

PACELINE



The Newsletter Of The Emerald Coast Cyclists

Volume 24

Number 08/09

April/May 2011

President's Line....by Steve Fikar

Hey, a big thanks to Nate Bryan and all the volunteers that helped with trail maintenance out at Timberlake in February and March. There were about a dozen volunteers each day and lots was done to make the trails better and safer for all of us.

Also, next time you see Dan Steighner and John Stamp, please also thank them for their tireless work running the off-road and road time trials. It's really a



kick to go out and test yourself every once and a while. The road time trials are just starting for the season—third Thursdays each month.

If you have not been to a club meeting in a while, why not come to the one on April 6? We have a special guest, Mark Sortino, who will speak to us. Mark is a USA Triathlon Level 1 Certified Coach with lots of knowledge to share. He will be talking to us about nutrition as it relates to training and racing, injury prevention, recovery, etc. Plus I am sure he would be happy to answer any questions on any topic relating to your training. So please come and join us that night. Check out his web site: "www.teammpi.com".

Finally, I hope you are signing up for some events this spring. They are always a lot of fun. We will hopefully have the word out soon on the 2011 ECC trip. Thanks to all for your recent inputs to our questionnaire.

May 14th – ECC Bike Ride and Picnic

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

- **7:00 AM** for a 60+ mile ride at moderate to fast pace.
- **7:30 AM** going up Hwy 285 to Mossy Head, one trip around Mary's Loop and return (46 miles). Contact **John Stamp - 897-6862**.
- **10:30 AM** the main ride following a route around Rocky Bayou (10-12 miles). Contact **Moe Powers - 678-3425**

After the ride, join us for the Spring Picnic starting at **11:30 AM**. The picnic will take place at the picnic tables on The Rocky Bayou School campus. The ECC will provide hot dogs, hamburgers, all the fixings, and sodas. **Bring a side dish or a dessert**. This is a great time to share your favorite foods with some hungry and friendly folks. Families of bikers are **welcome** to participate in these events.



Emerald Coast Cyclists 24-hour Hotline Number: (850) 864-7166

Emerald Coast Cyclists Web Site: <http://www.eccyclists.com>

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, **April 6th** and **May 4th** 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

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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**
- ◆ **Alpine Bicycles II**
- ◆ **Bob's Bicycles**
- ◆ **Truly Spokin'**
- ◆ **Big Daddy's**



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.

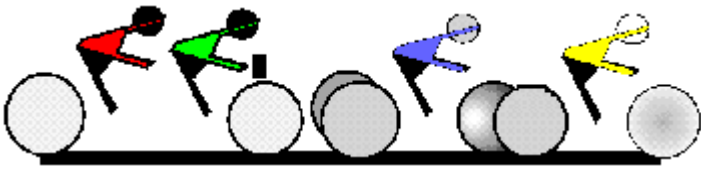
Get ready for exciting things to come.

www.eccyclists.com



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Tour de Emerald Coast 2011

By Dan Steighner

Once again the grandest of the grand tours will be run in July, yes, we as cyclist will be glued to the television catching every stage of the Tour de France. But, if you would like to participate in a stage race, on a slightly smaller scale, please join us for the second running of the Tour de Emerald Coast. Come June/July 2011 the Emerald Coast Cyclists will present the second annual Tour de Emerald Coast. The Tour de Emerald Coast or TDEC as it has come to be known was started last year and was a huge success. ECC is host of this annual event to allow its members to compete in some good old competition and be competitive no matter the rider's ability. This year's TDEC will take place June 25 - July 30 with a rest day July 2, so people can travel over the July 4th weekend and not have to worry about missing a stage.

What is unique about this stage race is everyone, regardless of your skill level, will be in the hunt for the title of this not so grand championship. You may be asking yourself how this is possible. We have implemented a handicap system that will give slower riders a head start over the faster groups. Each rider will be assigned to a category, CAT1-CAT4 and the start times will be staggered giving the slower groups a head start. But, if it appears you have been miss-categorized you will be moved to the appropriate category for fairness to you and others, so no sand bagging. Additionally, you will be required to start with your group, regardless if you are in contention or not, throughout TDEC - again this is for fairness to all.

The handicap system will pre-establish the breakaway, leaving the faster categories chasing the categories that started ahead of them and trying to cut into their lead and ultimately catching them before the finish. For a 50 mile stage the CAT4 riders will have a 33 minute head start over the CAT1 riders and 20 minutes ahead of the CAT2 riders and 12 minutes over the CAT3s. We have developed a highly complex scientific formula involving each rider's estimated Vo2 max, BMI, and power to weight ratio and if you believe that we need to have a talk. Seriously, we do have a slightly less complex formula that helped us determine the head start times but that is hush-hush and not ready for public release.

