

# PACELINE



## The Newsletter Of The Emerald Coast Cyclists

Volume 25

Number 2/3/4

Oct/Nov/Dec 2011

## ATTENTION - ECC PARTY GOERS!!

It's almost Christmas Party Time. **Compass Rose** on **Hwy 20** in **Valparaiso** is the place. **Friday Dec 2<sup>nd</sup>** will be upon us sooner than we think so make your reservation with **Dori Spaulding** or **Kathy Stamp**. There will a buffet for **\$22** which includes meal, dessert, drink (coffee, tea or soda), tax and gratuity. There will be an open bar also.

Bring a **cycling oriented gift** (\$5 to \$10 range) for the **Dirty Santa** exchange. Remember, you have to bring a gift to play. Dirty Santa rules will be explained when we figure them out or prior to the gift exchange – whichever comes first.

We will meet at **6:30** for drinks and to socialize, then dinner at **7:00**. Call **Dori** at Cell **(661) 361-4634** or **Kathy** at **897-6862**. We have to give them a firm count prior to 2 Dec.



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

I hope you are enjoying this fall riding. Isn't it great? Unfortunately I am missing out following a bike crash at the Hotter n' Hell 100 in late August (broken collar bone and concussion). It just proves the point that no matter how safe you think you are, there's always more we can do to ride safely and defensively. I know I come across as a broken record on this subject, but we have to constantly make safe decisions to avoid being that next statistic. Cyclists die in our local area every year and many of the accidents are preventable. And I say that to you as a cyclist as well as to all the motorists out there too. OK, off my soap box... let's talk about fun stuff.

We have lots of events happening soon. The Breast Cancer Awareness Ride sponsored by Bob's Bikes is just days away on Oct 8. Please participate as a rider or volunteer if you can. It's a great cause. <http://bobsbicyclesfwb.com/> By the way, I want to re-iterate a message that cannot be repeated enough and that is to go out and support our local bike shops. Whether it be Alpine, Bob's, Dragon Sports, Big Daddy's, Truly Spokin', or Robin's, they all are here to serve us. Don't forget to pay back the favor. If you are an ironman-type, don't forget the Tally 150 this same weekend on Sunday, Oct 9. Contact Dan Steighner. We've got a good group lined up so far. We also hope to continue our annual Cranksgiving "race" this year--an event where participants

have provided over a thousand pounds of food for the needy. This has not been firmed up yet so watch for details to come.

Coming the next weekend (October 14-16) is our club trip to the Georgia BikeFest in Columbus. I have a block of rooms at a nice hotel (\$100/night) so let me know if you want one. Be sure to sign up.

<http://www.brag.org/bikefest2.html> More participation = more fun.

Also, our Christmas Party will be at the Compass Rose Restaurant again this year on Friday, Dec 2. The place was great last year with the exception of slow food service which they promise to have fixed this time around.

Some odds 'n ends. There's still a little time to order a club jersey as long as you get your check into me by early October. Last chance! We are going to update the web site soon to make the forum more useful (please use it) and to significantly beef up the information on our rides. Keep an eye out. Given the changes in lifestyle and technology, we are retiring the telephone hotline and will instead have the bigger and better web site as our main source of weekly ride information.

And finally we have decided to change our publication frequency of your Paceline newsletter from 6 to 4 times per year. It will save us some money and, with more content in the web site, will hopefully still provide as much overall service to you. That's about it. Enjoy your time on the road and the trails.

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, **October 5<sup>th</sup>** and **November 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 2011 through September 2012. 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 **Yellow**.

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.



**ALPINE  
BICYCLES II**  
The Bicycle Superstore

Sales • Service • Accessories  
712 Howel Road  
Niceville, FL 32578

**850.678.8222**

## 2011 Club Officers

**President:** Steve Fikar  
**Vice President:** Charlie Helms  
**Secretary:** Teri Bryan  
**Treasurer:** Jimmy Carter

## 2011 ECC Board

**Social:** Dori Spaulding  
**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  
**Membership:** John & Kathy Stamp  
**Ride Coordinator:** Dan Steighner

You may notice that we have openings on the ECC Board. Please let any of the Board Members 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](http://www.eccyclists.com)



**Armstrong's  
Printing & Graphics Inc.**

30 WALTER MARTIN ROAD, NE / FT. WALTON BEACH / 243-6923  
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# 2011 Cranksgiving!!!

