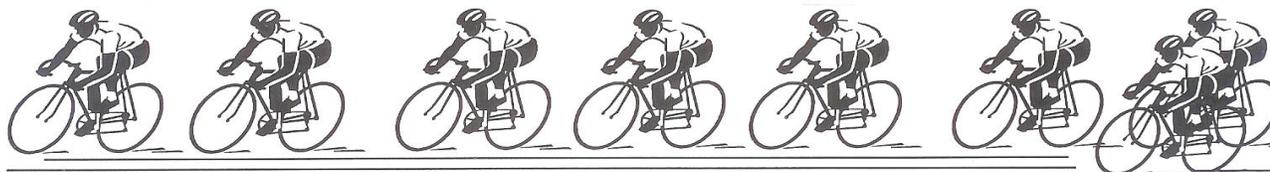


# PACELINE



## Newsletter of the Emerald Coast Cyclists

Volume 34, Numbers 10, 11, 12 & Volume 35, Number 1

Feb / Mar / Apr / May 2021

### President's Line....

*by Christian Notte*

I hope everyone is safe and well during these challenging times. The Covid Crisis has certainly affected cycling worldwide whether it be professional races or local rides; however, as we near greater vaccine availability, I'm confident both professional races and local rides will come back with huge attendance. I know I'm excited to attend Gran Fondos again with total freedom!

I want to give a huge thank you to our board who have continued to volunteer their time and effort to strengthen our club -- Charlie Helms Vice President, Steve Fikar Treasurer & Safety Director, Annette Manuel Secretary, John Stamp Director of Membership, and Megumi Jones Social Chairman.

Recently, the board attended a national zoom teleconference organized by our club insurance company in order to gain greater understanding of the policy's guidelines and opportunities. While the cost of our insurance has increased, it's still beats other companies offering both legal and accident insurance. During the teleconference, a significant takeaway was a guideline implemented specific for mountain-gravel bike cyclists.

(continued on Page 3)

### SIGN UP FOR ECC Membership

ECC annual membership runs from **January** through **December**. It's time to sign up for 2021 ECC membership by going to the ECC website. There is an application available on the website at "[www.eccyclists.com](http://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 had to raise the membership fee 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 must fill out the membership application form, sign & return it with your payment.

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 general meetings are on hold for now.**

Our location, date & time will be announced when we know when & where it will be. Keep an eye out for ECC meeting news. Meeting location and dates 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](http://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.

**Armstrong's**  
Printing & Graphics Inc.  
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[www.armstrongsprint.com](http://www.armstrongsprint.com)  
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**BOB'S BICYCLES**  
[bobsbicyclesfb.com](http://bobsbicyclesfb.com)  
212 Miracle Strip Pkwy.  
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  
KHS  
FUJI

### 2021 Club Officers

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

### 2021 ECC Board

**Social:** Megumi Jones  
**Bike Safety:** Steve Fikar  
**LAB Rep:** John Stamp  
**FBA Rep:** John Stamp  
**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 Yearly 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).

- ♦ Chain Reaction Cycles
- ♦ Big Daddy's
- ♦ Truly Spokin'
- ♦ 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).

**Chain Reaction Cycles – formerly Alpine Bicycles.**  
Sales • Service • Accessories  
712 Howel Road  
Niceville, FL 32578  
**850.678.8222**



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

(Continued from Page 1)

This is important. Before every off-road ride, every ECC member must sign a new insurance waiver form in order to benefit from our insurance policy. If there is no waiver signed and dated, you will not receive any off-road insurance benefits. Please contact John Stamp or any board member who may be riding for an insurance waiver form. Also, please share this form with any ECC off-road cyclist. If you have any questions, please contact me. Please understand this is a rule implemented by our insurance company not developed by our board.

I continue to try and promote our club. Last year, I spent months visiting fourteen bike shops from Mobile to Tallahassee where I met with shop owners in an effort to inform them about our club and leave a club collage with business cards. The purpose of this is to expand visibility and gain members. I have received very positive feedback from numerous bike shops. Also, I ordered additional business cards for our members. If you'd like some cards to help promote our club, please let me know.