There will also be male/female groups and age groups. Age groups will be 0-59 & 60+. Each stage is self supported using stores along the routes. So if you are interested, please contact me by email desteig@cox.net so we can get you signed up. We need a minimum of 25 people to make TDEC happen. There will be more to come.

To enter, you must be a member of the ECC. If you are not currently a member, you can correct that by going to the ECC website www.eccyclists.com and download a membership application. Fill it out and mail it, along with \$15 to the P. O. Box shown on the application. You can also get the application at any of the local bike shops.

11th Annual "My First Tri" Triathlon

By Dan Nowers

200M Swim - 8mi Bike - 2.5 mi Run

6:45 AM, Saturday, June 18, 2011 at Postl Point, Eglin AFB

Sure you can ride with the best of them, but it's that running and swimming part of a triathlon that has kept you from giving one of the fastest growing sports in the country a try. Well, here is a way for you to get introduced to this wonderful sport. "My Fist Tri" is designed specifically for the person who wants to give triathlon a "tri" but is a little unsure about taking the plunge into "standard" distance event. The course is flat and friendly for the bike and run, and the swim is a short 200 meters in the protected waters of the bay to help alleviate the fear of "open water" swimming.

Race divisions are structured to ensure first time triathletes only compete against other first timers for awards. Veteran triathletes are welcome and we have a division for you to truly test your sprinting skills on this short and fast course. Five-year age group splits start at age 10 up to and including a 70 and over age group. Awards are bountiful!

There will be plenty of food and drink after the race for the athletes, supporting family members and friends. Multiple door prizes will be awarded, including a new triathlon bike (must be a registered participant and present to win) and many other triathlon related prizes.

For the last 6 years this race filled up early...don't wait to register! Last year it sold out 4 weeks prior to the race. Due to the short distance of the race, we limit the field to 325 to keep crowding on the course to a minimum. Due to security restrictions early registration is mandatory. No race day registration. All registration this year will be done online. You can register at www.active.com and additional race information is available at "www.eventtiming.com."

Maybe you are not interested in participating, but would like to volunteer. We welcome your support, and we'll find a meaningful job for you. Your support would be most welcomed, and we'll make sure you get a T-shirt for your efforts and the athletes will provide many memories that will make your time a wonderful investment in our cycling community!

For more information on the race or if you would like to sign up as a volunteer please contact me at (850) 882-7054 or nowers@eglin.af.mil or contact Ms. Dee Dykes of the Eglin Fitness Center at (850) 882-4229 or dykesd@eglin.af.mil. The ECC has been a wonderful support group to this race over the years, and I really appreciate all of those who have shared their time and resources year after year.

Come on out and give it a TRI and bring someone with you to share the joy that comes from completing a triathlon for the first time. We'll do our best to make your first experience in the triathlon world a wonderful one.



2011 Ride of Silence: Wednesday, May 18th at 5:45PM

In May 2003, endurance cyclist Larry Schwartz was riding his bike along an empty road near Plano, Texas when he was struck by a passing school bus and killed. Cyclists in the Dallas metro area banded together for a 'one-time-only event' to honor Larry as well as raise awareness to the plight of bike riders along the roadways and promote a Share the Road mentality. Dallas media reported the ride to be incredibly moving as those cyclists rode in silence, occasionally wiping away a tear or patting a friend on the back.

Seven years later, the 'one time outing' has transformed into the worldwide "Ride of Silence", which pays tribute to fallen cyclists and upholds the concept of bicycles and motorized vehicles coexisting on the same surfaces. The idea has spread from Dallas to all 50 states and 18 countries around the world.

In 2008, 2009, and 2010 we had the first Rides of Silence on the Emerald Coast and are hoping for bigger and better things in 2011! A route has been established that will provide cyclist's visibility to the community as a whole, but not gridlock afternoon vehicular traffic through Fort Walton Beach. Most cities around the world are starting their Rides of Silence at 7 PM, but a 50 minute bike ride along our major thoroughfares at that time of day will have cyclists wandering around in the deep twilight. So the plan is to start from **Scully's on the Bayou** on Eglin Parkway at 5:45 PM. The total distance will be around 5.5 miles.

