

# PACELINE



A Newsletter From The Emerald Coast Cyclists

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August / September 2005

# A Garage Sale Especially for Cyclists

Phyllis Roemer has volunteered to host a Garage Sale with a cycling theme. It will be held on Saturday, **September 10<sup>th</sup>** at **812 St. Pierre Court** in Bluewater Bay. The ride for that day will leave from Emerald Coast Coffee (formerly Mr. Beans) and go to Freeport and back.

For those who just want to “get on with” the sale, you can start shopping at **10:00 AM** (no fair scouting the goods early). And don’t leave too soon because the folks who do the ride will be coming by later with their valuables. Phyllis even hinted that she might provide some refreshments.

Bring your cycling related treasures.

If you have any questions, please call  
**Phyllis Roemer** at **897-2916**. See you there.



## A Letter Of Thanks

*From Michael Edwards*

I was involved in a cycling accident in early April of this year in Fort Walton Beach. Unfortunately, both of my legs were injured. I am recovering nicely and have finely been able to get back on my bike. The miles have been slow but are getting better. My wife and I would like to thank everyone for their thoughts and prayers and for the donations that were made at the local bike shops. They were greatly appreciated. We hope to see you at one of the upcoming rides. Thanks again

## *Thank You*

*- From The Roemer Family -*

The family of Roy Roemer would like to express gratitude to the members of the Emerald Coast Cyclists for your support, sympathy, and help during our time of need. Our grief was eased knowing that Roy had fellow riders and friends who shared so much with us. The Memorial Ride and the fellowship that followed was something that Roy would have enjoyed. Thanks to all of you that helped make it a special memory.

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

## AUGUST/SEPTEMBER GENERAL MEETINGS

We will meet at **La Bamba** in Niceville on **Wednesday, August 3rd** and **September 7th**. **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.



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 openings on the ECC Board. Please let Jim Lefebvre know if you are interested in any of these or just want to get involved in the ECC.*

## 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 Felt and 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*

When I look back on what this riding season's experiences have brought to me I will definitely take a hard look at the weekend of May 7, 2005. This look will have a magnitude of mixed emotions. This was the weekend of the 18<sup>th</sup> annual 3 State 3 Mountain Century, in Chattanooga, Tennessee. It is said you always remember your first and this was my first attempt at mountains on a bicycle.

Before getting into my ride experience I have to give praise to the Chattanooga Bicycle Club, the city of Chattanooga, and all the volunteers that made this experience possible. I cannot imagine the amount of work it takes to put on an event to accommodate more than 1200 riders but they did it and did it with a smile on their faces. As I thanked volunteers, from police blocking intersections to personnel on the route, I always received the same reply, "Thank you for riding". The city of Chattanooga is one of the most bicycle friendly cities I have ever seen. Cars sitting at intersections waiting for 1200 riders to pass never honked out of anger and the only words I heard spoken were words of encouragement. Again I say thank you and I can't wait to come back.

The ride started at 8:00 AM and the temperature was a muggy 46 degrees. I wasn't sure if I was shaking because of the thought of the first climb or because all I brought was shorts and short sleeve jerseys. Starting was a little slow but finally all 1200 of us were on our way. Not knowing the route was tough because every ascent we started up I thought was the big climb. This happened often because there is no flat land in Tennessee; at least that is how I remember it.

It didn't take long for us to get to my maiden climb. Around the seven-mile mark we started up Suck Creek Mountain - listed as a gradual climb but the longest in length. I'm not sure about the gradual part but I will vouch for long. We went up and up and then up some more before reaching the SAG at the top, 2050 ft elevation. Just a bit bigger climb than the climb up Mid Bay Bridge. The feeling in my legs already had me questioning my decision to want to try mountains.

The ride down was fun but could easily get out of control if you're not careful. Most of the time on the descent I was between 35-45 mph. Faster would have been possible but it didn't take long for me to know I didn't know the roads well enough. I encountered many road signs warning cars to slow to 15 mph and I wasn't much faster on the bike in these turns. One

# Bring on the Mountains

By Dan Steighner

street sign listed a turn as a 300-degree turn. Trouble could have been easy to get into.

The ride between Suck Creek Mountain and Sand Mountain was long and anything but flat. It was more like a never-ending Bob Sykes road with a few Holt Hills thrown in for good measure. By the way my legs were feeling at this point I knew the next two climbs were going to be tough. I must admit that when I got to the century and metric split I was thinking 62 miles was looking good but pride, determination and a dose of ignorance kept me going straight into climb number two.

Starting the climb up Sand Mountain came around 50 miles into the ride. I forgot to mention the bonus mountain, a little climb called Lad Mountain. Lad Mountain was just long and steep enough to get your legs really burning just before starting Sand Mountain. To make it even better the sadistic person who marked the course liked to put little messages on the road and the message on Lad Mountain was, "this is not a mountain" with a smiley face. Most of the riders around were not smiling back.

