

# PACELINE



## The Newsletter Of The Emerald Coast Cyclists

Volume 24

Number 06 / 07

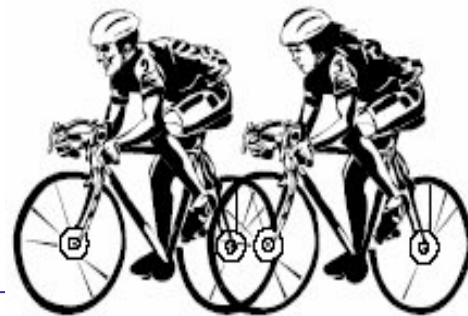
February / March 2011

### President's Line....by Steve Fikar

I just had a lousy ride this morning. It was 28 degrees at the start and one of my gloves simply wouldn't fit right so my fingers grew so cold and numb that I had to take the glove off. That didn't help. I was having no fun at all. I know that you can appreciate the discomfort of riding in January but my message to you is to keep going, don't stop riding, and work around this weather. There are lots of options--spin classes, riding your trainer, riding in the afternoons instead of the mornings. And don't forget your mountain bike. It's usually warmer in the woods. Just pick something that works for you and keep the dust off your bike. You will be glad come March and April when you are

ready to jump into all the springtime riding we have around here.

Also, as you know we are gearing up for some kind of big trip this year. If you have ideas on where we could go and what events we can participate in, let me know. Maybe we can take advantage of Vision Airlines' low fares and go somewhere really neat, on the cheap. I'll keep you posted. See you on the road and trails!



## THEY'RE BACK!!!

What's back? It's all those great events that follow the return of Daylight Saving Time which starts on March 13<sup>th</sup> this year.

- ◆ Starting **Tuesday March 15<sup>th</sup>**, (and every Tuesday until the end of daylight saving time) you get a chance to join other riders on Tuesday evenings at **5:00 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 make things livelier. 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. Make sure you have your **Range Pass**.
- ◆ Starting **Thursday March 17<sup>th</sup>, 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 March 17<sup>th</sup>, 5:00 PM** - the **Third Thursday Road 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: [www.geocities.com/timberlaketrailassociation/](http://www.geocities.com/timberlaketrailassociation/)

Membership.....To join the ECC and receive newsletters, call John or Kathy Stamp at 897-6862

## ECC GENERAL MEETING

The next ECC meetings will be on Wednesday, **February 2<sup>nd</sup>** and **March 2<sup>nd</sup>** at **Scully's on the Bayou**. Scully's is located at 200 Eglin Pkwy NE in Fort Walton Beach. Join us for a good meal, fellowship, and some cycling talk. Find out what the ECC has in store. Start time is **6:30 PM**.

### **ECC On-Line Classified Ads**

<http://www.eccyclists.com/classifieds/>

## **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 2011 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 2010 through September 2011. You can get it at the Jackson Guard, 107 Highway 85 North in Niceville. Ask for the Recreational Range Pass. The cost is **\$12.00** for this year. If you qualify as a senior (65 and up), you can purchase a fishing pass for **\$6.00** and it will be good for 1 year from the date of purchase, not just for the fiscal year. By the way, the new Range Pass is **Blue**.

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, cashier's 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.



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## 2011 Club Officers

**President:** Steve Fikar  
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**Secretary:** Teri Bryan  
**Treasurer:** Jimmy Carter

## 2011 ECC Board

**Social:** Bonnie Nabors  
**Bike Safety:** David Simpson  
**LAB Rep:** John Stamp  
**USCF Rep & NORBA Rep:** Moe Powers  
**Off Road Rep:**  
**PACELINE Publisher:** Paul Logan  
**ECC Website:** Jim Koskela  
**Trash Pickup:**  
**Membership:** John & Kathy Stamp  
**Ride Coordinator:**  
**Hot Line:** Tammy Salsberry

You may notice that we have a few openings on the ECC Board. Please let Steve Fikar 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.

