

PACELINE



The Newsletter Of The Emerald Coast Cyclists

Volume 25

Number 5 / 6 / 7

Jan / Feb / Mar 2012

President's Line...by Robb Rennie

As the New Year begins, I would like to thank Steve for his stewardship and leadership of the Emerald Coast Cycling Club for these past three years. Steve's broad interests and attention to detail has promoted the club's presence within the local and state planning agencies on being a valuable reference for cycling safety, bicycle lane planning and many other issues. The board will continue these initiatives and be as visible as possible. We encourage all of our members to attend local, county and state transportation and civic planning meetings if possible when cycling matters are on the agenda.

Recently, I read in the FWBDN that fatalities of pedestrians were up by 10% nationwide or something like that. This increase had the transportation officials stumped. My first reaction was, hey folks, get on a bicycle and ride around. You will soon know your answer. Driver impatience. Do you feel it? I know I feel it. I think the average time a driver would need to slow down to avoid hitting anyone of us is approximately 5 seconds. That's how long it takes the oncoming car to slow up to allow the car behind us to pass us safely. That's how long it takes for the car behind us to slow up

so that the oncoming car doesn't crowd the car passing us as it goes by. That's how long it would take for us to pass through the intersection so that the car behind us could make a right hand turn.

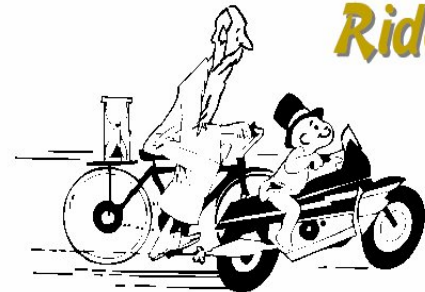
The other puzzler for me is that the population of our community has declined in the 5+ years I have lived here (they all moved to Crestview). So with fewer people living here there should be fewer cars on the road and since there should be fewer cars, people should be less impatient about getting to where they have to go because there should be less traffic. Wrong - somewhere in that logic pattern. Where I am going with this is I ride with a mirror. And while I know my ability to turn my head and hold my line has probably suffered somewhat due to riding with a mirror, I find that riding without a mirror, the inability to see what's coming up behind me, to be a greater concern than the loss of an inch or two in holding the line when I turn my head. This year I look forward to working with our members and our board to enjoy our rides, promote cycling safety and availability, and to spread word of the enjoyment that cycling provides to additional members of our community so that they too can benefit from the many rewards that cycling provides. . . . Speed Counts .

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**. Phone number is **678-3425**.

Annual New Year's Day Ride



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, **January 4th**, **February 1st** and **March 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 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.



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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



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LOTOJA 2011 (Part I)

By Mark Lewis

Preface

LOTOJA is a European-style road classic that is unparalleled in distance and beauty. At 206 miles, LOTOJA is the longest one-day USCF-sanctioned bicycle race in the country. LOTOJA is a physical and mental stamina test on a course that climbs and descends three mountain passes in the first 110 miles. The race starts in Logan, Utah and finishes in the shadows of the Teton Mountain Range at Jackson Hole, Wyoming.

For my brother and I this was our 8th LOTOJA. We have participated in 8 of the last 9 in a row.

This year I drove out alone in my truck. My brother, Dennis, lives in Riverton, WY. We meet there and then go on to Logan.

Prologue - The Drive

The first stop on my travel took me to the Badlands of South Dakota where I camped in the Southeast corner of the National Park. I rode twenty miles that evening and met some kindred souls, Lee and Carol, who had also just pulled in. We had dinner together, sharing stories of places to go and see, shots of Koltiska (a liquor made in Sheridan, WY and only sold in three states) into the night. We ended up being the party crowd as the whole camp was silent when I left them at 10 pm. My intention was to ride the 32 miles into Wall, SD for the best donuts and coffee in town the following morning and return. I talked my new friend, Lee, into riding with me into town and then coming back by myself. His wife Carol was going to meet us in town and then bring Lee back to camp. It was a beautiful morning for a ride and the scenery was more than spectacular. Eagles, Hawks, Antelope, damn there were Critters everywhere. The ride worked out great for Lee as we had a blustery tailwind all the way. Coming into Wall, SD we were tapping along at 28-30 mph. Coming home was a "female dog", at times I was only making a 7-8 mile pace. I was glad to see camp.

