

PACELINE



The Newsletter Of The Emerald Coast Cyclists

Volume 24

Number 10/11

June/July 2011

President's Line....by Steve Fikar

I hope you all have had a great spring and are looking forward to an active summer of activities. We had lots going on recently and I want to offer up a big thank you to several folks. David Simpson did a great job organizing this year's Ride of Silence. We had a good turnout and everything went off without a hitch. Our club picnic followed a few days later and we had a new cook this year. Annette Manuel did an awesome job. I can attest. John Stamp organized the picnic and really made it all happen. John has also been running the road TT's this spring and has had a great turnout so far. Thank you all for your continuing service to your friends in the club! As always, we can only do as much as volunteers like these folks are willing to do. So please remember to give back occasionally to your club.

As I was riding yesterday I thought, wow, it is really getting hot this afternoon. I also realized I had not brought enough water with me on my ride. I paid for it.

Please don't forget that higher temperatures mean your hydration needs go up significantly. So bring that extra water bottle. Better safe than sorry. Just ask me. See fluid and nutrition hints in this Paceline.

Since the heat of summer is just about here, then the Tour must be too. I am, of course, talking about the Tour de Emerald Coast. Dan Steighner has shortened the course recently and has quite a few folks signed up. I can't think of a better way to get out and have some fun in the sun. Read the write-up in the Paceline and sign up if you haven't already.

Finally, drum roll please, the club trip of 2011... We have a great trip in the planning for you this fall. We will be going to attend the Georgia Bikefest in Columbus, GA on Oct 14-16. There will be 3 days of riding along with plenty of family activities on Friday and Saturday night along the beautiful Chattahoochee Riverwalk in Columbus. For now please just get this penciled on your calendar. Lots more details to follow.



Tour de Emerald Coast (5 Saturdays in June-July)

Presented by Emerald Coast Cyclists for its Members

ELIGIBILITY: The Tour de Emerald Coast is a club event for club members. Non club member's participation will be limited to the club weekly ride taking place in conjunction with the tour stages. If you are not currently an ECC member and would like to participate in the TDEC, contact John Stamp to become a member. John's contact information is available with the membership form on the ECC web site. This event has been established to get our club members, of all levels, to engage in a little friendly competition. The handicap system has been established to even the playing field for riders of different levels, allowing them to equally compete against each other. The sole purpose of this event is to have fun, be safe and see who will have bragging rights for the second ever Tour de Emerald Coast. See details on page 3!

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, **June 1st** and **July 6th** 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, 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.



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2011 Club Officers

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Vice President: Charlie Helms
Secretary: Teri Bryan
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2011 ECC Board

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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:
Hot Line:

You may notice that we have a few 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



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2011 Tour de Emerald Coast

By Dan Steighner

The 2011 version of the Tour de Emerald Coast is rapidly approaching. The five stage event is shaping up to be a great event again this year. As of the writing of this article we have 31 riders of all skill levels signed up to compete, in what has become the premier stage race of this area. OK, it's the only stage race in the area. One thing no one can dispute is that it is one of the most unique stage races anywhere.

It is the only bike race I know of that is handicapped so almost any level of rider can compete against each other. As riders sign up, they are assigned to a category, ranging from 1-4. CAT 1 the club elite to CAT 4 the casual or new rider and CAT 2 & 3 for everyone in between. The handicap system works by pre-establishing the breakaways. Start times have been staggered for each category to allow the slower groups to get a head start over the CAT1s. On a 53 mile stage the CAT4/40 min, CAT3/30 min, CAT2/12 min head starts over the CAT 1 group.

Last year both the overall winners came from the CAT 3 group with a CAT 1 in a close second. I think it is safe to say the CAT 3, CAT 1 rivalry grew from week to week to create a level of excitement that was fun for everyone involved, no matter where you were in the standings. The CAT 3s created a group that worked well together and protected their leader and delivered him and her to the top of the podium.

In an attempt to bring more riders in, we have shortened the routes this year with the longest being 53 miles. All routes are in the north part of the Okaloosa, Walton or Santa Rosa counties on nice back country roads to avoid high traffic areas.

The club has also sprung for some really nice awards again this year. There are awards for the overall male/female winners. We will also go 3 deep on the age group winners both male/female. The top overall male/female of each stage will receive medals for their efforts.

The purpose of TDEC is FUN and togetherness. We want to bring our club members together to participate in a unique, one of a kind event. Most of us ride on Saturdays anyway, so why not participate in our 5 Saturdays in July (and June) stage race.

