

# PACELINE



A Newsletter From The Emerald Coast Cyclists

Volume 20

Number 12/1

August/September 2006

## President's Line...by Nate Bryan

**ECC members making it happen.** June 24<sup>th</sup> there was an event on Eglin AFB - the 7<sup>th</sup> Annual "My First Tri" Triathlon. This is held on Eglin AFB, but there are two club members that organize the triathlon. A Big Thanks goes out to **Dan Nowers** and **Jim Lefebvre**, for organizing a smooth operating, successful, and growing event. It gives first time competitors the opportunity to compete in a triathlon. I would also like to thank, **Sydney Shaeffer**, **Tammy Salsberry**, **Lori Mihalcik**, **Teri Bryan**, **Rachel Massey**, and **Bruce Braseth** who donated time to help, mark athletes, marshal the course, and inspect and do minor repairs on bicycles. There were also a host of competitors, starting with **Billie Madero**, **Caden** and **Wendy Ewing**, **Trudi Franzel**, **Annette Manuel**, **Lori Mihalcik**, **Eric Snyder**, **Chad Smith**, **Cal Partlow**, **Chuck Denegri**, and **Michael Harris**. Most of the club members that participated won, placed, or showed in their respective age groups.

**Lori Mihalcik** has recently accepted the responsibility of off-road representative. She has already led a group of volunteers to maintain the Timberlake trails. **Lori Mihalcik**,

**Keri Walker**, **David Cornwell**, **Jef Marsh**, **Greg Calhoun**, and I worked on Speed Demon and the trail that connects Carbo to Pine Dog. Lori is also looking forward to doing more trail maintenance July 30<sup>th</sup>.

The Thursday night Cappuccino rides have been going well. We have had new faces on the ride, some joined the club and some are out-of-towners looking for other enthusiasts with which to ride. The Tuesday night ride is as fast and furious as ever, and there are others that come out on Tuesday that travel at a saner pace.

We hated to see **Colonel Charlie Williams** and his family leave the area, unless you may have experienced one of his spin classes at the Eglin Base gym. On the other hand, we are glad to see **Maria McIntire** return from her trip from India. It is time for **Maria** to get **Eric Snyder** back on his training regimen.

**Josie Strange** and **Sam Sutton** - I'm glad you are doing well and I wish you a complete and speedy recovery.

I hope everyone has had a great summer of cycling, and it will soon be time for the fall season!

## ELECTION TIME

It's coming up on election time again. What election you say - it's the Emerald Coast Cyclists annual election of officers. The election will take place at the November General Meeting (**Nov 1st**). It will decide who will be the ECC officers for 2007. The ECC has to choose its officers in November since those names have to go to national cycling organizations later in November.

If you are interested in serving the ECC as one of its officers, please contact **Moe Powers** at 678-3425 or **John Stamp** at 897-6862. Remember, the ECC depends on you, its membership, for its future direction

## The ECC Website - We want your inputs!

**Tammy Salsberry** and **Kim Bear** are running the ECC Website now. Tammy and Kim will develop their version of the website and then seek feedback/suggestions from ECC members. Get ready for exciting things to come.

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 MEETINGS

We will meet at **La Rumba** in Niceville on **Wednesday, August 2<sup>nd</sup>** and **Wednesday September 6<sup>th</sup>**. **La Rumba** is located just off Hwy 20 in Niceville, in the **Oak Creek Center**. Join us for a good meal, fellowship, and some cycling talk. **Nate Bryan** may also give us some bicycle maintenance tips, which he guarantees will double your speed. 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.

## 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:** Lori Mihalcik  
**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 Nate Bryan 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). **Dragon Sports** is offering a **15%** discount on **Giant** composite bicycles through **August**. **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  
Ft. Walton Beach,  
Florida 32547  
(850) 863-8612



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

*The Multisport Store*

## 3 STATE - 3 MOUNTAIN (REVISITED)

By Dan Steighner (Rider # 853)

The 19<sup>th</sup> running of 3 State 3 Mountain in Chattanooga, Tennessee was everything I remembered it being last year and more. There were more riders for starters, 730 more to be exact. It was a sea of helmets at the start as the rider limit was upped from 1,270 in 05, to 2,000 this year. There were three of us from the club riding and we actually managed to find each other amongst all the riders. It was good to see **Cal Partlow** and **Tim Stout** at the start, because I knew this would be the last time I would see either of them.