### **MERCHANT BENEFITS TO ECC MEMBERS!!**

Several local merchants offer discounts and special offers to *current* **ECC** members. Merchants listed below offer a **10%** discount on all retail merchandise (excluding bikes & sale items).

◆ **Dragon Sports**    ◆ **Run For Your Life**  
◆ **Bob's Bicycles**    ◆ **Truly Spokin'**  
◆ **Big Daddy's**    ◆ **Alpine Bicycles II**



**Dragon Sports** and **Bob's Bicycles** offer a **5%** bike discount.

And **Bob's Bicycles** offers mail order price matching on most items. Show your ECC membership card to get your discounts and remember - your membership must be current.

### **The ECC Website Is Up - Suggestions Welcome**

**Jim Koskela** is running the ECC Website and seeks feedback/suggestions from ECC members.

Get ready for exciting things to come.

[www.eccyclists.com](http://www.eccyclists.com)



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# Leadville Trail 100 Mountain

## Bike Race (Part 2)

by Paul Logan

In order to receive the coveted Leadville 100 MTB Race Belt Buckle, you have to complete the 100 mile out-and-back course in under 12 hours. If you finish over 12 hours, but under 13, you receive a medal as you cross the line as sort of a consolation prize. After 13 hours, you get nothing. In fact, they don't even record your finishing time. In the books you will be listed as DNF (Did Not Finish). Along the course there are time checks that you have to meet in order to continue the race. The first time check is at mile 40, which is at the base of the massive Columbine Mountain, and you have 4 hours to get there. From there you have another 4 hours to make it a total of 20 miles up and back down the big mountain. The second time check is where most people get yanked from the race. From the second time check at mile 60 to the third and final time check on the course is at mile 75 and you get one hour. If you fail to make any of these you are disqualified, pulled from the race, and sent packing.

At over 12,500 feet, it was cold and windy on the summit of Columbine Mountain. I had all but given up on completing the race. It had taken me over 7 hours to make the summit and I felt there was no way I could make the time cuts. However, after a motivational discussion with a fellow racer and a race volunteer I decided to go for it. It was 10 miles down to the next checkpoint (mile marker 60) and I would have less than 45 minutes to get there or I would be sent packing. With new found inspiration and some warm chicken soup in my belly, I was back on my horse. The racer that talked me into it, who I was calling "Hammer" because he was wearing a "Hammer Fuel" jersey, took off and I was right behind him. Just as we got going, I slipped a chain. It didn't take me long to get things right but by then Hammer was gone. So much for that.

I didn't care that I lost my riding partner right off the bat, I was motivated. On the descent I was taking maximum risks. Going as hard as I could. Pretty much just holding on as I got bounced around like a ping-pong ball. I passed quite a few racers still making the push to the summit. There was no way they were going to make it, but, as was done for me, I shouted words of encouragement as I rode by them. By the time I got down to the checkpoint I was exhausted. I had to peel my fingers off the grips to grab a GU from a volunteer.

I had made it with about 5 minutes to spare. Bonnie was waiting for me with snacks and water. After a quick stop, I was back on my way. The final checkpoint before the finish line was about 15 miles (mile marker 75) and I would have just over one hour to get there. I asked Bonnie to go to the last checkpoint so she would be there if I didn't make the cut. That way we wouldn't have to try to find each other and I wouldn't have to ride in the sweep wagon back to the finish. She said she would.

Not far past the checkpoint was an uphill section of single track that was much more fun coming down than going up. I caught a few racers and managed to stay with them. Near the top of the single track was a heavily rooted "step-up" section that caused the racer in front of me to crash and me to crash into him. He stayed down but said he was okay, so I pressed on. I was going as hard as I could and keeping an eye on the time and mileage. It wasn't looking good. A couple of times I entertained the idea of just backing off and rolling in to the checkpoint, packing up, and going home. I even stopped one time for a couple of minutes to rub my aching feet. Having pretty much given up, I made it to the base of the biggest climb of that section of the course, threw it into the granny gear and started up. At the top I took a quick look at my time and mileage. I had 10 minutes to go the last 5 miles of the section. Could I average 30 mph over the next 5 miles. No way.