For specific information please see the TDEC details in this issue of the newsletter and if you have questions or would like to see route maps please feel free to contact me, Dan Steighner at desteig@cox.net.

TIMING: A stop watch will be started and hung in plain view in my van. A clipboard available to riders will be used to log finish times. Each rider will go immediately to the van to retrieve and record their finishing time. **Exception:** The Time Trial will have an official timer. Riders who finish in a group will receive the same finishing time, alleviating a sprint finish, enhancing overall safety for riders.

AGE GROUPS: Men/Women 18-59, Men/Women 60+

HANDICAP CATEGORIES: The TDEC committee will assign riders to the appropriate categories based on knowledge of the rider's abilities. There will be Cat 1, 2, 3 & 4 riders within each age group and those Categories determine the personal handicap.

AWARDS: Men and Women Overall, Age groups & Individual Stage winners.

WHAT IF YOU CAN'T MAKE A WEEK: Missing one week will not get you eliminated from the TDEC, but you will receive a time penalty. For missing a week you will get the slowest time of the day for your CAT group plus a time penalty of 5 min.

SEVERE WEATHER: If we wake up to severe weather, thunder storms with lightning, an email will be sent to all participants cancelling the stage. If it is raining with no thunder storm, a decision will be made based on safety and an email will be sent out informing riders of cancellation or that the stage will go on as scheduled. When you sign up to participate please include your valid email address to ensure notification of severe weather cancellation.

SUPPORT: No personal support. All riders will use convenience stores, Camelback, or carry extra bottles and food, to self support. In case of the Knox Hill ride, the ball fields will be used.

HANDICAP SYSTEM: Riders will be placed in one of the 4 different categories, CAT 1, 2, 3 or 4. The handicap system will pre-establish break away at the start of each stage by establishing head start times for the CAT 2, 3 & 4. (Note: Handicapping system will be open for adjustment as needed after week one results.)

MECHANICAL FAILURES and FLATS: Since we don't have team cars to drive up and hand us a wheel or new bike to continue the following will be in effect. Groups or individuals can make alliances agreeing to help each other and work together to continue. If you flat and are left on your own and cannot rejoin your group or get picked up by a following group, leaving you to ride on your own, your time for that stage will be equal to the slowest time of the Day for your CAT group. Lessons learned from last year, tubular tires not recommended.

NON RACER/CLUB RIDERS: Riders not participating in the TDEC cannot help racers with support or drafting unless it is to help them regain contact with racers after a flat or mechanical problem.

SAFETY: Even though this is being called a stage race it is for FUN and nothing more!!! If anyone is hurt that will dampen the fun factor. So with that in mind, safety has to be the NUMBER 1 CONCERN at all times!!!! All traffic control devices will be obeyed without exception. Do not hog the road and become a hazard. Pass with care when overtaking another rider. As always helmets will be worn and no headphones will be used. Riders will not use aero bars in the paceline. It is advised you carry a cell phone so if you need a ride you can call Dan Steighner or any of the other members participating and we can come get you as soon as we get back to our vehicles.

Stage Details listed on page 5

click

How to Hydrate for Better Performance

By Fred Matheny of www.RoadBikeRider.com

Published Courtesy of the League of American Bicyclists

If it's the summer cycling season, it's probably hot where you live. Cyclists and other outdoor athletes are the first to notice rising temperatures. And the hotter it is, the faster you lose fluids when you ride.

Fluids are crucial to your performance and sense of well-being. We're really just big bags of fluid—our blood contains about 50 percent water. Because water helps keep us cool, a loss of only one percent of our bodyweight as sweat means a significant loss of speed and endurance.

I know you've heard it before--drink, drink, drink! But it's amazing how few cyclists heed this advice. They forget to drink because of the excitement of the ride, then they wilt before the end. But proper hydration is easy. Here's how:

- **Ride Early or Late.** You'll need to replace fewer fluids if you ride when it's cooler. One approach: commute by bike so you ride early in the morning and again in the evening when temperatures have moderated. Ralph Phillips, owner of Fairwheel Bikes in Tucson, beats summer temperatures above 100 degrees with dawn rides.

- **Practice Drinking On the Bike.** If you aren't comfortable taking one hand off the bar to pull the bottle from the cage, practice while riding in an empty parking lot or lightly traveled road with a wide shoulder. Hold the bar with your other hand near the stem to limit swerving as you reach down.

- **Pre-hydrate.** Make sure you're well hydrated before the ride. Most people are chronically dehydrated because they simply don't drink enough water. Keep a bottle on your desk and sip frequently all day. For an energy as well as fluid bonus, down 16 ounces of a sports drink about an hour before the ride.