As much as I would have liked to ride with Tim and Cal, I remembered the mistake I made last year trying to ride with the faster crowd. That worked until I was 3/4 of the way up the first climb and I realized with 85 more miles to go I had used way too much energy. So this year I was going to ride my ride within my abilities. Keeping my heart rate in my comfort zone was my goal.

Another small detail I had to work out was which ride I was actually doing. Early season injuries really reduced my training time this year. Also the weekend before the ride I had the flu, and I was still only about 85% recovered. The voices in my head started trying to reason with me. **Sensible me** felt I should do the metric and focus my attention for next years ride. By doing the metric I was still getting to participate in one of the greatest rides of the year. Besides, last year I had 500 more miles under my belt and still had to walk portions of the ride. So remembering that made the decision a no brainer.

That was until the voice of **competitive me** chimed in. **Competitive me** reminded me I signed up for the century and I have never backed down from a century ride. The voice also reminded me I have completed six centuries this year so far. The voice just failed to mention none of them had almost 10,000 feet of climbing in them. The voice also asked me if I was actually going to drive more than seven hours to ride a metric. Like another club member said to me "why pay to ride a metric when we do that ever Saturday".

Both voices made compelling arguments and the more they nagged me the more confusing the choice became. I knew what I wanted to do and that was the century but illness and injury left me knowing the only logical choice was the metric. I remember how bad this ride hurt last year and I wasn't prepared to go through that again. So the ride started and I'm doing the metric route.

At the ten mile point we started up Suck Creek Mountain and I was ready to get it over and make it to the metric century split. I really paced myself to this point and half way up the five plus mile climb I noticed my heart rate was in the low 150s. Not the mid 170s I remembered from last year. I start thinking this isn't too bad and about this time **competitive me** starts talking again. **Competitive me** is convinced we can do this and nearly has me convinced when **sensible me** reminds me Suck Creek is the easiest climb and all my problems started on Sand Mountain last year.

So I'm at the rest stop just before the split and I still haven't made up my mind. I only have a couple of miles to go and I needed to make up my mind fast. I left the SAG and crossed the bridge over the Tennessee River. I made the right turn at the next intersection and now I can see the split. My heart rate increases and I start to sweat and I'm on the flattest part of the ride. Now I'm only a few hundred feet from the turn and both voices increase their chatter. This was about the time I realized where I was and what I came here to do. I was here to ride one of the greatest centuries within a days drive. This was something that I had waited an entire year to do and if I had to push my bike up the last two climbs so be it, I've done it before. That all sounded good until I watched that left turn for the metric go by and **sensible me** spoke up asking me "what did you do"? I had no logical answer.

By this time I'm starting up Ladd Mountain, where the sadistic person who marks the course painted "this is not a mountain". Maybe not if you live in Tennessee, but to us Floridians it's a mountain. This is also pretty much the point of no return, prepared or not I'm doing the century.

Now I'm 50 miles into the ride and I'm looking at the start of Sand Mountain. Now **sensible me** starts to remind me this is where all the hurt started last year. I had to get off the bike three times because of cramps. Actually about this time the voice of **sensible me** was really getting on my last good nerve. This is also where I found my motivation to succeed on this ride. About halfway up at the start of the switchbacks I noticed my heart rate was again between high 140s and low 150s. I was actually doing this and doing it with relative ease and before I knew it I was at the top looking at the incredible views as I rode across the ridge line.

After a short stop to fill water bottles and replenish with some peanut butter sandwiches I was ready to make my way to Lookout Mountain. My success climbing Sand Mountain left me psyched for my up coming climb on Burkhalter Gap. Thinking about Burkhalter Gap allowed me to forget about another place I walked last year. Just before you come to the Burkhalter Gap SAG at the bottom of the mountain there is this bump in the road (bump by Tennessee standards) which is only a couple hundred feet long but steep. When I came to this bump in the road it hit me like a slap back to reality. Thinking of my triumph from earlier in the day brought me back to my "I will not fail on this ride" attitude. A quick down shift and I was over the bump in the road and on my way to Climb #3.

I stopped at the bottom SAG to eat and fill water bottles one more time. It was also here I was reunited with an old friend; Charlie - the one eyed Bassett Hound. Yes, there really is a one eyed Bassett Hound and no, that's not his real name. Just like last year I petted Charlie for luck mounted my bike and started to climb.