Not even on my road bike. That was it. My race was over.

I remembered this area because on the way out it was where I hit a bump while taking the first bite of a fresh chewy Clif Bar and dropped it into a mud puddle. I didn't remember it being that far from the check point and at that moment I recalled a conversation I had the day before with a local guy that had done the race 10 times. A tiny side note in his course description, I remembered, was although according to the queue sheet the third and final checkpoint was listed at mile 75, it was more like mile 73. If I could average around 20 mph, and it really was only 3 miles, I could make it! I had to try. The sudden excitement brought a burst of energy and I was flying. I was in the big ring and going as hard as I could. The course was flat, smooth double track with mud puddles every 100 meters or so. Every time I looked at my speed and it was below 20, I pushed harder. I was passing racers left and right, shouting for them to jump on my wheel; we could make it. A few tried but couldn't hold the pace. With minutes to go, and still over a mile I came up on the wheel of Hammer. I shouted to him and he recognized me and got on my wheel. He stayed with me as we approached a thickening crowd of spectators. They were cheering at the top of their lungs! Shouting, "Less than a minute! You can make it." This was it. The final checkpoint. I could see it. Less than 100 meters. My legs were screaming. Begging for me to shut it down. I could see Bonnie. Waving her arms, screaming. Hundreds of fans on both sides screaming. I wasn't sure if I would make it. I couldn't see my computer. Everything was a blur. It was too close to call.

I crossed the line, slammed on the brakes, and dropped off the bike onto the ground. Bonnie had snacks and water waiting. Did I make it? Bonnie thought I did. I wasn't sure. A minute later a race official walked over to me, hand outstretched. Congratulations, you made it! Officially, I had a minute to spare. I spent a couple of minutes eating and rubbing my feet. What about Hammer? I lifted up my head and saw him on the ground further back, on the other side. He made it too.

I was free to go on. The question was, could I? Would I be able to make it to the finish line, 27 miles and two monster climbs away, and in less than 3 hours? Quitting now was not an option. I was going for it. I got up and got back on my bike. I looked over at Hammer and saw him walking off course, his wife or girlfriend pushing his bike. He was done. For a second, I couldn't believe it. This guy talked me into this and now he was giving up! And he didn't have to! Oh well, no time to contemplate this, I've got a race to finish.

A small section of dirt road, then paved. By now the wind had picked up and was directly in my face. I caught a couple of racers and got a small pace line going. It helped some to get a breather from the wind, but the line was short lived. I dropped them with about 2 miles to go to the ascent of the Powerline.

I knew the Powerline would be tough going back up. But I didn't realize how tough. It was like riding down a wall on the way out and now it was like pushing a bike up a wall. It was push for two steps, rest. Push for two steps, rest. It was a couple of hundred meters of "wall" steep climbing, and it was taking me forever. By the time I got near the top of the steepest part an hour had passed since the final checkpoint. I asked a local volunteer if he thought 2 hours was "doable" from here. He said it was, but I could tell from the look on his face that he doubted it.

Finally at the top of the steepest part, there was a short descent then more walk-a-bike-up-a-hill. By now, every time the trail turned upwards I was pushing my bike. My legs were shot. I was also by myself. Occasionally I would pass a racer that was off on the side, either cramping, throwing up, or just sitting and waiting to be picked up by the sweep crew. It took me nearly another hour to reach the summit of the Powerline (actually Sugarloaf Mountain).

# TOSRV South

## 30<sup>th</sup> Annual Tour of Springtime Rural Vistas South

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## Leadville Trail 100 (continued)

The Powerline killed me. By now I had pretty much given up hope for a belt buckle, but still felt I could make the 13 hour cut-off. I would still get the medal and a time listed in the books and that was okay. It would still consider my race a success.

