

PACELINE



A Newsletter From The Emerald Coast Cyclists

Volume 17

Number 6/7

February/March 2005

Thank You to the Emerald Coast Cyclists

By John & Esther Everly

We want to thank you for the most generous Home Depot Gift Certificate. It surely did come in handy in Jackson, as we made many trips to Home Depot for items needed for the house we are renovating there.

We also want to thank you for allowing us to do the PACELINE for the last couple of years. You have no idea how much we have enjoyed doing it! And we are going to miss it!

We are also going to miss all of you, and the rides and other ECC activities! We have really enjoyed being a part of the ECC. If any of you are ever in Jackson, do come to see us.

Our Most Sincere Thanks
for everything.

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.

President's Line . . . by Jim Lefebvre

Does anybody really know what time it is? Lately, I've been finding myself humming that line which is from a song by the group, Chicago. I do know: February is already, yet only here; Christmas and the New Year seem like ancient history; Rides are beginning with riders in shorts and short sleeves. Suddenly, Horst Bernhardt is visiting from the Great White North and I need my artic gear. Yep, it is wintertime.

But that doesn't mean we quit riding, because on February 13th, Dragon Sports will be sponsoring their annual **Battleship Ride**. It will depart the store in Pensacola and head for the Battleship Alabama in Mobile! And back! That's 118 miles (120 in my book)! Don't worry about breaking down or running out of food - there will be a sag wagon. Plus, after last years' ride in a Nor'easter, there is no need to worry about the weather - there will be a ride.

Just as there is still a **Paceline**. However, you may have noticed something different - it has a new look! We are using a new printer. Maria McIntire volunteered to take on significant printing responsibilities despite being previously "bamboozled" by unnamed club associates. While the look has changed, we will continue to offer the same valuable information. In a related matter, an unnamed club associate (new Bike Safety Representative, David Simpson) volunteered Sydnie Shaeffer to be re-instated as Treasurer.

While some things never change, some things do. In an effort to join the 21st century, the club will "officially" begin to use email as mean of communicating with you. An "official" email relating ECC information will normally be sent by a board member with "ECC" and "the relevant topic" in the subject-line. I urge all members to be judicial regarding use of the "club list". While some like to receive unsolicited biking-related information, others do not.

Speaking of printing the Paceline, joining the 21st century, and email. If you are acceptable to receiving the Paceline only via email or the Website, please send me an email at "jlefebvre@cox.net". The club is interested in saving trees, and Maria still wants to ride.

And to ensure that the club has a new jersey before the 22nd century, planning is in the works - it's a joke, folks. Actually, the new ECC jersey is going to happen - soon! It just took a while to build up momentum (unlike Mark Lewis going down hill). The new jersey will look like.....(drum roll).....the old jersey. It's a nice looking jersey, and some members missed-out last go-around. You might want another even if you didn't miss-out. Email me with your information by **February 10th** to ensure that your size is ordered.

Even more important than having a jersey for the club is having rides. "Ride Leaders" make it happen. The term "Ride Leader" may be a misnomer. Actually, the ride leader is just a person who knows he/she wants to go on a ride and commits to doing so a-head-of-time. A ride leader's responsibility is to pick a route (35-70 miles), show-up the morning of the ride to relay the route to the other riders, and go for a ride. Of course, no one, whether a ride leader or not, should ever leave a lone rider out on the road. The point is that it's not that hard. Please contact Dan Steighner with the date and route of your preference.

Now, I know what time it is - time for a ride! So, let's go for a ride

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



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

FEBRUARY / MARCH GENERAL MEETINGS

We will meet at **La Bamba** in Niceville on **Wednesday, February 2nd** and **Wednesday, March 2nd**. **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**.

Jim Lefebvre is looking to place another order of the ECC jersey. Let him know what size you want. *There could also be an order for sleeveless jerseys if there is enough interest.*



Get Your 2005 Range Pass

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

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

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

2005 Club Officers

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

2005 ECC Board

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

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

Like to cycle? Want to promote cycling?

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

SHARE THE ROAD!!!

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

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

Several local merchants offer discounts and special offers to *current* ECC members. **Alpine Bicycles II, Robin's Bikes & Fitness, Bob's Cycling & Fitness Center, Big Daddy's Bikes & Beachsports, Dragon Sports, and Truly Spokin'** offer a 10% discount on retail merchandise (excluding bikes and sales items). **Alpine Bicycles II** also offers a 10% discount on Fuji 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.

