

PACELINE



Newsletter of the Emerald Coast Cyclists

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Feb / Mar / Apr / May 2020

President's Line....

by *Christian Notte*

Happy New Year & Happy New Decade to everyone! I hope you had a wonderful holiday with friends and family. I'm truly honored and excited about being our club president for **2020**. I want to **thank all** those who have helped make our club strong over many years. Also, I want to recognize our board and express my **sincere gratitude** for their willingness to take a leadership role to ensure Emerald Coast Cyclists remains a place for friendships and our passion – cycling.

Thank you, Charlie Helms - Vice President, Annette Manuel - Secretary, Steve Fikar - Treasurer & Safety Officer, Megumi Jones - Social Chairwoman and John Stamp - Membership.

Our annual **Christmas Party** was a **huge success** at Fudpuckers of Destin. We had nearly **40 people** in attendance, our Dirty Santa exchange was fantastic and plenty of great food! Thank you for everyone's help and for Meg's willingness to help with specifics around the party. Meg did a **phenomenal job** in gathering numerous club photos and organizing them into a **wonderful slide show**. **Great Job Meg!** Already, I've met with management at Fudpuckers of Destin and we're all set for another incredible holiday party **Friday, December 4th, 2020**.

As I've mentioned, I have many exciting goals that can't be accomplished without two things from you – your flexibility and your support. Those are my main two asks of you.

At our recent club meeting, **Wednesday February 5th**, we discussed many topics such as our club insurance, dues, Zwift, new kits, club photo, visibility in bike shops and safety.

Our insurance is **just for paid club members** and is for **only posted club rides** which now includes mountain bike/off road club rides. Dues are now **\$25 regardless of age or marital status**. Please pay your 2020 dues and encourage others to send a check to **ECC, P. O. Box 592, Niceville, FL 32588-0592**. This comes to approximately **\$2 per month** and not only does it cover insurance but significant discounts at many bike shops. If you believe in our club and cycling, **please pay your dues**. Also, we are moving forward to help educate members on **how to establish a Zwift account** (setup for indoor trainer rides) and when the weather is terrible arrange **club rides via Zwift**.

In the near future, I would like for us to take a **club photo** which will be used for promoting our club in shops and online. I will post our photo time and date in March or April depending on weather. This photo will be taken during a club ride break.

Our club meetings will be on the **Wednesdays of April 1st, June 3rd, August 5th, and October 7th at 6:00pm**. Currently, I'm looking to do our meetings at a **new venue** due to limitations of Café Bienville. They were wonderful to us, and we appreciate them. If you know of a restaurant in the Niceville/Ft. Walton area that has a private room, please call or email me so I can establish a **new meeting place for us**. (continued on page 3)

SIGN UP FOR ECC Membership

ECC annual membership runs from **January** through **December**. It's time to sign up for 2020 ECC membership by going to the ECC website. There is an application available on the website at "www.eccyclists.com". How do you do this? It's easy - just fill out the membership application and mail it to the ECC P.O. Box listed on the application. We are working to allow you to join the ECC on-line. We will publicize that as soon as it is established.

We have to raise the membership fee has to **\$25 per rider**. This means if you have two riders in the family/address the rate will be \$50 / 3 riders - \$75, etc. We held the old membership rate the same for at least 25 years. We can no longer do that. Insurance rates have gone up. Organizational membership (those we have to be associated with in order to get insurance; incorporation; etc.) have gone up.

Another reason to join the ECC, unless you are a **current** ECC member you will **NOT** be covered by ECC club insurance on club sponsored rides.

You can then share in all the benefits of membership -- prizes; increased speed and stamina in your cycling endeavors. Well, at least you will receive discounts at bike shops.

Emerald Coast Cyclists Web Site: <http://www.eccyclists.com>

Membership: To join the ECC call John or Kathy Stamp at 850-897-6862

ECC GENERAL MEETINGS

The ECC next general meeting for the will be 1 Apr. Our location is Cafe Bienville at 777 John Sims Pkwy E, Niceville. If the meeting location or dates change it will be posted on the Facebook page of "eccyclists.com", so be sure to check there.

