

PACELINE



The Newsletter Of The Emerald Coast Cyclists

Volume 24/25

Number 12/01

August/September 2011

President's Line...by Steve Fikar

The Road Trip is on! Yes, your ECC is planning a trip to Columbus, GA on Oct 14-16 (Fri-Sun) for three days of bike riding and fun family events. We will be attending the Georgia BikeFest, an annual event that is organized by the same folks that make BRAG (Bike Ride Across Georgia) happen. This is a road bike event and the courses should all be scenic with beautiful weather this time of the year. All rides are fully sagged, etc. Downtown Columbus with this Riverwalk is a neat place to visit after your ride each day. visitcolumbusga.com Here is the basic rundown of events as we envision them now:

- Drive up early Friday morning and ride in the afternoon. Enjoy a concert that night or spend the evening by the beautiful Chattahoochee River enjoying the campfires. Marshmallows and S'Mores included!
- Ride a century on Saturday or shorter distance if you prefer. There will be entertainment that night and more campfire activities.
- Ride Sunday morning and then pack up and head home that afternoon.

Columbus is 220 miles away, a 4 hour drive. Bike route options each day will be approximately 60 miles, 30 miles, and 10, miles, with a Century Ride on Saturday only. Costs? \$90 for each person to register plus about \$100/night for our hotel, or camp

downtown along the Chattahoochee River for free. Carpool up and back if you can to save on gas.

I have reserved a block of 10 rooms (5 double queens, 5 kings) at the Home-Towne Suites Columbus for Friday and Saturday nights. This place has great reviews, tons of amenities, and a free breakfast. Unless you are camping, then please stay at this hotel so we can all be together.

So you need to:

- 1) Go to the event web site: www.brag.org/bikefest2.html and either register on Active.com or save \$7 and mail in your registration. There are already over 250 people registered.
- 2) Contact me directly if you want one of the rooms at the hotel. sfikar@cox.net.
- 3) Talk to your friends and make sure they sign up too!

We have not had a trip like this in a while so let's make the most of it. It should be a great weekend of fun riding and other activities. Bring the whole family. Go visit Callaway gardens or other local attractions too. More details to follow.

And oh, by the way, I hope you enjoyed TdEC this past month. So now it's time to just go out and ride with the club for fun. See you on the road and trails. Be safe.



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, **August 3rd** and **September 7th** 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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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 second addition of Emerald Coast Cyclist, Tour de Emerald Coast or TDEC as most refer to it, kicked off with stage 1, June 25, 2011. For those of you not familiar with TDEC let me give you a little history of this one of a kind event. TDEC is a 5 stage race with each of the stages taking place on 5 Saturdays in June and July running in conjunction with the Tour de France. What makes TDEC unique is it is handicapped, so riders of all levels can compete against each other. Riders are assigned to a category 1-4. CAT1 is the fastest and CAT4 is the opposite end of the scale. The CAT4 riders start first and the start times for the remaining groups are staggered. We call this pre-establishing the breakaway.

Last year the CAT3s had a group of riders that were just in sync working together like a team, which made them unstoppable and propelled Robert Simmons to the top of the podium. Not the case this year. This year they seem to be missing some of their key people which has degraded their dominance.

2011 has the CAT2s taking control and demonstrating once again it is the group that works together that can put their rider in the lead. As of the writing of this article we have completed 3 stages and for the men's GC CAT2 rider Todd Hanning sits atop the leader board with a 59sec lead over fellow CAT2 Jason Wilbur and 3:31 over CAT1 Robb Rennie.

For the ladies, Annette Manuel/CAT3 has a firm grip on the GC with a commanding 44:22 lead over CAT4 rider Peggy Helms and 45:23 over fellow CAT3 Lori Mihalcik. The 60+ men are led by Mike Weisz who has 3:21 over Wayne McSheehy and 11:54 over Galyn Moen. Kathy Stamp has a firm grip on her group.

Stage 1 started in DeFuniak Springs and had us traversing the hills of north Walton County for 44 miles. The route also included our only categorized climb, the category 5 Knox hill. Wayne McSheehy and Mike Weisz showed us that old guys rule crossing the finish line in 2:22:00, 3:24 ahead of the nearest competitor. Annette Manuel won the stage for the ladies with a finishing time of 2:26:05.

Because of the 4th of July holiday weekend we took the next weekend off. The 4th of July weekend has many people traveling in and out of the area increasing the amount of traffic on our local roads. We also had participants with out of town plans for that weekend. After our rest day we resumed TDEC July 9th starting stage 2 in Holt, Florida. It appears the race director

likes hills as demonstrated once again by the stage 2 route which included a dose of steady long climbs which over the course of the day wears on the legs. Also on the route was Holt hill which many claim is harder than Knox hill even though it does not get a rating from Map My Ride.