I've done significant research regarding an improved website for us. With the help of John Stamp, I was able to contact the previous owner of our website domain and get it transferred to board ownership so we now own [www.eccyclists.com](http://www.eccyclists.com). Next, I spent several hours with Go Daddy who specializes in web design. I explained our web site goals such as the ability to electronically sign our insurance form and club waiver form, pay dues online, order ECC merchandise, access our ride calendar, links to our Facebook and Strava, be iPhone friendly so new members can join quickly before a ride and many other goals. All this can be accomplished with 24/7 customer support at a reasonable price. Creating an updated user-friendly website is now mainly dependent upon members paying dues and gaining additional members. Please help me with these efforts by promoting our club and paying dues of only \$25.

Recently, our board had a second meeting via zoom where we discussed many topics such as our budget, efforts to reduce overhead and an agreement to move forward with a new website once we achieve greater financial stability. This is very exciting for our club, and I'm confident more cyclists will join due to improved club visibility with greater ease of joining.

Before rides, including Tuesday and Thursday Ranger Camp rides, please share with fellow cyclists that in order for them to have legal and accident insurance they must be a paid member of ECC. If they aren't, they will not receive any ECC benefits. For only about two dollars a month, members receive significant benefits. Also, if you're a local cyclist I truly believe it's important to support your local cycling club.

Recently, a member found new women's ECC jerseys in storage. If you are interested, please contact Charlie. They're only twenty dollars.

I truly look forward to attending our group rides and our club meetings with complete freedom. Also, I'm looking forward to our club events such as our annual picnic and Holiday Christmas Party when events can resume with safety.

I wish you and your family health during this challenging time. If you wish to share an idea or have questions, please feel free to contact me.

**Great Cycling, Christian Notte**

## **Best Practices -- ECC Group Riding Guidelines**

### **Background Information from USA Cycling**

- Small group rides with close contacts are likely safe.
- Large group rides with people that you don't know are currently not recommended.
- The virus is primarily spread through direct contact and droplets. It does not appear to be spread by perspiration. Aerosolized spread may be possible but is much more likely in enclosed spaces.

### **Rules for Group Riding in the COVID-19 environment**

- Do not come to a ride unless you have been symptom free for at least 14 days.
- Symptoms: Fever, Chills, Fatigue, Cough, Upper Respiratory Infection, Body Aches, Loss of Smell Taste
- Do not come to a ride unless you are free of all risk factors for contracting the virus in the past 14 days.
- Risk Factors include travel to an area with high incidence of COVID-19 and/or contact with known or suspected COVID-19 patients.
- Do not come to a ride if you have been tested for the virus and have not received your results.
- Before coming to a ride, conduct a temperature self-check before departing. Do not participate if your temperature is higher than normal for you.

### **Guidelines to Follow on Club Rides**

- Assume that you may be contagious and take constant action to not spread germs to other riders.
- Practice social distancing
- Do not touch your face
- Consider a mask if you are closer than 6 feet to anyone, especially in convenience stores
- Cover coughs and sneezes no matter how close anyone is to you
- Do not loan bike pumps, share items, or give/take water or food to/from anyone.
- Provide these items for yourself 100%
- Bring small hand sanitizer and use it! Please.

### **When Riding**

- Ride in sub groups of 6 people or less: A / A- / B+ / B / B- / C
- Attempt to maintain at least one bike length between riders, preferably more
- Reduce droplets: if you have to sneeze, cough, blow your nose, etc. then move somewhere so that no one is even close to your slip stream. Move out of the peloton.
- Ride side by side if conditions permit. This may only be possible on quiet roads.
- Bring a mask and hand sanitizer in your jersey pocket.
- Bring all necessary supplies (tubes, CO2/bike pump, tire levers, etc.) to support your ride and do not assist others in handling of their equipment while fixing any mechanical issue unless they cannot fix it themselves.

### **Respectful of Others**

- While some people may not be that concerned over the risk of COVID-19, others may be very concerned. Please be respectful of all perspectives and do your best to adhere to our guidelines.

**Thank you & Great Cycling, Christian**

## How to Find Time for Cycling

By Fred Matheny of [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

### Published Courtesy of the League of American Bicyclists

We shouldn't feel excessive admiration for pro racers who log 600-mile weeks. They have plenty of time to ride and recover -- that's their job. The real heroes are people like you, who find time to ride while still having a life away from the bike.