I knew it was only a 2.4 mile climb and I concentrated on the distance not the grade. I knew I could do this and this year it would be without help from the Dark Prince. I watched as every tenth of a mile ticked away. I also noticed I kept my heart rate around 160. This was a major change from last year. I paced myself up the mountain until I hit the wall. I knew the 15% grade was only a hundred feet or so from the top. A measly hundred feet of climbing would not beat me. So I rounded the last corner on the climb as the crowd cheered - yelling encouragements - almost willing us to the top. Then in a blink of an eye, one very sweaty, heart rate peaking at 176 blink of an eye, I was over the top. I felt fabulous; in an "I want to throw up every PBJ I ate earlier today" kind of way. I just completed something that beat me last year when I was in better shape and riding a triple crank setup. I took to heart the many lessons I learned last year and applied them well. It also felt to me as if I wanted it more this year. I also haven't heard from **sensible me** since completing the ride. I think that voice may be in the Witness Protection Program.

Also, I can't close this without thanking the Chattanooga Bike Club, the city of Chattanooga, and all the volunteers. After last years ride I didn't think they could improve the ride at all. I was wrong. They had more intersections blocked, more warnings in place on the tricky dissents, and SAGs over-stocked to accommodate 2000 riders. I can't wait to see what they have in store for next year.

If you have never done this ride - put it on your list of things to do. This was my favorite ride of 2005 and unless I find a ride with a pot of gold at the end, it will be again for 2006. So until next - time stay safe and I'll see you on the road.

## Third Thursday Time Trial Results:

Twenty-four riders came out in **June** to challenge the clock for the 10 mile time trial. It was partly cloudy and warm (near 90°) with a tailwind going out. Of course, that meant it was a headwind for the finishing leg. **Cal Partlow** and **Haden Young** showed the way with **26.7** and **26.5 MPH** averages respectively. The results were:



Name	Age	Time	Mph
Billie Madero	74	38:56	15.4
*Caden Ewing	10	20:33	18.1
Ron Stenger	36	26:57	22.3
Ron Bear	39	27:00	22.2
Christine Slater	44	26:59	22.2
Pat Connelly	43	27:25	21.9
Erik Solverson	25	29:09	20.6
Sean McSheehy	43	27:19	22.0
Nick Muir	51	28:38	21.0
Jim Adams	43	25:40	23.4
Haden Young	44	22:37	26.5
Tyler McSheehy	17	27:37	21.7



Name	Age	Time	Mph
**David Cornwell	43	26:54	22.3
Gary Hammonds	56	29:51	20.1
Greg Schultz	44	26:44	22.4
Mark Slater	45	26:02	23.1
Wendy Ewing	44	25:25	23.6
Kim Bear	37	33:32	17.9
Dan Steighner	44	28:29	21.1
Rachel Massey	34	27:14	22.0
Larry Henley	57	29:35	20.3
Cal Partlow	41	22:29	26.7
Wayne McSheehy	74	26:21	22.8
Cindy McClung	37	27:40	21.7

\* 10K      \*\* Recumbent

Seventeen riders came out in **July** for the 10 mile time trial. It was a warm, muggy day with virtually no wind. **Caden Ewing** and **Rachel Havenstrite** rode the 10K distance. **Cal Partlow** again showed the way with a **25.3 MPH** average. **David Cornwell** bettered his previous time on his recumbent. The results were:

Name	Age	Time	Mph
Billie Madero	74	37:57	15.8
*Caden Ewing	10	19:28	19.1
Eric Snyder	61	31:07	19.3
Ken Havenstrite	35	29:44	20.2
Dan Steighner	44	27:03	22.2
Cal Partlow	41	23:44	25.3
George Lowery	36	26:06	23.0
Ron Bear	39	27:32	21.8
Jim Adams	42	26:33	22.6



Name	Age	Time	Mph
Gary Hammonds	56	27:40	21.7
*Rachel Havenstrite	12	26:36	14.0
**David Cornwell	43	26:32	22.6
Mark Lewis	49	25:21	23.7
Rachel Massey	34	25:53	23.2
Wayne McSheehy	74	26:24	22.7
Kim Bear	37	33:43	17.8
Tom Gillen	41	35:24	16.9

\* 10K      \*\* Recumbent

The next time trials of the season will be held on **August 17<sup>th</sup>** and **September 21<sup>st</sup>** starting at **5:01**. Ten mile time trial for adults and 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.