With only a quarter mile left to reach the top of Sand Mountain, I had to get off the bike for the first time. I experienced the mother of all cramps in both legs like I have never felt in my life. It felt like I had tennis balls under the skin just above both knees. This was somewhat disheartening since one of my goals was just not to get off the bike. I wanted to finish all climbs without stopping. I worked the cramps out got back on the bike to finish the climb. Now I had to implement plan B - finish the ride no matter what it takes.

After finishing the climb on Sand Mountain there was a great ride across the ridgeline. The views were spectacular and it seemed to make all the pain worth it, NOT!!!! Again the ride across the ridge was wonderful rolling hills bigger than most of what we encounter here. This went on for most of 20+ miles until we reached the SAG at the bottom of Burkhalter Gap Road. I knew this wasn't going to be good when they had a SAG stop at the bottom and then another 2.4 miles later at the top.

My legs were screaming at this point with every push of the pedals. Any climb would cause the mother of all cramps to revisit my legs. I established my plan of attack on this last climb and I was ready to climb. The plan was to have no more than a half full camel back and no water in the water bottles to lighten the load. I was desperate to try anything at this point. The code name for the plan was OPERATION SURVIVED. At this point time wasn't important - only finishing was. So after petting the one eyed Basset Hound for luck I started up. Seven-tenths into the climb I had to stop and get rid of the cramps in my legs. After getting back on the bike I managed to get to the steepest climb of the ride and had to dismount one more time. This is where the ride gets weird. Satan started yelling at me to get back on the bike. Yes Satan, complete with horns and pitchfork. He commanded me to get back on my bike, even told me he would push so I could get started on this steep incline. Well, with the Dark Prince's help I was on my way to crest the summit and I did. After eating some fruit, drinking some fluids and cleaning my glasses so I could see more than shadows I was off to finish. After a five mile up and down ride across the ridge it was time to coast down Lookout Mountain back to Chattanooga to the start finish line.

Unexpectedly, there was one more climb to negotiate, that was the over pass across Interstate 24, and by this time of the ride it took all I had left to climb the overpass. A few minutes later I could see the check-in table. I had to laugh when the lady at the table took my name and handed me a patch with the ride logo on it, because right in the middle it says I survived and this is just how I felt. I skipped the after ride pizza and beer and kept riding straight to my hotel and ran the hottest tub of water I could to just sit and soak my tired body.

If you had asked me Saturday night if I would ever want to ride mountains again I would have laughed at you. Since then the pain is gone and I have forgotten how tough it was. Now all I can think about is next year and the 19<sup>th</sup> Annual 3 State 3 Mountain ride and completing it with out getting off the bike. If you have never ridden in the mountains - give it a try. It will give you a greater respect for those who can blaze up the Alps barely breaking a sweat. Its tough but it rewarding, even if all you can say is I survived. Until next time stay safe and I'll see you on the road.

## 2005 Third Thursday Time Trials

The next time trials of the season will be held on **August 18<sup>th</sup>** and **September 22<sup>nd</sup>** 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 Range Pass.

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Twelve riders came out in **June** to challenge the clock for the 10 mile time trial. It was a hot day (in the lower 90's) but, fortunately, not real humid. The riders fought a headwind on the way out and welcomed a tailwind for the finishing leg. James Dubben led the way with a 23.5 MPH average. Kaden Ewing rode a 10 Km time trial (the Florida distance for his age group) and Tom Kaltenbach brought out his single speed bike. The results were:

| <u>Name</u>    | <u>Age</u> | <u>Time</u> | <u>Mph</u> |
|----------------|------------|-------------|------------|
| Billie Madero  | 73         | 42:08       | 14.2       |
| Kaden Ewing*   | 9          | 19:58       | 18.6       |
| Dan Steighner  | 43         | 27:51       | 21.5       |
| Eric Snyder    | 60         | 32:50       | 18.3       |
| David Cornwell | 42         | 28:27       | 21.1       |
| Greg Schultz   | 44         | 28:12       | 21.3       |



| <u>Name</u>      | <u>Age</u> | <u>Time</u> | <u>Mph</u> |
|------------------|------------|-------------|------------|
| Sophie Beedie    | 33         | 34:11       | 17.6       |
| Tom Kaltenbach** | 63         | 31:46       | 18.9       |
| James Dubben     | 41         | 25:34       | 23.5       |
| Maria McIntire   | 38         | 32:24       | 18.5       |
| Pat Connelly     | 42         | 27:29       | 21.8       |
| Scott Griffith   | 31         | 27:59       | 21.4       |

