

PACELINE



Newsletter of the Emerald Coast Cyclists

Volume 27

Numbers 8 / 9 / 10

Apr / May / Jun 2014

President's Line...by Carmen Moore

I am dedicating this article to my uncle Arnold who has been struggling to recover from a lung transplant since Valentine's Day. Please keep in mind how precious your lungs are. There are many reasons why maintaining a healthy, active lifestyle is important but strengthening your heart and lungs really is the most significant. We all have a personal responsibility to our bodies to keep them strong and healthy and cycling is a great way to accomplish this! Cycling affords the opportunity for a great, low-impact cardiovascular workout that could increase lung capacity and make your body more efficient; all you need is some perseverance to put forth the effort to obtain results. I would like to encourage you to briefly push yourself past your comfort zone to threshold on your next ride! The energy exerted will enhance your performance and make you stronger. You owe it to yourself to *just do it!*

As we enter into a new year of cycling, let's continue to motivate each other to reach new heights! Whether you are riding in the A, B or new C group encourage each other to push a little harder, go a little further or just finish the ride. With our different levels of riding groups and the variety of rides we offer there will be plenty of chances for everyone interested in cycling to achieve personal fitness goals. Not to mention, all the support you will get along the way from the vast knowledge of our club members. Our members are the best at offering valuable advice and they know cycling above anyone else so take advantage of the knowledge they have to offer. Everyone could use a little

help from their friends now and then! The benefits you gain will expedite your fitness, as well as enrich the riding experience for the whole group.

In our quest to share cycling with riders of all fitness levels ECC is adding a new C level riding group with corresponding C level rides. These rides will be held every Saturday morning at 8:00 am, starting on April 5th, at Ranger Camp Road. Average speeds will be whatever the group decides and nobody will be dropped regardless of their ability. If there is enough participation and, once the group feels comfortable riding in a paceline, it will migrate to the normal Saturday ECC ride. For more information contact Hank Woollard at 850-685-6086 / henryb54@yahoo.com.

Regardless of the group you choose to ride in let's join together on May 10 for our annual club picnic! The club picnic will be held at Rocky Bayou Christian School in Niceville, following a variety of ride options. The Paceline covers all the details. Please read through the newsletter, navigate through our website and check our facebook page for details on all upcoming rides and events.

To emphasize the presence of Emerald Coast Cyclists and attract the public to our favorite sport we want to inspire everyone that has a club jersey to wear it on our club-sponsored rides, as well as other cycling events you attend. Needless to say, we will no longer have a monthly "designated club jersey ride;" we simply want to encourage you to wear yours on all club rides if you have one. Wearing your club jersey will expose ECC to the community and furthermore reveal your awesomeness by disclosing the fact that you are an ECC member!

ECC Picnic Ride – May 10th

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

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



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

ECC GENERAL MEETING

ECC meetings are held on the first Wednesday of each month at **Mango's on the Bayou (Apr 2nd, May 7th, Jun 4th)**. Mango's is located at 200 Eglin Pkwy E 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**.



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.

Get Your 2014 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 2013 through September 2014. 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 **Neon Yellow**.

Office hours are Mon-Thur 7:00 AM - 4:30 PM; Friday 7:00 AM - 6:00 PM; Saturday 7:30 AM - 12:30 PM. Call 882-4166 if you have any questions.

You can also get the permit by mail. Pay by money order, cashiers check, or personal check (no cash) made payable to DFAS-LI Eglin AFB. The address is Eglin Natural Resources Branch, 107 Highway 85 North, Niceville, FL 32578.

ALPINE BICYCLES II
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2014 Club Officers

President: Carmen Moore
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2014 ECC Board

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FBA Rep: John Stamp
USA Cycling Rep: Robb Rennie
Off Road Rep:
Ride Coordinator: Paul Logan
PACELINE Publisher: Paul Logan
ECC Website: Carmen Moore
Membership: John & Kathy Stamp

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**
- ♦ **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

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The Lost Art of The Group Ride

Reprinted with permission from [Cycling Tips](#)

Every so often, I'll ride a recreational group ride. I love the camaraderie of cyclists, the talk, the last minute pumps of air, the clicking in, and the easy drifting out as a peloton. "I miss riding in a group," I'll think to myself.