The Ride of Silence is not a race, and the pace of the ride is set at 10 MPH to pay homage to those who have been killed on their bikes by motorized vehicles. The figures are grim, especially for the Sunshine State. In 2007 (the latest data available) 119 cyclists were killed in Pedalcycle traffic accidents in Florida, LEADING the nation in this disturbing category. California was the only other state with more than 100 cycling deaths. The most alarming statistic is the rate of cycling fatalities in Florida, which topped all states with a 7.3 deaths per million population. That cycling fatality rate was nearly double that of second place California and was overwhelmingly ahead of the national average of 2.58 cycling fatalities.

Unfortunately, the Emerald Coast plays its part in the carnage. In August 2007 Navarre High School student **Gerran Copeland** was killed by a drunk driver while riding his bike along HWY 98 in Navarre. A few weeks later, on Labor Day, cyclists **Bill Imle** and **Art Clemmons** were struck and killed instantly by the driver of a pickup truck traveling 30 miles an hour over the speed limit just over the state line in Baldwin County, Alabama. The very next day, on September 4th, 2007, **Sean Livesay** was riding his bike along serene and tranquil Bayshore Drive in Niceville when a pickup truck towing a landscaping trailer backed out of a driveway into Sean's path. **Sean** never had a chance; along with **Gerran Copeland**, **Bill Imle**, **Art Clemmons** and other area cyclists whose misfortune maybe never made the press release, his life was tragically cut short as the result of an inattentive motorist. Drawing attention to the plight of our local fallen riders is a primary focus of the 2011 Fort Walton Beach Ride of Silence. Show up early (5:30) on May 18th and let the local community 'hear' our Ride of Silence. There is plenty of parking near Scully's behind the mall.



Dragon Sports

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

<p>BOBS BICYCLES</p> <p>431 BRYN ATHYN BLVD. MARY ESTHER, FL (Across from Santa Rosa Mall)</p>	
<p>Mon - Fri • 10 - 6 Saturday • 10 - 4 Sunday • Closed</p>	<p style="text-align: center;">850-243-5856</p> <p>Trek Gary Fisher Lemond Yakima (racks)</p>
<p>24-HOUR TURN AROUND ON MOST REPAIRS</p>	

Mountain Bike Time Trials

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Six riders came out for the **February** Off Road Time Trial 7.4 mile course. It was a sunny day with the temperature at start time of 60°. The trails were fast but a little slick. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Scott Ewing	53	30:09	14.7
Dan Steighner	49	35:29	12.5
John Lilly	47	35:57	12.4



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Dale Morrison*	43	33:44	13.2
Mike Bagent	54	35:44	12.4
Mort Hudson	51	36:01	12.3

* Single Speed

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Seven riders came out for the **March** Off Road Time Trial. It was a sunny, day with the temperature at start time of 73°. The trails were packed and generally fast. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Scott Ewing	53	30:07	14.7
Mike Bagent	54	34:38	12.8
John Lilly	48	35:09	12.6
Caden Ewing	14	35:03	12.7



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Dale Morrison*	44	32:48	13.5
Paul Torrey	67	47:27	9.4
Mort Hudson	51	35:57	12.4

* Single Speed

2010-2011 MTB TT Results

Women's -- Overall	-----	Annette Manuel	Age 46 to 50	1st Place	Dan Steighner
Men's -- Overall	-----	Scott Ewing		2nd Place	John Lilly
Junior	1st Place	Caden Ewing	Age 51 to 55	1st Place	Mike Bagent
Age 36 to 40	1st Place	James Penrod		2nd Place	Mort Hudson
	2nd Place	Selby Holler		3rd Place	Ladd Preston
Age 41 to 45	1st Place	Dale Morrison	Age 61 to 65	1st Place	Mike Weisz
	2nd Place	Will Price	Age 66 to 70	1st Place	Paul Torrey

Third Thursday Time Trials (Road)

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Fourteen riders came out in **March** to challenge the clock for 2011's first 10 mile road time trial. It was a sunny day (in the lower 70's) with a tailwind going out and a headwind coming back. **Jim Conway** led the way. The results:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Billy Madero	79	42:00	14.3
Victoria Lanza	32	28:10	21.3
Steve Fikar	54	28:25	21.1
Robb Rennie	57	26:04	23.0
Wes Libb	72	33:53	17.7
Jim Adams	48	26:25	22.4
Tom Krawietz	39	25:34	23.5