\* = 10 Km

\*\* = Single speed

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Eighteen riders & two teams came out in **July** for the 10 mile time trial. It was another hot (low 90's) and muggy day with a strong quartering headwind on the finishing leg. Nicholas Pulliam became our youngest entrant when he rode a 10 KM time trial. We also had a couple of two man teams come out. Cal Partlow led the way with a 26.4 MPH average. Special thanks to Brent Davis from the Eglin Security police who brought a radar gun and gave each rider a reading of his/her speed as they crossed the finish line. The results were:

| <u>Name</u>       | <u>Age</u> | <u>Time</u> | <u>Mph</u> |
|-------------------|------------|-------------|------------|
| Nicholas Pulliam* | 7          | 49:19       | 6.9        |
| Curt Hawn         | 46         | 25:43       | 23.1       |
| Scott Griffith    | 31         | 27:23       | 21.9       |
| Jeremy Anderson   | 22         | 29:47       | 20.1       |
| Greg Schultz      | 44         | 27:55       | 21.5       |
| Sam Sutton        | 50         | 24:01       | 25.0       |
| Cal Partlow       | 40         | 22:46       | 26.4       |
| Jim Adams         | 42         | 25:40       | 23.4       |
| Tim Gluvna        | 26         | 30:36       | 19.6       |



| <u>Name</u>    | <u>Age</u> | <u>Time</u> | <u>Mph</u> |
|----------------|------------|-------------|------------|
| Billie Madero  | 73         | 39:30       | 15.2       |
| Wayne McSheehy | 73         | 26:51       | 22.3       |
| Maria McIntire | 38         | 30:38       | 19.6       |
| Gary Huband    | 45         | 31:01       | 19.3       |
| Dan Steighner  | 43         | 27:54       | 21.5       |
| Cindy McClung  | 36         | 28:47       | 20.8       |
| Eric Snyder    | 60         | 31:36       | 19.0       |
| Jonathan Kehoe | 28         | 31:37       | 19.0       |
| John Anderson  | 56         | 29:37       | 20.3       |

| <u>Teams</u>                  | <u>Combined Age</u> | <u>Time</u> | <u>Mph</u> |
|-------------------------------|---------------------|-------------|------------|
| Bruce Braseth & John Lilly    | 90                  | 25:10       | 23.8       |
| David Cornwell & Pat Connelly | 84                  | 25:27       | 23.6       |

\* = 10 Km

Recently it has been brought to my attention that we have members unhappy with the club. Some members feel the club has squeezed out the casual riders. It is said we don't offer casual and moderate rides anymore. I received this same complaint in my email and in an attempt to bring together riders of all skill levels I scheduled a moderate ride on June 25<sup>th</sup>. No casual or moderate riders showed up for the ride.

We have in the area of 100 members and our goal is for everyone to be able to

### It's Your Club, Too

*By Dan Steighner*

enjoy the club equally. But, for us to have a club to meet everyone's needs, it takes participation from everyone. If we have a group of casual and moderate riders we need ride leaders for these groups. If we have riders that are not interested in riding 50+ miles then tell us the ride and distance you are interested in and we will add it to the schedule. Our handful of active members willing to lead rides and manage

club business should not be criticized for the job being done if you yourself are not willing to share in the responsibility of ensuring the club meets the needs and goals of everyone.

We encourage you to come out to the monthly meetings, voice your opinions and concerns, and tell us what you want to see. We cannot fix it if we are not aware it's broken. Additionally, to fix it we need the right tool for the job and in this case the right tool just may be you.



# How to Ride in a Group

By Fred Matheny of [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

Published Courtesy of the League of American Bicyclists



Pacelines are organized. They have specific rules. But in big groups like you find in centuries or charity rides, things will be disorganized. This can intimidate even experienced riders. Sooner or later you'll find yourself in a big group amid some riders with sketchy skills. It pays to learn how to survive (and also make yourself welcome) in a crowd.

- ◆ **Look for Risky Riders.** These are the unsteady people who wobble, appear nervous, have a tense grip on the handlebar, and frequently grab the brakes. Avoid them! Move up to keep them behind you, or slide to the other side of the road.
- ◆ **Stay at the Front.** This is easy to say, but hard to do in some groups. At the front you have more control over your destiny because most crashes occur in the rear two-thirds of the bunch. It may take a bit more work to reach the front and stay there, but it's worth the effort.
- ◆ **Watch the Wind.** Wind direction determines on which side the greatest draft is found. If the wind is from the right side of the road, smart riders move to the left of the wheel in front of them for greater protection. If you're doing this, beware of overlapping wheels with inexperienced riders. They may swerve and take out your front wheel.
- ◆ **Be Wary on Climbs.** A major cause of group crashes is riders who stand abruptly. They slow for a second, causing the rider behind to hit their rear wheel and spill. To avoid this danger, let the gap open a bit on hills or ride a foot to either side.