The magic ends by mile 10. The group will surge, gap, and separate, only to regroup at every stop sign. I'll hear fifteen repeated screams of "HOLE!" for every minor road imperfection. And then no mention of the actual hole. Some guy in front will set a PB for his 30 second pull. Wheels overlap, brakes are tapped, and some guy in the back will go across the yellow line and speed past the peloton for no apparent reason. A breakaway?!

I curse under my breath, remembering why I always ride with only a few friends. Doesn't anyone else realize how dangerous this ride is? How bad it is for our reputation on the road? There are clear rules of ride etiquette, safety, and common sense. Does anyone here know the rules? Who is in charge?

But no one is in charge, and the chaotic group has no idea of how to ride together. As a bike lawyer, I get the complaints from irritated drivers, concerned police, controversy-seeking journalists, and injured cyclists. It needs to get better, but the obstacles are real:

First, everyone is an expert these days. The internet and a power meter do not replace 50,000 miles of experience, but try telling that to a fit forty year-old, new to cycling, on a \$5000 bike. Or, god forbid, a triathlete. No one wants to be told what to do.

Second, the more experienced riders just want to drop the others and not be bothered. It is all about the workout, the ego boost, or riding with a subset of friends. But a group ride is neither a race nor cycling Darwinism. As riders get better, they seek to distinguish themselves by riding faster on more trendy bikes; but as riders get better they need to realize two things: 1) there is always someone faster, and 2) they have obligations as leaders. Cycling is not a never ending ladder, each step aspiring upwards, casting aspersions down. It is a club, and we should want to expand and improve our membership.

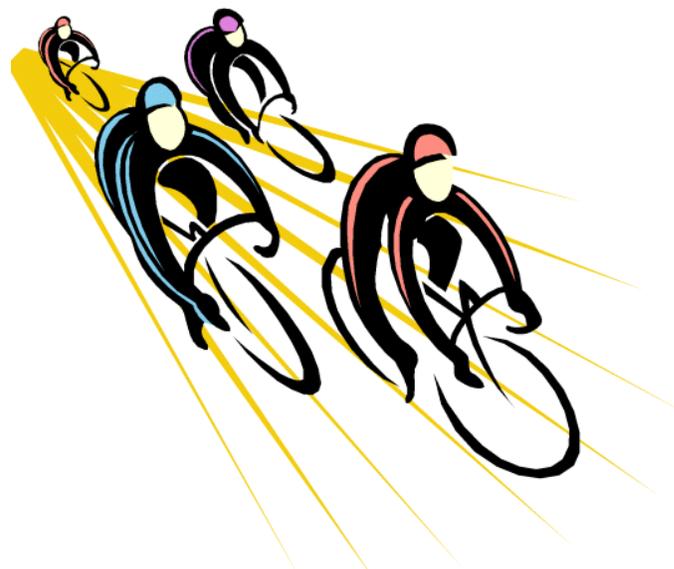
Third, different rides are advertised by average speed, but speed is only one part of the equation. This approach makes speed the sole metric for judging a cyclist, and creates the false impression that a fit rider is a good one. Almost anyone can be somewhat fast on a bike, but few learn to be elegant, graceful cyclists.

Fourth, riding a bike well requires technique training. Good swimmers, for example, constantly work on form and drills; so should cyclists. Anyone remember the C.O.N.I. Manual or Eddie Borysewich's book? They are out-of-print, but their traditional approach to bike technique should not be lost. More emphasis was given on fluid pedaling and bike handling.

Before the internet, before custom bikes, and before Lance, it was done better. Learning to ride was an apprenticeship. The goal was to become a member of the peloton, not merely a guy who is sort of fast on a bike. Membership was the point, not to be the local Cat. 5 champ. You were invited to go on group ride if you showed an interest and a willingness to learn. You were uninvited if you did not. You learned the skills directly from the leader, who took an interest in riding next to you on your first rides (and not next to his friends, like better riders do today). Here is some of what you learned:

- To ride for months each year in the small ring.
- To take your cycling shorts off immediately after a ride.
- To start with a humble bike, probably used.
- To pull without surging.
- To run rotating pace line drills and flick others through.
- To form an echelon.
- To ride through the top of a climb.
- To hold your line in a corner.
- To stand up smoothly and not throw your bike back.
- To give the person ahead of you on a climb a little more room to stand up.
- To respect the yellow line rule.
- To point out significant road problems.
- To brake less, especially in a pace line.
- To follow the wheel in front and not overlap.