## Charity Race

**WHO:** Cyclists comfortable riding in traffic for approx. 10-15 miles.

**WHAT:** You'll need a Bike, Lock, Helmet, Backpack, and about \$30. No entrance fee, but at the checkpoints you need the money to buy food which will be donated to the Waterfront Mission and Sharing/Caring Organizations.

**WHEN:** **TBD, probably in November.** More to come on this.

**WHERE:** Starts at Dragon Sports on Racetrack Road.

**WHY:** Use your need for speed to help feed those in need!

**HOW:** Race alone or with your friends in a fast shopping spree throughout Fort Walton Beach, buying items at pre-selected stores.

**Awards:** Prizes to be awarded: Heaviest Load and Fastest Time minus weight. Time category will be 3 deep. 1lb = -5 minutes. Any tie will be resolved by a coin toss.

**History:** Cranksgiving was first started by New York City bike messengers in 1999. Since then, the Cranksgiving tradition has spread across the country. Off they go in a race (or fun, relaxed ride) to purchase the items and bring them back. Riders purchase the items themselves, which is where the charity part comes in, and have to be prepared to carry them back

This will be our 5th Cranksgiving in Fort Walton Beach. In the last two events, participants have gathered and donated almost 1000 lbs of food. Individuals who are unable to ride but still want to participate, please, please bring food donations to Dragon Sports.

**Points of Contact:** **TBD** More to come on this.

It's that time again. The time for our annual ECC New Year's Day ride(s). Once again there will be a selection of rides of varying distances/starting and finishing at the house of **Moe and Carol Powers** in Niceville. The purpose of the whole thing is to have all of the riders finish at about the same time so that they can enjoy a bit of hospitality at the end of their ride. As in the past, participants are asked to bring a covered dish, salad, dessert, whatever. (We never seem to run out of food.) If you're bringing a hot dish it can be heated up at the house while you're riding. The club will provide soft drinks.

The first ride will go off at **8:00 AM** and do 60 miles. The second ride will start at **9:00 AM** and do 36 miles. The last ride will be a 25 minute spin through Rocky Bayou that will start at **11:00 AM**.

The address for the start is **223 Bayberry Drive, Niceville.**

# Annual New Year's Day Ride



**October 22 (Sat), Milton, FL**  
**13th Annual Fenner McConnell/Matt Wantz**  
**Blackwater Heritage Trail Century**

Enjoy a day of great cycling through quiet roads in and around the Blackwater State Park. The ride starts on the Blackwater Heritage Trail, a rails to trails project awarded best of Florida. Distances are 42, 62 and 102 miles. Well stocked rest stops, fantastic volunteers and beautiful scenery all combine for a memorable event! Registration includes pre and post ride food will be provided, event T-shirt, limited sag support, fully stocked rest stops, well marked and signed roads and maps.

WWW: <http://www.fennerride.com/>  
 Active.com Online Registration

**October 29 (Sat), 10th Annual Fall Fest**  
**Pine Log State Forest, Ebro, FL**  
**Presented by the Panama City Flyers**

12 & 6 Hour Off-Road Race, Metric Road Ride  
 and Kid's Race

**Race Categories:**

- 12 Hr Co-Ed (4 people max)
- 12 Hr Male Team
- 12 Hr Solo (12 Lap Minimum)
- 6 Hr Team (2 people max)
- 6 Hr Single Speed
- 6 Hr Solo (6 Lap Minimum)

For more information contact:  
[http://www.fl-dof.com/state\\_forests/pine\\_log.html](http://www.fl-dof.com/state_forests/pine_log.html)



**ELECTION TIME!**

It's coming up on election time again. Not that one! It's the Emerald Coast Cyclists annual election of officers. The election will take place at the November General Meeting (**Nov 2<sup>nd</sup>**). It will decide who will be the ECC officers for 2012. The ECC has to choose its officers in November since those names have to go to national cycling organizations later in November. If you are interested in serving the ECC as one of its officers, please contact **John Stamp** at **897-6862**. Remember, the ECC depends on **you**, its membership, for its future direction.



