

PACELINE



A Newsletter From The Emerald Coast Cyclists

Volume 19

Number 8/9

April/May 2006

President's Line...by Nate Bryan

This year we will start a new spring season with our annual bike ride and barbecue. We are having a change of venue! Because of the growing number of homes and the lack of available parking in Swift Creek, our ride start location and barbecue have moved. The **Rocky Bayou Christian School** located one and a half miles north of Hwy 20, on Hwy 285, just past the first entrance to Swift Creek, is the new location. There is plenty of parking, picnic tables and shade for us to use. There is playground equipment for children to play on! The club will provide meat, drinks, and condiments. We ask that everyone bring one of your favorite side dishes or dessert to share. This is a **"Ride to Eat"** get together and if you have never attended one of these functions you do not know what you are missing. There is always more excellent food than there are stomachs to put it in!

The rides and festivities are on **Saturday, May 6**, and we start things off with three rides. The first ride starts at 7:00AM, and will be 60 miles. The second ride will start at 7:30AM, and will be 46 miles. The last ride is a casual ride around the Rocky Bayou area and it will start at 10:30AM - just before lunch! After working up an appetite, lunch will be ready for everyone after the return of the casual ride. Mark this day on your calendar, as there will be plenty of food and fun to be had by all!

I would like to thank everyone that attended the quarterly trash pick-up on Hwy 285 Saturday, March 4. Not only do we get the chance to help keep our environment clean; we also get to learn about other club members and their cycling experiences. The following club members attended the trash pick-up: Phyllis Roemer, Kathy Stamp, Lori Mihalcik, Tammy & Christy Salsberry, Teri Bryan, Tim Stout, Jimmy Carter, Charlie Helms, Joseph Nguyen and Martin White. Everyone's participation was greatly appreciated.

If you happen to live in Niceville and drive to work about 6:30 in the morning, you may have noticed a gentleman riding his bike to work on numerous occasions. Although it is a challenge to ride in the cold, brave the traffic, and find a place to shower once you have reached your destination - it has not deterred Smokey Bauman from making his trek to and from work. If you happen to cross paths with him, I am sure he would not mind a friendly toot or thumbs up of encouragement. Keep up it up Smokey!

May the wind be at your back and the sun shine warmly on your face, until next time.

They're Back!

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



- ◆ Starting **Tuesday April 4th** (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 6th, 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 20th, 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 trials, they will continue to be held on the third Thursday 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 MEETINGS

We will meet at **La Bamba** in **Niceville** on **Wednesday, April 5th** and **Wednesday, May 3rd**. **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 be guest speakers and some 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.



Got Your 2006 Range Pass? What color is it?

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 issue Range Passes and now is the time to get your new Range Pass. It is issued by the Fiscal Year, in this case - October 2005 through September 2006. 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 **Orange**.

The permit covers the period from 1-October through 30-September. The cost is **\$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. Niceville, FL 32578.

Want To Run The ECC Website?

Have you looked at the ECC website lately? It can be found at www.eccyclists.com.

Gary Lorton has been running the ECC website for several years but he won't be able to continue with the website. So the ECC is looking again for a volunteer to step forward.

Please let any member of the ECC Board know if you are interested.



2006 Club Officers

President: Nate Bryan
Vice President: Charlie Helms
Secretary: Teri Bryan
Treasurer: Jimmy Carter

2005 ECC Board

Social:
Bike Safety: David Simpson
LAB Rep: John Stamp
USCF Rep & NORBA Rep: Moe Powers
Off Road Rep: Dan Steighner
PACE LINE Printing: Maria McIntire
Trash Pickup:
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 AND THEIR BENEFITS FOR ECC MEMBERS!!!

Several local merchants offer discounts and special offers to **current ECC members**. **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.



Shalimar Plaza

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

TWO LOCATIONS

Dragon Sports

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

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

7th Annual "My First Tri" Triathlon

By Dan Nowers, Race Director

200M Swim - 8mi Bike - 2.5 mi Run

7:30 AM, Saturday, June 24, 2006 Postal Point, Eglin AFB

restrictions early registration is mandatory. The last day to register is June 19, 2006. Applications are available at the Fitness Centers of the local Air Force Bases, as well as at Dragon Sports,

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 early and we had to turn 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

Running Wild, and other local 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) 882-7054 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.