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. Arrive early and order dinner.



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.

Is Your Range Pass Current?

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 (this includes on Ranger Camp Road or any of the near-by off-road trails). You can get it at the Jackson Guard, 107 Highway 85 North in Niceville. Ask for the Fishing & Recreational Range Pass. The cost is \$20.00 for 1 year. If you qualify as a senior (65 and up), you can purchase the pass for \$10.00.

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 get your permit on-line by going to "eglin.isportsman.net" using a credit card or debit card. You can also get the permit by mail. The address is Eglin Natural Resources Branch, 107 Highway 85 North, Niceville, FL 32578.

ALPINE BICYCLES II
The Bicycle Superstore
Sales • Service • Accessories
712 Howel Road
Niceville, FL 32578
850.678.8222

2020 Club Officers

President: Christian Notte
Vice President: Charlie Helms
Secretary: Annette Manuel
Treasurer: Steve Fikar

2020 ECC Board

Social: Megumi Jones
Bike Safety: Steve Fikar
LAB Rep: John Stamp
FBA Rep: John Stamp
USA Cycling Rep:
Off Road Rep:
Ride Coordinator:
PACELINE Publisher: John Stamp
ECC Website:
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 \$25.00 annual dues to the P. O. Box shown on the application.

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).

- ◆ **Alpine Bicycles**
- ◆ **Bluewater Bicycles**
- ◆ **Truly Spokin'**
- ◆ **Big Daddy's**
- ◆ **Bob's Bicycles**



Bob's Bicycles offer a **5%** bike discount. **Bob's Bicycles** offers mail order price matching on most items. **Current ECC member list** is sent to the above shops periodically. It is also posted on the ECC website (Facebook page).

Armstrong's
Printing & Graphics Inc.
30 WALTER MARTIN ROAD, NE / FT. WALTON BEACH / 243-6923
www.armstrongsprint.com
For All Your Printing & Copying Needs

Bluewater Bicycles
4550 Unit M Hwy 20
Niceville FL 32578
bluewaterbicycles@gmail.com
www.facebook.com/bluewaterbicyclesnicevillefl/
(850) 389-8488
Chris and Vickie Laue Owners

(continued from page 1)

Our rides will continue to be **8:30am** until **June 6th** when it switches to **7:30am** and on **September 5th** it switches back to **8:30am**. Last year, we tried these new times/months, and I received **very positive feedback** from members who have work & family obligations.

Our current kits were a huge hit back in 2017! The manufacturer is Assos which is a highly respected company; however, I'd like to look at **Hincapie clothing** (www.hincapie.com). They now make kits for clubs. I'll be meeting with them October this year. If you know someone or a company who would like to be our new kit sponsors, please reach out to me.

Our next club meeting is **Wednesday April 1st 6:00pm** where we will have a focus on nutrition, hydration and cycling supplements. I've worked with **Hammer Nutrition** to have a guest speaker. Also, I'm trying to have them supply samples for you. Those that **RSVP** and are a **paid member of ECC** will receive samples. If time permits, we will also focus on how to start your indoor cycling program such as Zwift. I'm really looking forward to our next meeting!

On club rides, remember that **SAFETY is my number one priority**. Steve Fikar always does a great job highlighting safety topics during club meetings and before rides. **Please be mindful** of proper hand signals, and please have **charged lights** on your bike to help increase motorists' awareness of us. If you are interested in lights, please contact me. You having lights **could save a club member's life**.

Thank you to everyone for your help in ensuring we have a **safe peloton** and a club that will exist for **years to come**. Great Cycling!!!!