<p>MASSAGE THERAPY SPORTS NMT SWEDISH "HOT ROCK" massage</p> <p>SHELLEY BAGLEY OWNER/DMT MAR9832488</p>	<p>TRULY  SPOKIN' your bicycle store 850-983-2488</p> <p>6172 Stewart St. Milton, FL 32570</p>	<p>SALES SERVICE PARTS ACCESSORIES RENTALS</p> <p>VICTOR BAGLEY OWNER/MECHANIC 882-11157</p>
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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

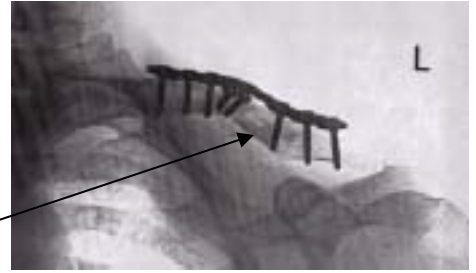
Shalimar Plaza

On Not Paying Attention in a Pace Line . . .By Eric Snyder

On 17 January 2004, I made a tiny mistake. We were at the end of a ride and none of the fast riders were there (except Nathan) so I was feeling strong and relaxed and, I guess, I wasn't paying attention. Suddenly, I was fighting to keep my balance, sliding down the road on my back and kneeling in the grass---and it happened just that fast. The rider in front of me had slowed down and I did not notice. Consequently, I found myself struggling to stay upright for an endless moment, and then flying down the road, smashing my helmet into the pavement, once, twice, three times, each blow accompanied by a flash of bright light. I then jumped up, ran off the road and knelt on the ground while crying out, "It hurts, it hurts!" (I'm sure I did that in a very manly and dignified way.) Luckily, no cars were on the road during the crash. A man in his pickup stopped to offer help and Nate and Maria loaded my bike and me into the pickup for the short ride home. I wasn't sure why the driver was drinking a beer that early in the day, but that is another story.

I had a medial break of the left clavicle and two broken ribs. The doctor gave me some pain pills and said the breaks would all heal on their own. **WARNING:** Do not believe some doctors! I saw the doctor on 10 Feb and he said it was healing. I saw him on 2 Mar and he still claimed the break was healing. On 8 June, the doctor finally admitted that I had a "non-union" and that I could have an operation if I really wanted it. He also said most surgeons use a metal Plate but that he preferred to use a Pin. I didn't have any pain, but I did have a shortened shoulder (tenting) and an extra joint on my collarbone. And, while I could swim, bike and ride, I could not do pushups or push myself out of the pool. I wanted the operation and a new doctor.

On 30 June my new doctor said my break had next to no chance of healing on its' own. On 23 July, I had a stainless steel plate and 8 screws installed.



X-ray of Eric's left clavicle with new hardware

The doctor had to cut out all the bone fibers that grew during the 6-month delay so the operation was extra long. On the plus side, he was able to use synthetic bone instead of bone from my hip (or cadaver bone) to patch the splintered and broken clavicle. On 30 Aug, I was given the all clear.

While I had the break I participated in 8 races/triathlons and 2 century's but I never really felt complete. Then, after the operation, I did have to skip the Elephant Walk Triathlon. During my two recoveries, ECC Club members were great, waiting for me and pulling me when I could not hack it.

A year later, I still think about my shoulder every day. The operation cut nerves and part of the shoulder is numb (feels like it has been injected with Novocain) and the tendons and muscles in that area are stretched because of the plate. Still, the operation was a great success and I am hoping for a better year now that I have two working clavicles.

Lessons learned. Stay alert—even at the end of rides. Hold onto your handlebars and go down with your bike. Bone break separations greater than 10 mm's are unlikely to heal on their own. Give a wide berth to newcomers.


Thanks for all the help last year—let's not do it again.



Keep Your ECC Membership Current, Keep Receiving the Paceline

Look at the Label on your Paceline. Do you see a * by your name? If so, you are a paid up member of the Emerald Coast Cyclists for 2005. If not, you are not a current member – but we have a solution that can fix that. Just fill out an ECC membership application, like the one enclosed in your Paceline (big hint), and send it and your \$15.00 membership fee to the ECC, P. O. Box 592, Niceville, FL 32588. There is also an application available on the website at "www.eccyclists.com".