Full-time work, family commitments and cycling can be efficiently interwoven into your busy day. All it takes to schedule everything into 24 hours is maximum use of time-budgeting techniques.

Here's where to look for time slots that can accommodate your love for riding:

#### Commuting

Riding your bike to work or school and back may be the best way to create time cycling time.

When you commute by bike, time normally spent sitting in a car is used productively as part of the training day. An eight-mile ride to work or school takes about 30 minutes each way. Even if you do no other riding, that's still an hour of cycling each weekday. The trip home can be lengthened as much as time, daylight and energy allow.

Another benefit is arriving at your job refreshed and alert. It may be tough to get up earlier for the ride in, but the physical and mental lift of exercise will carry you through that 10 a.m. letdown that your sedentary colleagues experience. Then you ride home, clearing cobwebs and blowing away job-related frustrations. You're refreshed and ready for evening responsibilities or family fun.

#### Commuting Logistics

- Use a small backpack to carry clothes, lunch and papers. A waist strap helps eliminate swaying and bouncing as you ride.
- Keep a pair of shoes at work so you don't have their weight and sharp edges in the pack. Take the week's clothes to work on Monday morning and shuttle them home Friday afternoon, or whatever arrangement fits your situation.
- Clean up in the restroom with a lightly soaped washcloth. Meanwhile, get coworkers interested in commuting and lobby your boss to install a shower.
- Dress in your office if it has a door. If not, use the restroom or a storage room.
- Play on the way home. Scout out a longer route and ride for an hour or more as time and commitments allow. Do intervals, time trials, or hit the hills hard to get a great workout while you're homeward bound.

If commuting simply won't work for you, here are two popular options:

#### Early Bird Special

Consider an early-morning workout. By the middle of March it's usually light enough to get in a ride before work. At dawn there are few cars on the road and the day is brightening every minute.

Getting up in the pre-dawn hour may be the ultimate test of whether you really want to ride. Roll out of bed the minute the alarm rings and don't think about anything. The longer you lie there moaning about how early it is, the harder it is to extricate yourself from the sheets.

Sleep loss is the biggest risk. Make up the deficit with an earlier bedtime because it's vital to get enough rest. Lack of sleep can lead to deep fatigue and poor performance in everything you do.

#### Evening Rides

If your schedule prohibits riding most of the day, try from 9 to 10 or 10:30 p.m. For most people, the kids are in bed, the chores around the house complete, and you're probably wasting time watching TV.

To make this work, eat a moderate dinner at 6 or 7 p.m., allowing the food to digest by riding time. As an additional benefit this provides motivation not to overeat.

Riding in the dark used to be dangerous because lights were poor. You couldn't see road hazards clearly, and motorists couldn't see you. Modern lighting systems make night riding safer, but it's still smart to use lighted parks or suburban streets if they're available.

## **Fools Gold 2017, or “How Not to be a Chucklehead” (Dahlonega, GA) (Sep 16, 2017)**

*By Jennifer Talley*

Fools Gold is a tough cookie of a race. It used to be structured as a 50 or 100 mile race where the 100 milers completed two laps. My first attempt at this was on an ill fitted mountain bike that caused long term swelling of my knee ligaments and an incredible amount of pain. My second attempt ended with a DNF (Did Not Finish). The format then changed so that only 1 lap was offered and the distance changed to around 64 miles. In 2017, hurricane Irma in Georgia was wreaking havoc with rain and wind days before the race. An incredible amount of work and communication was being done by the race promoters and director to make sure the race could continue. The course ended up being cut to 46 miles and by-passing some trails too heavily damaged by the storm to be repaired in time. Armed with this information, TJ (Klausutis) and I grabbed our fat tire bikes and headed to camp at the start line. We ended up arriving around 11pm and setting up our tent as quickly and quietly as possible in the dark on the flattest ground we could find and attempting to disturb the least amount of people.

In the morning, we were able to pick up our packets and eat a cold breakfast while we got our bikes ready. About an hour before the start time, a man drives up and shouts at us about us being camped in his spot. We had set our tent up next to a pop-up tent that we thought belonged to the campers on the other side of it. Turns out, this man had set it up intending to save the space around it as well. We told him we didn't know and that we were not staying a second night. He parks his car and comes storming over to demand to know whether we were staying the night. We told him again that we were not and that in fact he would probably have the entire park to himself as most people would leave after the race was over. He then spent a half hour setting up a private bucket toilet in a tent while we silently laughed and rolled our eyes.