Third Thursday Time Trial (Road)

Four riders came out in October on a cloudy (70°) day for the final Road Time Trial of 2019. There was virtually no wind. **Jade Parker** led the way. The result was:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Lori & Cody Groat **	55&14	32:09	18.7	Cody Williams	24	31:14	19.2
Chris Groat	54	29:28	20.4	Jade Parker	35	24:52	24.1 ** Tandem

ECC 2019 Road Time Trial Results

The top finishers were:

Women's

- Women's Overall - Teresa Felstead
- Age 11 to 15 - Kelsey Gabrysz
- Age 41 to 45 - Alyson Gabrysz

Tandem Overall - Lori & Ethan Groat

Men's

- Men's Overall - Chip Thorn
- Age 21 to 25 - 1st Place – Alex Olson
- 2nd Place – Cody Williams
- Age 31 to 35 - 1st Place – Jade Parker

Men's Results (continued)

- Age 41 to 45 - 1st Place – Mike Gabrysz
- 2nd Place – Eric Neuron
- Age 46 to 50 - 1st Place – Lam Thai
- Age 51 to 55 - 1st Place – Chris Groat
- Age 56 to 60 - 1st Place – John Gist

BOB'S BICYCLES

bobsbicyclesfwb.com

21 Hollywood Blvd NW
Ft. Walton Beach, FL 32548
850-243-5856
Est. 1975



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
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<p>MASSAGE THERAPY SPORTS NMT SWEDISH "HOT ROCK" massage</p>	<p>TRULY  SPOKIN' your bicycle store</p>	<p>SALES SERVICE PARTS ACCESSORIES RENTALS</p>
<p>5172 Stewart St Milton, FL 32570 850-983-2488</p>	<p>www.trulyspokin.com</p>	<p>6103 Tippin Ave, Ste A Pensacola, FL 32504 850-505-0092</p>

Pets in the Paceline

By Steve Fikar

(Reprinted from Apr/May/June 2016 Paceline)

The title of this is a little misleading. As your safety officer, I am paid handsomely to look at safety issues within our club activities and, unfortunately, I do have a few 'pet' peeves with some actions I have seen in the paceline. Please bear with me as I talk about these and if you disagree with my 'pets' then let me know. And feel free to discuss this in our meetings. The more we talk about safety, the better.

OK first off, let's talk about riding on our local highways. Some things I see that I don't like:

- **People that trust cars too much.** I'm talking about folks that don't check to see if there are cars coming from behind before they pull off the front of the paceline. Please look first. Riders in the back can help to call out 'car back' if they think the person leading the paceline might benefit from that heads up.
- **Lollygaggers.** These are people that take a long time to move to the back of the paceline after rotating off the front, exposing themselves to overtaking cars the whole time. Proceed back quickly please.
- **Joined at the hipsters.** These are the friendly people that want to ride two abreast and chat with friends. I am all in favor of the socializing, but it can always wait till off the busy highways.
- **Line huggers,** a.k.a. the people that stay close to the white line when riding on the shoulder. Remember that the closer you are to the line, the closer you are to a texting driver's bumper. I always try to stay on the right side of the shoulder, debris permitting. Grass is a lot softer than 4000 pounds of steel coming at you at 40mph of closure. Also please appreciate that you need to move right for everyone else's safety. If you get hit while hugging the line, you will likely wipe out other riders even if they are on the right side of the shoulder. Yes, I'm likening us all to a bunch of bowling pins. So please always stay to the right as much as you can. Why take the chance?
- **Speed changers.** Sometimes when people begin their pull in front, they do not maintain the existing speed of the paceline. Going faster is easy to fix. Just don't do it. But on the other hand if you need to slow down because you get tired, then pull off immediately. I can promise you that everybody will appreciate it if you drop off the front before you can't keep up the pace rather than pull your full three minutes and slow everybody down in the process. It's perfectly OK to even just spend a few seconds on the front if that is all you can do.
- **Premature "slower downers".** (Did I just make up a new word?) Make sure that when you decide to pull off the front of the paceline, do not start to slow down until you are well clear of the rider behind you. We have all seen riders that sit up, slow down, check for cars, and then move off the front while everybody behind them has to tap their brakes to keep from overlapping wheels. Not good.
- **Bad "pointer outers" of road hazards.** (Another new word?) The 'point' here is to be clear, bold, and unambiguous with your hand signals; point out hazards well before you reach them; and pass the signals down the line.
- **Dull riders.** No, I don't mean their personality. I mean their clothes. If you ride anywhere around cars, then by all means wear a bright jersey that contrasts well with your surroundings. Dark jerseys are like wearing camouflage, especially in low light conditions.
- **Coasters.** Remember if you are in front of the paceline to always keep pedaling. If you ever stop pedaling, riders behind you will have to tap their brakes. So even when you are going down a hill keep at least a little pressure on the pedals to be nice to those behind you.