ECC membership runs from January through December. The ECC Telephone/Email Roster will be mailed with the April/May Paceline. It will include those members who are current at that time. That means you have until the middle of February/March to get your 2005 membership application in to assure you are included. If your membership is not current when the April Paceline is published, you will be removed from the mailing list. Additionally, if your membership is not current, this March issue will be the last one you receive. Sorry, but we cannot continue sending newsletters if your membership is not current.



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◆ **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/>

February/March 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. 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**.

➤ **Feb 5, 8:00 AM - Mossy Head & Back** Meet at Big Apple Bagel for a moderate pace ride to Mossy Head and back. The ride length is 65 miles with shorter variations. For more information call **the ECC hotline** at **864-7166**.

➤ **Feb 12, 8:30 AM - Mossy Head/Ponce de Leon Loop** Mossy Head community center 1 mile east of junction Hwy 285 and 90. The ride will head east to Ponce de Leon and back on Hwy 90 for a ride length of 48 miles. A second variation adds 8 miles to the ride length. For more information call **the ride ECC hotline** at **864-7166**.

➤ **Feb 13, 7:00 AM – 3rd Annual Pensacola Dragon Sports Bicycle Ride** Start from the Pensacola Dragon Sports Store (444 Navy Blvd). Cycle to the USS Alabama Battleship Park, eat and stretch, then return to Dragon Sports (118 miles). There will be a sag wagon so you can go one way or any distance you want to do. The pace is your choice. For more info, call **Bruce Braseth** at **(850) 456-2453**.

➤ **Feb 19, 8:30 AM - De Funiak Springs Loop** Meet at **Mr. Beans** in Bluewater Bay for the **De Funiak Springs Loop**. This is a 65-mile ride with plenty of rolling hills. There are short options available of 40 miles or less. These are moderate to fast pace rides. For more information on this ride call **Dan Steighner** at **678-0120**.

➤ **Feb 26, 8:30 AM – Double Bay Bridge** Meet at **Mr. Bean's** coffee shop in Bluewater Bay for a moderate to fast pace ride over both of the bay bridges for a 60-mile ride. There will be a 40-mile option for those that are interested. For more information on this ride, call **Dan Steighner** at **678-0120**.

➤ **Mar 5, 8:30 AM - Club Trash Pickup/Ride** Trash pickup and road ride. Start at Ruckel School and ride up to the trash pickup area (5-7 mile area on Hwy 285). (We will have someone to bring your shoes up to and back from the pickup). 1 hour trash pickup and a ride up to Mossy Head (36 miles) and Mary's Loop (46 miles). **This is the ECC area so lets all turn out to give 1 hour of our riding time to the Club.** Before or after the ride there is a **Pancake Breakfast from 7:00 AM to 12:00 PM** at the **Niceville High School cafeteria** (\$3.00 per person – all you can eat). Contact **Nate Bryan** at **729-2758** or **John Stamp** at **897-6862**.

➤ **Mar 12, 8:30 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 **Steve Fikar** at **499-1818**.

➤ **Mar 19, 8:00 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 **Dan Steighner** at **678-0120**.

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

➤ **Apr 2, 8:00 AM - Apr 2, 8:00 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 about this ride call **Dan Nowers** at **689-2070**.

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

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

➤ Every **Saturday** at **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** at **863-8612** or check out there web site at **"WWW.dragonsports.net"**.

Other Rides

February 1 (Sun), Clermont, FL

Orlando Road Club Pace-Led Century Ride with the racers in Florida's hills in beautiful Lake County. Here's a unique opportunity to ride with other cyclists who want to ride your pace. ORC race teams will lead groups at several different average speeds to accommodate most riders. How many times have you found the perfect paceline only to lose some or all of those folks to sag stops or nature calls? End the frustration and join us for an organized tour you'll want to put on your century calendar year after year. We offer a full century, as well as, a metric option. Proceeds to benefit our Junior Racing team. Fully stocked sags, toilets and mechanical support.