*Dragon Sports*

229 Racetrack Rd.  
 FWB, FL 32547  
 Weekdays 10:30 - 6:30  
 Saturday 9 - 5  
 850-863-8612  
 850-863-5053 Fax



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[www.dragonsports.net](http://www.dragonsports.net)

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MASSAGE THERAPY SPORTS NMT SWEDISH "HOT ROCK" massage	<b>TRULY</b>  <b>SPOKIN'</b> your bicycle store 850-983-2488	SALES SERVICE PARTS ACCESSORIES RENTALS VICTOR BAQLEY OWNER/MECHANIC MM#11157
SHELLEY BAQLEY OWNER/LMT MA#9832488	5172 Stewart St. Milton, FL 32570	

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

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

## Third Thursday Time Trials (Road)

**AUGUST**

**Nineteen** riders came out in **August** to challenge the clock for the 10 mile road time trial. It was a sunny, warm (89°) and muggy day with a slight tailwind going out bit a strong headwind coming back (at least the cyclists said so). **Will Price** led the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Billy Madero	79	40:53	14.7
Todd Elliott	40	24:39	24.3
Daniel Vu	27	24:25	24.6
Wayne McSheehy	79	26:53	22.3
Dori Spaulding	32	31:36	19.0
Robert Simmons	54	30:59	19.4
Karynn Sutherlin	25	31:22	19.1
Katie Janazzo	24	31:24	19.1
Dan Steighner	49	25:33	23.5
Mike McAdams	47	24:53	24.1



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Debbie Simmons	53	33:45	17.8
Will Price	44	23:59	25.0
Carol Strom	44	33:46	17.7
Dale Morrison	44	25:47	23.3
Grady Smith	46	26:41	22.5
Jim Adams	48	25:41	23.4
Marcia Morrison	41	34:58	17.2
Stephanie Schroeder	43	29:01	20.7
Steve Fikar	55	27:53	21.5

**SEPTEMBER**

**Six** riders came out in **September** to challenge the clock for the 10 mile road time trial. The rain ended 45 minutes before the time trial start and the roads were dry. The temperature was in the mid 70's with the wind calm. **Rich Gugliemino** led the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Billy Madero	79	40:58	14.7
Rich Gugliemino	44	26:33	22.6
Karynn Sutherlin	25	30:31	19.7



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Will Price*	44	32:10	18.7
Carol Strom	44	32:46	18.3
Katie Janazzo	24	34:37	17.3

\* Mountain Bike

### MOUNTAIN BIKE TIME TRIALS

The Off Road Time Trials will be held on Sunday **November 20<sup>th</sup>** and **December 18<sup>th</sup>** at **9:00 AM**.

They will be broken down into the same age groups as the road Time Trials. The course may be revised but is expected to be around 8± miles. 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.





- ◆ **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/>

## Oct/Nov/Dec 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

► **Oct 1, 7:30 AM - Red Bay Loop** - Meet at the community center in **Portland** for a **50-mile** ride. If you are interested in more miles there will be an **80-mile option**, ride leaves the former **Emerald Coast Coffee** at **6:30 AM**. It will be intermediate to fast pace ride.

► **Oct 8, 7:30 AM - Double Bay Bridge** - Meet at the former **Emerald Coast Coffee** in Bluewater Bay for an intermediate to fast pace ride over both of the bay bridges for a 52 mile ride. There will be a 40 mile option for those that are interested. **\*Designated Club Jersey Ride**

► **Oct 15, 7:30 AM - Ruckel Middle School/De Funiak Springs Loop** - Meet at Ruckel Middle School in Niceville 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 65mi

► **Oct 22, 7:30 AM - Freeport North & South Loops** - Meet at the former **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.