## THE IRONHORSE CLASSIC *By Charlie Helms*

When mining of precious metals was all the rage back in the 1880's in Southwestern Colorado, the town of Silverton (get it?) was born. Unfortunately for Silverton, no one lived there because you had to ride a horse to reach it. Enter mass transportation. Several railroads were quickly built to serve the mining industry. One of the routes connected Silverton to Durango, Colorado, about 47 miles to the south. Durango is located at 6,500 ft elevation and Silverton is located at 9,300 ft, but Silverton is also surrounded by 14,000-ft peaks which make for a really cool view in the summer.

Nowadays there is a nice 2-lane highway connecting the two towns and, for the last 35 years, cyclists gather over the Memorial Day weekend to race the same narrow gauge railroad train that has been making the trip since the 1880s. This is a big event for Durango; about 2000 cyclists show up for the various race categories. The "real" race for licensed racers doesn't actually start from where the train starts and doesn't actually start when the train starts (although Ned Overend did it again this year for a total of 25 times, so it is a pretty serious race). The event I participated in (this was my third time) is the "citizen race/tour" where everyone is a winner just for finishing. It does start at the same time and location as the train, so we get to wave bye-bye to the passengers as we all start off.

Since this was my first time doing the ride as a flatlander, I won't compare my time this year to other years (because I was way

slower this year). There's not too much to say about the ride itself. The first third of the ride is fairly flat. There are 2 major passes: Coalbank pass and Molas pass. You drop about a 1,000 ft in between. The total amount of climbing is 5,700 ft. The weather was good, probably mid-50s at the top. Since I was afraid I wouldn't make it, I decided to limit my heart rate to about 150 (my max is 173) to keep from going out of control. I spent about 3 hours at 150 HR at the blazing speed of 6 MPH. Let's just say that riding up a 10% grade at 10,000 ft feels different than riding up a 10% grade at 300 ft.

On the way up a climb, I was treated to having my left crank arm fall off the bike – in part due to a last minute effort on my part to get lower gears on my bike (the lower gears saved my life by the way – 34/27). I managed to walk back down the road, find the bolt, and put the crank back together using a rock for an allen wrench. Other than the crank incident and 3 rest stops, I never got off the bike, which was my criterion for success. Total time: about 4:30.

One thing I learned is that I have turned into a total chicken-!@#\$ on the down hills. I had serious cramps in my hands and back trying to stay around 30 mph on the descent. One neat thing that I didn't realize at the time was that Bob Roll himself was the emcee at the finish line calling out riders as they came in. All in all, this ride is a lot of fun and the scenery is awesome. If you are planning a vacation out west around that time of year, it's worth checking out.



- ◆ 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/>

## Aug/Sept Ride Schedule

### Local Road Ride Rating Scale:

Fast Pace	– 19 mph average or faster.
Intermediate	– 16-18 mph pace
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 offer varied rides. 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.

► **Aug 5, 7:30 AM - N. County Ride** Meet at the YMCA in Crestview at the corner of Woodruff and Wilson. Take Hwy 85 N. and turn Left on Woodruff Avenue as soon as you cross the railroad tracks (this is two blocks south of Hwy 90) and go west 2 blocks to the YMCA. The ride length will be 30 & 60 miles. There are quite a few rolling hills on quiet back roads. It will be an intermediate to fast pace ride. For more information call **Dan Nowers** at 689-2070

► **Aug 12, 7:00 AM – Ruckel Middle School/DeFuniak Springs Loop** Meet at Ruckel Middle School for a intermediate to fast paced ride to DeFuniak Springs and back. Hwy 285 to Bob Sikes Rd, 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 call **John or Kathy Stamp** at 897-6862. \* Designated Club Jersey Ride

► **Aug 13 Off Road Trip to Swayback Bridge in Wetumpka.** Meet at trail head at 8AM. For more info or car pool request call **Lori Mihalcik** 259-3952

► **Aug 19, 7:30 AM - Mossy Head - Ponce de Leon** Meet at Mossy Head community center 1 mile east of junction Hwy 285 and 90. The ride will head east to Ponce de Leon and back on Hwy 90 for a ride length of 48 miles. A second variation

adds 8 miles to the ride length. It will be an intermediate to fast pace ride. For more information call **Lori Mihalcik** at 259-3952.