Arrived in Riverton on Wednesday night exhausted from the first days of vacation and went down early to the pillow. I spent the following day servicing my bike, cleaning the chain, swapping out wheels and towards the end of the day stuck in a 25 mile easy ride along the River Road.

Thursday night I was exhausted again. Friday morning we left Riverton around 8 am and made our usual trip to Jackson airport to pick up a one way rental vehicle, dropped our vehicle at the finish line, the entrance to Grand Teton National Park, and headed for Logan, Utah. It is always a long day and after a couple of hours checking in and finding someone to carry our bags to the finish line, (only once did we have support) we made our way to the hotel, unloaded and went to eat around 8:30 pm. After dinner we tested the bikes a final time, pre-packed for the morning and hit the sack at 11:30 pm. My final thought for the day was "I don't feel as nervous as I usually do, I wonder what that means?"

Saturday morning came as expected; I had slept on and off all night and by 5 am was too pumped up to sleep anymore. So I stretched while watching the sun rise and cruised downstairs for a large coffee, a bowl of oatmeal, and my standard "Slim Fast" with a couple glasses of water. We were repacked and headed into town by 6:30 am.

After returning the car and handing off our packs we had 15 minutes to relax.

The Race

At 7:37 am our wave, the second to the last group of riders left Logan. We both wondered why the oldest guys have the

least amount of time to get to Jackson? Oh well, maybe we're supposed to be wiser? "Or Crazy" I thought. Anyway off we go. This year was not as bad as other years, the pack was reasonably well behaved, keeping a 21-24 mph pace line for the first 30-40 miles. The weather was the warmest it has been than for any previous LOTOJA from what I heard. It was great. I think we started at 50 degrees and finished at 70 degrees in Jackson.

The first climb I stayed with my brother, Dennis, and felt really good. He is a much better climber than I am. We had been together in and around the same pack so far in the race. The second climb I did not feel as well but managed to sit on his wheel to the top. At the feed zone on the top of the second climb we both stopped for water and food. They had some peach pieces all cut up and after eating a few I stepped away to let others in. Dennis reached in to grab a hand full. As he was backing away, he asked if I wanted anymore. I answered "Are your hands clean?" and this brought a laugh to a few people standing around, to which Dennis answered "Yes, I've only gone to the bathroom twice". "Sure" I said. People were still laughing.

Between the second and the third climb I was feeling frisky and went with it. I remember Dennis coming up and telling me he could not take the pace I was setting at the front of the pack, I told him to look for me on the climb. At the next Feed Zone I could not find a Neutral Water Station. Later Dennis told me it was at the very end of the Zone sort of hidden. I needed water and rode the next 15 miles towards Montpelier on empty. At one point I saw someone's sag vehicle on the side of the rode and begged for water. By the mercy of the Chain Ring Gods a fair maiden filled one bottle with some Smart Water. If I had this from the start I would not have made such a dumb mistake.