The descent off Sugarloaf was rocky and rutted, but fairly fast. I passed several ATV's "two up" with bikes strapped on the rack. Back out on the pavement, I still had 2 hours to make it up and down St. Kevins. Up was mostly pavement, but it was steep and several miles long. It was a drag. Granny 1 all the way. At one point on the climb, I came up behind a racer that was grinding along and for no apparent reason, other than pure exhaustion, just fell over onto the shoulder. He said he was okay, so I pressed on.

At the end of the paved section there was a rest stop of which I took advantage. I had an hour and fifteen minutes to finish the race and still be under 13 hours. According to the volunteers at the rest stop I had about 10 miles left, 1 of which was to the summit of St. Kevins. That seemed right to me because my computer was showing 91 miles and I knew the Leadville 100 was actually the Leadville 101. I took some extra time to rub out my feet and eat a Clif Bar.

As I made my way up the rocky and rutted double track towards the summit of St. Kevins, the 12 hour mark came and went. I was okay with it. My hopes for a belt buckle had faded on the climb up the Powerline. I still had an hour to make it less than 10 miles, several of which were downhill. I had new found energy from the feeling I was going to make it but didn't take any risks on the descent of St. Kevins. I didn't want to crash and burn so close to the finish. By the time the trail flattened out and then turned to pavement, I was feeling pretty good. I still had a half an hour and my odometer was showing 99 miles. With 2 more miles I was going to make it. Or was I?

The course turned to the right, off the pavement and there were two volunteers there to make sure everyone saw and made the turn. I was going pretty hard when I heard one of the volunteers shout, "Go, Go, Go, you can make it. Four more

miles!" What! Did he say 4? Wait a minute, he must be mistaken. I am showing 99. Now I know it is not exactly 100 miles but it can't be 103. Starting to panic now, I really pressed on the gas. I passed a couple of racers on some muddy single track and then saw another volunteer. I asked how much further and he said about 4 miles. What!?! It must really be 4 miles. With no time to sweat it, I started to compose. Okay, I have 4 miles, not 2. I still have just under 30 minutes. I can still do it. That's less than 10 miles an hour. I'm okay. At that moment, the trail turned sharp left, and there before me was a nasty looking dirt road that went straight up. It was 4 car lanes wide, but full of rocks and not a smooth section anywhere on it. I got about 100 meters into it and that was it. I was going to have to push. It couldn't be ridden. I found out later that this was the spot that Floyd Landis proclaimed, "Doesn't this race EVER end?"

By the time I got to the top and was riding again, the wind was out of my sails. I was still pushing hard but was running out of time. My odometer was showing 101 and still in disbelief, I asked a couple of spectators how much longer I had. About 2 miles was the answer. Oh no, I have less than 5 minutes. I've got to pick it up. Riding through town I was pushing as hard as the rubber I had for legs would let me, but by the time I made it to the long straight grade "up" to the finish line time had expired. Fans on both sides of the road were shouting and I still rode hard to the finish, but it was over. I didn't make the cut. Now, with 100 meters to go, I could see the red carpet that was the finish line, and Bonnie on the other side of it. As I crossed the line, there were a few cheers from the now severely diminished crowd. I looked over at the official time clock. 13:07:24

I consider my Leadville 103 MTB Race a successful failure. Success, in that I actually finished the race; and failure in that I didn't record a time. Hey, it took Chris Carmichael, Lance's trainer, 3 tries before he made it. There's always next year. Yeah, right! It's going to take a long time before I forget that much pain!





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24-HOUR TURN AROUND ON MOST REPAIRS

# Mountain Bike Time Trials

The next Off Road Time Trials will be held on Sunday **February 20<sup>th</sup>** and the final Time Trial of the season on **March 20<sup>th</sup>** at 9:00 AM. They will be broken down into the same age groups as the road Time Trials. 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. Email **Dan Steighner** at [desteig@cox.net](mailto:desteig@cox.net) if you would like a highlighted map of the course. This year's course is flat and fast and should make for some good times and keep things more competitive on all levels.