The ride leader and his lieutenants were serious about their roles, because the safety of the group depended on you, the weakest link. If you did not follow the rules, you were chastised. Harshly. If you did, you became a member of something spectacular. The Peloton.



MOUNTAIN BIKE TIME TRIALS

Many thanks to **Dan Steighner** who has been running the Off Road Time Trials for 8 years. Dan has decided to retire from Off Road TT guru. So the Emerald Coast Cyclists are **looking for someone to step up** and pick up the TT this coming fall and winter.

Eleven riders came out in **January** to challenge the clock for the first off road time trial of the season. It was a partly cloudy day (52°). The course was packed and fast. **John Schwab** led the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Scott Ewing	56	31:29	13.9	John Schwab *	49	30:52	14.2
Bill Magboo	49	32:54	13.3	Mike Weisz	65	34:21	12.8
John Sullivan	48	34:49	12.6	Mike Bagent	57	36:11	12.1
Josh Gyukery	28	40:26	10.8	John Lilly	50	39:10	11.2
Jennifer Talley	34	36:54	11.9	Chris Magboo *	17	37:48	11.6
Sam Sutton	59	35:47	12.2				* Single Speed

Five riders came out in **February** to challenge the clock for the off road time trial of the season. It was a partly cloudy and cold (42°) day. The course was fast but a little slick. **Scott Ewing** showed the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Scott Ewing	56	30:59	14.1	Mike Weisz	65	34:15	12.9
Mort Hudson	54	34:47	12.6	Mike Bagent	57	35:06	12.5
John Lilly	50	37:31	11.7				

Five riders came out in **March** to challenge the clock for the off road time trial of the season. It was a cloudy and wet (60°) day. The course was fast but slick on the roots. **Bill Magboo** led the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Mike Weisz	65	33:32	13.1	Mike Bagent	57	37:00	11.2
Jennifer Talley	34	37:13	11.8	Bill Magboo	53	33:13	13.2
Paul Torrey	70	50:57	8.6				

2013-2014

Mtn Bike Time Trial Results

Women

Overall 1st Place: Jennifer Talley
Age 31 to 35: 1st Place: Ursula Robertson

Men

Overall 1st Place: Danny Vu
Single Speed: 1st Place: John Schwab
Age 16 to 20: 1st Place: Chris Magboo
Age 21 to 25: 1st Place: Curtis Duvall
Age 26 to 30: 1st Place: Josh Gyukery
Age 36 to 40: 1st Place: Mike Gabrysz
Age 46 to 50: 1st Place: Bill Magboo
Age 51 to 55: 1st Place: Mort Hudson
Age 56 to 60: 1st Place: Scott Ewing
Age 61 to 65: 1st Place: Mike Weisz
Age 66+: 1st Place: Paul Torrey

2nd Place: Will Price

2nd Place: Keith Peskosky

2nd Place: Chris Lulei

2nd Place: John Sullivan

2nd Place: Mike Bagent

2nd Place: Don Wigston



3rd Place: John Lilly

3rd Place: Sam Sutton

Thanks again Dan!!!!

2014 Ride of Silence Wednesday, May 21st at 5:45PM

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

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

In 2008 through 2013 we had the first Rides of Silence on the Emerald Coast and are hoping for bigger and better things in 2014! A route has been established that will provide cyclist's visibility to the community as a whole, but not gridlock afternoon vehicular traffic through Fort Walton Beach. Most cities around the world are starting their Rides of Silence at 7 PM, but a 40 minute bike ride along our major thoroughfares at that time of day will have cyclists wandering around in the deep twilight. So the plan is to start from **Mango's on the Bayou** on Eglin Parkway at 5:45 PM. The total distance will be around 4 miles.