After Montpelier the route turns into rollers and on this section I started to fade a bit, I took more time to eat and drink and waited for the climb. The last big climb is Salt River Pass. It's a killer for a Florida boy and did not let me down. I started the climb feeling funky which quickly went to I couldn't breathe at all. I was pedaling in mud. Dennis came by humming old Tour de France music and asked if I was ok? I recall saying, No, I'm not!!!! After Dennis rode off up the mountain I made the decision to get off the bike. I had a gorilla on my chest and he was jumping up and down. I had to dismount and ask him to please stop. I sat with another guy on the guard rail and watched and cheered my fellow participants. People kept asking as they went by "are you ok?" And I kept saying "Don't look back, keep going, get out of here!" After five minutes or so I figured it was time to give it another go, so off I went. After another half mile I was having the same problem, I literally could not breathe, I was trying to suck air through a straw. I did my best to control my breathing and somehow made it to the top. I was still pedaling in mud even when I crested the KOM time line on level ground. I politely laid the bike down, (because I wanted to kick it) and made my way to cookies and water, fruit, etc. I sat down in the shade of trailer and thought, "Please don't anyone ask me if I'd like to quit right now?"

I tried to find some positive thoughts, like let's get up (there's more than one of me when I'm hurt) and hey, what a beautiful view! Don't you just love the pageantry in cycling, the colors, the movement, the smiling faces? Those are interesting rocks? Those puffy clouds look like... And then, it happened, it dawned on me that I had ridden the hard part of this frackin' mountain I'll be damned if I'm not going to ride the backside. Where's my bike? Get out of my way! Look out, big man coming through! Yeeeeee-Hawwwwww

LOOK for the exciting conclusion in the next Paceline!

The Super Windy Tally 150

By Jim Adams

Daybreak, Sunday October 9th, and just a few show up at Ruckle Middle School for the Annual Tally 150. I had volunteered my window van as a sag vehicle, and **Rich Gugliemino** had agreed to drive. Its 6am...got here early, hmmm not very many riders here? **Wendy Moen** shows up to drive a second sag vehicle and take pictures. Excellent!

Nate showed up, I'm thinking "it's windy as hell, good to have a big diesel engine here!" But alas, he was only there to take candid's of us, suffering into the 15-28mph E/NE gale. Dan and I are the only riders who have completed all the Tally's. Rennie and I finished strong last year. Maybe it will be OK? Still only 7 riders, "Hey wasn't there supposed to be like, a dozen here?" Everyone just looks around, hoping riders will start to divide & replicate like an amoeba? I'm asking "Can't we clone Nate?"

Riders included first-timers **PJ Schepers**, **Michael Small**, and **Galyn Moen**, and veterans **Robb Rennie**, **Todd Hanning**, **Dan Steighner**, and **myself**.

PJ gets the Ironman award. At about 75 miles the wind took its first toll, and he started fading off the back. We thought he was done. Rich, in the magic bus, went back to pick him up, and he refused, and pushed on. Dan had mentioned we had to average 15mph to make nightfall. Wow, that was a discouraging thought!

86 miles and we stopped to refuel. The six of us were wind-battered, hungry, and a little chilly. Someone said "Boy, I don't know if I have another 75 miles of that wind in me?" Then Rich informed us, "a cop mentioned that it's raining up ahead." Morale didn't look good. Someone said "maybe we should turn around here?" I'm thinking, "86 miles with a tailwind didn't sound THAT bad?" Got to keep up the morale, I'm not going to quit. It's time to roll out.

About 15 minutes had passed, since we had stopped. PJ rolls in. I said dude "eat, rest, sag to the next stop, and jump back in. You'll be ok". He reluctantly sagged between the 86 mile and 104 mile stops. Then he got back on his bike and started ahead of us, thinking we would catch him. We didn't. PJ may have missed 18 miles of the route, but the last 46 of it was solo into the wind. Determination is what this ride is about, commendable!

The pulls are long and strenuous, Rennie is pulling like a bulldog, and he TT'd at the state time trial the day before, really? Everyone is doing their best, their share. There are occasional breaks in the trees, and the speed drops to 14mph and the watts go to 300. Everyone is forced taking turns behind Rennie, cuz' he's like drafting a hamster! Grind, grind, GRIND, 100 miles, finally!



A footnote: I checked my download when I got home, I only stopped pedaling 27 times? You never got to rest, even in the paceline.