The start was pretty chill and since we were doing this for fun on fat tire bikes I wasn't too stressed. The man that was so steamed at our choosing his invisibly saved camp spot rode by us and sprayed half the field with snot. This made no one happy especially not the other rider that took the brunt of the congestions. What a chucklehead! The first dirt climb lasts about an hour and was chunkier than I had ever known it to be. My seat post was slowly sinking down and I had to stop and adjust it. While trying to get my tool out, my sunglasses dropped off my face onto the road. Before I could grab them, a rider going around me ran them over and they broke into pieces. I grabbed the lenses and other pieces and put them back together, tightened my seat collar and took a couple starts to adjust seat height. I caught back up to TJ and Becky (Loeffler) and grabbed a bottle refill at the aid station. The descent was fun and fast on the fat bikes. Eventually we rolled into the Bull Mountain single-track loop. It was gnarlier than I had ever seen before. Exposed rocks and roots and deep eroded ditches broke the trail up. The rooty climb I managed to clear with only a couple dabs but the clay ditch was missing the line it used to have in previous years. I came to the top and looked down to find a rider just getting up from a crash. I decided that the safe thing for that rider and me was to walk and since I'd already lost momentum it was no big deal to do just that. A good motto in mountain biking is: "When in doubt, dismount!" The previously crashed rider and I traded places after that a few times and I joked that he would only be a small bump in the trail to my fat tires. A couple creek crossings and I was back to gravel. I waited more than 20 minutes for TJ. Turned out he'd taken a couple spills and lost his mountain bike mojo.

We only had a little bit of single-track after that before hitting gravel for the rest of the race. I ran into the woman who rode over my glasses and she tried to insist that she'd buy me a new pair. I told her that it was my fault for dropping them on the ground on the trail. It happens, and the lenses had only taken a few scratches. I took the descent down on the road too fast in some spots. There was a huge black jagged set of rocks sticking up out of the road and I ended up headed straight at it. It would have been more dangerous to try and dodge at the last moment and therefore I ended up taking the safer course of staying straight and going over it. After that I slowed down for safety. We crossed the finish line together to enjoy cold beer and swap stories. Good times were had by all! Except for chucklehead. Just don't be that guy.

# Feb/Mar/Apr/May 21 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!!!

20 FEB 8:30	33 miles & up A, B, C	<b>Freeport.</b> 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.
27 FEB 8:30	60 miles A, B	<b>Baker.</b> 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.
6 MAR 8:30	38-70 miles A, B	<b>Niceville.</b> 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 MAR 8:30	Various A, B	<b>Mossy Head.</b> 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.
20 MAR 8:30	33 miles & up A, B, C	<b>Freeport.</b> 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.
27 MAR 8:30	60 miles A, B	<b>Crestview.</b> Park at Twin Hills park about ¼ 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.
3 APR 8:30	38-70 miles A, B	<b>Niceville.</b> 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).
10 APR 8:30	60 miles A, B	<b>Baker.</b> 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.
17 APR 8:30	Various A, B	<b>Mossy Head.</b> 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.
24 APR 8:30	33 miles & up A, B, C	<b>Freeport.</b> 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.
1 May 8:30	60 miles A, B	<b>Crestview.</b> Park at Twin Hills park about ¼ 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.
8 May 8:30	38-70 miles A, B	<b>Niceville.</b> 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).
15 May 8:30	Various A, B	<b>Mossy Head.</b> 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.
22 May 8:30	33 miles & up A, B, C	<b>Freeport.</b> 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 May 8:30	36-65 miles A, B	<b>Defuniak Springs.</b> 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.
5 Jun 7:30	38-70 miles A, B	<b>Niceville.</b> 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).
12 JUN 7:30	60 miles A, B	<b>Baker.</b> 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.
19 JUN 7:30	Various A, B	<b>Mossy Head.</b> 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 32



[www.eccyclists.com](http://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](http://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 **7:30** or **8:30 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 up) **ECC Member** to be covered by **ECC Club Insurance**.

**Remember – Daylight Savings Time starts at 2:00 AM on Sunday, March 14.**

◆ *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*