To avoid being the one who causes such a crash, pull your bike forward as you leave the saddle. Don't lunge and make a hard pedal stroke. Keep your speed steady. When sitting again, push the bike forward a bit.

Cycling isn't a contact sport, but it's not uncommon to have your arm brushed when riding near others in a group. It pays to learn how to bump into other riders without swerving or falling. It's easy when you practice this drill used at the Carpenter-Phinney Bike Camps.

First, go with a cycling friend to a large grassy area like a soccer field. Ride side-by-side at a walking pace. Keep both hands on your bar. Start by gently touching elbows, then shoulders. As you gain confidence, lean more vigorously on the other rider. Soon, you'll be bumping each other with abandon and throwing in a few head butts for fun, all without going down. (Of course, always wear your helmet just in case.)

Riding relaxed is the key to absorbing contact without swerving. Have slightly bent elbows, a firm-not-tight grip on the bar, and loose arm and shoulder muscles. If you're relaxed, your body can absorb the shock before it gets to the handlebar.

## **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).

## Race Results

Cal Partlow turned in some great results recently:

| <u>What</u>                         | <u>When</u> | <u>Place</u> |          |
|-------------------------------------|-------------|--------------|----------|
| Bump-n-Grind MTB Single Speed Class | Jun 6       | 1st          |          |
| Florida State Time Trial – 40+      | Jun 12      | 1st          | 26.9 mph |
| Mount Biloxi Road Race – 35+        | Jul 18      | 1st          |          |



◆ **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/>

## August/September 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**.

- **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 miles. 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/De Funiak Springs Loop** Meet at Ruckel Middle School for a moderate to fast paced ride to De Funiak 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 the **ECC Hotline** at **864-7166**.
- **Aug 20, 7:00 AM - Mossy Head-Ponce de Leon** Meet at Mossy Head Community Center 1 mile east of junction Hwys 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 the **ECC Hotline** at **864-7166**.

- **Aug 27, 7:00 AM - Big Apple Bagels/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 **Dan Steighner** at **850-678-0120**
- **Sept 3, 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 which 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 **the John & Kathy Stamp** at **897-6862**.
- **Sept 10, 7:00 AM – Ride then shop for cycling values.** Meet at **Emerald Coast Coffee** (formerly Mr. Beans) in Bluewater Bay for a moderate to fast pace ride to Freeport and back. There will be 40 and 50-mile options. Afterwards join the ECC for a **Cycling Garage Sale at 812 St. Pierre Court in Bluewater Bay**. For more information on the ride call **John Stamp** at **897-6862** and for info on the Sale call **Phyllis Roemer** at **897-2916**. See this Paceline for sale details.
- **Sept 17, 7:30 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 **678-0120**.

- **Sept 24, 7:00 AM - Big Apple Bagel/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**.
  - **Oct 1, 7:00 AM - Okaloosa Island ride** Meet at **Emerald Coast Coffee** (formerly Mr. Beans) in Bluewater Bay for a moderate to fast pace ride across Mid Bay Bridge, through Destin, across Okaloosa Island, through Fort Walton Beach and back to Bluewater Bay. Time on RT 98 is limited to the Island. Most of the ride is comprised of neighborhood back roads with good shoulders. Maps will be provided the day of the ride. For more information call **Dan Steighner** at **678-0120**. Please note that this ride may change if Hwy 98 on Okaloosa Island is still under construction.
  - **Oct 8, 7:30 AM - N. County Mossy Head/Laurel Hill Loop** Meet at the Mossy Head community center 1 mile east of the junction of Hwys 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 the **ECC Hotline** at **864-7166**.
- 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 - August 18<sup>th</sup> and September 15<sup>th</sup>**. Meet at the beginning of Ranger Camp Road. The Time Trails 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 **John Stamp** at **897-6862** or **Moe Powers** at **678-3425**. 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](http://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](http://WWW.dragonsports.net)”.

## **Other Rides**

### **August 7 (Sun), Covington, GA**

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

### **August 13 (Sat), Summerville, GA**

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

### **August 13 (Sat), Brooks, GA**

Spinning Through Time Fun Ride.  
[www.BicyclesUnl.com](http://www.BicyclesUnl.com)

### **August 13 (Sat), Russellville, AL**

Franklin County Watermelon Ride.  
[www.franklincountychamber.org/bikeride.html](http://www.franklincountychamber.org/bikeride.html)  
[Active.com Online Registration](http://www.active.com)

### **August 13-14, Suwannee River State**

**Park, FL** Dog Days Open House Held at Suwannee River State Park 9 miles west of Live Oak. Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096.  
Email: [billw@mail.co.leon.fl.us](mailto:billw@mail.co.leon.fl.us)  
[www.suwanneebike.org](http://www.suwanneebike.org)