Timber Lake Trail Time Trial/ 4.62 Mile Results

February

Seven riders came out in February to challenge the clock for the first Off Road time trial.

The temperature at ride time was 44° and the trail conditions were sandy but not loose. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Cal Partlow	41	21:20	13.0
Rachel Massey	33	23:27	11.8
David Cornwell	42	25:00	11.1
Sam Sutton	51	23:52	11.6
Lori Mihalcik	42	29:30	9.4
Tom Kaltenbach *	64	31:09	8.9
Sean Livsay	36	23:08	12.0

* = Single speed

March

Eleven riders came out for the March Off Road time trial. It was a pleasant 60° but the lack of rain left the trails very loose in the corners. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Cal Partlow	41	20:58	13.3
Rachel Massey	33	23:10	12.0
Sam Sutton	51	22:59	12.1
Pat Conley	43	21:51	12.7
Sean Livsay	36	22:54	12.1
Jerry Stoliker	30	23:23	11.9
Phil Pollard *	43	23:54	11.6
Larry Henley	57	27:06	10.3
Tom Kaltenbach	64	27:44	10.0
Paul Torrey	62	31:03	8.9
Jeff Choplin	41	34:40	8.0

* = Single speed



Third Annual A1A Ocean Shore Scenic Highway Century

The first two years have been a tremendous success with over 300 happy participants each year. Sunday, May 21, 2006

Ride options include 100/60/56/24 mile routes along the beautiful A1A Scenic Highway and picturesque rural roads of Flagler County. The ride start will be at the Flagler Palm Coast High School - take I-95 to the Highway 100 exit (30 minutes north of Daytona Beach), then go West on highway 100, 1/2 mile to high school on right.

Registration will begin at 6:00 a.m. with a mass start at 8:00 a.m. Registration is \$25. Those registering in advance will receive a free ride T-shirt. Limited shirts will be available day of event for \$10.

There will be coffee and bagels at the ride start and plenty of goodies at the sag stops along the route. Contact the Rotary Club of Flagler Beach at P.O. Box 2005, Flagler Beach, FL 32136; call (386) 439-0134. See our Website "www.RotaryFlagler.org" or e-mail "Leastokes@preferredmanagementservices.net" for details and

How to Eat for Endurance

By Fred Matheny of www.RoadBikeRider.com -- Published Courtesy of the League of American Bicyclists

The key to riding long distances is food and drink.

Sure, training is important—but nutrition and hydration are even more vital. According to ultramarathon rider and coach John Hughes of Boulder, Colorado, "Nutrition, not necessarily training, is the limiting factor in endurance cycling."

The reason? Even the best-trained riders pack only enough muscle fuel (glycogen) for a couple of hours of hard cycling. Fluid stores vanish even faster.

For everything from century rides to multi-day tours, remember these time-tested tips:

Enjoy the Last Supper. Eat aggressively the night before a long ride so your muscles are crammed with glycogen the next morning. Emphasize carbohydrates such as pasta, vegetables, bread, whole grains, and fruit. Don't forget dessert!

Don't Skip Breakfast. Cycling's smooth pedaling motion means you can eat just before a long ride without risking stomach upset. You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride.

Three hours before the start, eat about 60 grams of carbohydrate if you're an average-sized woman, 80 to 100 if you're a man. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carbo.) Many riders find that adding some protein and fat, like scrambled eggs or an omelet, keeps their stomach satisfied longer.

Prehydrate. Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet by mile 50. During the hour before the ride, sip 16 ounces of a sports drink.

Eat and Drink During the Ride. Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, several fig bars or half a banana. Some riders prefer smaller portions more frequently.

On unsupported rides, use a backpack-style hydration system and carry food in your pockets. Stop at convenience stores along the way, if necessary. Most organized rides have aid stations every 20 miles or so, but always carry food and fluid just in case.

Hydrate After the Ride. No matter how much you drink on a long ride you'll finish dehydrated. Weigh yourself before and after, then compare the figures. Lost weight means you've failed to replace the fluid you've sweated out. Drink 20 ounces of water or sports drink for each lost pound of bodyweight.

How do you know you've caught up? Your urine will be pale and plentiful, and your weight will be back to normal. Rehydrating is especially vital during multiday rides. If you get a little behind each day, by the end of the week you'll be severely dehydrated, feeling lousy, and riding poorly.