► **Aug 26, 7:00 AM – Double Bay Bridge** Meet at **Emerald Coast Coffee** in Bluewater Bay for a intermediate 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 call the **ECC Hotline** at 864-7166.

► **Sept 2, 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 **80-mile option**. This ride leaves **Emerald Coast Coffee** in Bluewater Bay at **6:30 AM**. It will be an intermediate to fast pace ride. For more information call **Dan Steighner** at 678-0120. \* Designated Club Jersey Ride.

► **Sept 9, 7:30 AM – Ruckel Middle School/DeFuniak Springs Loop** Meet at Ruckel Middle School for a intermediate 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 call **ECC Hotline** at 864-7166.

► **Sept 16, 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 an intermediate to fast pace. For more information call **Dan Steighner** at 678-0120.

► **Sept 23, 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 an intermediate 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 call the **ECC Hotline** at 864-7166.

► **Sept 30, 7:00 AM - Okaloosa Island Ride** Meet at **Nathan and Teri's Bryan's** house (604 Kathleen Court, Niceville) for an intermediate to fast pace ride across Mid Bay Bridge, through Destin, across Okaloosa Island, through Fort Walton Beach and back to their house for snacks at the end of the ride. Time on RT 98 is limited to the Island. Most of the ride is comprised of neighborhood back roads with good shoulders. For more information call **Nathan or Teri Bryan** at (850) 803-3629. \* Designated Club Jersey Ride.

► **Oct 7, 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 an intermediate to fast pace ride. A few rolling hills on quiet back roads. The ride goes up to Laurel Hill and will loop back. For more information call the **ECC Hotline** at 864-7166.

► **Oct 14, 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 **80-mile option**. This ride leaves **Emerald Coast Coffee** in Bluewater Bay at **6:30 AM**. It will be an intermediate to fast pace ride. For more information call **Dan Steighner** at 678-0120.

### **Designated Club Jersey Rides**

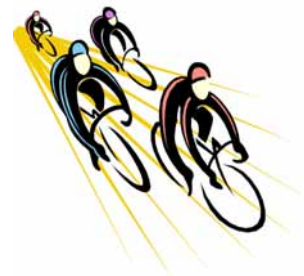
Once a month there will be a ride designated as a Club Jersey Ride. If you have a club jersey this is the day to wear it and get the public to take notice as we ride by. If you don't have one and want one stay tuned as another order is just around the corner. This is a great way to advertise the club and possibly draw new members to our ranks. You will find the designated rides in the ride schedule marked with an \*.

### **Ride Leader Bribery Program**

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.

## Weekly Rides

- **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 803-3629.
- **Thursdays at 5:30 PM**. Ranger Camp Road just off Lewis Turner Blvd. Off road ride. Make sure you have your Range Pass and a photo ID with you.
- **Third Thursday Time Trails**. **August 17<sup>th</sup>** and **September 21<sup>st</sup>**. Meet at the beginning of Ranger Camp Road. The Time Trials will start roughly 1/3 mile beyond where the cars are parked and go to the top of 5-mile hill and reverse course to the start point (a total of 10 miles). For details call **Moe Powers** at 678-3425 or **John Stamp** at 897-6862. First rider departs promptly at **5:01 PM**. Make sure you have your Range Pass and a photo ID..
- Every **Saturday at 8:00 or 9:00 AM**, there will be a ride from **Truly Spokin'** in Milton, FL. The ride starts at the bike trail. Distances and speeds vary – with trips through the Blackwater Forest. For more info, contact **Shelley** or **Victor** at "[trulyspokin.com](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)".



## ECC Jersey Status

By *Charlie Helms*

We have several ECC jerseys in stock – a few L and XLs, so speak up if you need one. What's next for the club jersey you ask? We can get a different style of jersey for the next order. It will be the same design but could be sleeveless, long sleeve, jacket, vest, men's, women's, etc. Whichever style or styles we choose - the minimum order is 12 of any style. The price won't be known until the total number of jerseys are known but will probably be around \$50-\$60. Place your orders at "[pchelms3@earthlink.net](mailto:pchelms3@earthlink.net)" or call 897-5234.

## Are You Getting Club Emails?

If you are not getting the club emails and want to, drop me a line at "[desteig@cox.net](mailto: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.






### BOB'S

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## OTHER RIDES!