Stage 2, July 9th, saw key members of the CAT3 and CAT2 groups missing and the CAT1s working well together to take back time from the leaders. Over the 53 mile course the CAT1 group was able to reel in all members of the other three groups for the first time and delivering Robb Rennie for the win with a time of 2:55:07. Annette Manuel continued her dominance of the ladies coming in at 3:03:03. Peggy Helms came in with a strong ride of 3:21:58 to take second for the ladies.

With the absence of Wayne McSheehy at stage 2, Mike Weisz and grandson were left to work together delivering Mike to the win for the 60+ guys, with a time of 3:01:25. Kathy Stamp saw her second win for the 60+ ladies in as many stages with a time of 3:30:28.

Weather effected stage 3 as the threat of rain loomed and many riders let this threat keep them home, in bed, nice and dry. But 21 riders showed up in Mossy Head for the 53 mile stage and it was worth taking the chance. For the most part the rain held off except for the 5 miles we spent on US 90. Other than that we were dry and with the July temperature an uncommon 77 degrees with overcast sky making the riding pleasant.

Stage 3 saw the well organized CAT2s hold off the chasers with Todd Hanning winning the stage and adding another minute to his lead of the nearest CAT1. Todd's winning time was 3:05:14. Annette Manuel rolled on for her third stage win with a time of 3:21:10. Wayne McSheehy once again dominated the 60+ men finishing 46 seconds back crossing the line in 4th place overall with a time of 3:06:00. Kathy Stamp once again showed she was unstoppable for the 60+ ladies taking her 3rd stage with a time of 3:28:22.

The 4th stage will have us riding north of Munson, Florida for another 53 mile stage and the 5th and final stage brings us back to Knox hill for a 15 mile time trial with awards to follow. I will continue the race report in the next issue of the Paceline once we complete the final two stages. So until then stay safe and I'll see you on the road.



How to Eat for Endurance

By Fred Matheny of www.RoadBikeRider.com

Published Courtesy of the League of American Bicyclists

The key to riding long distances is food and drink. Sure, training is important—but nutrition and hydration are even more vital. According to ultramarathon rider and coach John Hughes of Boulder, Colorado, “Nutrition, not necessarily training, is the limiting factor in endurance cycling.”

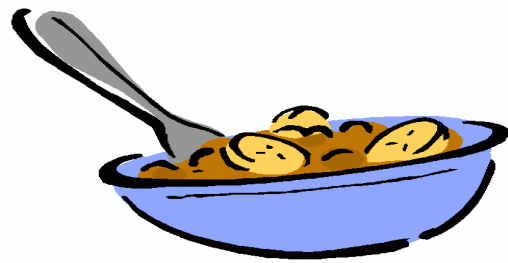
The reason? Even the best-trained riders pack only enough muscle fuel (glycogen) for a couple of hours of hard cycling. Fluid stores vanish even faster.

For everything from century rides to multi-day tours, remember these time-tested tips:

- **Enjoy the Last Supper.** Eat aggressively the night before a long ride so your muscles are crammed with glycogen the next morning. Emphasize carbohydrates such as pasta, vegetables, bread, whole grains, and fruit. Don't forget dessert!
- **Don't Skip Breakfast.** Cycling's smooth pedaling motion means you can eat just before a long ride without risking stomach upset. You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride.

Three hours before the start, eat about 60 grams of carbohydrate if you're an average-sized woman, 80 to 100 if you're a man. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carbo.) Many riders find that adding some protein and fat, like scrambled eggs or an omelet, keeps their stomach satisfied longer.

- **Prehydrate.** Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet by mile 50. During the hour before the ride, sip 16 ounces of a sports drink.
- **Eat and Drink During the Ride.** Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces).



About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, several fig bars or half a banana. Some riders prefer smaller portions more frequently.

On unsupported rides, use a backpack-style hydration system and carry food in your pockets. Stop at convenience stores along the way, if necessary. Most organized rides have aid stations every 20 miles or so, but always carry food and fluid just in case.

- **Hydrate After the Ride.** No matter how much you drink on a long ride you'll finish dehydrated. Weigh yourself before and after, then compare the figures. Lost weight means you've failed to replace the fluid you've sweated out. Drink 20 ounces of water or sports drink for each lost pound of bodyweight.

How do you know you've caught up? Your urine will be pale and plentiful, and your weight will be back to normal. Rehydrating is especially vital during multiday rides. If you get a little behind each day, by the end of the week you'll be severely dehydrated, feeling lousy, and riding poorly.

- **Eat for Tomorrow.** Muscles replace glycogen better if you consume carbohydrate immediately after riding. So within 15 minutes of getting off the bike, eat or drink 60 grams of carbohydrate (if you're an average-sized woman) or 80 to 100 grams if you're an average male.

The re-fueling process becomes progressively less efficient as time passes. Eat or drink a high-carbo snack while chewing the fat with your riding buddies.