The rules for the Time Trial are as follows: **1.** One single lap. **2.** Stay on the course, NO cutting corners (this is for fun and it is run on the honor system). **3.** If you come upon an obstacle and it has a bypass or bailout point you can use it. **4.** If you are caught on the trail by a faster rider you must yield to allow him/her to pass. (We will make every effort to start the faster riders first.) **5.** Most important, mountain biking is inherently dangerous as we all know. So if you encounter a rider who has crashed offer/render assistance to him/her. Ride off only after you know they are OK.

**December**

**Ten** riders came out for the **December** Off Road Time Trial 7.4 mile course. It was a sunny, day with the temperature at start time of 44°. The trails were fast with packed but heavy sand. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Scott Ewing	53	30:35	14.5
Paul Torrey	67	48:23	9.2
Mike Weisz	62	36:37	12.1
Nate Bryan	51	40:50	10.9
John Lilly	47	38:42	11.5

\* Single Speed



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Dale Morrison*	43	35:22	12.6
Mike Bagent	52	DNF	
Caden Ewing	14	37:36	11.8
Ladd Preston	52	DNF	
Mort Hudson	50	39:11	11.3

**January**

**Twelve** riders came out for the **January** Off Road Time Trial. It was a cloudy, day with the temperature at start time of 46°. The trails were packed but the pine needles were a little slippery. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Scott Ewing	53	30:35	14.5
Dan Steightner	49	34:53	12.7
Mike Weisz	62	36:53	12.0
Selby Holler	36	37:09	12.0
John Lilly	47	38:20	11.6
Annette Manuel	48	38:35	11.4

\* Single Speed



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Dale Morrison*	44	34:31	12.9
James Penrod	39	33:58	13.1
Will Price	43	35:26	12.5
Ladd Preston	52	38:46	11.5
Mort Hudson	50	38:54	11.4
Joey Locke	46	DNF	

## 2010 Men's ROAD TT Results

Men's Overall	-----	Cal Partlow
Junior	1 <sup>st</sup> Place	Caden Ewing
	2 <sup>nd</sup> Place	Matt Helms
Age 21 to 25	1 <sup>st</sup> Place	Mitch Kieffer
	2 <sup>nd</sup> Place	Scott Prerup
Age 31 to 35	1 <sup>st</sup> Place	Venancio Turpen
	2 <sup>nd</sup> Place	Jason Hendrix
Age 41 to 45	1 <sup>st</sup> Place	Todd Hanning
	2 <sup>nd</sup> Place	Walt Mirth
Age 46 to 50	1 <sup>st</sup> Place	Sean McSheehy
	2 <sup>nd</sup> Place	Dale Morrison
Age 51 to 55	3 <sup>rd</sup> Place	Jim Adams
	1 <sup>st</sup> Place	Nick Muir
	2 <sup>nd</sup> Place	Scott Handrick
Age 56 to 60	3 <sup>rd</sup> Place	Robert Simmons
	1 <sup>st</sup> Place	Robb Rennie
	2 <sup>nd</sup> Place	Bill Haik

## 2010 Mens ROAD TT Results (cont.)

Age 61 to 65	1 <sup>st</sup> Place	Jim Conway
Age 66 to 70	1 <sup>st</sup> Place	Tom Kaltenbach
	2 <sup>nd</sup> Place	Paul Torrey
Age 71+	1 <sup>st</sup> Place	Wayne McSheehy

## 2010 Women's ROAD TT Results

Women's Overall	-----	Wendy Ewing
Age 16 to 20	1 <sup>st</sup> Place	Brook McSheehy
Age 26 to 30	1 <sup>st</sup> Place	Bridget Brown
	2 <sup>nd</sup> Place	Michelle Wilbur
Age 31 to 35	1 <sup>st</sup> Place	Victoria Lanza
Age 41 to 45	1 <sup>st</sup> Place	Lori Mihalcik
Age 46 to 50	1 <sup>st</sup> Place	Christal Pruitt
Age 71+	1 <sup>st</sup> Place	Billie Madero



- ◆ 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 AND NO MUSIC DEVICES!!!