### **August 20 (Sat), Orlando, FL**

Orlando Midnight Ramble Email: [support@buttar.com](mailto:support@buttar.com) [www.buttar.com](http://www.buttar.com)  
[Active.com Online Registration](http://www.active.com)

### **August 20 (Sat), Tuscaloosa, AL**

North Harbor Hot Hundred  
[www.druidcity.org](http://www.druidcity.org)

### **August 27 (Sat), Dothan, AL**

Tri States 100 For more information call Joe Varner at (334) 596-0760. Email: [joe.varner@oncologysupply.com](mailto:joe.varner@oncologysupply.com)  
[www.tristates100.com](http://www.tristates100.com)

### **August 27 (Sat), Opelika, AL**

Johnny Ray Century (334) 741-8147.  
[www.eastalabamacycling.org/](http://www.eastalabamacycling.org/)  
[Active.com Online Registration](http://www.active.com)

### **September 3 (Sat), Montgomery, AL**

Jim Glassner Memorial Autumn Challenge Sponsored by the Montgomery Bicycle Club, PO Box 23116, Montgomery AL 66123.  
[www.mgmbikeclub.org/autumnchallenge.html](http://www.mgmbikeclub.org/autumnchallenge.html)

### **September 3-5 (Labor Day weekend),**

**Sebring, FL** Tour of Sebring  
Email: [bdludwig@worldnet.att.net](mailto:bdludwig@worldnet.att.net)  
[www.wpbbc.com](http://www.wpbbc.com) [www.kenlodge.com/rec.html](http://www.kenlodge.com/rec.html)  
[Active.com Online Registration](http://www.active.com)

### **September 3-4, Savannah, GA**

Historic Savannah Bikefest  
Phone: 912-826-1843 or 912-665-0854 (Cell).  
Email: [davesanderson3@comcast.net](mailto:davesanderson3@comcast.net)  
[www.bicyclesavannahllc.com/BIKEFEST05.html](http://www.bicyclesavannahllc.com/BIKEFEST05.html)  
[Active.com Online Registration](http://www.active.com)

### **September 5 (Mon), North Atlanta, GA**

Share the Road Century [www.atlantabike.org](http://www.atlantabike.org)

### **September 5 (Mon), Rockmart, GA**

7th Annual GRITS Silver Comet Trail Bike Ride  
<http://www.trailexpress.com/index.php>  
[Active.com Online Registration](http://www.active.com)

### **September 10 (Sat), St Augustine, FL**

The 4th Annual Patriots Memorial Bike Ride Email: [pelley@codyschallenge.com](mailto:pelley@codyschallenge.com)  
<http://www.codyschallenge.com/patriots.htm>  
[Active.com Online Registration](http://www.active.com)

### **September 10 (Sat), Birmingham, AL**

Birmingham Bicycle Club's 32nd Annual Century & Double Century Montevallo, AL (30 mi. south of B'ham). BBC, PO Box 55283, Birmingham, AL 35255.  
Email: [dwdaughh@southernco.com](mailto:dwdaughh@southernco.com)  
<http://bhambikeclub.org>

### **September 11 (Sun), Baldwin, FL**

Endless Summer Watermelon Ride  
Email: [dbglasscock@comcast.net](mailto:dbglasscock@comcast.net)  
[www.nfbc.us](http://www.nfbc.us) [Active.com Online Registration](http://www.active.com)

### **September 11 (Sun), Fayetteville, GA**

Scott Wilson Century. For more information call Kurt and Leslie Phillips at (770) 393-6583  
Email: [kurtphil@bellsouth.net](mailto:kurtphil@bellsouth.net)  
<http://www.bikesbl.org/>

### **September 17 (Sat), Cartersville, GA**

Beautiful Back Roads Century  
Email: [HugeElvis@lycos.com](mailto:HugeElvis@lycos.com)  
<http://bikebbc.com/>  
[Active.com Online Registration](http://www.active.com)

### **September 17 (Sat), Albany, GA**

2nd Annual Nut Roll Sheila Urick, 2005 Nut Roll Director. Phone (229) 888-1816.  
Email: [info@pecancitypedalers.org](mailto:info@pecancitypedalers.org)  
<http://www.pecancitypedalers.org/>  
[Active.com Online Registration](http://www.active.com)

### **September 17 (Sat), Huntsville, AL**

Huntsville "All You Can Eat" Century Spring City Cycling Club, PO Box 2231, Huntsville AL 35804  
Email: [dkruvand@aol.com](mailto:dkruvand@aol.com)  
<http://www.springcity.org/century/>

### **September 17-18, St Augustine, FL**

19th Annual PGA Tour MS 150 Bike Tour Call (904) 332-6810/1-800-FIGHT-MS to register. Email: [mona.hover@fln.nmss.org](mailto:mona.hover@fln.nmss.org)  
[http://www.nationalmssociety.org/fln/event/event\\_detail.asp?e=6681](http://www.nationalmssociety.org/fln/event/event_detail.asp?e=6681)