August 5 (Sat), Tampa, FL Brevet Series South: 200 km / 125 mi "Tour De Guava" "Bayfront, Pinnellas, & Suncoast Trails Plus City" 125 miles, SOUTH CENTRAL REGION. Michael Grussemeyer, RBA, (239) 549-7459. CELL (239) 699-9548  
Email: [RBACentralFlorida@bike4one.com](mailto:RBACentralFlorida@bike4one.com)  
<http://www.bike4one.com/brevets/>

August 6 (Sun), Covington, GA 17th Annual Covington Century Email: [bastin@pa.org](mailto:bastin@pa.org)  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

August 12 (Sat), Summerville, GA Chattooga Century  
<http://chattoogacentury.org/>  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

August 12 (Sat), Russellville, AL Franklin County Watermelon Ride (256) 332-3892.  
<http://www.franklincounty-chamber.org/bikeride.html>  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

August 12-13, Suwannee River State Park, FL Dog Days Pedal & Paddle Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096. Email: [billw@mail.coleon.fl.us](mailto:billw@mail.coleon.fl.us) <http://www.suwanneebike.org/>

August 13 (Sun), Sandy Springs, GA Sandy Springs Green Tour Bicycle Ride (404) 252-9352.  
Email: [ron@greentour.org](mailto:ron@greentour.org) or [bill@greentour.org](mailto:bill@greentour.org)  
<http://www.thegreentour.org/> [Active.com Online Registration](http://www.bike4one.com/brevets/)

August 19 (Sat), Peachtree City, GA Spinning Through Time Fun Ride  
[www.bicyclesunl.com](http://www.bicyclesunl.com) [Active.com Online Registration](http://www.bike4one.com/brevets/)

August 19 (Sat), Tuscaloosa, AL North Harbor Hot Hundred 4th Annual. Starts the "Alabama Fall Century Series" <http://www.druidcity.org/>

August 26 (Sat), Dothan, AL Tri States 100 For more information call Joe Varner at (334) 596-0760.  
Email: [joevarner@oncologysupply.com](mailto:joevarner@oncologysupply.com)  
<http://www.tristates100.com/> [Active.com Online Registration](http://www.bike4one.com/brevets/)

August 27 (Sun), Cahaba Heights, AL Ride to Live Century <http://www.discoveryyellow.com/> [Active.com Online Registration](http://www.bike4one.com/brevets/)

September 2 (Sat), College Park, GA MACC One Love Century <http://www.maccattack.com/>

September 2 (Sat), Montgomery, AL Jim Glassner Memorial Autumn Challenge  
<http://www.mgmbikeclub.org/autumnchallenge.php>

September 2-4 (Labor Day weekend), Sebring, FL Tour of Sebring Linda Leeds, Event Director, (561) 683-2851. Email: [lindamarie7@juno.com](mailto:lindamarie7@juno.com)  
<http://www.wpbcc.com/> [Kerilworth Lodge](http://www.kerilworthlodge.com/)  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

September 2-3, Savannah, GA Historic Savannah Bikefest Phone: (912) 826-1843 or (912) 665-0854 (Cell).  
Email: [davesanderson3@comcast.net](mailto:davesanderson3@comcast.net)  
<http://www.bicyclesavannahllc.com/BIKEFEST06.html>  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

September 4 (Mon), Atlanta, GA Share the Road Challenge <http://www.atlantabike.org/>

September 4 (Mon), Rockmart, GA 8th Annual GRITS Silver Comet Trail Bike Ride Call Mr. Lovie Davis at (770) 749-7263 or Joe Anderson at (770) 748-0500.  
<http://www.trailxpress.com/silvercomet/events.php>  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

September 9 (Sat), St Augustine, FL The 5th Annual Patriots Memorial Bike Ride  
Email: [joe.pelley@comcast.net](mailto:joe.pelley@comcast.net)  
<http://www.wcodyschallenge.com/patriots.htm> [Active.com Online Registration](http://www.bike4one.com/brevets/)

September 9 (Sat), Indian Harbour Beach, FL Brevet Series South: 200 km / 125 mi "Coastal A-1-A & Banana River, Melbourne - Cocoa Beach" 125 miles, SOUTH CENTRAL REGION. Michael Grussemeyer, RBA, (239) 549-7459. CELL (239) 699-9548 Email: [RBACentralFlorida@bike4one.com](mailto:RBACentralFlorida@bike4one.com)  
<http://www.bike4one.com/brevets/>