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.

► **Jan 29, 8:30 AM - Portland/Knox Hill** - Meet at the community center in **Portland** for a **62-mile** ride. If you are interested in a longer option, a ride leaves **Emerald Coast Coffee** at **7:30 AM**. It will be an intermediate to fast pace ride. For more information about this ride call the **ECC Hotline** at **864-7166**.

► **Feb 5, 8:30 AM - Double Bay Bridge** - Meet at **Emerald Coast Coffee** in Bluewater Bay for an 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 about this ride call the **ECC Hotline** at **864-7166**.  
\*Designated Club Jersey Ride

► **Feb 12, 8:30 AM - Freeport N & S Loops** - Meet at **Emerald Coast Coffee** in Bluewater Bay for a 60 mile intermediate to fast pace ride. There will be a 46 mile option which will only include the south loop.

► **Feb 19, 8:30 AM - Mossy Head - Ponce de Leon** - Meet at the **Mossy Head Community Center** 1 mile east of junction Hwy 285 and Hwy 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. If you are interested in a longer option, you can depart from **Ruckel Middle School** at **7:15 AM**. For more information on this ride call the **ECC Hotline** at **864-7166**.

► **Feb 26, 8:30 AM - Baker/Blackwater Forest** Meet in **Baker** at the **Gator Café** for an intermediate to fast pace ride towards **Berrydale**, then through the **Blackwater Forest**, to **Holt** and back to **Baker**. The ride length will be from 45 to 60 miles. This will be a hilly ride, but at a reasonable pace. For more information about this ride call the **ECC Hotline** at **864-7166**.

► **Mar 5, 8:30 AM - Ruckel Middle**

**School/De Funiak Springs Loop** - Meet at Ruckel Middle School for an intermediate to fast pace 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.

► **Mar 12, 8:00 AM - Togetherness Ride** - All riders from all riding groups meet at the former bagel shop in Shalimar for a big group ride to Destin and back. Everybody is encouraged to stop at **Panera Bread** in **Destin Commons** for a short break to snack and relax before heading home. The longer option to Panera will be from Shalimar, up Hwy 123, down Hwy 85 to College Blvd and then across the Mid Bay Bridge. The shorter option will skip Hwy 123. We will return through the back roads of Destin, across the island, then the back roads of Fort Walton Beach. The bigger the turnout, the more fun for all. Even if you don't normally ride with the ECC on Saturdays, come on out and join us for this. For more ride information, call **Steve Fikar** at **651-1798**. \*Designated Club Jersey Ride

► **Mar 19, 8:30 AM - Blackwater Forest Loop** - Meet at the **Gator Cafe** in **Baker** for an intermediate to fast paced ride to **Berrydale**, **Blackwater Forest**, **Holt** and then returning to **Baker**. The ride length is 63 miles. If you are interested in a shorter option an out and back at a distance of your desire is always available. For more information about this ride call the **ECC Hotline** at **864-7166**.

► **Mar 26, 8:00 AM - Club Trash Pickup/Ride** Trash pickup and road ride. Start at Ruckel School and ride up to the trash pickup area (2 mile area between the 5 & 7 mile markers 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) or include 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** (\$4.00 per person - all you can eat). For more information about this ride call **John Stamp** at **897-6862**. \*Designated Club Jersey Ride

► **Apr 2, 8:00 AM - Ruckel Middle School/De Funiak Springs Loop** - Meet at Ruckel Middle School for an intermediate to fast pace ride to De Funiak Springs and back. The ride will go up Hwy 285 to Bob Sikes Rd, then up to Hwy 90. There will also be a variation going to Mossy Head and back. The ride length will be 40 to 65 miles. For more information on this ride call the **ECC Hotline** at **864-7166**.