### **September 24-25, Orange Beach, AL**

John N. Whitaker MS 150 Tour de Beach (205) 879-8881 1-800-373-8881.  
Email: [courtney.ringer@alc.nmss.org](mailto:courtney.ringer@alc.nmss.org)  
[www.nationalmssociety.org/alc/event/event\\_detail.asp?e=10718](http://www.nationalmssociety.org/alc/event/event_detail.asp?e=10718)

**September 25 (Sun), Dahlonega, GA**  
Six Gap Century and Three Gap Fifty Bike Ride To request registration forms or to get more information about the bike ride and lodging, call or write the Dahlonega/ Lumpkin County Chamber of Commerce, 13 South Park Street, Dahlonega, GA 30533 - Phone (706) 864-3711, 800-231-5543, Fax 706-864-7917, or go to web site below.  
Email: [info@dahlonega.org](mailto:info@dahlonega.org)  
[www.dahlonega.org/aboutus.asp?id06=124&par06=23](http://www.dahlonega.org/aboutus.asp?id06=124&par06=23)

**September 30 - Oct 2, West Palm Beach, FL** CycleFest 2005  
Rides up to a century are offered.  
(561) 802-4353. [www.cyclefest.org](http://www.cyclefest.org)  
[Active.com Online Registration](http://www.active.com/online-registration)

**September 30 - Oct 2, Kingsport, TN**  
Southern Tandem Rally [www.str2005.org](http://www.str2005.org)

**2005 Gainesville Cycling Festival**  
Two centuries in two days! Full info is available on the <http://gccfla.org/gcf/>. Or send your snail mail address to [festival@piercepapes.com](mailto:festival@piercepapes.com); we will send you our brochure and an entry application in August.

**October 1 (Sat), Gainesville, FL**  
13th Annual Saturn Santa Fe Century

**October 2 (Sun), Gainesville, FL**  
25th Annual Horse Farm Hundred  
For More Details and Registration Forms  
Email: [festival@piercepapes.com](mailto:festival@piercepapes.com)  
<http://gccfla.org/gcf/>

**October 1 (Sat), Milton, FL**  
Fenner McConnell-Matt Wantz Memorial Ride. Proceeds benefit local public service organizations. 30/65 and 100 mile options. Supported event with rest stops, post ride meal, door prizes and of course the T-Shirt. Day of ride registration begins at 0630.  
Email: [wfwinfo@wfw-pensacola.com](mailto:wfwinfo@wfw-pensacola.com)  
[www.wfw-pensacola.com](http://www.wfw-pensacola.com)  
See ride info in this Paceline.

**October 1 (Sat), Cornelia, GA** BRAWL  
4th Annual Century Ride the same roads as Lance did in his last race on American soil. Part of the same route as the penultimate Stage 5 of the 2005 Tour de Georgia Feel the same pain as the pros. 100 mile route contains over 50 miles of

Stage 5 of the Tour de Georgia. 11,840 ft. of climbing. [Active.com Online Registration](http://www.active.com/online-registration)  
[www.emanf.com/new\\_page\\_2.htm](http://www.emanf.com/new_page_2.htm)

**October 1-2, Harlem, GA**  
Oliver Hardy Columbia County Tour  
(706) 836-8821. [www.rotarycccw.org](http://www.rotarycccw.org)  
[Active.com Online Registration](http://www.active.com/online-registration)

**October 2 (Sun), Inverness, FL**  
11th Annual Rails to Trails of the Withlacoochee Bike Ride Rails to Trails of the Withlacoochee, P.O. Box 807, Inverness, FL 34451. (352) 527-3263 (Al)  
Email: [harnage@atlantic.net](mailto:harnage@atlantic.net)  
<http://railstotrailsonline.com/>

**October 7-9, Mt Dora, FL**  
Mount Dora Bicycle Festival 31st Annual. Sponsored by the Mount Dora Chamber of Commerce, P. O. Box 196, Mount Dora, FL 32757. Phone (352) 383-2165.  
Email: [chamber@mountdora.com](mailto:chamber@mountdora.com)  
<https://secure.poweroneinternet.com/mountdora/>

**October 7-9, 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.ride-4-life.com](http://www.ride-4-life.com)

**October 7-9, Newnan, GA**  
BRAG Georgia Bikefest Phone (770) 921-6166. Email: [bragHQ@aol.com](mailto:bragHQ@aol.com)  
[www.brag.org](http://www.brag.org)