September 9 (Sat), Birmingham, AL Birmingham Bicycle Club's 33rd Annual Century & Double Century  
BBC, PO Box 55283, Birmingham, AL 35255.  
Email: [dwdlaugh@southerncco.com](mailto:dwdlaugh@southerncco.com)  
<http://bhambikeclub.org>

September 9-10, Conyer, GA Cox MS 150 Atlanta Bike Tour (404) 256-9700 / 1-800-822-3379.  
Email: [mailbox@nmssga.org](mailto:mailbox@nmssga.org)  
[http://www.nationalmssociety.org/gaa/event/event\\_detail.asp?e=10532](http://www.nationalmssociety.org/gaa/event/event_detail.asp?e=10532)

September 10 (Sun), Baldwin, FL Endless Summer Watermelon Ride Email: [raybon@rinkdesign.com](mailto:raybon@rinkdesign.com)  
<http://www.nfbc.us> [Active.com Online Registration](http://www.bike4one.com/brevets/)

September 16 (Sat), Cartersville, GA Beautiful Back Roads Century Email: [HugeElvis@lycos.com](mailto:HugeElvis@lycos.com)  
<http://bikebbc.com/> [Active.com Online Registration](http://www.bike4one.com/brevets/)

September 16 (Sat), Albany, GA 3rd Annual Nut Roll Phone (229) 432-1743. Email: [info@pecanycitypedalers.org](mailto:info@pecanycitypedalers.org)  
<http://www.pecanycitypedalers.org/> [Active.com Online Registration](http://www.bike4one.com/brevets/)

September 16 (Sat), Huntsville, AL Huntsville "All You Can Eat" Century Email: [dkruvand@aol.com](mailto:dkruvand@aol.com)  
<http://www.springcity.org/century/> [Active.com Online Registration](http://www.bike4one.com/brevets/)

September 16-17, St Augustine, FL 20th Annual PGA Tour MS 150 Bike Tour Call (904) 332-6810/  
1-800-FIGHT-MS to register. Email: [monahover@fln.nmss.org](mailto:monahover@fln.nmss.org)  
[http://www.nationalmssociety.org/fln/event/event\\_detail.asp?e=12685](http://www.nationalmssociety.org/fln/event/event_detail.asp?e=12685)

September 22-24, Sanford, NC Southern Tandem Rally  
<http://str2006.homedns.org/>

September 24 (Sun), Dahlonaga, GA Six Gap Century and Three Gap Fifty Bike Ride  
<http://www.dahlonaga.org/aboutus.asp?id06=124&par06=23>  
Email: [info@dahlonaga.org](mailto:info@dahlonaga.org)

September 29 - Oct 1, Newman, GA BRAG Georgia Bikefest Phone (770) 921-6166. Email: [bragHQ@aol.com](mailto:bragHQ@aol.com)  
[BRAG Homepage](http://www.bike4one.com/brevets/)

September 30 (Sat), Opelika, AL Johnny Ray Century (334) 741-8147. [Active.com Online Registration](http://www.bike4one.com/brevets/)  
<http://www.bikeride.com/calendar/event.asp?id=1395>

September 30 - Oct 1, Orange Beach, AL John N. Whitaker MS 150 Tour de Beach (205) 879-8881.  
[http://www.nationalmssociety.org/alc/event/event\\_detail.asp?e=10718](http://www.nationalmssociety.org/alc/event/event_detail.asp?e=10718) Email: [courtneyringer@alcnmss.org](mailto:courtneyringer@alcnmss.org)

October 1 (Sun), Inverness, FL 12th Annual Rails to Trails of the Withlacoochee Bike Ride (352) 527-3263 (Al)  
Email: [octbikeride@earthlink.net](mailto:octbikeride@earthlink.net)  
<http://railstotrailsonline.com/>

October 7 (Sat), Miccosukee, FL Spaghetti 100  
Email: [KathyLurding](mailto:KathyLurding) or [TomButler](mailto:TomButler)  
<http://www.cccyclists.org/>

October 7 (Sat), Jackson, GA Ride for Restoration  
<http://www.buttscountyrecreation.com/>  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

October 8 (Sun), Carrollton, GA Burwell Bike Tour  
Scott Eason (770) 258-5788 evenings  
Email: [scott.eason@paxar.com](mailto:scott.eason@paxar.com)