I am going to stop with my 'pet' peeves now. Thanks for at least reading this. Please remember that what you do in our paceline affects everybody in the paceline so we each have an obligation to act safely for ourselves and others. Always think of your riding mates when you make decisions.

Next, we all know to bring things like water bottles and phones on rides. Please also consider also bringing these items. I have become a convert to all of them over the years:

- **Rear blinky light.** I never travel by myself on the public roads without mine turned on, no matter what time of the day. I also suggest using a very bright light. Many folks, actually most folks, have relatively dim rear lights or the lights are not pointed in the right direction or both. Brightness matters!
- **Rear view mirror.** I absolutely cannot ride without mine now. I feel so unsafe without it. Please just give it a try for a few rides. I am sure you will see that your situational awareness improves considerably. The more you are aware of your surroundings, the safer you are.
- **Pepper spray.** I now carry some of this stuff in my pocket in case of aggressive dogs, especially if I am in high threat areas in the rural north end of the county. They are small and only weigh a few ounces.
- **Camera?** Times are changing. Technology is really changing. I mount a GoPro on my handlebars now. I hope that I never have to use it but in this day and age we still have riders injured and killed on our roads and I don't want it to be a driver's word against mine. Besides, maybe I'll catch something really funny and will win \$10,000 on America's Funniest Home Videos.

If you want a refresher on your paceline riding skills, please join us for our Paceline Riding Clinics. They are held on Ranger Camp Road when needed. We will talk about paceline riding procedure, etiquette, and techniques for about one hour and it is

perfect for any rider new to paceline riding. It also helps more seasoned riders to occasionally listen to a discussion on all aspects of paceline riding. You might learn something or you might be able to teach the rest of us something too! After one hour of lecture/discussion we invite all the new paceline riders to go on a short ride to practice some of the basic skills needed in the paceline.

Finally, we have a document available for download that covers all the topics discussed in the paceline clinic. You can find it on our Facebook page under the “files” tab. The file name is “Paceline Riding.doc”

Leadville Trail 100 Race – Aug 10, 2014

By Jennifer Talley (Reprinted from Jan/Feb/Mar 2015 Paceline)

(103 mile mtb race in Colorado: starts at ~9,200', highest point ~12,400', total ascent of over 12,600')

I was on the verge of hysterical tears. I wasn't sure what I was doing INSIDE the corral instead of OUTSIDE the corral. I tried to distract myself with the music and with the cold. And then the gun went off and I started my Garmin and then started moving forward keeping one foot unclipped. I skirted quickly around a pile up because of the bottleneck; a tree had fallen over onto the course. And then it was downhill and it was fast! I saw and lost track of Scott and Roxanne several times. Climbing St Kevin's I was worried, worried I was pushing myself too hard, worried I wasn't going to be able to get up cleanly. I got pushed off my bike and yelled, Scott right next to me telling me to calm down and get back on. So I did. And then it was over! The switchback, room to move!

And it became more mountain bikey. On still fresh legs and warmed up from the climb I let the bike flow over rocks. I didn't get passed by too many people and took that as a good sign and then suddenly I was through Carter and onto pavement! And there were Scott and Roxanne, all of us relieved and happy to be successfully past the madhouse. I took the descent FAST, crossing the yellow line with recklessness that I had warned John NOT to give into, I couldn't help myself. I lost Roxanne and Scott on the climb to Hagerman Road, nothing to be done about it, I am not a strong climber compared to this crowd. Up sugarloaf was not so bad, I got passed but mostly held my own. The short rocky descents were a little worrying. My right eye had dried out WAY faster in the cold than I had anticipated and my vision was becoming monocular quickly. I just focused on the task at hand and passed a couple hesitant girls on the way to last steep pitch down of powerline. I wanted to call encouragement to them, but I didn't want to be condescending and I didn't want to spook them. I had a nice clean line and made it through my “wreck point” of 3 days before. I braked too much as it flattened out and was passed like crazy. I splashed through the water and was onto the pavement and grabbed a nice train of riders headed to Pipeline.