Eat for Tomorrow. Muscles replace glycogen better if you consume carbohydrate immediately after riding. So within 15 minutes of getting off the bike, eat or drink 60 grams of carbohydrate (if you're an average-sized woman) or 80 to 100 grams if you're an average male.

The re-fueling process becomes progressively less efficient as time passes. Eat or drink a high-carbo snack while chewing the fat with your riding buddies.



◆ **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**.

➤ **Apr 1, 9:00 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 **8:00 AM**. It will be a moderate to fast pace. For more information about this ride call **Charlie Helms** at **897-5234**.
* **Designated Club Jersey Ride**

➤ **Apr 8, 7:30 AM - Big Apple/Mossy Head Loop.** 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 **678-0120**.

➤ **Apr 15, 7:30 AM – N. County Mossy Head/Laurel Hill 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 Hill and will loop back. Maps will be provided the day of the ride. For more information on this ride call **Dan Steighner** at **678-0120**.

➤ **Apr 15 – Gulf Breeze, FL 40 KM (25 Mi) Out & Back Time Trial** www.wfw-pensacola.com Register for the race via Active.com: http://www.active.com/event_detail.cfm?event_id=1294221

➤ **Apr 22, 7:30 AM – Emerald Coast Coffee/C6 Loop** - Meet at **Emerald Coast Coffee** in Bluewater Bay for a moderate to fast paced ride to Freeport and back. Ride distances are 40 or 52

miles. For more information on this ride call the **ECC Hotline** at **864-7166**.

➤ **Apr 29, 7:30 AM - Holt/Blackwater Forest** – Meet in **Holt** at the **Post Office** on Hwy 90 for a moderate to fast paced ride to **Baker, Berrydale** and then through the **Blackwater Forest**, to back to Holt. The ride length will be approximately 65 miles with shorter options available. This will be a hilly ride, but at a reasonable pace. For more information on this ride call **John Short** at **833-3074**.

➤ **May 6, 7:00 AM, 7:30 AM and 10:30 AM - ECC Picnic Ride ...** for 60+, 46 or 38 mile rides. All comers ride 10-12 miles at 10:30. Ride begins in Rocky Bayou Christian Academy in Niceville. See more details in this **Paceline**. * **Designated Club Jersey Ride**

➤ **May 13, 7:30 AM - Mossy Head-Ponce de Leon** - Meet at the Mossy Head community center 1 mile east of junction Hwy 285 and 90 for a moderate to fast paced ride. 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 on this ride call the **ECC Hotline** at **864-7166**.

➤ **May 20, 7:00 AM - Big Apple-C-6 Road** - Meet at Big Apple Bagels in Shalimar for a moderate to fast paced ride to Freeport and back. Ride distances are 70 miles. **A second ride will start from Emerald Coast Coffee at 8:15 AM** to C-6 Road, Freeport and back for 55 miles. This will be a moderate to fast paced ride. For more information on this ride call **Dan Steighner** at **678-0120**.

➤ **Attention Mountain Bikers!!! May 20, 6:00AM Sharp** Meet at the Niceville Kmart parking lot to caravan to **Oak Mountain in Birmingham, AL**. You should arrive at the park and be ready to ride before 10:00 AM and have 3-4 hours of good ride time. With an after ride meal at one of the many local restaurants you should be home before 9:00 pm. The ride consists of a challenging 17 mile loop

with numerous climbs and rocky descents. These trails are regarded by many riders as the best in the area. If you are interested in participating in this ride contact **Lori Mihalcik** by phone at **(850) 259-3952** or by email at **“dutch4dressage@yahoo.com”**. RSVP is appreciated so we have a head count of who is going so we can set up car pooling in advance to reduce the price of the trip for everyone.

➤ **May 27, 6:30 AM & 7:30 AM – Extended Red Bay Ride** - The first portion of this ride will be leaving from **Emerald Coast Coffee** in Bluewater Bay and going to Portland - **6:30 AM** start time. The second portion of this ride starts at the community center in **Portland** at **7:30 AM** for a 45 mile loop. The last leg of this ride will return back to Bluewater Bay. You are welcomed to do all or any portion of this ride for a total of 75 miles. This will be a moderate to fast paced ride. For more information on this ride call the **John Stamp** at **897-6862**.

➤ **Jun 3, 8:00 AM - 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 the **ECC Hotline** at **864-7166**.