The road turns slightly to the SE and the pace picks up. Morale booster? Optimism abounds? Ha! The second-growth forest is pretty, and it hasn't rained on us yet, AND it has warmed up a touch. Nobody is talking, everyone is still working. It's still a solid relentless-rock-steady-wind. Then it dawns on me, I remember, at the last turn the wind is right in your face.

Last sag is coming up, and that is good, because I am totally out of water. Dan says "I can see the light". "I'm thinkin' yea I'm seein' lights all right!" We still haven't seen PJ. I hear "we ain't gonna catch em'." It's time to top off bottles one more time, gel, Rice Krispy bar, vanilla wafers, liter of Coke. Judas Priest, help me now! "Screaming for Vengeance" is playing, seems appropriate! Dan takes a good long pull into the nasty headwind, and I follow. 17-18 mph is all anybody's got left, blasting what's left in the tank, until you just can't take it anymore. Everyone keeps rotating through. Finally, stopped by a city stop light, we're almost there!

We see lots of police cruisers up ahead. We crank up the first big hill and there is a car show. Lots of cars with the gigantic chrome wagon wheels. Rap music was blaring. Several of us notice this huge gal lying on the hood of a pimped out ride? I've never seen that before. I'm not lollygagging, I want to be done. Dan got stuck at the light. He thanked us later for leaving him at the show!

We roll up in front of the Capital building. Made it! PJ is already there, chilling on the top step. We lined up for the annual group photo. 10 hours have passed since we began. The ride was tough this year, definitely harder than my first Tally. Dan and I talked, and decided we need a much bigger peloton to ride against a gale like that. I wonder how fast we would have covered 150 miles with a 20 mph tailwind? Maybe one year we'll find out?

It's time to eat. Guess where? Welcome to Moe's!!!



Tour de Ranch March 31, 2012

Century, metric century and 25 mile rides through rolling hills and lightly travelled country roads. Rides start at 8AM with late registration starting at 7AM.

Rides are in Washington County north of Panama City Beach. Rest stops, sag support, radio support, t-shirts, and J.Michael's red beans and rice meal at ride finish.

Pre-registration is \$30, \$35 day of event.

Panama City Flyers Cycling Club, P.O. Box 15966,
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www.cccyclists.org

Email: tosrvsouth@yahoo.com

Tour de Emerald Coast 2011

(Cont'd from Last Issue)

By Dan Steighner

For a refresher of where we left off with TDEC 2011, we had just completed Stage 3. This is the stage where we saw the well organized CAT2s hold off the CAT1 chasers delivering **Todd Hanning** to the stage win and adding another minute to his lead over 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.

Stage 4 took us to Munson for a hilly ride north into Alabama and back for a distance of 53 miles. This was the stage where the CAT1's got it together and mounted an all out assault on the CAT2's trying to get time back for the top CAT1 rider **Robb Rennie**. The CAT1 riders closed on the CAT2 group sooner in this stage than any previous stage. The catch took place with almost 15 miles to go to the finish.

The CAT1 riders then hit the CAT2's with everything they had trying to drop tour leader **Todd Hanning** and put Robb into the yellow jersey, it never happened. Todd and the CAT2's were able to answer every attack until the final hill leading to the uphill finish. In the end Robb was able to take back a 1.5 minutes, but Todd was able to protect the yellow jersey and take just over a two minute lead into the stage 5 time trial.

Selby Holler won the stage for the overall male race with a winning time of 3:02:15. CAT3 18-59 Female **Peggy Helms** won stag 4 for the ladies by 1:35 margin over tour leader **Annette Manual**. The ECC 60+ guys were lead by **Wayne McSheehy** once again who finished the stage in 3:03:45. **Kathy Stamp** once again put in a solid effort with a time of 3:32:10 and continued to increase her lead in the 60+ ladies group.

