

PACELINE



Newsletter of the Emerald Coast Cyclists

Volume 34, Numbers 2, 3, 4 & 5

Jun / Jul / Aug / Sep 2020

President's Line....

by Christian Notte

Very Important. ECC Safety Guidelines Return to Group Rides. I want to extend my sincere appreciation to all club members for their support during this challenging time. As I've posted in the past, I've had to consider many sources such as the WHO, CDC, and USA Cycling. Endorsing club rides during a pandemic without guidelines could put members at risk physically and our club at risk legally. Hence, I have had several conversations with our insurance company, attended USA Cycling teleconferences and partnered with our Board of Directors. Specifically, I want to recognize Steve Fikar for his partnership with our ECC Guidelines. He's done a wonderful job as our Safety Officer.

Significant effort has been done to help protect our members; however, it is your responsibility to be aware of the risks of cycling as a sport and aware of the risks associated with COVID-19. These are posted on the ECC website – Facebook page, and on **Page 6** of this Paceline. The guidelines are not intended to imply they are comprehensive. It is your obligation to research the risks of group riding and assume all risks. While you may not be that concerned with COVID-19, please be respectful of those members who may be concerned. Our first group ride was on Saturday June 13th at 7:30am Whataburger Niceville. I look forward to seeing everyone on our rides. **Thank you & Great Cycling, Christian**

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 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 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 Egin Reservation? You need a Range Pass if you ride anywhere on the Egin 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 Egin Natural Resources Branch, 107 Highway 85 North, Niceville, FL 32578.

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Bike shop
2217 Scenic Hwy. 30-A
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850-622-1165
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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:

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). **\$ \$**

- ◆ Chain Reaction Cycles
- ◆ 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).

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



<p>MASSAGE THERAPY SPORTS NMT SWEDISH "HOT ROCK" massage</p>	<p>TRULY SPOKIN' your bicycle store www.trulyspokin.com</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>

Training Diary -- Wednesday, 4 October 1995

By Mark Flynn

(Mark was a long time and original member of the Emerald Coast Cyclists.

This is a reprint from the November 1995 Paceline)

Had a day off from work today; the Air Force is worried about the approaching storm. Spent most of the day straightening things in the yard, taking in the hanging plants, etc. Did try to go out to the Ranger Camp Road about 9:30 AM for a ride, but the traffic was stopped on Eglin Parkway. Thought about just parking on the road side to get the bike out, and then riding to Ranger Camp Road, but too many idiots were driving thru the grass.

Did get out about noon time for a little run. Took a chance that Shalimar Point Golf Course would be quiet, and ran down the fairways. Not a golfer out there, not even a security guard to pace me in his little golf cart. Boring. Detoured to the shore to look at Choctawhatchee Bay. The wind hadn't been too bad on the course, but at the top of the bluff it must have been blowing 40 to 50 miles an hour. Waves were 2-3 feet high. No good for body surfing as they were breaking on the seawall. Two boats were still tied to the docks out in the water; doubt they'd be there next morning.

The wind gave me an idea. The Wednesday ride (earlier version of Tuesday night) was due to start in a few hours, at 5 PM. Since the wind was still picking up, I didn't feel like a long ride, especially any portion into the wind. Changed the Hotline message (old form of ECC mass communication) to invite everyone to a five mile time trial, out at Ranger Camp Road at the normal time. The trick was to do it in just one direction. Figured that the Eglin Parkway traffic would be clear by then.

Talked Shannon (Mark's wife) into coming along; needed her to pick me up and do the timing. Reluctant at first, she changed her mind after the power outage cut off the TV. We took my car; the van catches too much wind. Nothing but emergency vehicles on the roads. Put my emergency blinkers on, to blend in.

No one else showed up. Bunch of wimps. Really expected Don Domkowski (long time ECC member now living in Tucson, AZ) to be there - must have been on TDY. Waited 15 minutes for you guys before giving it a go. The wind was great, straight out of the north. Our little weather gauge from the yard wasn't too useful since it's max is at 60 MPH. Warmed up spinning into the wind, about 200 yards was enough; took about five minutes.

Shannon gave me a five second countdown and off we went. The first mile was sluggish as the wind came from the left rear, which caused a few control problems. I went right down the center of the road since there was no traffic. Split was 2:17, about 26 mph; I had expected at least 30. Have to let you in on a little secret: I had spent some time in the garage changing my chain rings to a 52 and 63 setup, and added an 11 cog to the back.