➤ **June 10, 7:30 AM - De Funiak Springs Loop** - Meet at **Emerald Coast Coffee** in Bluewater Bay for the **De Funiak Springs Loop**. This is a 65-mile ride with plenty of rolling hills. There is a shorter option of 40 miles or less available. These are moderate to fast pace rides. For more information on this ride call the **ECC Hotline** at **864-7166**. * **Designated Club Jersey Ride**

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

Weekly Rides

- Starting **April 4th** meet on **Tuesday's** at **5:00 PM** at Ranger Camp Road just off Lewis Turner Blvd. There are 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 6th** 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**.
- **Sunday, April 16th** at **8:00 AM** – the final **Mountain Bike Time Trial** at the Timberlake Pond trails. The course will be Carbo and connecting jeep roads out. To get to the starting point ride into the Ranger Camp trail head approximately .2 of a mile until you cross the sandy jeep road. The starting point is the entrance back into the woods at that point. The Time Trial is 4.2 miles in length. Any questions, please call **Dan Steighner** at **678-0120**.
- **Third Thursday Time Trails - April 20th** and **May 18th**. 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 information on that ride call and ask for **Bruce** or **Blondie** at **863-8612** or check out there web site at "WWW.dragonsports.net".



Ride Leader Bribery Program

By Dan Steighner

To entice members to lead rides, the club is going to start a reward program. For every ride you lead during 2006 you will receive a ticket at the end of year Christmas party. These tickets will be used for a special drawing and a fabulous prize. A club member who leads 10 rides will have 10 chances to win while a member who leads two rides will have only two chances. If you have a ride you prefer to lead let me know and I'll put it in, because by getting you involved in the club we all win.

Are You Getting Club Emails?

If you are not getting the club emails and want to, drop me a line at "desteig@cox.net" and I'll add you to the mailing list. In the same token if you're getting them and want them to stop, drop me a line to let me know to take you off the list. In the subject line I ask you to title it ECC. That way I won't delete the email because I don't know the sender.



OTHER RIDES!

April 1 (Sat), New Port Richey, FL
Alzheimer's Family Organization 'Rally to Remember' 25K, 50K & 100K Bicycle Tours.
www.alzheimersfamily.org/events.htm#Rallies%20To%20Remember

April 1 (Sat), Bartow, FL
Bloomin' Bike Ride

April 1 (Sat), Hiram, GA
Breakfree Ministry, Inc. Ride for At-Risk Youth
(678) 592-0671.

April 1-2, Gainesville, FL
Brevet Series North: 600 km 372 miles.
Jim Wilson (352) 373-0023.
Email: wilson@afn.org
<http://gccfla.org/>

April 1-2, 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. They start with a 200km (124mi.) and go to 600km (375mi.) in this Region. Michael Grussemeyer, RBA, (239) 549-7459. RBACentralFlorida@bike4one.com
www.bike4one.com/brevets

April 1 (Sat), Colquitt, GA
3rd Annual Mayhaw Century Bike Ride The Mayhaw Century offers three rides, 30 miles, 50 miles and 100 miles. www.colquitt-georgia.com [Capital City Cyclists Review](http://CapitalCityCyclistsReview)

April 1-2, Birmingham, AL
Heart of the South 500 and Double Century While this is primarily an ultra marathon race, there is the double century option which may fit into the touring mode. It is generally unsupported, but monitored.
www.heartofthesouth500.com

April 2 (Sun), Melbourne, FL
7th Annual "Ride for the Red" Cycling Tour of Brevard County 100/62/33 mile ride options. Contact Joann at (321) 752-0618 for more information. pgulliver@cflrr.com
www.redcross.org/fl/brevard

April 7-9, Enterprise, AL
Alabama Tandem Weekend A three-day rally for tandems. The rides vary from 30 to 70 miles a day and we're planning both flat and hilly routes. The event is limited to fifty teams with a registration deadline of March 1, 2006. (334) 347-0675 yarbro@adelphia.net
www.thetandemlink.com/ATW.html

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

FULL SERVICE COMMERCIAL PRINTING 850-244-2400 • 800-373-1859 • Fax: 850-244-2501 E-mail: andrews@bsc.net

April 8 (Sat), Tallahassee, FL

A Ride to Remember Come on out and ride with us on our 3rd Annual "A Ride to Remember". Our ride is held at the St. Marks Historical Railroad State Trail. www.aridetoremember.org

April 8 (Sat), Ft Payne, AL

Highlands of Alabama Ride.