I was feeling good! I had gotten through the first part of the race and I was excited to see Kaitlin waiting for me. I pulled up and refueled exactly as planned on a 10:30 pace just as TJ caught up to me. I yelled YAY SWEETY, and he was distracted and focused so I took off. I ate something. And as TJ passed me I realized I was already in trouble. Cramps. OH NO. Cramps. This early? This is NOT GOOD. I had also forgotten to put eyedrops in and my right eye was very blurry. I tried to grab a couple wheels but couldn't hang with anyone. I cleanly cleared the singletrack, if not quickly then at least competently. And soon I was in the neighborhood with the dam in front of me. I needed to pee, I needed eye drops, and I needed to stop cramping. The crowd at the dam was a bit of a pick-me-up but the section from there to my support seemed so much longer than it should have. Finally I spotted our Florida flag and our tent and our girls and had my quads cramp as I got off the bike. I peed behind the tent in the sagebrush, not caring. I drank a soda and took my food and tried to eat, my stomach already rebelling, and tried to calm down. I wasn't even halfway and already my body was falling apart. Not a good state to be in to start the climb to Columbine mine. I had hit the dam on a 10:30 pace despite the cramps, my goal had been 11:00, so I could calm it down and still make my goal. I did pass a couple riders, got passed more but somehow I was able to relax.

And then the goat trail. The goat trail arrives before my wheel and Ken is there shouting encouragement and you look up and all you see is a train of walkers. I walked WAY more of the goat trail and above than I had ever had to before in practice. I tried to be OK with that. It was the way it had to be, just accept it. I wasn't cramping anymore and that was the goal. And yet, I look down at the Garmin, at the time elapsed, look up at the walking line of people pushing their bikes ahead of me, and I can't help but panic a little. I was not a fast walker either. I reached the rideable part at the top and headed to the turn around. I didn't bother to put on my jacket, just put a foot down, had them refill a bottle, and tried to force down a rice cake, the volunteer telling me to breathe deeper and slower. Still chewing, I pushed off and was headed back down. With a death grip on my handlebars I tried to keep the bike on the right side of the trail and out of the train of people walking. Not an easy feat with my vision problem and a hardtail and lack of oxygen and tired. I got passed, which sucks. And my rear brake started making TERRIBLE noises. Not just the standard squeal, but REALLY loud and horrible. I was a little worried and tense and that made my descent slower. I tried to be encouraging to some riders coming up, feeling sorry for them and better for myself as oxygen returned to the air. I tried to eat what I had planned to eat with Mary and Linda but just couldn't force it down, I asked how everybody was doing, the last in our group, and was told everybody was good. I told them I'd see them at Pipeline and took off, realizing that I still had forgotten eye drops, still needed to pee, and that they had refilled my hydration bladder way too full. I hit the dam and realized, I'm still on a 10:30 pace. Wow.

A short stop to off load both processed and unprocessed water before the climb through the neighborhood and I was comfortable again. I don't know whether I could have pushed harder in this section, the wind had picked up, and I was able to briefly hide behind a couple guys right before they left me in the singletrack. I did have a couple guys behind me, they declining to pass me, until I screwed up the roots coming back. Not enough energy or momentum. Poop. That did not make me happy. Miracle, I arrived at pipeline STILL on a 10:30 pace. But I was not in good shape. I was tired, to be expected. Not cramping

anymore, nice surprise. But my stomach wouldn't accept food. I peed again (note to self, drink less next year) and ate what I could, drank what I could. The girls gave me a report on the boys, everyone was OK but had wrecked at some point and I was not alone with my stomach problems. I just focused on getting to the finish. And I had plenty of time for the 12 hour buckle.