The second mile went a lot better. It turns south so I had the full force of the wind at my back. The road drops a few feet too. Within a few seconds even the highest gears were spinning out. Mile two went by 1:19 (45 mph). The third was better: 1:08 (53 mph). Smooth pavement helped on the fourth mile, but that dogleg to the left created a bit of a crosswind. Only 1:32 (39 mph). Got rolling again on the drop before the last mile starts. It was beautiful! Cadence was up to 145 at one point. I flew through the last mile in 56 seconds! Figures out at 64 mph! Great!

One problem: how do you stop when you're doing 70 mph as you cross the downhill finish? Especially when the wind is behind you howling? The 300 yards to the highway brought the speed down to about 20. Zing, cross the four lane highway and into the woods on the other side. An obliging pine tree toppled right into my path, good for a four point landing. You should have been there ... five miles in less than seven and a half minutes. Fantastic rush!

(Publisher's note: the story interesting -- the windy event -- Hurricane Opal -- was real.)

How to Hydrate for Better Performance

By Fred Matheny of www.RoadBikeRider.com

Published Courtesy of the League of American Bicyclists

If it's the summer cycling season, it's probably hot where you live. Cyclists and other outdoor athletes are the first to notice rising temperatures. And the hotter it is, the faster you lose fluids when you ride.

Fluids are crucial to your performance and sense of well-being. We're really just big bags of fluid - our blood contains about 50 percent water. Because water helps keep us cool, a loss of only one percent of our bodyweight as sweat means a significant loss of speed and endurance. I know you've heard it before—drink, drink, drink! But it's amazing how few cyclists heed this advice. They forget to drink because of the excitement of the ride, then they wilt before the end.

But proper hydration is easy. Here's how:

- **Ride Early or Late.** You'll need to replace fewer fluids if you ride when it's cooler. One approach: commute by bike so you ride early in the morning and again in the evening when temperatures have moderated. Ralph Phillips, owner of Fairwheel Bikes in Tucson, beats summer temperatures above 100 degrees with dawn rides.

- **Practice Drinking On the Bike.** If you aren't comfortable taking one hand off the bar to pull the bottle from the cage, practice while riding in an empty parking lot or lightly traveled road with a wide shoulder. Hold the bar with your other hand near the stem to limit swerving as you reach down.

- **Pre-hydrate.** Make sure you're well hydrated before the ride. Most people are chronically dehydrated because they simply don't drink enough water. Keep a bottle on your desk and sip frequently all day. For an energy as well as fluid bonus, down 16 ounces of a sports drink about an hour before the ride.

- **Drink During the Ride.** Because your body's sensation of thirst lags behind its need for liquid, always sip from your bottle before you get thirsty. When you feel thirsty, it's already too late. Make it a habit to reach for your bottle every 15 minutes and slug down a couple of big swallows.

Most riders need one big bottle (about 28 ounces) per hour but it's highly variable depending on temperature, intensity of the ride, and other factors such as body size. Experience will help you judge your fluid needs.

- **Hydrate After the Ride.** No matter how much fluid you drink while riding, in hot weather you'll finish the ride depleted. Your stomach doesn't empty fast enough to keep up with the demand.

Weigh yourself before and after the ride. Compare the figures. If you've lost weight, drink 20 ounces of fluid for each pound of bodyweight you're down. Keep drinking until your weight has returned to normal and your urine is pale and plentiful.

- **Restore Sodium Levels.** Those white stains on your clothing and helmet straps after a hot ride come from the salt that you sweat out. It needs to be replaced. Low sodium levels are associated with increased incidence of cramps. Heavy sodium losses lead to hyponatremia, a potentially life-threatening condition.

Your sports drink should contain at least 100 mg of sodium per 8 ounces (check the label). It may also help to salt your food when you're riding frequently in hot weather.

How to Eat for Endurance

By Fred Matheny of www.RoadBikeRider.com

Published Courtesy of the League of American Bicyclists

The key to riding long distances is food and drink.

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

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

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

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

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

- **Prehydrate.** Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet by mile 50. During the hour before the ride, sip 16 ounces of a sports drink.

- **Eat and Drink During the Ride.** Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, several fig bars or half a banana. Some riders prefer smaller portions more frequently.

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

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

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

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

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

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**

Jun/Jul/Aug/Sep Ride Schedule



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

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

27 JUN 7:30	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.
4 JUL 7:30	60 miles A, B	Crestview. 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.
11 JUL 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).
18 JUL 7:30	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.
25 JUL 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.
1 AUG 7:30	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.
8 AUG 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.
15 AUG 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).
22 Aug 7:30	60 miles A, B	Crestview. 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.
29 AUG 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.
5 SEP 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.
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26 Sep 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.
3 OCT 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.
10 OCT 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.
17 OCT 8:30	60 miles A, B	Crestview. 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.

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 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**.

★ *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