Stage 5 took us back to Knox Hill for a very tough 15 mile time trial. **Robb Rennie** came into the stage needing to take back just over two minutes from leader **Todd Hanning**. Both riders are known to be strong time trial riders and Robb knew he would have to have a miracle to pull off the victory. Todd came into this stage wearing the yellow jersey and he had every intention of keeping for good.

Although Robb was able to put in an excellent ride of 38:54, he was unable to overtake Todd for the lead. When the smoke cleared Todd not only defended his lead he expanded it by 32 seconds. Todd's time was 38:22, which was also good enough for second place of the stage. **Will Price** posted the fast time for the time trial with a 38:12.

For the ladies **Lori Mihalcik** posted the top time of 39:20. **Kathy Stamp** not only cemented her hold on the ladies 60+ group with a time of 43:05, but that was good enough for second place in the ladies overall for the stage. **Wayne McSheehy** continued his domination of the male 60+ group posting a 39:05, which was also good enough for 3rd place overall for the stage.

The 2011 TDEC was not only very competitive this year but also a lot of fun. It was especially enjoyable watching each category of riders work as a team protecting their top GC rider as if he was their team captain. I honestly don't think, as the race organizer, that I could have asked for it to play out any better. TDEC 2010 was a learning year and when we applied those lessons learned to 2011 we were able to turn TDEC into a very competitive stage race for all level of riders all while preserving the fun factor.

With the success of the previous two TDECs, I believe it is a safe bet that TDEC 2012 will take place during the 5 weeks of July. So until July 2012, stay safe and I'll see you on the road.



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Final Third Thursday Time Trials (Road)

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Ten riders came out in **October** to challenge the clock for the final 10 mile road time trial of 2011. It was a sunny and pleasant (65°) day with a slight headwind going out but a strong tailwind 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	42:55	14.0
Jim Conway	66	26:48	22.4
Rich Gugliemino	44	28:31	21.0
Karynn Sutherlin	25	30:18	19.8
Miranda Griffin	34	29:35	20.3
Todd Hanning	47	25:31	23.5



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Gary Huband	51	32:00	18.8
Will Price	44	25:26	23.6
Marcia Morrison	42	35:39	16.8
Travis Griffin	38	28:00	21.4
Jim Adams	48	26:25	22.7

2011 Road Time Trial Results

While everyone is encouraged to come out for the Road Time Trials. The results below reflect ECC members only.

2011 Men's ROAD TT Results

Men's Overall	-----	Will Price
Age 21 to 25	1 st Place	Jonathan Gendron
Age 31 to 35	1 st Place	Jason Wilbur
	2 nd Place	Marshall Haylett
Age 36 to 40	1 st Place	Todd Elliott
	2 nd Place	Tom Krawietz
Age 41 to 45	1 st Place	Dale Morrison
	2 nd Place	Rich Gugliemino
	3 rd Place	Walt Mirth
Age 46 to 50	1 st Place	Mike McAdams
	2 nd Place	Paul Logan
	3 rd Place	Todd Hanning
Age 51 to 55	1 st Place	Fred McLaughlin
	2 nd Place	Steve Fikar
	3 rd Place	Robert Simmons
Age 56 to 60	1 st Place	Robb Rennie
Age 61 to 65	1 st Place	Jim Conway

2011 Mens ROAD TT Results (cont.)

Age 61 to 65 (cont)	2 nd Place	Mike Weisz
Age 66 to 70	1 st Place	Tom Kaltenbach
Age 71+	1 st Place	Wayne McSheehy
	2 nd Place	Wes Libb

2011 Women's ROAD TT Results

Women's Overall	-----	Victoria Lanza
Age 21 to 25	1 st Place	Karynn Sutherlin
Age 31 to 35	1 st Place	Dori Spaulding
Age 41 to 45	1 st Place	Stephanie Schroeder
	2 nd Place	Stephanie Rogers
	3 rd Place	Carol Strom
Age 46 to 50	1 st Place	Lori Mihalcik
Age 71+	1 st Place	Billie Madero

They're Back!!!