April 8 (Sat), Enterprise, AL

Boll Weevil 100 The "Boll Weevil 100" is broken into three rides: a 25-mile, a Century (100K), and a challenging 100-mile ride. (334) 347-9713 Email: admin@enterpriseliionsclub.com www.enterpriseliionsclub.com/bollweevil100.htm

April 9 (Sun), Palmetto, FL

Spring Classic 60/35/25 miles. timbutts@wilsonmiller.com www.stpetecycling.com

April 9 (Sun), Titusville, FL

Bike Across Florida (BAF) NO REGISTRATION ON DAY OF RIDE! This will be YOUR change to participate in the almost perfect International endurance bicycle ride (150 miles) across the great state of Florida. (407) 831-5142 ext. 3. ROADCYCLINGCAL@CS.COM www.bikeacrossflorida.org

April 9 (Sun), Titusville, FL

Officer Down Memorial Challenge

April 15 (Sat), Metter, GA

Another Bloomin' Bike Ride (912) 842-4835, Metter-Candler Chamber of Commerce at (912) 685-2159, or email: samanthajacobs@hotmail.com <http://metterkiwanisclub.com/Kiwanis/bikeride/index.htm>

April 15-16, Clermont, FL

Brevet Series South: 360km / 225 mi Plus FLECHE / ARROW The Fleche is a 24-hour team event with three to five members and is held on or around Easter weekend. Fleches and Brevets are NOT RACES, but do have time limits and control points where one checks in along the route. Michael Grussemeyer, RBA, (239) 549-7459. RBACentralFlorida@bike4one.com www.bike4one.com/brevets

April 22 (Sat), Jacksonville, FL

Katie Ride For Life Starting on Amelia Island, Florida. Katie Caples Foundation

(904) 261-1137. Email:

Vicki@katierideforlife.com

www.katierideforlife.com

April 22 (Sat), Orange Park, FL

Cycling for Success 50K/100K. Anna Taylor, Clay County Program Coordinator; 2306 Kingsley Avenue, Orange Park FL 32073. Email: antaylor@mail.clay.k12.fl.us www.takestockinchildren.com

April 22 (Sat), Hiawassee, GA

3rd Annual Tour De Georgia Circle The Bald This pre "Tour de Georgia" ride will begin in Hiawassee, Georgia, just minutes from Brasstown Bald. Register Early, there is a 1,000 rider limit. www.sabacycling.com

April 22 (Sat), Marion, AL

Samford University's 2nd Annual Old Howard 100 Bike Ride The Old Howard 100 is a ride through Alabama's historic Black Belt sponsored by Samford University's Howard College of Arts & Sciences. Email: gsmartin@samford.edu www.samford.edu/groups/oldhoward100/

April 22-23, Bonifay, FL

Brevet Series West: 400/600 km 248/372 miles. Joe Arnold (850) 622-1165 @ Big Daddy's Bikes. Email: flabrevet@hotmail.com www.ride-4-life.com

April 22-27, Live Oak, FL

26th Annual Florida Bicycle Safari The 6 day ride is limited to 225 participants. There is a 3 day option also available. Contact: George Cheney, Executive Director (407) 788-3748. For registration go to the web site (below). Email: FFWCLUB@aol.com www.FloridaFreewheelers.com

April 23 (Sun), Temple Terrace, FL

3-T Bike Tour (Temple Terrace - Thonotosassa) 10, 20, and 40 mile routes. tttbiketour@hotmail.com <http://3tbiketour.150m.com/>

April 23 (Sun), Columbus, GA

Celebrity Classic Wheels to Heal There are three different rides: a 20-mile ride, a Metric Century (64-mile) ride and a Century (100-mile) ride for the serious cyclists. Bryan Norris (706) 660-6559. Email: bryan.norris@crhs.net

www.columbusregional.com/classic/wheels_to_heal.asp

April 29-30, Tampa, FL

MS 150 "Wheels, Whales & Tails" Bike Tour Busch Gardens Tampa to SeaWorld Orlando and back to Busch Gardens Tampa. Contact Michael Cooper (407) 478-8880 ext. 29. Email: michael.cooper@flc.nmss.org www.nationalmssociety.org/flc/

April 29 (Sat), Athens, GA

Twilight Gambler www.athenstwilight.com/event.gambler.asp

April 29 (Sat), Swainsboro, GA

7th Annual Pine Tree Breeze (478) 237-6426. <http://h20004.racknine.com/~emanuel/chamber/docs/Breeze-Registration-Form-2006.pdf>