I still had some energy in the flats in the wind leading to powerline, I pulled a landshark up to a group. Rested behind the group before it fell apart, and followed one guy out of that mess. I hid as much as possible from the wind, knowing I would pay for that burst of energy later. I took the bridge over the water and started the powerline climb. My stomach had started to cramp, I tried gel and things got worse. I got off the bike and started to push. I was hurting and trying to keep what little I had put into my stomach IN my stomach. People said encouraging things and I tried to thank them, too choked up and in pain to know whether it came out or not. I figured that once I cleared this part I could ride the rest, I wouldn't have to walk anymore. I was so wrong. Sugarloaf was too difficult for me to climb on the bike. I was too tired and my stomach would painfully cramp anytime my heart rate got the least bit high and food would start to come back up. Therefore, I walked. I walked most of it I am sad to say. Tandems passed me easily. So many riders passed me. I thought I'd be good with the descent, except that my front brake lever was now so squishy I could bring it back to the bars without much stopping power. And my rear brake, which I figured would come back after columbine, didn't. I was worried. But it's a climb to Carter Aid Station! Worry about the brakes later! Everyone I've talked to HATES the climb on the pavement around Turquoise Lake. I think it is just 3 miles. All I saw of it was sweat dripping onto my bike below me. Occasionally I would hear some encouragement from fellow riders. Breathe deep, keep it up, you can make it. I was in a BIG HUGE black dark hole of SUCK. The inevitable wall when the race stops being fun and you start questioning yourself and your lifestyle. All I could think was, I have to make it by 12:00, everyone is waiting for you, you are almost there, you cannot give up now. And I didn't.

Despite the stomach and low energy and dead legs I made it to the aid station. I tried to drink some soda. which promptly was rejected, I couldn't try to eat. I didn't get off the bike, just straddled while trying to decide how to go on. And somehow my tired legs pushed off down the trail and I was working my way to the St. Kevins descent. There are a few very steep pitches up. I geared down and tried to spin up but ended up walking. I got a boost from a fellow rider that didn't gear down in time and still couldn't make it up. I took advantage of that and peed (really, don't drink so much water next time!). And then watched riders struggle by as I shoved food down my throat. Literally. Shoved. It did not want to go down, my body did not want it, but I knew that I needed to. I needed energy to finish this thing.

I have always loved descending St Kevins in practice. I did not enjoy the experience with one eye and front brakes that needed to be pumped that I didn't trust and a back brake that made noise and didn't seem to affect speed. But I got down, I was down and on the road, and knew I was going to finish within 12:00. I could finish even walking. I had to walk the first part of the boulevard, which was a little dispiriting, but so close I couldn't let it affect my spirits. And then I started calculating. Given the time elapsed and that I had about 10K left, which I knew because of the 10K race from previous years, I figured that I could make it under 11:00 hours. My goal. My goal was still in sight. Not just the 12:00 but 11:00! I picked those riders in front of me, one at a time, and pushed to catch them. Overtake one and look ahead to the next. And oh how glorious those helpers on the final hill. Do I want a push? YES, YES I DO. Oh please yes. Just put your head down and head for that red carpet. And then I'm over the line, in under 11:00 and TJ is there and I'm getting off my bike and crying and hugging.

My stomach then takes over the party. Grace is there to help get me some water to drink, I try to walk between stomach cramps and refuse both chocolate milk and the help of the medic. The whole group is there and waiting for me, Scott and John and the whole crew get sweaty painful hugs. I am oblivious to anything to do with the finisher's handouts and we start our way to the car with me throwing up the water in my stomach every few steps while John holds my finisher's medal out of the way. I regret that we didn't get pictures at the finish line of the group, but at the time I couldn't think or process. I truly left everything I had out on that course that day.

