several cycling enthusiasts at work (stationed at Kirtland AFB, NM). It didn't hurt that my parents gave me a "hand-me down" Trek 2120 (kind of felt obligated to do something with it). I've enjoyed a couple of great organized rides in the past like the Wright Ride in Ohio and the 2003 Ride for the Roses, so I was disappointed that business trips caused me to miss local organized rides in Albuquerque and Santa Fe. When three friends from work suggested we enter in the local Nob Hill race, I said sure. Big mistake: I wasn't fluent enough in cycling to realize there are subtle differences between a "race" and a "ride." No port-a-potty breaks?

Driving steadily uphill to the race site, we saw packs of riders cranking away towards the start and wearing uniform kits (stunning for me to see matching jerseys & shorts in person). As we walked through the parking lot to the sign-up table, I was amazed to see riders camped out next to their cars pedaling away on

trainers with earphones dangling, warming up and psyching themselves to music. Then, we arrived at the back of the sign-in line and noticed every guy has shaved legs. I started laughing at how extreme these riders are, thinking they've shaved their legs to be more aerodynamic and cut seconds off their times (like swimmers). Later, of course, I learned shaving legs helps one recover from the inevitable road rash. Regardless of the reason, I'd need a weed whacker to shave off my coat of leg hair.

My buddy and I made our way to the front of the sign-up line wearing our matching "Test Dummy" jerseys (and standard black shorts) that I picked up the year before at a pre-Ride for the Roses convention booth. We not only considered it amusing given our inexperience but clever since we worked for the Air Force Operations Test & Evaluation Center (AFOTEC). I was caught off guard when asked what our team name was. I thought about it a moment then said "AFOTEC."

The registration staff commented, "never heard of the team." I laughed again, trying to decide how to respond to that:

- (a) "you will, when all these slugs eat our wake";
- (b) be honest and admit we're a local bunch of nobodies in way over our heads; or
- (c) try to quickly change the subject.

I chose a combination of (b) and (c). I laughed throughout this pre-race experience, but all that stopped when the race and suffering began.

I figured if this is so competitive, I really better hydrate and load up on energy

bars. I wound up cramping and burping the whole way. At the start, everyone took off on a dead sprint. The first half of the circuit was downhill meaning I'd pay on the second half climbing back uphill. All the riders (excuse me, "racers") took the twisting downhill turns like sport motorcyclists – in aerodynamic position, leaning 45+ degrees into the turns with inside knees sticking out just an inch off the ground. My desire to keep up was overcome by a desire to live. I honestly thought I was going to nose-dive off the roadside, the only claim I'd have to riding like Jan Ullrich.

Heading uphill on the second half of the circuit with just my buddy hanging back feeling sorry for me, I hollered out that I had plenty of lactic acid if he needed some. I took pride, though, in not getting lapped before completing the first circuit. But shortly into the second circuit, racers from the top two categories began lapping us. After one pair of racers passed us on a breakaway from their Cat's peleton, I felt a little redemption. As the chasing peleton soon closed on us, they slowed down satisfied they were reeling in the breakaway pair, mistaking us for them. I feel like we had a hand in the breakaway succeeding, yet we never got a thanks from the ungrateful winner. I did manage to complete the second and final circuit before being lapped again.

In the end, I finished with a time of 1 hr 35 min, good for a smoking 16 mph average. I thought I came in last of the twenty Cat E racers but learned there was one DNF, due to an accident/mechanical problem up front. I guess it pays to stay out of the dangers of the peleton. At least, that's my excuse. Since the race, I've moved to Colorado Springs, the site of U.S. Olympic training. Even higher altitude and more competition ... definitely just a work-related move (now stationed at Peterson AFB, CO).



BIG DADDY'S
Bike shop
2217 Scenic Hwy. 30-A
Santa Rosa Beach, FL 32459
850-622-1165
Sales Repairs Rentals

MON-SAT: 9-5 PM
Closed Sunday

Dealer
JAMIS
SCHWINN
GT
KHS
FUJI



Destin Athletic Club
DAC
a new generation of fitness

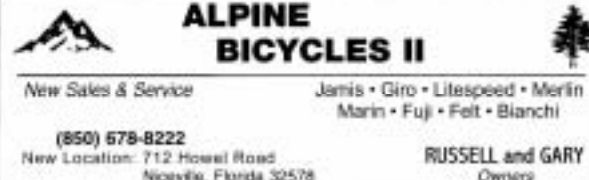
Jon Willis
Fitness Director
A.C.E. Certified Trainer
(850) 837-7300

995 Airport Road
Destin, FL 32541



ROBIN'S
BIKES & FITNESS

269-BIKE
11275 W. Emerald Coast Parkway - Suite 6
Destin, Florida 32550
Fax 850-269-2148
877-679-BIKE
Robin Wilkes



ALPINE BICYCLES II

New Sales & Service
(850) 678-8222
New Location: 712 Howell Road
Niceville, Florida 32578

Jamis • Giro • Litespeed • Merlin
Marin • Fuji • Felt • Bianchi

RUSSELL and GARY
Owners

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



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

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

6th 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

establishments. Additionally, you can register online at "www.active.com" and applications can be downloaded at "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", or contact Ms. Dee Dykes of the Eglin Fitness Center at (850) 882-2302 or "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

register is June 21, 2005. Applications are available at the Fitness Centers of the local Air Force Bases, as well as at Dragon Sports, Running Wild, and other local