April 29 (Sat), Aiken, SC

The Edward Jones Aiken to Ride Century Aiken Bicycle Club. Email: century@aikenbicycleclub.org www.aikenbicycleclub.org

April 30 (Sun), Jacksonville, FL

The 15th Annual Tour de Forts Bike Ride www.nfbc.us

April 30 (Sun), Roswell, GA

2nd Annual Roswell Mayor's Ride

May 4-7, White Springs, FL

Suwannee Bicycle Festival Email: bikesba@aol.com www.suwanneebike.org/sbaf.htm

May 6 (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 www.letsride.net/socent2004.html

May 6 (Sat), Jefferson, GA

Brasstown Bald Buster Century www.brasstownbaldbustercentury.com

May 6 (Sat), Rockmart, GA

Covenant Christian Century Ride Options Include a Century, 30, 50, & 70 mile rides. www.covenantchristiancentury.org

May 6 (Sat), Chattanooga, TN

3-State 3-Mountain Challenge The 3-State 3-Mountain Challenge is one of the



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southeast's most scenic and challenging centuries. The rigorous 100-mile option will take you through 3 states (Tennessee, Alabama and Georgia) and over 3 mountains (Suck Creek, Sand and Lookout). The gentler 62-mile option climbs only 1 mountain and visits 2 states. Email: DaisyBRider@cs.com
www.chattbike.com

May 6-7, Miami, FL

Maroon MS 150 "Breakaway to Key Largo"
Contact Cris Vidal at the South Florida Chapter (954) 731-4224. Email: ms150bike@fls.nmss.org
www.maroonems150.org

May 6-7, Clermont, FL

Brevet Series South: 600km: "The Florida Double Cross 600" 385 mi. Michael Grussemeyer, RBA, (239) 549-7459. Email: RBACentralFlorida@bike4one.com
www.bike4one.com/brevets

May 7 (Sun), Venice, FL

Sharky's 4th Annual Fun Ride Telephone (941) 488-1456. Email: marcalton@msn.com
www.sharkysonthepier.com/

May 7 (Sun), Piedmont, AL

Cheaha Challenge Century This recreational bicycle ride offers a route option for any level of cyclist. Phone: (256) 435-5710. Mail: NEABC, P.O. Box 2414, Anniston, AL 36202. Email: cheaha@neabc.org
www.neabc.org/cheaha

May 13 (Sat), LaGrange, GA

West Point Lake Coalition's 3rd Annual Tour De Lake Phone: (706) 884-2420, www.goldensbikes.com You can also call WPLC at (706) 884-5916.
www.westpointlakecoalition.org

May 13 (Sat), Rome, GA

Up the Creek Without A Pedal
Email: cycling50@aol.com www.cvca.org

May 13 (Sat), Lula, GA

The 2nd Annual L.A.P. Century Bicycle Ride
Email: jelam@habershambicycles.com
www.assemblyofpraise.com/lap_century.htm

May 13-14, Bonifay, FL

Brevet Series West: 1000 km 620 miles. Joe Arnold (850) 622-1165 @ Big Daddy's Bikes. Email: flabrevet@hotmail.com
www.ride-4-life.com/

May 19-21, Americus, GA

Georgia Tandem Rally. EVENT FULL.
Email: info@georgiatandemrally.com
www.georgiatandemrally.com/



May 20 (Sat), Huntsville, AL

AlaBike Four Hills Century The Huntsville Four Hills Century is a uniquely hilly bike ride featuring 7600 feet of climbing over its 100-mile, undulating loop.
<http://alabike.org/fourhills/>

May 20-21, Jacksonville, FL

Tour de Cure Call Kimberly Lewis at (904) 730-7200, x3061 or (800) 676-4065, x3061. Email: kewis@diabetes.org
www.diabetes.org/jaxtour/

May 20-21, Decatur, GA

ActionCycling 200 Action Cycling 200 (AC200) is a challenging 2 day 200 mile fundraising bicycle ride from Atlanta to Athens and back.
<http://actioncycling200.kintera.org/>

May 20-21, Jekyll Island, GA

Jekyll Island Challenge Bicycle Savannah LLC, PO Box 60533-0533, Savannah, GA 31420. (912) 665-0854.
Email: bicyclesavannah@comcast.net
www.bicyclesavannahllc.com