Feb/Mar/Apr/May Ride Schedule



<u>Local Road Ride Scale</u>		
<u>Pace</u>	<u>Group</u>	<u>Speed (mph)</u>
Fast	A	20+
Intermediate	B	17
Moderate/Casual	C	15

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

<u>Date Time</u>	<u>Distance Group</u>	<u>Meeting Location</u>	<u>Route</u>
22 FEB 8:30	33 miles & up A, B, C	Freeport. Park at Regional Sports Complex in Hammock Bay. Go 1.5 miles south from Hwy 20 on Great Hammock Bend, turn left on Victory Blvd, drive 1/2 mile, park near ball fields.	Ride east on Hwy 20 to Bruce or take Black Creek Rd to Bruce. Return or go north on Hwy 81 to Red bay or further to Knox Hill.
29 FEB 8:30	36-65 miles A, B	Defuniak Springs. Park beside the Walgreens at the Northeast corner of Bob Sikes Rd and Hwy 331.	Take 280A east of Defuniak, turns into 280 and then 183S. Left to Knox Hill and loop back past the ball fields near Douglas Crossroads. Straight out and back is 35 miles; loops can be added for more distance.

7 MAR 8:30	38-70 miles A, B	Niceville. Park behind the What-a-Burger in Bluewater Bay (4450 E. Hwy 20).	Ride goes east on Hwy 20 to Freeport and return (38 miles); Hwy 20 to CR 83A through Hammock Bay to Freeport & return via Hwy 20 (42 miles); Hwy 20 to CR 83A south loop to Freeport & return via Hwy 20 (46 miles). Add trip to Black Creek Road (70 miles).
14 MAR 8:30	Various A, B	Mossy Head. Park in the field behind the basketball court of the Mossy Head Community Center, located on Hwy 90 ~ 2 miles east of Hwy 285.	Various ride options north and east of Mossy Head.
21 MAR 8:30	33 miles & up A, B, C	Freeport. Park at Regional Sports Complex in Hammock Bay. Go 1.5 miles south from Hwy 20 on Great Hammock Bend, turn left on Victory Blvd, drive 1/2 mile, park near ball fields.	Ride east on Hwy 20 to Bruce or take Black Creek Rd to Bruce. Return or go north on Hwy 81 to Red bay or further to Knox Hill.
28 MAR 8:30	60 miles A, B	Crestview. Park at Twin Hills park about 1/4 mile East of the intersection of 85 and 90.	West on 90 through Crestview to Old River road. Turn right on 189 north of Baker and turn right onto Hwy 2 at Blackman and jog left onto County Rd 602 to get to Laurel Hill. Take 85 North to 393; turn south on 393 back to Hwy 90 and go west back to start.
4 APR 8:30	38-70 miles A, B	Niceville. Park behind the What-a-Burger in Bluewater Bay (4450 E. Hwy 20).	Ride goes east on Hwy 20 to Freeport and return (38 miles); Hwy 20 to CR 83A through Hammock Bay to Freeport & return via Hwy 20 (42 miles); Hwy 20 to CR 83A south loop to Freeport & return via Hwy 20 (46 miles). Add trip to Black Creek Road (70 miles).
11 APR 8:30	60 miles A, B	Baker. Park in the rear parking lot (near the ball field) of Baker High School at 1369 14th St, Baker, FL 32531.	Hwy 4 west from Baker. Left on Lewis Rd just before Berrydale. Jog right 1/2 mile on Neal Kennington Rd to the gas station on Hwy 87. Head west on Springhill Rd, cross Munson Hwy and jog right to Red Rock Rd and take Bryant Bridge Rd to Holt; take 90 West to Galiver cutoff Rd back to Baker.
18 APR 8:30	Various A, B	Mossy Head. Park in the field behind the basketball court of the Mossy Head Community Center, located on Hwy 90 ~ 2 miles east of Hwy 285.	Various ride options north and east of Mossy Head.
25 APR 8:30	33 miles & up A, B, C	Freeport. Park at Regional Sports Complex in Hammock Bay. Go 1.5 miles south from Hwy 20 on Great Hammock Bend, turn left on Victory Blvd, drive 1/2 mile, park near ball fields.	Ride east on Hwy 20 to Bruce or take Black Creek Rd to Bruce. Return or go north on Hwy 81 to Red bay or further to Knox Hill.