Email: info@orlandoroadclub.org
<http://www.orcracing.com/pace-led-century.html>

February 5 (Sat), Windermere, FL

Celebrate Florida Century 120 miles – 8:00 AM; 100 miles – 8:15 AM; 60 miles – 8:30 AM; 30 miles – 8:45 AM; 15 miles – 9:00 AM. Cathy Styles (407) 788-3244.

Email: flgolf07@aol.com
<http://www.floridaracing.net>
[Active.com Online Registration](http://Active.com)

February 5 (Sat), Brooksville, FL

Croom 35/50 Singletrack Challenge 35 or 50 miles of great single-track. No pavement - No two-track. This ride will test you with challenging climbs, tight technical trail, and several BIG holes-in-the-ground waiting to pull you down. But mostly it's just miles & miles of rolling singletrack. Event Activities Include: • Breakfast, SAG stops, and fantastic dinner after the ride • Bike mechanic services (at HQ and on the trail) • Event SWAG. (813) 689-5109.

Email: northbkr@tampabay.rr.com
<http://www.swampclub.org/>

February 5 (Sat), Clermont, FL Brevet Series South: 300km 186 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. Brevets are NOT RACES, but do have time limits and control points where one checks in along the route. They require conditioning,

perseverance, and dedication, but riders of ALL ABILITIES (A, B, & C riders) can participate. A series of four brevets qualify riders for longer 1200km (750 mi.) events such as The Paris-Brest-Paris held in France and The Boston-Montreal-Boston held in USA. For more specific information about Brevets click on the web site below. Michael Grussemyer, RBA, (239) 549-7459.

Email: RBACentralFlorida@bike4one.com
<http://www.bike4one.com/brevets/>

February 5 (Sat), St Marys, GA Tour de Camden Metric Century Official Super Bowl Event! Registration starts at 8:45 AM. 5K Run Starts at 9:45 AM. Bike Ride: We will roll over to the parade route at 10:30 AM to start the ride through the route at 10:50. Registration and parking will be at Kings Bay Shopping Village on the corner of Osborne Rd and Charles Smith SR HWY (Spur 40). \$15/Run, \$20/Bike and \$25/both before 28 January. Contact John Pritt (912) 673-6009, Chuck Walker (912) 673-7299, or Terry Landreth (912) 576-9696. Email: pritt156@eagnet.com,

walk8044@netscape.net, landreth@camcomp.com
<http://www.floridabicycle.org/fbtc/aps/2005-02-05.txt>

February 6 (Sun), Gainesville, FL 23rd Battle of Olustee 9am at Holiday Inn on the corner of 13th St. and University Ave.

Come ride in the best "race" of the year. It's simple: Test your man/womanhood, 120 miles, one stop, race last 40 miles, first man/woman to Gainesville wins. We will have maps for those prone to getting lost or dropped, or who want to complete the last 40 miles as a tour. No entry fee necessary. Come on time. This ain't no wimpdermere. Dan Larson (352) 380-9831.

Email: BShark441@aol.com

February 12-13, White Springs, FL

Suwannee Sweetheart Cycling Weekend No, you certainly don't need a sweetheart to do this ride. But it's a "sweetheart" of a route. On Sunday, there will be rides of 27, 50, 64, and 100 miles. At 10:00 AM on Saturday, there will be a 23 or 47 mile ride. Call Jeanne at (904) 264-7168 or (904) 260-1126.

Email: BiknJeanne@aol.com
<http://www.suwanneebike.org/sweetheart.htm>
[Active.com Online Registration](http://Active.com)

February 13 (Sun), Sanford, FL The Great Valentine Tour A great post ride lunch will be provided by Hollerbach's Willow Tree Cafe. Additional ride information is available by calling Lake Mary Cycles (407) 324-5566. Fully stocked SAG stations. Choose the Century ride with hills, the metric century or the 36-mile ride. All rides start and finish at the Best Western Marina Hotel and Conference Center (rain or shine).

www.bestwestern.com/marinahotelandconferencecenter Ph: (407) 323-1910 or: 1-800-290-1910. Register before January 31 to receive a T-shirt. Schedule: On site registration opens at 6:30 AM Century starts: 7:30 AM. All other rides: 8:00 AM. Amenities: Power breakfast (included) before the start at 6:30 AM. Fees: \$ 30 until February 11. \$ 35. thereafter. Valentine bonus: \$ 55 per couple if registering together, until February 10. \$ 65 thereafter. For more information send email (below) or call Sandlake Cycle (407) 903-0660. Chief registrar: Karlee Knowles. Host hotel: Best Western Marina Hotel & Conference Center 1-800-290-1910
Email: ROADCYCLINGCAL@CS.COM