**October 8 (Sat), Clearwater, FL**  
Clearwater Classic Cycling Festival  
Phone (727) 741-7250, fax (727) 442-5810.  
Email: [info@ClearwaterClassic.com](mailto:info@ClearwaterClassic.com)  
[Active.com Online Registration](http://www.active.com/online-registration)

**October 8 (Sat), Carrollton, GA**  
Burwell Bike Tour 5, 16, 30, 50, 62, and 100 miles. Scott Eason, 444 Davenport Mill Road, Carrollton GA 30117, (770) 258-5788 evenings. Email: [scott.eason@paxar.com](mailto:scott.eason@paxar.com)

**October 8 (Sat), Monroe, GA**  
Tony Serrano Memorial Century Ride  
<http://www.tonymemorialride.com/>  
[Active.com Online Registration](http://www.active.com/online-registration)

**October 8 (Sat), Hoover, AL**  
Kid One Wheelin and Healin Century

Contact Josh Vasa at: (205) 978-1018.  
Email: [jvasa@kidone.org](mailto:jvasa@kidone.org)  
[www.kidone.org/events/wheelin.asp](http://www.kidone.org/events/wheelin.asp)  
[Active.com Online Registration](http://www.active.com/online-registration)

**October 9 (Sun), 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)  
<http://www.ride-4-life.com/>

**October 9 (Sun), Orlando, FL**  
O'Town Bike Ride Und Rundfahrt  
For more information on this fantastic bicycle ride, call: (407) 629-2453.  
Email: [roadcyclingcal@cs.com](mailto:roadcyclingcal@cs.com)  
[Active.com Online Registration](http://www.active.com/online-registration)

**October 16 (Sun), Tampa, FL**  
Inaugural Fountain of Fitness - Run, Ride, or Roll Contact: Lionel (813) 546-1901.  
Email: [lionkinglcf@hotmail.com](mailto:lionkinglcf@hotmail.com)  
<http://fofbikeride.5u.com>

**October 16 (Sun), Marietta, GA**  
Kennesaw Mountain Shrine Club Jokers  
Century Bike Ride (770) 926-5838  
[Active.com Online Registration](http://www.active.com/online-registration)

**October 22 (Sat), Miccosukee FL**  
**Spaghetti 100** - Capital City Cyclists.  
Metric and Standard Century through north Florida and south Georgia's rolling hills. Picnic banquet afterward. See ride info in this Paceline. Email: [tbutler@tfn.net](mailto:tbutler@tfn.net)  
[www.cccyclists.org](http://www.cccyclists.org)

**October 23 (Sun), Dade City, FL**  
Freewheeling Hilly 100  
For information contact Joe Neumeister by email (below) or phone (813) 832-3065.  
Email: [rubenwatson@hotmail.com](mailto:rubenwatson@hotmail.com)  
<http://www.TBFFreewheelers.com/>

**October 30 (Sun), Cocoa Beach, FL**  
Intracoastal Waterway Century  
Spacecoast Freewheelers, P.O.Box 320622, Cocoa Beach FL 32932. (321) 868-5106.  
Email: [bobheidersbach@earthlink.net](mailto:bobheidersbach@earthlink.net)  
<http://www.spacecoastfreewheelers.com/>

**October 30 (Sun), Homestead, FL**  
Speedway Century  
Email: [ebcmiami@aol.com](mailto:ebcmiami@aol.com)  
<http://www.everglades-bicycleclub.org/>  
[Active.com Online Registration](http://www.active.com/online-registration)



## **El Tour de Tucson** ...by Don Domkowski

*(Don is a former resident of the Emerald Coast and former ECC member. He now lives in Tucson, Arizona and was nice enough to tell us about cycling in the desert.)*

Hey bikers! It was super to see most of you on my recent pass through Ft. Walton last month (end of June), and partake in the Tues night hell ride. Anyway, John Stamp said I had to pay back for the torture by writing an update on cycling in AZ. First thing that came to mind is the renowned El Tour De Tucson, know locals as "El Tour." This year's event showcased Bob Roll as starter and announcer. This is THE El Tour, the premier event now 111-mile circuit around the outskirts of Tucson. Not a USCF event, but sponsored by PBA, thousands of riders enter any of the 4 distances offered, plus kids events. A very competitive ride for the experienced, results are tabulated "overall" rather than by cat or age. These riders shoot for less than 5 hours for the 111 miler, qualifying them for a Platinum medal. Sounds fast?

Although the course is mostly flat, there are a few challenges. Within 10 miles of the start you must cross the Santa Cruz River; normally the river is dry, but there's no bridge. So you must run with your bike across the sandy riverbed. Be sure to carry your bike because if you drag it you're sure to pick up cactus thorns and punctures. This year, one delicious sponsor, Krispy Krème issued donuts as riders negotiated the 200m quicksand and strapped in again as they reached solid pavement. At this time, huge packs of riders form up so you cannot afford to lose ground--get into the fastest peloton you can. Huge rolling groups spin through empty SW desert on roads lined with Saguaro cactus and covered with fresh broken Heineken glass.