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

Unfortunately, the Emerald Coast plays its part in the carnage. In August 2007 Navarre High School student **Gerran Copeland** was killed by a drunk driver while riding his bike along HWY 98 in Navarre. A few weeks later, on Labor Day, cyclists **Bill Imle** and **Art Clemmons** were struck and killed instantly by the driver of a pickup truck traveling 30 miles an hour over the speed limit

just over the state line in Baldwin County, Alabama. The very next day, on September 4th, 2007, **Sean Livesay** was riding his bike along serene and tranquil Bayshore Drive in Niceville when a pickup truck towing a landscaping trailer backed out of a driveway into Sean's path. Sean never had a chance; along with **Gerran Copeland**, **Bill Imle**, **Art Clemmons** and other area cyclists whose misfortune maybe never made the press release, his life was tragically cut short as the result of an inattentive motorist.

Others who we will honor are **Elizabeth Allmon**, known as the Bike Lady of Navarre (June 9, 2009); **Terry Sims** (June 2010); **Roger Grooters** (Oct 2010) killed while on a Coast to Coast ride; **Kurt Frankel** (July 2, 2011) while on Hwy 30A; **Rob Crawford** (April 8, 2012) while riding to an Easter Sunrise Service; **Rodney Snyder** (Jan 28, 2013); **Galina Bumbalova** (May 21, 2013); **Richard Durdon** (June 1, 2013) in De Funiak Springs.

Drawing attention to the plight of our local fallen riders is a primary focus of the 2014 Fort Walton Beach Ride of Silence. Show up early (5:30) on May 21st and let the local community 'hear' our Ride of Silence. There is plenty of parking near Mango's behind the mall.

Thursday Road Time Trial

Eight riders came out in **March** to challenge the clock for the first 10 mile road time trial of 2014. It was a sunny day (72°) with a tail wind going out. Of course, that meant a headwind on the way back. **Mike Radford** showed the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Billie Madero	82	45:18	13.3
Jim Conway	68	27:48	21.6
Debbie Simmons	56	32:38	18.4
Robert Simmons	56	31:40	19.0
Dan Steighner	52	28:07	21.3
Mike McKenna	38	24:35	24.4
Rich Gugliemino	46	27:49	21.6
Mike Radford	57	23:30	25.5

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Apr/May/June Ride Schedule

Local Road Ride Scale

Pace	Group	Speed (mph)
Fast	A	19+
Intermediate	B	16-18, No drop
Moderate/Casual	C	15 or less, No drop