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<p>24-HOUR TURN AROUND ON MOST REPAIRS</p>		

Third Thursday Time Trials (Road)

HONOLULU

Ten riders came out in **June** to challenge the clock for the 10 mile road time trial. It was a sunny day (in the high 80's) with a tailwind going out and a headwind coming back. **Robb Rennie** led the way. The results were

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Billy Madero	79	41:06	14.6
Jason Wilbur	31	27:02	22.2
Debbie Simmons	53	34:23	17.5
Robb Rennie	57	25:02	24.0
Robert Simmons	54	30:33	19.6



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Philip Goff	41	26:24	22.7
Tom Krawietz	39	25:49	23.2
Rich Gugliemino	43	26:20	22.8
Marshall Haylett	31	27:10	22.1
Jim Adams	48	27:20	22.0

HONOLULU

Seventeen riders came out in **July** to challenge the clock for the 10 mile road time trial. It was a sunny day (in the lower 90's) with a tailwind going out and a headwind coming back. **Daniel Vu** led the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Billy Madero	79	42:39	14.1
Todd Elliott	40	26:06	23.0
Daniel Vu	26	24:13	24.8
Wayne McSheehy	79	26:34	22.6
Jonathan Gendron	25	26:22	22.8
Robert Simmons	54	29:37	20.3
Karynn Sutherlin	25	31:13	19.2
Katie Janazzo	24	33:31	17.9
Stephanie Rodgers	41	32:17	18.6



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Martin White*	46	32:20	18.6
Will Price	43	24:26	24.6
Gary Huband	51	30:08	19.9
Dale Morrison	44	26:17	22.8
Robb Rennie	57	24:49	24.2
Jim Adams	47	26:45	22.4
Marcia Morrison	41	36:32	16.4
Stephanie Schroeder	43	30:55	19.4

* Mountain Bike





- ◆ 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/>

Aug/Sept 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

► **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 the former **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.

► **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**, which leaves the former **Emerald Coast Coffee** at **6:30 AM**. It will be an intermediate to fast pace ride.

► **Aug 20, 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.

***Designated Club Jersey Ride.**

► **Aug 27, 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.

► **Sep 3, 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 an intermediate to fast pace ride.

► **Sep 10, 7:30 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. If you are interested in more miles there will be a **90-mile option**, which leaves **Ruckel Middle School** parking lot at **6:30 AM**.

► **Sep 17, 7:00 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 60 mile ride. There will be a 40 mile option for those that are interested. ***Designated Club Jersey Ride.**

► **Sep 24, 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. If you are interested in more miles there will be a **90-mile option**, which leaves **Ruckel Middle School** parking lot at **6:30 AM**.

► **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**, which leaves the former **Emerald Coast Coffee** at **6:30 AM**. It will be an 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 60 mile ride. There will be a 40 mile option for those that are interested.

**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/

July 30 (Sat), Franklin, GA Blazing
Saddles Century
http://www.westgeorgiaflyers.org/blazing_saddlescentury.html

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

August 19-21, Suwannee River State
Park, FL Dog Days Open House
<http://www.suwanneebike.org/>

August 27 (Sat), Fleming Island, FL
Rotary Bike Ride for Charity
<http://www.RotaryBikeRide.com/>

August 28 (Sun), Jupiter, FL Giro di
Zeppoli [Active.com Online Registration](http://www.Active.com/OnlineRegistration)

September 3-5, Sebring, FL 29th
Tour of Sebring (Labor Day
Weekend)
<http://www.kenilworthlodge.com/sebringflorida/?id=141>

September 10 (Sat), Ponte Vedra
Beach FL Patriots Annual
Memorial Ride

September 10 (Sat), Eustis, FL
Camp Boggy Creek Challenge Ride
<http://BoggyCreek.kintera.org/ridefl11>

September 10 (Sat), Albany, GA 8th
Annual Nut Roll
<http://www.pecancitypedalers.org/>

September 11 (Sun), St Augustine,
FL 21st Annual Endless Summer
Watermelon Ride <http://www.nfbc.us>

September 11-17, Burns, TN Bicycle
Ride across Tennessee
<http://www.state.tn.us/environment/parks/BRAT/>

September 18 (Sun), Macclenny, FL
YMCA National Forest Swampman
100 <http://swampman.org/>

September 24 (Sat), Clearwater, FL
Moving Towards A Cure -
Clearwater <http://www.milesforhope.org/>

September 24 (Sat), Ft Myers, FL
Walk, Wheel, & Wobble

September 25 (Sun), Orlando, FL
Ride-4-Ronald
<http://www.rmhccf.org/ride4ronald.shtml>

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 Cyclefest
October 8 (Sat), Clarkesville, GA
Hills of Habersham Ride

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
<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.suwanneebike.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://floridaridetodefeatal.org>

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

November 6 (Sun), Dunnellon, FL
3rd Annual Boys & Girls Club/
Dwight Fitzgerald Memorial Ride
<http://www.bluerunbicycles.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 "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. 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 – August 18th and September 15th.** 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**