What's back? It's all those great events that follow the return of Daylight Saving Time which starts on March 11th this year.

- ◆ Starting **Tuesday March 13th** (and every Tuesday until the end of daylight saving time) you get a chance to join other riders on Tuesday evenings at **4:45 PM** and **5:00 PM** at **Ranger Camp Road**. The pace can be as fast or slow as you want it to be. The racers will be there to make things livelier. The triathletes will try to break the pack apart. Many of us will try to hold on for a while and then form our own packs when the inevitable happens – we get dropped. There will also be lots of daylight for trail rides at Timberlake Pond if that is your desire. Make sure you have your **Range Pass**.
- ◆ Starting **Thursday March 15th, 5:00 PM** - the **Third Thursday Road Time Trials** will return. Meet at **Ranger Camp Road** and test yourself over a 10 mile distance. Establish a baseline to measure your progress during the summer; gauge your early season fitness; see how effective your winter training was; or just come out and see how you do. If enough riders want to continue the time trails, they will continue to be held on the third Thursday of each month.

MOUNTAIN BIKE TIME TRIALS

The Off Road Time Trials will be held on Sunday **January 15th**, **February 19th** and **March 18th** 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 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.

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Fourteen riders came out in **November** to challenge the clock for the first off road time trial (7.42 miles) of the 2011/2012 season. It was a partly sunny, pleasant day (69°) with the trail in good condition. **Daniel Vu** led the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Scott Ewing	54	31:19	14.2
Todd Elliott	41	36:30	12.2
Daniel Vu	27	30:48	14.5
John Lilly	48	33:21	13.4
Mike Bagent	55	35:56	12.4
Mike Weisz	63	34:08	13.0
Ina McKenzie	46	37:42	11.8



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Larry Herald	47	35:22	12.6
Caden Ewing	15	39:33	11.3
Mort Hudson	51	37:47	11.8
Dale Morrison*	44	32:51	13.6
Dan Steighner*	50	32:59	13.5
Annette Manuel	49	38:29	11.6
Paul Torrey	68	45:11	9.9

* Single Speed

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Fifteen riders came out in **December** to challenge the clock for the off road time trial. It was a sunny and cool (47°) day. **Scott Ewing** led the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Scott Ewing	54	30:32	14.6
Martin White	47	41:12	10.8
Daniel Vu	27	32:04	13.9
John Lilly	48	34:23	13.0
Mike Bagent	55	35:25	12.6
Mike Weisz	63	34:36	12.9
Eric Snyder	67	48:56	9.1
Jason Anderson	27	48:32	9.2



<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Cal Partlow	47	31:44	14.0
Glen Larson	47	35:50	12.4
Mort Hudson	51	37:20	11.9
Dale Morrison*	44	33:30	13.3
Dan Steighner*	50	33:12	13.4
Grady Smith	46	39:46	11.2
Will Slusher	35	45:35	9.6

* Mountain Bike





BIG DADDY'S
Bike shop
2217 Scenic Hwy. 30-A
Santa Rosa Beach, FL 32459
850-622-1165

MON-SAT: 9-5 PM
Closed Sunday

Sales Repairs Rentals

Dealer

JAMIS
SCHWINN
GT
KHS
FUJI

BOBS BICYCLES
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



- ◆ 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/>

Jan/Feb/Mar Ride Schedule



Local Road Ride Rating Scale:

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

PLEASE REMEMBER - ALL RIDERS MUST WEAR A HELMET AND NO MUSIC DEVICES!!!

The ECC is working hard to have different paced rides in different areas. I hope you have noticed that we have different paced rides on the same day to accommodate the needs of our cycling community. Your comments and suggestions are always welcomed.