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

Date, Time	Route (click for map)	Distance Group	Meeting Location
05 APR, 0800	Freeport North and South Loops	59 miles A, B	Park behind the Whataburger at 4450 Highway 20, Niceville, FL 32578. This is a 59 mile ride across Hwy 20 to Freeport, Florida. Part of this route is on the Eglin Air Force Base Reservation so a Range Pass is required (see ECC Website).
12 APR, 0830	Britton Hill	57 miles A, B	Park in the field behind the basketball court of the Mossy Head Community Center, located approximately 2 miles east of the Hwy 285 and 90 junction. This is a 57 mile intermediate to fast paced ride to the highest point in Florida, Britton Hill (345 ft.). Shorter and longer options are available (see ECC Website).
19 APR, 0830	Blackwater Forest	59 miles A, B	Park in the rear parking lot (near the ball field) of Baker High School at 1369 14th St, Baker, FL 32531. This is a 60 mile intermediate to fast paced ride through the Blackwater Forest to Holt, Florida, and return. Shorter and longer options are available (see ECC Website).
26 APR, 0730	Ruckel-Bob Sikes	52 miles A, B	Park at Ruckel Middle School, 201 Partin Dr., Niceville, FL. This is a 52 mile intermediate to fast paced ride across Bob Sikes Road and back through Mossy Head. Part of this route is on the Eglin Air Force Base Reservation so a Range Pass is required (see ECC Website).
03 MAY, 0800	North County	60 miles A, B	Park at the YMCA, 298 N Wilson St., Crestview, FL 32536. This is a 60 mile intermediate to fast paced ride around Northern Okaloosa County. Shorter and longer options are available (see ECC Website).
10 MAY, 0700, 0730, 1030	ECC Picnic Ride	60, 46, 36, 12 miles A, B, C	All rides begin at Rocky Bayou Christian Academy in Niceville. For more details see the write-up in this issue of ECC's "Paceline" or check out the ECC Website.
17 MAY, 0800	Ponce de Leon	48 miles A, B	Park in the field behind the basketball court of the Mossy Head Community Center, located approximately 2 miles east of the Hwy 285 and 90 junction. This is a 48 mile intermediate to fast paced ride out to Ponce de Leon, Florida, and back to Mossy Head. Longer options are available (see ECC Website).
24 MAY, 0730	Knox Hill	60 miles A, B	Park in the back of Portland Self Storage at 26 Site C6 Rd, Freeport, FL 32439. This is a 60 mile intermediate to fast paced ride to Knox Hill (out only categorized climb, CAT 5) and back. Longer & shorter options are available (see ECC Website).
31 MAY, 0800	Blackwater Forest	59 miles A, B	Park in the rear parking lot (near the ball field) of Baker High School at 1369 14th St, Baker, FL 32531. This is a 60 mile intermediate to fast paced ride through the Blackwater Forest to Holt, Florida, and return. Shorter and longer options are available (see ECC Website).
07 JUN, 0700	Ruckel-Bob Sikes	52 miles A, B	Park at Ruckel Middle School, 201 Partin Dr., Niceville, FL. This is a 52 mile intermediate to fast paced ride across Bob Sikes Road and back through Mossy Head. Part of this route is on the Eglin Air Force Base Reservation so a Range Pass is required (see ECC Website).
14 JUN, 0730	Big Mary's Loop	45 miles A, B	Park in the field behind the basketball court of the Mossy Head Community Center, located approximately 2 miles east of the Hwy 285 and 90 junction. This is a 45 mile intermediate to fast paced ride around some of the more hilly roads in the area. Longer options are available (see ECC Website).
21 JUN, 0730	Red Bay Loop	50 miles A, B	Park in the back of Portland Self Storage at 26 Site C6 Rd, Freeport, FL 32439. Part of this route is on the Eglin Air Force Base Reservation so a Range Pass is required (see ECC Website). Longer options are available (see ECC Website).
28 JUN, 0730	Britton Hill	57 miles A, B	Park in the field behind the basketball court of the Mossy Head Community Center, located approximately 2 miles east of the Hwy 285 and 90 junction. This is a 57 mile intermediate to fast paced ride to the highest point in Florida, Britton Hill (345 ft.). Shorter and longer options are available (see ECC Website).
05 JUL, 0700	Shalimar-Mossy Head	63 miles A, B	Park in front of Rocco's Sub Shop at 1191 Eglin Pkwy, Shalimar, Florida 32579. This is a 63 mile intermediate to fast paced ride to Mossy Head, Florida, and back.
12 JUL, 0730	North County	60 miles A, B	Park at the YMCA, 298 N Wilson St., Crestview, FL 32536. This is a 60 mile intermediate to fast paced ride around Northern Okaloosa County. Shorter and longer options are available (see ECC Website).
19 JUL, 0730	Laurel Hill	53 miles A, B	Laurel Hill Loop: Park in the field behind the basketball court of the Mossy Head Community Center, located approximately 2 miles east of the Hwy 285 and 90 junction. This is a 53 mile intermediate to fast paced ride to Laurel Hill, Florida. Shorter and longer options are available (see ECC Website).

ALL ECC SPONSERED

Rides are Designated Club Jersey Rides

If you have a club jersey we encourage you to wear it on every ECC sponsored ride. This is a great way to advertise the club and possibly draw new members to our ranks. If you don't have a club jersey that's okay, don't let that stop you from joining us!



"C" Group Rides!