► **Oct 29, 8:00 AM - Blackwater Forest Loop** - Meet at the **Gator Cafe** 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.

► **Nov 5, 8:00 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. If you are interested in more miles there will be a **90-mile option**, ride leaves **Ruckel Middle School** parking lot at **7:00 AM**.

► **Nov 12, 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**

► **Nov 19, 8:00 AM - Freeport North & South Loops** - Meet at the former **Emerald Coast Coffee** in Bluewater Bay for a 70 mile intermediate to fast pace ride. There will be a 46 mile option which will only include the south loop.

► **Nov 24, 8:00 AM - Thanksgiving Day** - ECC annual Thanksgiving Day ride is being held at Ranger Camp Road. This is a moderate pace ride, and will be 17 to 38 miles in length. For more information about this ride call **John & Kathy Stamp** at **897-6862**. **\*Designated Club Jersey Ride**

► **Nov 26, 8:30 AM - Blackwater Forest Loop** - Meet at the **Gator Cafe** 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.

► **Dec 3, 8:00 AM - Togetherness Ride** - All riders from all riding groups meet at **Rocco's Sub 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**

► **Dec 10, 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.

► **Dec 17, 8:30 AM - Red Bay Loop** - Meet at the community center in **Portland** for a **50-mile** ride. If you are interested in more miles there will be an **80-mile option**, ride leaves the

former **Emerald Coast Coffee** in Bluewater Bay at **7:30 AM**. It will be an intermediate to fast pace ride.

**\*Designated Club Jersey Ride.**

► **Dec 24, 8:30 AM - Double Bay Bridge** - Meet at the former **Emerald Coast Coffee** in Bluewater Bay for an intermediate to fast pace ride over both of the bay bridges for a 52 mile ride. There will be a 40 mile option for those that are interested.

► **Dec 31, 8:30 AM - Ruckel Middle School/De Funiak Springs Loop** - Meet at Ruckel Middle School in Niceville 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.

► **Jan 1, 8:00/9:00/11:00 AM - New Years Day Ride** - Meet at the Power's house for the annual New Year's Day Ride. Choose your distance; then join us for food and friendship. **Please bring a dish to share with others.** For more information please call **Moe or Carol Powers** at **678-3425**. **\*Designated Club Jersey Ride**

► **Jan 7, 8:30 AM - Freeport North & South Loops** - Meet at the former **Emerald Coast Coffee** in Bluewater Bay for a 70 mile intermediate to fast pace ride. There will be a 46 mile option which will only include the south loop.

► **Jan 14, 9:00 AM - Red Bay Loop** - Meet at the community center in **Portland** for a **50-mile** ride. If you are interested in more miles there will be an **80-mile option**, ride leaves the former **Emerald Coast Coffee** at **8:00 AM**. It will be an intermediate to fast pace ride. **\*Designated Club Jersey Ride.**

### 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 \*.

## **OTHER RIDES!**

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

October 1-2, St. Augustine, FL  
Bike MS: PGA TOUR Cycle to  
the Shore 25th Anniversary Ride  
<http://bikefln.nationalmssociety.org/>

October 1-2, Hallandale Beach,  
FL Livelong Livestrong  
<http://www.livelonglivestrong.org>

October 2 (Sun). Inverness, FL  
17th Annual Rails to Trails Bike  
Ride <http://railstotrailsonline.com>

October 2 (Sun), Lake Mary, FL  
Ride 2 Recovery Seminole Fest  
<http://www.ride2recoveryseminole.com>

October 8 (Sat), Clarkesville, GA  
Hills of Habersham Ride  
<http://www.habershamchamber.com/>

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

October 9 (Sun), Melbourne, FL  
Ride 4 aBreast  
<http://spacecoastvelosport.com/>