► **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.**

► **Jan 21, 8:30 AM – Ruckel Middle School/De Funiak Springs Loop** - Meet at Ruckel Middle School for an intermediate to fast pace ride to De Funiak Springs and back. The ride length will be 40 to 65 miles.

► **Jan 28, 8:30 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. ***Designated Club Jersey Ride**

► **Feb 4, 8:30 AM – Defuniak Springs Loop** - Meet at the former Emerald Coast Coffee in Bluewater Bay for the De Funiak Springs Loop. This is a 65-mile ride with plenty of rolling hills. There are short options available of 40 miles or less. These are intermediate to fast pace rides.

► **Feb 11, 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 which leaves the former Emerald Coast Coffee at 8:00 AM. It will be an intermediate to fast pace ride.

► **Feb 18, 9:00 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 to 55 miles. If you are interested in more miles there will be a 90-mile option ride which leaves Ruckel Middle School parking lot at 8:00 AM. ***Designated Club Jersey Ride**

► **Feb 25, 8:30 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.

► **Mar 3, 8:30 AM – Ruckel Middle School/De Funiak Springs Loop** - Meet at Ruckel Middle School for an intermediate to fast pace ride to De Funiak Springs and back. The ride length will be 40 to 65 miles.

► **Mar 10, 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 which leaves the former Emerald Coast Coffee at 8:00 AM. It will be an intermediate to fast pace ride.

► **Mar 17, 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 60 mile ride. There will be a 40 mile option for those

that are interested. ***Designated Club Jersey Ride**

► **Mar 24, 9:00 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. Make it a 93 mile ride with an 8:00 AM start from Ruckel Middle School.

► **Mar 31, 8:30 AM – Defuniak Springs Loop** - Meet at Emerald Coast Coffee in Bluewater Bay for the De Funiak Springs Loop. This is a 65-mile ride with plenty of rolling hills. There are short options available of 40 miles or less. These are intermediate to fast pace rides.

► **April 7, 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 80-mile option ride which leaves the former Emerald Coast Coffee at 7:00 AM. It will be an intermediate to fast pace ride.

► **April 14, 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

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/
January 7 (Sat), Gainesville, FL
Gainesville Cycling Club 200K
Brevet <http://gccfla.org/brevet/brevets.html>

January 14 (Sat), Alachua, FL
Tour de Felasco
<http://sanfelasco.net/tour.shtml>

January 22 (Sun), Cape Coral, FL
The 21st Annual Tour de Cape
<http://www.bocabikeclub.org>

January 29 (Sun), Naples, FL
6th Annual Pedaling for
Pathways Bike Brunch
<http://naplespathways.org/page/bike-brunch-1>

February 4 (Sat), Gainesville, FL
Gainesville Brevet Series: 300 km
<http://gccfla.org/brevet/brevets.html>

February 18 (Sat), Hastings
Flagler Estates, FL Flagler
Estates Country Cruise II
<http://www.feciafl.com>

February 19 (Sun), Boca Raton,
FL Tour of Boca
<http://www.bocabikeclub.org>

February 19 (Sun), Honeymoon
Island-Dunedin, FL Oakley
Transitions Wish 100 Cycling
Event <http://wish100.wishcentral.org>

February 25 (Sat), North Port,
FL Piggy's Revenge
<http://piggyrevenge2012.blogspot.com/>

March 4 (Sun), Fort Myers, FL
Fourteenth Annual Royal Palm
Classic <http://www.royalpalmclassic.org>

March 4 (Sun), Coral Springs, FL
South Florida Tour de Cure
<http://main.diabetes.org/sfltour>

March 10 (Sat), The Villages, FL
We Ride For Kids
<http://redsoxnation-villages.com/>

March 11 (Sun), Boca Raton, FL
Tour of Boca **RESCHEDULED**
from March 13, 2011
<http://www.bocabikeclub.org>