- **Drink During the Ride.**

Because your body's sensation of thirst lags behind its need for liquid, always sip from your bottle before you get thirsty. When you feel thirsty, it's already too late. Make it a habit to reach for your bottle every 15 minutes and slug down a couple of big swallows. Most riders need one big bottle (about 28 ounces) per hour but it's highly variable depending on temperature, intensity of the ride,



and other factors such as body size. Experience will help you judge your fluid needs.

- **Hydrate After the Ride.** No matter how much fluid you drink while riding, in hot weather you'll finish the ride depleted. Your stomach doesn't empty fast enough to keep up with the demand.

Weigh yourself before and after the ride. Compare the figures. If you've lost weight, drink 20 ounces of fluid for each pound of bodyweight you're down. Keep drinking until your weight has returned to normal and your urine is pale and plentiful.

- **Restore Sodium Levels.** Those white stains on your clothing and helmet straps after a hot ride come from the salt that you sweat out. It needs to be replaced. Low sodium levels are associated with increased incidence of cramps. Heavy sodium losses lead to hyponatremia, a potentially life-threatening condition. Your sports drink should contain at least 100 mg of sodium per 8 ounces (check the label). It may also help to salt your



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<p>SHELLEY BAGLEY OWNER/LMT MA#9832488</p>	<p>5172 Stewart St. Milton, FL 32570</p>	<p>VICTOR BAGLEY OWNER/MECHANIC MM#11157</p>

	<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) 850-243-5856</p>		
<p>Mon - Fri • 10 - 6 Saturday • 10 - 4 Sunday • Closed</p>	<p>Trek Gary Fisher Lemond Yakima (racks)</p>	
<p>24-HOUR TURN AROUND ON MOST REPAIRS</p>		

Third Thursday Time Trials (Road)

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Seventeen riders came out in **April** to challenge the clock for the 10 mile road time trial. It was a sunny day (in the lower 80's) with a tailwind going out and a headwind coming back. **Will Price** led the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Billy Madero	79	41:09	14.6
Jason Wilbur	31	28:24	21.1
Steve Fikar	55	27:47	21.6
Robb Rennie	57	25:50	23.2
Chris Johnston	49	31:59	18.8
Walt Mirth	43	26:40	22.5
Wayne McSheehy	79	27:46	21.6
Philip Goff	41	25.08	23.9
Jonathan Gendron	25	26.19	22.8



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Tom Kaltenbach	68	28:34	21.0
Will Price	43	23:57	25.1
Jim Conway	65	25:21	23.7
Paul Logan	47	24:56	24.1
Todd Hanning	46	25:29	23.5
Marshall Haylett	31	30:27	19.7
Marcia Morrison	41	37:07	16.2
Fred McLaughlin	53	25:57	23.1

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Twenty one riders came out in **May** to challenge the clock for the 10 mile road time trial. It was a sunny day (in the lower 80's) with a tailwind going out and a headwind coming back. **Chris Thorn** led the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Billy Madero	79	40:39	14.8
Todd Elliott	40	25:20	23.7
Daniel Vu	26	25:56	23.1
Marshall Haylett	31	29:06	20.6
Trinity Norris	35	38:24	15.6
Robert Simmons	54	30:18	19.8
Tom Krawietz	39	26:05	23.0
Walt Mirth	44	27:07	22.1
Reva Ladd	26	34:36	17.3
Samantha Milne	21	33:35	17.9
Mike Weisz	63	27.51	21.5



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Debbie Simmons	53	33:36	17.9
Will Price	43	24:38	24.4
Jim Conway	65	25:15	23.8
Dale Morrison	45	25:58	23.1
Lori Mihalcik	46	28:45	20.9
Charles Linden	30	26:41	22.5
Marcia Morrison	41	37:18	16.1
Rich Gugliemino	43	27:35	21.8
Chris Thorn	23	24:25	24.6
Jonathon Gendron	25	26:38	22.5

2011 Tour de Emerald Coast (cont'd)

STAGES and HANDICAP TIMES:

- Stage 1** **June 25th, 6:30am CAT4, 6:38/CAT3, 6:50 /CAT2, 7:03 CAT1:** Defuniak Springs/Knox Hill: 44 miles. Start Location: Walton Middle School, Bruce Ave.
- Stage 2** **July 9th, 6:30am CAT4, 6:40/CAT3, 6:54 /CAT2, 7:08/CAT1:** Holt Blackwater Forest Loop: 50 miles. Start Location: Holt Post Office on Rt90 just as you enter Holt it will be on the N side of the rd.
- Stage 3** **July 16th, 6:30am CAT4, 6:40 /CAT3, 6:55 /CAT2, 7:10/CAT1:** Mossy Head/Big Mary's Loop 53 miles. Start Location: Mossy Head Community Center (from the top of Rt285 go E on 90, 2 miles, located on S side of 90)
- Stage 4** **July 23rd, 6:30am CAT4, 6:40/CAT3, 6:55 /CAT2, 7:10/CAT1:** Munson/North Backwater Forest Loop 53 miles. Start Location: Munson Elementary School on Munson Hwy. Take Rt4 west out of Baker. Turn left (south) on the Munson Hwy the school is approximately .5 mile on your left.
- Stage 5** **July 30th, 7:00am CAT4/-10 Min, CAT3/-8 Min, CAT2/-4 Min, CAT1/Actual Time:** Knox Hill Time trial 15 miles (1 Lap of the Knox Hill Loop, Start/Finish at the ball fields on Knox Hill Rd).



- ◆ **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/>

June/July 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

► **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/Defuniak Springs Loop** - Meet at Ruckel Middle School for an intermediate to fast pace ride to Defuniak Springs and back. The ride will go up Hwy 285 to Bob Sikes Rd, then up to Hwy 90. There will also be a variation going to Mossy Head and back. The ride length will be 40 to 65 miles. For more information 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 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**.

► **Jun 18, 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 Emerald Coast Coffee at **6:30 AM**. It will be an intermediate to fast pace ride. For more information about this ride call the **ECC Hotline** at **864-7166**.

The ECC June 25 & July 9, 16, 23 & 30 July rides will coincide with the Tour de Emerald Coast (TDEC) stages.

► **Jun 25, 7:15 AM - Defuniak Springs/Knox Hill Loop**. Meet at Walton Middle School, Bruce Ave in Defuniak Springs for a 44 mile ride to Knox Hill and back. For more information, see the TDEC article in this Paceline. This ride will follow the route described but you can ride it at your own pace.

► **Jul 2, 7:00 AM – Ruckel Middle School/Defuniak Springs Loop** - Meet at Ruckel Middle School for an intermediate to fast pace ride to Defuniak Springs and back. The ride will go up Hwy 285 to Bob Sikes Rd, then up to Hwy 90. There will also be a variation going to Mossy Head and back. The ride length will be 40 to 65 miles. For more information on this ride call the **ECC Hotline** at **864-7166**. ***Designated Club Jersey Ride**.

► **Jul 9, 7:15 AM – Holt Blackwater Forest Loop**. Meet at the **Holt Post Office** on **Rt90** just as you enter Holt it will be a right turn onto Hwy 90 heading east. The Post Office is on the N side of the road. For more information, see the TDEC article in this Paceline. This ride will follow the route described but you can ride it at your own pace.

► **Jul 16, 7:15 AM – Mossy Head/Big Mary's Loop**. Meet at the **Mossy Head Community Center** 1 mile east of the junction Hwy 285 and 90 for a 53 mile moderate to fast paced ride. For more information, see the TDEC article in this Paceline. This ride will follow the route described but you can ride it at your own pace.

► **Jul 23, 7:15 AM – Munson/North Blackwater Forest Loop**. Meet at Munson Elementary School on Munson Hwy. Take Rt4 west out of Baker. Turn left (south) on the Munson Hwy the school is approximately .5 mile on your left. For more information, see the TDEC article in this Paceline. This ride will follow the route described but you can ride it at your own pace.

► **Jul 30, 8:00 AM – Knox Hill Loop**. Start at the ball fields on Knox Hill Rd. For more

information, see the TDEC article in this Paceline. This ride will follow the route described but you can ride it at your own pace. You can do multiple loops if you want to.

► **Aug 6, 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**.

► **Aug 13, 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 Emerald Coast Coffee at **6:30 AM**. It will be an intermediate to fast pace ride. 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 *.

OTHER RIDES!

Courtesy of The Florida Bicycle Touring
Calendar URL: www.floridabicycle.org/fbtc/

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/>

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

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

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 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/>

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

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

November 21-25, Cross City, FL
Gulf Coast Highlight Tour
<http://www.gulfcoasteventstours.com/>

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

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".
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, and a chance to receive gift
certificates at ECC monthly
meetings.

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
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DRAGON SPORTS 15th ANNIVERSERY 1 - 15 JUNE



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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. 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. For details, call **Nate Bryan** at **803-3629**.

**** Third Thursday Road Time Trials – June 16th and July 21st.** 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**