February 19 (Sat), Bonifay, FL Brevet Series West: 200/300 km 124/186 miles. Joe Arnold (850) 622-1165 @ Big Daddy's Bikes. Email: flabrevet@hotmail.com
<http://www.ride-4-life.com/>

February 19-20, Sebring, FL Bike Sebring 12/24 Hours This event allows competitors to ride as many miles as they can in 12 hours. Mark Andrews (863) 385-3936. Email: mandrewsins@earthlink.net
<http://www.bikesebring.org/>
[Active.com Online Registration](http://Active.com)

February 20 (Sun), Miami, FL Snowbird Century 7:30 AM. Come join us for the 2005 Snowbird Century, the event Florida Sports Magazine named "Best Century Ride of 2004", run by the same magazine's "Best South Florida Bicycle Club of 2004". Florida Sports Magazine - December 2004. 25, 62, 100 miles. Fruit and Spice Park 24801 SW 187 Avenue Miami, FL. Everglades Bicycle Club, PO Box 430282, South Miami FL 33243-0282. (305) 962-7120. Email: GFDerby163@aol.com
[Active.com Online Registration](http://Active.com)

TWO LOCATIONS

Dragon Sports

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



The Multisport Store

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

269-BIKE

11275 W. Emerald Coast Parkway - Suite 6
Destin, Florida 32550



Fax 850-269-2148
877-679-BIKE
Robin Wilkes

February 26 (Sat), Gainesville FL
Brevet Series North: 300 km 186 miles.
Jim Wilson (352) 373-0023.
Email: wilson@afn.org <http://gccfla.org/>

February 26 (Sat), Bleckley, GA Biking
Bleckley The Cochran-Bleckley Chamber of Commerce will be sponsoring a family-oriented bicycle ride through Southern country roads; perfect for families and new cyclists, as well as experienced riders. 62, 50, 30, or 15 mile routes available. For more information, contact the Cochran-Bleckley Chamber of Commerce at (478) 934-2965, fax to (478) 034-0353). PO Box 305, Cochran, GA 31014. Email: cbchamber@netcommander.com
<http://www.floridabicycle.org/fbtc/aps/2005-02-26.html>

February 26 - 27, St Petersburg, FL
Suncoast Recumbent Rally While this is focused to be a recumbent ride, all bicycles and cyclists are welcome! The Saturday ride begins at 9am at Ft DeSoto park and will take you through the downtown St. Petersburg area. Total ride is 45 miles. Registration fee is \$25 per person. An optional Sunday ride will take cyclists from downtown St. Petersburg to the charming town of Dunedin. Total ride is 60 miles. Registration with optional ride is \$32 per person. Registration fees include a barbecue lunch, performance clinic, and goodie bag.
Email: summer@bacchettabikes.com
<http://www.bacchettabikes.com/rally.htm>

March 5 (Sat), Brooksville, FL Clean Air Bike Ride To benefit the American Lung Association. Bike along the Withlacoochee State Trail, the longest paved trail in Florida. The trail travels through Pasco, Citrus and Hernando counties. Three route lengths through the Withlacoochee Trail State Park, listed among the top 20 bike trails in the country by National Geographic. \$25 for adults and \$12 kids 12 and under accompanied by adult. T-shirts guaranteed to registrations received by February 20th. Walkup registration OK and includes t-shirt if available. For more information, call 1-800-LUNG-USA or (727) 347-6133 for details.
Email: alagf@alagf.org
<http://www.gulFLung.org> [Online Registration](#)

March 5-6, Clermont, FL Brevet Series
South: 400km 248 miles Michael Grussemeyer, RBA, (239) 549-7459.
Email: RBACentralFlorida@bike4one.com
<http://www.bike4one.com/brevets/>

March 6 (Sun), Ft Myers, FL 7th Annual Royal Palm Classic Sponsored by the Ft. Myers Caloosa Riders. The ride will start at Buckingham Park in rural Lee County. There will be primary loops of 30, 45 and 54 miles. For new or less experienced riders, the Caloosa Riders will provide a guided "no one dropped" 15 mile loop. Beginning at 11:00 hamburgers, hot dogs and boca burgers along with pasta salads and deserts will be served (included with your registration fee). Rest stops and SAG support will be provided.
Email: info@caloosariders.com
<http://www.caloosariders.com>