October 9 (Sun), Vero Beach, FL  
Tour de Vero 2011  
<http://www.verovelo.org>

October 9 (Sun), St Augustine,  
FL Victor D'Alessio Memorial  
River Ride  
<http://www.daytonabikeclub.com/>

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/>

October 15 (Sat), Miccosukee,  
FL 28th Annual Spaghetti 100  
[www.cccyclists.org/](http://www.cccyclists.org/)

October 15 (Sat), Springville, AL  
Birmingham Bicycle Club's  
Mountain Goat Century  
<http://www.bhambikeclub.org/>

October 17-21, Cross City, FL  
Gulf Coast Highlight Tour  
<http://www.gulfcoasteventstours.com/>

October 21-23, White Springs,  
FL Suwannee Fat Tire Festival  
<http://www.suwannee-bike.org/ftf.htm>

October 22 (Sat), Gainesville, FL  
19th Annual Nationwide Santa  
Fe Century  
<http://gccfla.org/gcf/>

October 22-23, Gainesville, FL  
Gainesville Cycling Festival  
<http://gccfla.org/gcf/>

October 22 (Sat), Milton, FL  
13th Annual Fenner  
McConnell/Matt Wantz  
Blackwater Heritage Trail  
Century  
<http://www.fennerride.com/>

October 23 (Sun), Flemington,  
FL Horse Farm Tours  
<http://gccfla.org/gcf/>

October 23 (Sun), Gainesville,  
FL 31st Annual Horse Farm  
Hundred <http://gccfla.org/gcf/>

October 23 (Sun), North Port,  
FL Tour de North Port  
<http://www.peoplefortrees.com/>

October 29 (Sat), Palm Harbor,  
FL Purrfect Howleen  
Ride4theAnimals - to Benefit the  
Suncoast Animal League  
<http://www.cycle4dreams.com>

October 30 (Sun), West Palm  
Beach, FL Little Smiles Metric  
Century <http://rideforcharities.com>

November 3-6, Madison, FL  
North Florida Tour  
<http://www.northfloridatours.com>

November 5 (Sat), Largo, FL  
Ride to Defeat ALS  
<http://floridaridetodefeatals.org>

November 5-6, Miami, FL  
Dolphins Cycling Challenge  
<http://www.ridedcc.org>

November 6 (Sun), Dunnellon,  
FL 3rd Annual Boys & Girls  
Club/ Dwight Fitzgerald  
Memorial Ride  
<http://www.bluerunbicycles.com/>

November 19-20, Clermont, FL  
Horrible Hundred  
<http://www.horrible-hundred.com/>

November 20 (Sun), Bonita  
Springs, FL 4th Annual Ride 4  
Hope to Benefit Hope Hospice  
<http://www.hopehospice.org/ride>

December 5-9, Cross City, FL  
Gulf Coast Highlight Tour  
<http://www.gulfcoasteventstours.com/>

December 9-11, Sebring, FL  
Highlands Bike Fest  
<http://www.kenilworthlodge.com/packages/?id=35>

December 9-12, White Springs,  
FL Secret Santa Open House &  
Cycling Weekend-Road and off  
road riding  
<http://www.suwannee-bike.org/>

### **ECC MEMBERSHIP**



ECC membership runs from January through December of each year. If you check the ECC website, there is a list of current members on the website. There is also an application available on the website at "[www.eccyclists.com](http://www.eccyclists.com)". You can also pick up a membership form at any local bike shop. 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.

### **Are You Getting Club Emails?**

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

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



www.eccyclists.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. **Last Tuesday night ride is on 1 Nov.** A more moderate ride starts at 4:45 PM. The ride starts at 5:00 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. Starting **Oct 6<sup>th</sup>** until daylight savings time ends (**Nov 6**), the ride start will be **4:45 PM**. The **last** Cappuccino Ride for 2011 will be **Nov 3<sup>rd</sup>**. For details, call **Nate Bryan** at **803-3629**.

**\*\* Final Third Thursday Road Time Trial for 2011 – October 20<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