► **Apr 9, 8:00 AM - Summit To the Top** - This is a ride to the highest point in Florida, Britton Hill, with an elevation of 345 feet! Meet at the **Mossy Head Community Center** 1 mile east of the junction Hwy 285 and 90 for a 57 mile moderate to fast paced ride. The route heads directly north from the community center to Britton Hill, then proceeds across the state line to Floral, Alabama, then back in a big loop to Laurel Hill, then south to Hwy 90 and east to Mossy Head. A shorter 40 mile out and back through Floral is also available. For more information on this ride call **Steve Fikar** at **651-1798**.

### 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 \*.

### Are You Getting Club Emails?

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

Courtesy of The Florida Bicycle Touring Calendar URL: [www.floridabicycle.org/fbtc/](http://www.floridabicycle.org/fbtc/)

February 5, Gainesville, FL Gainesville Brevet Series: 300 km  
<http://gccfla.org/brevet/brevets.html>

February 13 (Sun), Boca Raton, FL Tour of Boca  
<http://www.bocabikeclub.org>

February 14-18, Cross City, FL Gulf Coast Highlight Tour  
<http://www.gulfcoasteventstours.com/>

February 15-19, Cross City, FL Gulf Coast Highlight Tour  
<http://www.gulfcoasteventstours.com/>

February 19-20, Sebring, FL Bike Sebring 12/24 Hours  
<http://www.bikesebring.org/>

February 19, Hastings Flagler Estates, FL Flagler Estates Country Cruise  
<http://www.feciafl.com>

March 5-6, Gainesville, FL Gainesville Brevet Series: 400 km  
<http://gccfla.org/brevet/brevets.html>

March 6, Orlando, FL American Diabetes Association, Tour De Cure, Orlando, FL  
<http://main.diabetes.org/tourdecureorlando>

March 6, Fort Myers, FL Thirteenth Annual Royal Palm Classic  
<http://www.royalpalmclassic.org>

March 13, Lakewood Ranch Sarasota, FL American Diabetes Association, Tour De Cure, Sarasota, FL  
<http://main.diabetes.org/tourdecuresarasota>

March 13, Boca Raton, FL Tour of Boca  
<http://www.bocabikeclub.org>

March 14-18, Cross City, FL Gulf Coast Highlight Tour  
<http://www.gulfcoasteventstours.com/>

March 26, Jacksonville, FL Ride with Me for Autism 2011  
<http://www.ridewithmeforautism.org>

March 26 - April 1, Gainesville, FL Bike Florida 2011 "Florida's Eden"  
<http://www.bikeflorida.org>

March 26, Vernon, FL 15th Annual Tour de Ranch Century  
<http://pccycling.org>

March 26, Okeechobee, FL Rotary's 8th Annual L.O.S.T Ride-Run-Walk  
[www.OkeechobeeRotary.org](http://www.OkeechobeeRotary.org)

March 26, Anniston, AL Woodland Calhoun Century Challenge "The Woody"  
<http://www.anniston.al.gov>

March 27, Plant City, FL 29th Annual Strawberry Century  
<http://www.TBFreewheelers.com/>

April 2, Hamilton, GA Wheels O'Fire Century  
<http://www.harriscounty-chamber.org/CycleTour/>

April 2, Douglas GA Relay for Life Metric Century Bike Ride  
<http://www.freewebs.com/douglasbikerides>

April 3 (Sun), Dothan, AL Tristates100 "Tour of Miracles"  
<http://www.tristates100.com/>

April 9-10, Gainesville, FL Gainesville Brevet Series: 600 km  
<http://gccfla.org/brevet/brevets.html>

April 9, Tifton, GA Tour de Tifton Century Ride  
<http://www.tiftareaymca.org>

April 10, St Augustine, FL Cystic Fibrosis Cycle for Life  
<http://www.cff.org/Chapters/nfl/>