May 21 (Sun), Flagler Beach, FL

3rd Annual A1A Ocean Shore Scenic Highway Century Contact the Rotary Club of Flagler Beach at P.O. Box 2005, Flagler Beach, Fla. 32136; call (386) 439-0134.
Email: Leastokes@preferredmanagementservices.net
www.RotaryFlagler.org

May 21 (Sun), Palmetto, GA

Health on Wheels

May 27-28, Hartwell, GA

Challenge of the Centuries (706) 377-2432.
Email: tjs@hartcom.net
www.hartcom.net/~bikeride/

May 27-28, Statesboro, GA

Jim Kruse Century Contact: Paul Hibbs,

305 Donehoo St, Statesboro, GA 30458.

Email: pedal_the_boro@yahoo.com
www.jimkrusecentury.com

June 4 (Sun), Carrollton, GA

10th Annual West Georgia
Email: thefolks@perpetualmotionbikes.com
www.westgeorgia100.org

June 10 (Sat), Clermont, FL

Brevet Series South: 200 km "Tavares & Hills of Clermont" 125 miles, SOUTH CENTRAL REGION. Michael Grussemeyer, RBA, (239) 549-7459. CELL (239) 699-9548
Email: RBACentralFlorida@bike4one.com
www.bike4one.com/brevets/

June 10 (Sat), Baldwin, FL

5th Annual Rescue Ride
Email: gpruett@trinityrescue.org
www.trinityrescue.org

June 10 (Sun), Dunedin, FL

Gulf Coast Cycling Classic
Email: ROADCYCLINGCAL@CS.COM

June 10-17, Dalton, GA

Bike Ride Across Georgia (BRAG) Dalton-Cartersville-Jasper-Gainesville-Commerce-Washington-Augusta. Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. Phone (770) 921-6166, fax (770) 935-1918. Email: bragHQ@aol.com
[BRAG Homepage](http://BRAGHomepage)

June 16-18, Helen, GA

Helen Fat Tire Festival Event Director, Woody by phone (706) 878.3715.
Email: woodysmtb@alltel.net
www.sorba.org/modules.php?name=Content&pa=showpage&pid=21

June 18 (Sun), Fairhope, AL

Alabama Sports Festival Metric Century
www.alagames.com/index.php?page=cycl.main

June 24 (Sat), Cartersville, GA

Cartersville Century (770) 382-5500.
Email: hgclubs@aol.com
www.cartersvillecentury.org

June 25 (Sun), Lake Worth, FL The Lauren Katzenstein Celebration Ride For more information, contact Mark Lowe at (561) 434-4909. Email: SPDLowe@AOL.com
www.celebratelauren.com/default.php

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**** May 6th – ECC Bike Ride and Picnic ****

Join the Emerald Coast Cyclists for some cycling and our Spring Picnic. We will ride from the Rocky Bayou School in Niceville. The school is on the east side of Hwy 285 between the two entrances to Swift Creek.

There will be several ride options:

- **7:00 AM** for a 60+ mile ride at moderate to fast pace. Contact the **Hotline** at **864-7166**.
- **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 at the picnic tables on The Rocky Bayou School campus. 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. Families of bikers are welcome to participate in these events.

ECC Jersey Status... By Charlie Helms

The ECC jersey order is in and 24 of the 32 Jerseys have been sold. There are a few L and XLs left, so speak up if you need one. What's next for the club jersey you ask? You tell us. Should we get a different style of jersey for the next order? Sleeveless, long sleeve, jacket, vest? Should we stick with the current design or move on to a new model for '07? Enough questions to make your head hurt. Write your ideas on the back of a \$20 bill and email to Charlie Helms at "pchelms3@cox.net". We probably won't read them, but you'll feel like you're making a contribution. No, really – if you have an opinion or if you have an idea for a new design or are willing to donate some talent, bring it on.

TOSRV South 25th Annual Tour of Springtime Rural Vistas South April 22-23, 2006

Tour of rural back roads of North Florida and South Georgia in the bloom of springtime. Gently rolling hills, picturesque farmlands and pecan groves. 200 miles in two days, or 126 miles in two days. Well stocked rest stops, full sag support, all meals, t-shirts. Limited to 500 riders. Online registration on website. "www.cccyclists.org" Late registration after April 7.

Capital City Cyclists, Tallahassee, Florida.