2 MAY 8:30	60 miles A, B	Crestview. Park at Twin Hills park about 1/4 mile East of the intersection of 85 and 90.	West on 90 through Crestview to Old River road. Turn right on 189 north of Baker and turn right onto Hwy 2 at Blackman and jog left onto County Rd 602 to get to Laurel Hill. Take 85 North to 393; turn south on 393 back to Hwy 90 and go west back to start.
9 MAY 8:30	38-70 miles A, B	Niceville. Park behind the What-a-Burger in Bluewater Bay (4450 E. Hwy 20).	Ride goes east on Hwy 20 to Freeport and return (38 miles); Hwy 20 to CR 83A through Hammock Bay to Freeport & return via Hwy 20 (42 miles); Hwy 20 to CR 83A south loop to Freeport & return via Hwy 20 (46 miles). Add trip to Black Creek Road (70 miles).
16 MAY 8:30	Various A, B	Mossy Head. Park in the field behind the basketball court of the Mossy Head Community Center, located on Hwy 90 ~ 2 miles east of Hwy 285.	Various ride options north and east of Mossy Head.
23 MAY 8:30	33 miles & up A, B, C	Freeport. Park at Regional Sports Complex in Hammock Bay. Go 1.5 miles south from Hwy 20 on Great Hammock Bend, turn left on Victory Blvd, drive 1/2 mile, park near ball fields.	Ride east on Hwy 20 to Bruce or take Black Creek Rd to Bruce. Return or go north on Hwy 81 to Red bay or further to Knox Hill.
30 MAY 8:30	36-65 miles A, B	Defuniak Springs. Park beside the Walgreens at the Northeast corner of Bob Sikes Rd and Hwy 331.	Take 280A east of Defuniak, turns into 280 and then 183S. Left to Knox Hill and loop back past the ball fields near Douglas Crossroads. Straight out and back is 35 miles; loops can be added for more distance.
6 JUN 7:30	38-70 miles A, B	Niceville. Park behind the What-a-Burger in Bluewater Bay (4450 E. Hwy 20).	Ride goes east on Hwy 20 to Freeport and return (38 miles); Hwy 20 to CR 83A through Hammock Bay to Freeport & return via Hwy 20 (42 miles); Hwy 20 to CR 83A south loop to Freeport & return via Hwy 20 (46 miles). Add trip to Black Creek Road (70 miles).
13 JUN 7:30	60 miles A, B	Baker. Park in the rear parking lot (near the ball field) of Baker High School at 1369 14th St, Baker, FL 32531.	Hwy 4 west from Baker. Left on Lewis Rd just before Berrydale. Jog right 1/2 mile on Neal Kennington Rd to the gas station on Hwy 87. Head west on Springhill Rd, cross Munson Hwy and jog right to Red Rock Rd and take Bryant Bridge Rd to Holt; take 90 West to Galiver cutoff Rd back to Baker.
20 JUN 7:30	Various A, B	Mossy Head. Park in the field behind the basketball court of the Mossy Head Community Center, located on Hwy 90 ~ 2 miles east of Hwy 285.	Various ride options north and east of Mossy Head.

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 **Mark Woolson** at “trulyspokin.com” or call **(850) 983-2488**.

**** Tuesday and Thursday** at **4:45 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 4:50 PM. Distances range from 17 to 39 miles. Make sure you have a **current** Range Pass and photo ID with you.

**** Saturday** at **8:30** or **7:30 AM**. Posted Road Rides shown on the ECC Facebook page. Also in the Paceline.

**** Sunday** Rides on **Rattlesnake** off road route. Check rides on the ECC Facebook page for time and distance. Make sure you have a **current** Range Pass and photo ID with you.

Remember – you **must** be a **current** (paid) **ECC Member** to be covered by **ECC Club Insurance**.

✦ *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