ECC is starting "C" level group rides. These rides will be held every Saturday morning at 8:00 am, on Ranger Camp Road. If there is enough participation, and the group feels comfortable, it will migrate to the normal Saturday ECC ride. For more information contact Hank Woollard at 850-685-6086 or henryb54@yahoo.com



OTHER RIDES

Courtesy of the FL Bicycle Touring Calendar
www.floridabicycle.org/fbtc/



APRIL		
4-6	Madison GA	Spring Tune-Up Ride
4-6	Andalusia AL	AL Tandem Weekend
5 (Sat)	Punta Gorda FL	Pedal and Play in Paradise
5 (Sat)	St. Augustine FL	Florida BMX Spring Fling
6 (Sun)	Palm Coast FL	Cycle Flagler
6 (Sun)	Cocoa Beach FL	Cross Florida
6 - Oct 11	Jacksonville AL	AL Back roads Century Ser
6 (Sun)	Jacksonville AL	Cheaha Challenge
12 (Sat)	Amelia Island FL	Katie Ride
12-13	Lake Wales FL	Bike MS: The Citrus Tour
12 (Sat)	Pensacola Beach FL	Gulf Coast Tour De Cure
12 (Sat)	Candler FL	Cycling for Success
12 (Sat)	Tifton GA	Tour de Tifton
12 (Sat)	Colquitt GA	Mayhaw Century
12 (Sat)	Marion AL	Old Howard 100
13 (Sun)	Immokalee FL	Immokalee Ride
13 (Sun)	Everglades City FL	Everglades Ride
13 (Sun)	Clayton GA	Tour of GA Gran Fondo
26 - May 1	Live Oak FL	Florida Safari
26 (Sat)	Gainesville FL	Ride To Remember
26 (Sat)	West Green GA	Ride for the Cure
26 (Sat)	Moody AL	Tour de Blue
27 (Sun)	Jacksonville FL	Tour de Forts

MAY		
1-4	White Springs FL	SBA Spring Pedal 'n' Paddle
3 (Sat)	Lagrange GA	West Point Tour de Lake
3 (Sat)	Warrenton GA	Bikes Galore!
3 (Sat)	Cashiers NC	Tour De Cashiers
3 (Sat)	Chattanooga TN	3 State 3 Mountain Challenge
10 (Sat)	St. Augustine FL	Wrigley Ride
10 (Sat)	Enterprise AL	Boll Weevil 100
17 (Sat)	Jacksonville FL	Tour de Cure
17 (Sat)	Ocala FL	Frank Polack Memorial Ride
JUNE		
7 (Sat)	Dothan AL	Tristates 100
8-14	Washington GA	BRAG
14 (Sat)	Atlanta GA	Jackson County Brevet
JULY		
6 (Sun)	Punta Gorda FL	Wheels and Wings V
13 (Sun)	Boca Raton FL	Frank Stark Celebration Ride
26 (Sat)	Tuscaloosa AL	Hot Hundred
AUG		
3 (Sun)	Boone NC	Boone Gran Fondo
9 (Sat)	Birmingham AL	Tannehill Ironworks Century



TIME TO RENEW! **2014 ECC MEMBERSHIP**

Is your membership to Emerald Coast Cyclists current? Membership runs from January 1st to December 31st so if you became a member last year, there is a good possibility it is not current. If you are not sure, contact John Stamp at 850-897-6862. Your membership in ECC brings you certain benefits such as discounts from local participating bicycle shops. It also allows ECC to host events such as the Road and Mountain Bike Time Trials on Ranger Camp Road, the annual ECC picnic, New Year's Day, and Thanksgiving Day rides, along with the weekly Saturday rides throughout the year. If your membership has expired you will be asked to sign a waiver for every ECC sponsored event which will exclude you from club insurance. So take advantage of all the things the club has to offer and renew today!

Are You Getting Club Emails?

If you are not getting the club emails and want to, drop me a line at "carmscar@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 **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. The more moderate ride starts at 4:45 PM and the faster 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. This ride starts with the beginning of daylight savings time on **11 Mar**. Make sure you have your Range Pass and a photo ID.

** **Third Thursday Road Time Trials of 2014 – April 17th, May 15th, June 19th**. Meet at the beginning of Ranger Camp Road. The Time Trials will start roughly 1/3 mile beyond where the cars are parked and go to the top of 5-mile hill and reverse course to the start point (a total of 10 miles). For details call **John Stamp** at **897-6862**. First rider departs promptly at 5:01 PM. Make sure you have your Range Pass and a photo ID.

✦ *In Memory Of Sean Livesay* ✦

**“Most people never run far enough on their first wind to find out they’ve got a second.
Give your dreams all you’ve got and you’ll be amazed at the energy that comes out of you.”**

--William James