March 11-12, Ocala, FL Cycle for Success! On March 11, 2005, you will begin a 200 mile excursion along Florida's most scenic roads leading from Ocala to Lake City. When you arrive in Lake City, you will be treated to a relaxing dinner, where you will have the opportunity to meet with children you are helping to serve! The next day, after an energizing breakfast, you will head back to Ocala towards the finish line. At the conclusion of the ride, you and your family will be invited to join Take Stock in Children for a celebration dinner right there at the finish line! For more info or to sign up - email or call Kelly Mahaffy, (904) 791-7260.
Email: kmahaffy@takestockinchildren.com
<http://www.takestockinchildren.com/>
<http://www.acpsf.org/>

March 12 (Sat), New Port Richey, FL Alzheimer's Family Organization 'Rally to Remember 2005' - 25K, 40K & 100K Bicycle Tours [Active.com Online Registration](#).
<http://www.alzheimersfamily.org/events.htm>
[#Rallies%20To%20Remember](#)

March 12 (Sat), Valdosta, GA Azalea Festival Century Four routes will be offered. All are flat to gently rolling. The century route will be 107 miles long with cut-offs at 77, 48 and 36 miles available. Fully SAG supported, the route you choose will take you over back roads past farms and lakes,

and through small towns in South Georgia. For a registration form, please contact the Valdosta-Lowndes County Recreation, Parks and Community Affairs Department at (229) 259-3507. Email Eric Hahn: erhahn@valdostacity.com
<http://www.azaleacitycyclists.com>

March 12 (Sat), Hamilton, GA Wheels O'Fire A challenging tour through our beautiful county. 26-mile, 45-mile, and 68-mile tours. Whether you're scaling the crest of Pine Mountain to Dowdell's Knob, President Franklin D. Roosevelt's favorite mountaintop perch for picnicking and reflection, or "smokin" on a downhill run - or just winding through the abundant vistas of farmland and forest - you'll find the WHEELS O'FIRE Century Cycle Tour offers up just the right mix of challenge and variety. (800) 381-4381 or (706) 628-4381.
Email: info@harriscountychamber.org
<http://www.harriscountychamber.org/Active.com> [Online Registration](#)

March 13 (Sun), Dade City, FL (ride being renamed) Was Florida Police Unity Tour Benefit Ride. All New Courses In the tranquil hills of San Antonio, FL. Mass Starts for 75 and 40 Mile Courses. (352) 588-2453. Email: ptpowers1@aol.com

March 19 (Sat), Tallahassee, FL A Ride to Remember 2005 Come on out and ride with us on our 2nd annual, "A Ride to Remember". We hold our community ride to raise awareness & financial support for the National Law Enforcement Officers Memorial. The officers who have lost their lives in the "line of duty" must never be forgotten. "We ride for those who died!" Our ride is held at the St. Marks Historical Railroad State Trail. The paved trail provides a scenic experience for outdoor enthusiasts as it follows the abandoned rail bed of the old Tallahassee-St. Marks Railroad, Florida's longest operating line (1836 to 1983). Choose from a metric century, half metric century, or a "fun ride". Both of our longer rides will have rest stops at the San Marcos de Apalachee Historical Site. On the full metric century, you will also enjoy riding through the St. Marks National Wildlife Refuge, as well as a stop at the historic St. Marks Lighthouse, built in 1832.

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

	Jon Willis Fitness Director A.C.E. Certified Trainer (850) 837-7300	995 Airport Road Destin, FL 32541
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Please visit our Web site for more information and registration forms.
<http://www.aridetoremember.org/>

March 19 (Sat), Screven, GA The Southern Pride Ag Ride The Wayne County Board of Tourism, the Wayne County Young Farmers and the City of Screven join together to sponsor the second annual Southern Pride Ag Ride. Options: 23, 48, 62 and 100 miles. New this year by request – a 9.3 mile family ride. The century rides include mostly flat terrain but there are some rolling hills as the route travels closer to the Altamaha River. Routes will be flattop country roads traveling past cultivated farmlands in Wayne and Appling Counties. Registration information will be posted on the Wayne County Tourism Board website in late November. For more information, contact Heather Altman at (912) 427-2028. Email: haltman@waynechamber.com
<http://www.sparide.com/>