March 18 (Sun), St. Augustine,
FL Cystic Fibrosis Cycle for Life
<http://www.cff.org/Chapters/nfl/>

March 24-30, Tallahassee, FL
Bike Florida 2012 Forgotten
Coast Tour <http://www.bikeflorida.org>

March 25 (Sun), Viera Florida,
FL Gran Fondo Brevard
<http://www.granfondobrevard.org>

March 31 (Sat), Jacksonville, FL
Ride with Me for Autism 2012
<http://www.ridewithmeforautism.org>

March 31 (Sat), Vernon, FL
Tour de Ranch, 16th Annual

March 31 (Sat), Punta Gorda, FL

Pedal and Play in Paradise,
Punta Gorda FL

March 31 (Sat), Okeechobee, FL
Rotary's 9th Annual L.O.S.T
Ride-Run-Walk
www.OkeechobeeRotary.org

April 1 (Sun), Bradenton, FL
American Diabetes
Association's Tour de Cure
Lakewood Ranch
<http://diabetes.org/swfloridatour>

April 7-8, Various, FL
Gainesville Cycling Club Fleche
360 Km in 24 hours.
<http://gccfla.org/brevet/>

April 14-15, Tallahassee, FL
Tour of Southern Rural Vistas -
Thirty Years!
<http://cccyclists.org/>

April 14 (Sat), Summerfield, FL
Take Stock in Children Cycling
for Success
<http://www.pefmc.org/events/>

April 15 (Sun), Palmetto, FL St.
Petersburg Bicycles Club's
Spring Classic
<http://www.stpetecycling.com>

April 15 (Sun), Immokolee, FL
Immokalee Ride for Literacy
<http://www.immokaleerunsandrider.com>

April 20-22, Madison, GA
BRAG Spring Tune-Up Ride
<http://www.brag.org>

April 21 (Sat), Pensacola, FL
Gulf Coast Tour De Cure
(American Diabetes Assoc.)

April 21-22, Homestead, FL
Bike MS 150
<http://www.msbikeflorida.org>

April 21 (Sat), Amelia Island, FL
8th Annual Katie Ride for Life
<http://www.katierideforlife.org>

April 21-26, Live Oak, FL
Florida Bicycle Safari
<http://www.floridabicyclesafari.com>

April 22 (Sun), Melbourne, FL
Space Coast Early Intervention
Center's 3rd Annual "Cycle Jam
for the Kids"
<http://www.firstgiving.com/sceic>

April 28 (Sat), West Green, GA
Relay for Life Metric Century
Bike Ride
<http://www.freewebs.com/douglasbikerides>

April 28 (Sat), Birmingham, AL
Tour de Blue: Cycling For
Prostate Cancer Awareness
[http://www.urologyhealthfoundation.org/Tour de Blue Schedule.html](http://www.urologyhealthfoundation.org/Tour%20de%20Blue%20Schedule.html)

April 29 (Sun), Jacksonville, FL
Tour de Forts
RESCHEDULED from April 22,
2012 <http://nfbca.us/>

May 4-6, White Springs, FL
SBA Spring Festival/Metric
Century
<http://www.suwanneebike.org/>

May 19 (Sat), Gainesville, FL
Ride To Remember 6
<http://gccfla.org/rtr/>

May 20 (Sun), Douglasville, GA
Tour de Cure Atlanta

ECC MEMBERSHIP



How do you tell if you need to renew? Flip your Paceline over (if you receive it by mail) and look at your address. Do you see an * in front of your name? If you do, you are signed up as a member of the Emerald Coast Cyclists for 2012. If you don't see an *, you are not signed up yet for 2012 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.

Are You Getting Club Emails?

If you are not getting the club emails and want to, drop me a line at "robbrennie@mac.com" 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 **4:45 PM** and **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.

**** Third Sunday Off Road Time Trial – January 15th, February 19th and March 18th**. 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.

**** Third Thursday Road Time Trial for 2012 – March 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