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Robert Simmons	54	31:17	19.2
Will Price	47	26:34	22.6
Jim Conway	65	25:26	23.6
Dale Morrison	44	26:51	22.4
Lori Mihalcik	46	29:01	20.7
Charles Linden	30	26:47	22.4
Marcia Morrison	41	39:20	15.3

* Single Speed



- ◆ **Check Hotline for extra local rides that may be added (850) 864-7166.**
- ◆ Rides may also be added to the web page: <http://www.eccyclists.com/>

April/May Ride Schedule

Local Road Ride Rating Scale:

Fast Pace	- 19 mph average or faster.
Intermediate	- 16-18 mph pace, riders should stick together, even if that means the fitter people may have to wait occasionally.
Moderate	- 12-14 mph, conversational pace where the road allows
Casual	- 10-11 mph



PLEASE REMEMBER - ALL RIDERS MUST WEAR A HELMET 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

► **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 Florida, 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 Florida is also available. For more information on this ride call **Steve Fikar at 651-1798. *Designated Club Jersey Ride**

► **Apr 16, 8:00 AM - Freeport N & S Loops** - Meet at **Emerald Coast Coffee** in Bluewater Bay for a 70 mile intermediate to fast pace ride. There will be a 50 mile option which will only include the south loop. For more information about this ride call the **ECC Hotline at 864-7166.**

► **Apr 23, 7:30 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.**

► **Apr 30, 7:30 AM – Mossy Head-Ponce de Leon –** Meet at the **Mossy Head Community Center** 1 mile east of the Hwy 285 and Hwy 90 intersection. The ride will head east to Ponce de Leon and back on Hwy 90 for a ride length of 48 miles. A second variation adds 8 miles to the ride length. For more information on this ride call the **ECC Hotline at 864-7166.**

► **May 7, 7:30 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. For more information on this ride call the **ECC Hotline at 864-7166.**

► **May 14, 7:00 AM & 7:30 AM - ECC Picnic Ride...** for 60+, 46 or 36 mile rides. All comers ride 10-12 miles @ **10:30 AM.** All rides will begin at **Rocky Bayou Christian Academy in Niceville.** For more details see the write up in the current Paceline. ***Designated Club Jersey Ride.**

► **May 21, 8:00 AM – Red Bay Loop** - Meet at the community center in **Portland** for a **50-mile** ride. If you are interested in more miles there will be an **85-mile option**, ride leaves **Emerald Coast Coffee at 7:00 AM.** It will be an intermediate to fast pace ride. For more information about this ride call the **ECC Hotline at 864-7166.**

► **May 28, 7:00 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.**

► **Jun 4, 7:00 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. *Designated Club Jersey Ride.**

► **Jun 11, 7:30 AM – Blackwater Forest Loop** – Meet at the **Gator Cafe** for a 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.**

FOR MORE INFORMATION ON ANY OF THESE RIDES CALL THE ECC HOT LINE 850-864-7166

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" 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/

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

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

April 3 (Sun), Dothan, AL Tristates100
<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 TOSRV
<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.suwanneeibike.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 5 <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>

July 30 (Sat), Tuscaloosa, AL Hot
Hundred...The Hottest Ride in the
South <http://www.bikehothundred.com>

October 9 (Sun), Sanford, FL
Eurand's Cycle For Life for Cystic
Fibrosis Foundation
<http://orlando.cff.org/cycleforlife>

October 14-16, Chiefland, FL Chiefland
Fall Bicycle Fest
<http://www.chieflandbicyclefest.com>

October 14-16, Columbus, GA 2011
Georgia BikeFest <http://www.brag.org/>

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



ECC membership runs from Jan through Dec of each year. So 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.

DRAGON SPORTS 15th ANNIVERSERY **1 - 15 JUNE**



swim bike run
UP TO 15% OFF 2011 BIKES FOR MILITARY
AND CLUB MEMBERS
&
15% OFF ALL ACCESSORIES
&
DAILY SPECIALS



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



www.eccyclists.com

TOSRV South

30th Annual Tour of Springtime Rural Vistas South

April 16-17, 2010

Tour of rural back roads of North Florida and South Georgia in the bloom of springtime. Gently rolling hills, picturesque farmlands and pecan groves. 200 miles in two days, or 126 miles in two days. Well stocked rest stops, full sag support, all meals, t-shirts. Limited to 500 riders. Online registration on website. "www.cccyclists.org"
Capital City Cyclists, Tallahassee, Florida. Email: tosrvsouth@yahoo.com

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**.

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.

** **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** – **April 21st** and **May 19th**. 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**