March 19 (Sat), Anniston, AL Woodland-Calhoun Century Challenge The challenge offers 25, 50 and 100 mile options. Set in the foothills of the Appalachian Mountains, the ride course passes over country creeks, through small southern towns such as Jacksonville and Piedmont, and into a section of the Talladega National Forest. City of Anniston Parks and Recreation Department, PO Box 2168, Anniston AL 36202. (256) 236-8221 - (256) 820-3790 Ride Day. Email: ashockley@ci.anniston.al.us
<http://1rg.com/woodland>

March 19-25, Monticello, FL 2005 Bike Florida: Red Hills To The Sea Bike Florida is a non-profit organization whose mission is to promote safe cycling in the state of Florida. Bike Florida 2005: Red Hills to the Sea (featuring Worm Gruntin' and Oyster Shuckin') is a 7-day fully-

supported bicycle and tent camping tour that will pedal between 315-385 miles among the rolling hills and along the beautiful Gulf Coast of the Florida Panhandle. This year's loop ride will start and end in Monticello, Florida and cyclists will ride between 50-75 miles daily. (352) 376-6044. Email: greg@bikeflorida.org or amanda@bikeflorida.org
<http://www.bikeflorida.org/>
[Active.com Online Registration](http://www.active.com)

March 19-20, Gainesville, FL Brevet Series North: 400 km 248 miles. Jim Wilson (352) 373-0023. Email: wilson@afn.org <http://gccfla.org/>

March 19-20, Bonifay, FL Brevet Series West: 300/400 km 186/248 miles. Joe Arnold (850) 622-1165 @ Big Daddy's Bikes. Email: flabrevet@hotmail.com
<http://www.ride-4-life.com/>

March 20 (Sun), Dublin, GA St Patrick's Century 10K - 25 - 50 - 100 Miles. This is a charity ride - registration fee is non-refundable. Maps, sag and refreshments provided. *Multi-color long sleeve T-shirt guaranteed to all pre-registered riders. (478) 275-0985. Email: stpatbikeride@bellsouth.net
www.dublinrotary.com/2005CENTURY.html

March 26 (Sat), Gainesville, FL Brevet Series North: Fleche 24 hour ride. Jim Wilson (352) 373-0023. Email: wilson@afn.org <http://gccfla.org/>

April 2 (Sat), Orange Park, FL Pedal for Lupus 30-mile bicycle ride to raise funds for lupus related organizations that seek to find a cure for lupus and to educate and support lupus patients and their

families. There is a minimum contribution of \$30 per rider. Riders will be provided with a t-shirt, a light lunch, two rest steps along the trail for water, drinks, and snacks. For questions about Pedal for Lupus, please leave a message at (904) 384-3009 or 1-800-684-9276 and your call will be returned! For more information on "Pedal for Lupus", including start time, course map and registration information, please visit our web site.
<http://www.pedalforlupus.org/>

April 2 (Sat), Concord, GA Tour De Pike Hosted by Kiwanis Club of Pike County. Pike County is about 50 miles South of Atlanta. Rides of 8, 16, 33, 66, 100 miles. Enjoy a pleasurable ride on newly paved country roads through scenic Pike County with its horse and cattle ranches, pecan groves, turn-of-the-century towns, and rolling hills reminiscent of the French countryside. The ride will be supported with refreshments and rest stops in quaint towns, SAG vehicles will sweep the ride or offer aid or a lift. Don Collins (770) 567-3033. Email: KiwanisPike@aol.com
<http://www.kiwanispike.org>

April 2 (Sat), Colquitt, GA 2nd Annual Mayhaw Century Bike Ride Ride goes through the southwest corner of Georgia and the Mayhaw capital of the world. Distances will be 30, 50 & 100 miles - for all levels of riders. \$20 registration includes T-shirt and refreshments. For more info call (229) 758-2400. cmccoc@earthlink.com
www.colquitt-georgia.com

April 2-3, Clermont, FL Brevet Series South: 600km 372 miles, South Central Region. Michael Grussemyer, RBA, (239) 549-7459. Email: RBACentralFlorida@bike4one.com
<http://www.bike4one.com/brevets/>

During one of my many ventures of surfing cycling sites on the web I came across one that is most useful. The site is "<http://www.bikejournal.com/>". After investigating the site it didn't take me long to sign up. It is a very user friendly website with many stat options.