April 15-17, Madison, GA BRAG Spring Tune-Up Ride  
<http://www.brag.org>

April 16-17, Tallahassee, FL Tour of Southern Rural Vistas  
<http://www.cccyclists.org>

April 16, Amelia Island, FL Katie Ride for Life  
<http://www.katierideforlife.org>

April 17, Melbourne, FL Space Coast Early Intervention Center's 2nd Annual "Cycle Jam"  
<http://www.sceic.com/>

April 29 - May 1, White Springs, FL SBA Spring Festival/Metric Century  
<http://www.suwanneebike.org/>

April 30 - May 13, Key Largo, FL Vacation Bicycling's Florida Keys  
<http://www.vacationbicycling.com/>

April 30 - May 5, Live Oak, FL Florida Bicycle Safari  
<http://www.floridabicyclesafari.com>

April 30, Ozello, FL Ozello Adventure Race  
<http://bschwartz.net/OAR/>

May 14-15, Homestead, FL 2011 Zimmerman MS Bike Ride Presented by Mack Cycle and Fitness  
<http://www.msbikeflorida.org>

May 14, Gainesville, FL Ride To Remember  
<http://gccfla.org/rtr/>

May 21, Jacksonville, FL Jacksonville Tour de Cure - Ride for Diabetes Research  
<http://main.diabetes.org/jaxtour>

June 4-11, Atlanta, GA Bicycle Ride Across Georgia (BRAG)  
<http://www.brag.org/>

July 16, Sylacauga, AL Marble City Metric Century  
<http://marblecitymetric.blogspot.com>

### **LOOK FOR A STAR!** **Time to Renew Your ECC Membership**



How do you tell if you need to renew? Flip your Paceline over (if you receive it by mail) and look at your address. Do you see an \* in front of your name? If you do, you are signed up as a member of the Emerald Coast Cyclists for 2011. If you don't see an \*, you are not signed up yet for 2011 ECC membership. You will also find a membership application included in this Paceline as a less than subtle reminder.

If you download the Paceline from the website there is a list of current members on the website. There is an application available on the website at "**www.eccyclists.com**".

How do you fix this situation? It's easy - just fill out the membership application and mail it to the ECC P.O. Box. You can then share in all the benefits of membership - prizes; increased speed and stamina in your cycling endeavors; a chance to personally attend the next Tour de France; an invitation to join an internationally famous cycling team, etc. Well, at least you will receive discounts at bike shops, and a chance to receive gift certificates at ECC monthly meetings.

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



www.eccyclists.com



### **Trail Maintenance Call.....Trail Maintenance Call**

Mark down **13 Feb** and **6 Mar** for trail maintenance days. On **13 Feb**, meet on the Ranger Camp Road side at **8:00 AM**. Bring hedge clippers, branch saws, gloves and eye protection. We need to trim branches, brush, etc. that is encroaching on the trails. On **6 Mar**, meet on the Timberlake side at **8:00 AM**. Bring the same equipment. Any questions, contact **Nate Bryan** at 803-3629.

### **More Rides!! (Please note that the rides sponsored by the ECC are indicated by \*\*)**

Every **Saturday** at **7:30, 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**.

**Starting March 15<sup>th</sup>** - Tuesday's at **5:00 PM** at **Ranger Camp Road** just off Lewis Turner Blvd. The ride starts at 5:00 PM and a more moderate ride starting at 5:05 PM. Distances range from 17 to 39 miles. Make sure you have your Range Pass and a photo ID with you.

**\*\* Starting March 17<sup>th</sup> - 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 **Nate Bryan** at **803-3629**.

**\*\* Third Thursday Road Time Trials – March 17<sup>th</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 **John Stamp** at **897-6862**. First rider departs promptly at 5:01 PM. Make sure you have your Range Pass and a photo ID.

### **★ In Memory Of Sean Livesay ★**

**“Most people never run far enough on their first wind to find out they’ve got a second.  
Give your dreams all you’ve got and you’ll be amazed at the energy that comes out of you.”  
--William James**