October 8 (Sun), Harlem, GA Hardy Hundred Bike Ride (706) 836-8821. <http://www.rotaryccw.org/>  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

October 13-15, Mt Dora, FL Mount Dora Bicycle Festival Email: [chamber@mountdora.com](mailto:chamber@mountdora.com)  
<http://www.mountdora.com/bikefest/index.php>

October 13-16, Bonifay, FL Bonifay Cheaha Challenge 1000K/1200K 625/750 miles Tivoli Inn, SR 79 & I-10. Email: [flabrevet@hotmail.com](mailto:flabrevet@hotmail.com)  
Joe Arnold (850) 622-1165 @ Big Daddy's Bikes  
<http://www.wride-4-life.com/>  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

October 14 (Sat), Clewiston, FL Brevet Series South: 200 km / 125 mi "Lake O' Lark - Around Lake Okeechobee & Brighton Indian Reservation" 125 miles, SOUTH CENTRAL REGION. Michael Grussemeyer, RBA, (239) 549-7459. CELL (239) 699-9548  
Email: [RBACentralFlorida@bike4one.com](mailto:RBACentralFlorida@bike4one.com)  
<http://www.bike4one.com/brevets/>

October 14 (Sat), Hoover, AL Kid One Wheelin and Healin Century Lindsay Murray (205) 978-1017.  
Email: [lmurray@kidone.org](mailto:lmurray@kidone.org)  
<http://www.kidone.org/events/wheelin.asp>

October 15 (Sun), Marietta, GA Kennesaw Mountain Shrine Club Jokers Century Bike Ride (770) 926-5838  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

2006 Gainesville Cycling Festival Two centuries in two days! Full info is available on the [web site](http://www.bike4one.com/brevets/).

October 21 (Sat), Gainesville, FL 14th Annual Saturn Santa Fe Century

October 22 (Sun), Gainesville, FL 26th Annual Horse Farm Hundred

October 21 (Sat), Milton, FL Fenner McConnell-Matt Wantz Memorial Ride Email: [wfwinfo@wfw-pensacola.com](mailto:wfwinfo@wfw-pensacola.com) <http://www.wfw-pensacola.com/>  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

October 22 (Sun), Dade City, FL Hilly Hundred (813) 404-5721. Email: [RubenWatson@hotmail.com](mailto:RubenWatson@hotmail.com)  
<http://www.tbfreewheelers.com/>

October 22 (Sun), Auburn, AL Rolling Plains Bike Ride [Active.com Online Registration](http://www.bike4one.com/brevets/)

October 28 (Sat), Birmingham, AL Birmingham Bicycle Company's Haunted 100  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

October 29 (Sun), Cocoa Beach, FL Intracoastal Waterway Century (321) 868-5106.  
Email: [bobheidersbach@earthlink.net](mailto:bobheidersbach@earthlink.net)  
<http://www.spacecoastfreewheelers.com/>  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

October 29 (Sun), Cumming, GA Sawnee & Burnt Mountain Century Challenge  
<http://www.cummingkiwanis.org/>  
[Active.com Online Registration](http://www.bike4one.com/brevets/)

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



**October 7 (Sat), Miccosukee, FL  
Spaghetti 100**

The **Capital City Cyclists** are proud to present the **23rd annual Spaghetti 100**. We are offering the option of a 100 mile or 100 K (68 miles) paved road ride or a 100K dirt road ride. There is also a FAST TRACK option at a reduced cost for those who wish to ride but not stop for lunch.

Email: [Kathy Lurding](mailto:kathy.lurding@cccyclists.org) or [Tom Butler](mailto:tom.butler@cccyclists.org)

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

**October 21 (Sat), Milton, FL**

**Fenner McConnell-Matt Wantz Memorial Ride**

Join the West Florida Wheelmen for a fantastic day of cycling on quiet roads in the Blackwater State Forest. Great location, routes, support and the best food you've ever had at a cycling event will again be among the highlights of this year's event.

Ride to benefit **Big Brothers/Big Sisters of Northwest Florida** and the **Citizens Support Organization for the Blackwater Heritage Rails to Trails bike path**.

West Florida Wheelmen Bicycle Club P.O. Box 9321, Pensacola, Florida 32513.

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

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

[Active.com Online Registration](http://www.active.com)