The site offers you a chance to keep track of any and all stats of your riding season. Also, when you establish your account be sure to list yourself as a member of Emerald Coast Cyclists. When doing this it logs your miles in the club total. The club has been established on the site with a mileage goal of 200,000 miles for 2005. Currently we only have nine registered riders trying to reach this goal. As good as we like to think we are, we may need the help of a few more members.

There are many upsides to the site. After loosing my entire 2004 stats when my computer crashed I welcomed the idea of

LOG THOSE MILES

...By Dan Steighner

having my journal kept elsewhere. The web page will e-mail you an Excel compatible back up for emergency use. Another upside is publicity for the club. 4,900 other riders from around the world use this web site to log their personal and club stats. Who knows when some of them may be coming to the Emerald Coast for vacation and will be looking for a place to ride. Our club web site is also linked from bike journal.

A perk for me being a slightly competitive person is to see how I compare to these other riders. The top rider on the site for 2004 logged over 20,000 miles - must not have a job. My 3,000+ miles put me in the top 10%. I know there are many members who easily top that. One final note, when you first sign up there is a one-time use block to list your previous established miles for the year.

I hope the next time I log on to bike journal I will see most (all) of our 100 plus members joining forces to reach (exceed) the clubs 200,000 miles in 05. See you on the road.

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



April 3 (Sun), Bradenton, FL 17th Annual Spring Classic The St. Petersburg Bicycle Club Spring Classic offers three ride routes for cyclists of varying skill levels. Choose from 60, 35, or 25 mile rides through flat country roads of northern and eastern Manatee County. 7:15-8:30am - Check-in and Day of Registration; 8:00am - 60 mile start; 8:10am - 35 mile start; 8:20am - 25 mile start; 11:00am - Prizes Drawings. Where: Lost Kangaroo Pub, 427 12th Street W. Bradenton FL. Pat McNulty (813) 839-7126
www.stpetecycling.com

April 9-10, Gainesville, FL Brevet Series North: 600 km 372 miles. Jim Wilson (352) 373-0023. Email: wilson@afn.org <http://gccfla.org/>

April 9-10, Tampa, FL Mid Florida MS Wheels, Whales & Tails Tour Busch Gardens Tampa to Sea World Orlando and back to Busch Gardens Tampa. The MS 150 is fully supported with great rest stops and lunch included both days, mechanics on-route and great celebration meals at the end of each day! Each participant is required to raise a minimum of \$200 to support the

programs and research of the MS Society and to make a difference in the lives of those affected by MS. Contact address and phone number: Michael Cooper (407) 896-3873 ext. 29.

Email: michael.cooper@flc.nmss.org
<http://www.nationalmssociety.org/flc/>

April 10 (Sun), Plant City, FL 23rd Annual Strawberry Century Who: Tampa Bay Freewheelers What: 100/62/38/20-mile rides Where: Hillsborough Community College, 1206 N. Park Rd., Plant City, FL (exit 22 from I-4) When: Registration 6 am. Breakfast 6:30 to 9 am. Ride start 7:30 am for 100 miles, other starts at 10-minute intervals. Lunch 10:30 am to 3 pm. Long sleeve T-shirt, full SAG, lots of strawberries, fun! \$29. Late registration (postmarked after March 13) and day-of-ride: \$35 (can't guarantee T-shirt for late reg or day-of-ride reg). For more info: Call: Ruben Watson (813) 404-5721

Email: RubenWatson@hotmail.com
<http://www.TBFreewheelers.com>

April 16 (Sat), Clermont, FL Tour de Cure 20, 55, 105 miles. If you would like to receive a brochure or register over the phone for this event, please contact Delia

Jervier at (800) 676-4065 x-3030 or send an email. djervier@diabetes.org
<http://www.diabetes.org/orltour/>

April 15-17, Madison, GA BRAG Spring Tune-Up Ride Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. (770) 921-6166 fax (770) 935-1918. Email: bragHQ@aol.com
<http://www.brag.org/>

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

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.