This is a stampede like no other! I learned to fight for position all the way to the next river crossing at mile 56 where we cross the creek at Sabino Canyon (known for its deadly mountain lion attacks). This is a critical junction because again you must dismount to cross the creek over a narrow path of dense vegetation. The path is only wide enough for one, so riders stack up quickly. Gotta be smart and positioned in the front group otherwise you could lose 30 minutes. Last year it rained the week of the race and the race director ordered up a makeshift bridge consisting of a 2-story ladder, for the riders to cross over the current. Each rider crossed over one at a time. (There was a tandem in front of me and their weight nearly busted it. I wondered how many thousand riders this thing could support?) By now you're asking how we could finish a ride with these challenges in under 5 hours, hmmm...

At the creek there's a huge aid station, but I didn't take any aid because I'm focused on getting out of this canyon/trap and getting on with the front riders. In fact I never took any aid the entire ride--I carried all my own fluids the entire way. My strategy begins to fall into place as I exit the creek, scream through a residential neighborhood, catching up to bigger riders ahead of me, then taking a left turn to face an 11 percent climb up Snyder road. I give it all I've got for about 300m to the top where it gets steeper yet; I'm standing on the pedals just to keep from rolling backwards. I hate this hill because it gets you right at

the top. On the way down I link up with University of Arizona student Frank, and together we sweep several straggling riders into a cohesive unit to keep the pace above 25mph for the next 20 miles where we face headwinds and a "false flat," -- Oracle road has a way of making you sweat. After passing through Rancho Vistoso, far North of Tucson, and transition into Tangerine road, we've got only 25 miles to go and my legs are gone--so my mind says. I can hardly take another pull, and only about five of us out of a peloton of maybe 30 are doing the work to get us home.

After a decent pull keeping the pace high, I come off the front and have nothing left to tack onto the last rider in the pace line. I drift away and then Ken floats back and gives me a push. It was enough to get me going and then I was saved by the Union Pacific. The freight train was 4 minutes long, enough for me to recruit more muscle fibers and remove leg and arm warmers. Now I'm a new man! The train finally passed and I felt the energy come back (thank you Power Gel!) and we all got back to the task. Only one mountain pass, Picture Rocks, and its only 11 more miles into the headwind. With the help of a tandem on the flat stretch into town, I knew we'd break 5 hours. As we made the final turn into the finish line, all the "drafters" who "sat in"/did no work, all dove for the line, like in Tour de France. Some of these slackers passed me as my tank was empty, but I made it in 4:45:00, and 169<sup>th</sup> place overall. Not bad for 3 hours of sleep the previous night. In fact, I spent less time in bed, than I did on my bike!!! Anyway, El Tour is a worthy challenge, and a lot of fun. And it's appropriately scheduled the Saturday before Thanksgiving!



**BIG DADDY'S**  
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**FENNER McCONNELL- MATT WANTZ – BLACKWATER HERITAGE CENTURY  
Saturday, October 1<sup>st</sup> – Milton Community Center, Milton Florida**

Enjoy a day of cycling on the beautiful roads of rural Santa Rosa County.

Pre and post ride food, sag support and T-shirt for all registered riders. With distances of 18, 42, 65 and 102, it is perfect for all abilities. The 18-mile ride is entirely on the Blackwater Heritage Trail, selected Best of Florida. Bring the whole family! Located east of Pensacola FL in Milton, FL. Proceeds benefit local public service organizations. Supported event with rest stops, post ride meal, door prizes, and of course the T-Shirt. Day of ride registration begins at 0630.

Details will follow, check our website for updates West Florida Wheelmen Bicycle Club

P.O. Box 9321 Pensacola, Florida 32513.

Email: [wfwinfo@wfw-pensacola.com](mailto:wfwinfo@wfw-pensacola.com)

<http://www.wfw-pensacola.com/>

[Active.com Online Registration](#)

**19<sup>th</sup> ANNUAL SPAGHETTI CENTURY - Saturday, October 22<sup>nd</sup>**

Sponsored by the Capital City Cyclists

Features rides of 100/62/31 miles on road and 100K on dirt roads.

Ride includes a continental breakfast, well stocked rest stops, lunch, and a post ride spaghetti feast. Registration limited to first 250 riders. No walk-on registration.

Contact the Capital City Cyclists, P. O. Box 4222, Tallahassee, FL 32315. (850) 539-9598

spaghetti100@att.net <http://www.cccyclists.org/spag02info.php>

Micosukee, FL (east of Tallahassee, west of Monticello). Picnic banquet afterward.

Email: [tbutler@tfn.net](mailto:tbutler@tfn.net)

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