

# PACELINE



## The Newsletter Of The Emerald Coast Cyclists

Volume 27

Numbers 5 / 6 / 7

Jan / Feb / Mar 2014

### President's Line...by Carmen Moore

I am excited at becoming President of Emerald Coast Cyclists in 2014! ECC has played an important role in my life since I originally became a member seven years ago when I started cycling. ECC undoubtedly consists of the best cyclists in our area and I'm fortunate to be able to ride and learn from all of you. The knowledge I've gained from my ECC friends is significant and has allowed me to discover limits within myself I didn't realize I had...and, oh what an adrenaline rush that can be!

As cycling grows more popular in our area, I would like to see our club expand over the next year and continue to be known for doing good things in our community. In past years, our club has created some important community events such as the Cranksgiving Charity Race, that is held each year before Thanksgiving, and the local ride for the National Ride of Silence to honor cycling victims.

We have a new ECC board this year that includes new members, as well as some seasoned ones. Together we plan to work hard to accommodate our ECC members. We will continue to make our club and ride information easily accessible via our ECC Website and FaceBook page, focus on providing a safe environment for group rides by discussing incidents and offering cycling safety tips in our monthly meetings, offer more levels of groups to ride in, as opposed to just an "A" and "B" group, and perhaps add some new rides.

Please welcome this year's ECC officers: Rich Gugliemino, Jim Adams, Mary Foresman and Peggy Helms.

If any of our members are familiar with the area's roadways and interested in becoming this year's ride coordinator please let us know!

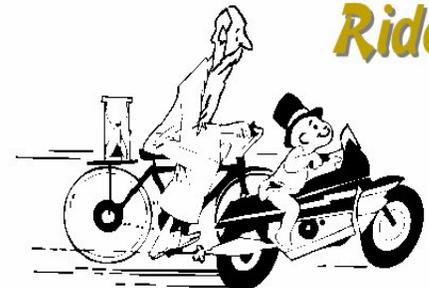
Thanks to Robb Rennie and the Board of ECC for all you have done for the club the past two years. We will see you on the road!

There has been a **change** in our annual ECC New Year's Day ride(s). The rides will start and finish at the house of **Nate and Teri Bryan** in Niceville. The purpose of the whole thing is to have all of the riders finish at about the same time so that they can enjoy a bit of hospitality at the end of their ride. As in the past, participants are asked to bring a covered dish, salad, dessert, whatever. (We never seem to run out of food.) If you're bringing a hot dish it can be heated up at the house while you're riding. The club will provide soft drinks.

The first ride will go off at **8:00 AM** and do 60 miles. The second ride will start at **9:00 AM** and do 36 miles. The last ride will be a 25 minute spin through Rocky Bayou that will start at **11:00 AM**.

The address for the start is **336 Grove Park Drive, Niceville**. Phone number is **803-3629**. Please note the **new address**.

### Annual New Year's Day Ride



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

Membership: To join the ECC and receive newsletters, call John or Kathy Stamp at 897-6862

## ECC GENERAL MEETING

The next ECC meetings will be on Wednesday, **January 8<sup>th</sup>, February 5<sup>th</sup> and March 5<sup>th</sup>** at **Mango's on the Bayou**. Mango's is located at 200 Eglin Pkwy E in Fort Walton Beach. Join us for a good meal, fellowship, and some cycling talk. Find out what the ECC has in store. Start time is **6:30 PM**.

### **ECC On-Line Classified Ads**

<http://www.eccyclists.com/classifieds/>

### **FLORIDA BICYCLING ASSOCIATION WEB SITE**

Visit the FBA web site for the latest in Florida cycling news. The web site is at: <http://www.floridabicycle.org/>  
If you want to see any additional features - let them know.

### **Get Your 2014 Range Pass? - What color is it?**

Do you ride on the Timberlake Pond Area, Ranger Camp Road, Range Road near Bluewater Bay, or any part of the Eglin Reservation? You need a Range Pass if you ride anywhere on the Eglin Reservation. The Jackson Guard issue Range Passes and now is the time to get your new Range Pass. It is issued by the Fiscal Year, in this case - October 2013 through September 2014. You can get it at the Jackson Guard, 107 Highway 85 North in Niceville. Ask for the Recreational Range Pass. The cost is **\$12.00** for this year. If you qualify as a senior (65 and up), you can purchase a fishing pass for **\$6.00** and it will be good for 1 year from the date of purchase, not just for the fiscal year. By the way, the new Range Pass is **Neon Yellow**.

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

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



**ALPINE  
BICYCLES II**  
The Bicycle Superstore

Sales • Service • Accessories  
712 Howel Road  
Niceville, FL 32578  
**850.678.8222**

## 2014 Club Officers

**President:** Carmen Moore  
**Vice President:** Jim Adams  
**Vice President:** Rich Gugliemino  
**Secretary:** Mary Foresman  
**Treasurer:** Peggy Helms

## 2014 ECC Board

**Social:**  
**Bike Safety:** Steve Fikar  
**LAB Rep:** John Stamp  
**FBA Rep:** John Stamp  
**USA Cycling Rep:** Robb Rennie  
**Off Road Rep:**  
**Ride Coordinator:**  
**PACELINE Publisher:** Paul Logan  
**ECC Website:** Matt Helms  
**Membership:** John & Kathy Stamp

You may notice that we have openings on the ECC Board. Please let any of the Board Members know if you are interested in any of these.

### **Like to cycle? Want to promote cycling?**

Join us on our rides. Join the Emerald Coast Cyclists. Just fill out an application and send it in with the \$15.00 annual dues.

### **SHARE THE ROAD!!!**

Share The Road license plates are available where you get your Florida plates.

### **MERCHANT BENEFITS TO ECC MEMBERS!!**

Several local merchants offer discounts and special offers to *current* **ECC** members. Merchants listed below offer a **10%** discount on all retail merchandise (excluding bikes & sale items).

- ♦ **Dragon Sports**
- ♦ **Alpine Bicycles**
- ♦ **Bob's Bicycles**
- ♦ **Truly Spokin'**
- ♦ **Big Daddy's**



**Dragon Sports** and **Bob's Bicycles** offer a **5%** bike discount.

And **Bob's Bicycles** offers mail order price matching on most items. Show your ECC membership card to get your discounts and remember - your membership must be current.

### **The ECC Website Is Up - Suggestions Welcome**

**Matt Helms** is running the ECC Website and seeks feedback/suggestions from ECC members.

Get ready for exciting things to come.

[www.eccyclists.com](http://www.eccyclists.com)



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

## The 200 Mile EOD Wounded Warrior Ride

By Jim Adams

At first I was intimidated by raising \$1000 to line up for this event, but it was unwarranted. I e-mailed friends, family, and co-workers. I listed my Active.com supplied donation web site on Facebook, and the donations poured in. I raised over \$1500 and the group of thirty riders raised nearly fifty grand.

We assembled for our group photo on a beautiful 70 degree Oct morning in front of the EOD Memorial. The junior ROTC presented colors and a gal sang the Star Spangled Banner. As we lined up for course instructions, they flew a UAV helicopter over head and took some aerial pictures. WAY cool!

The police lead us out to 285, and when we hit the new over-pass, "they let the dogs out". Quickly "A" and "B" groups formed and off we went. Most of these guys in my group were EOD trainers and techs.

I stuck in the front group of about eight or nine. We hit the hills on Bob Sikes and we ripped right through them. We dropped a poker chip in a bucket at every 20 miles so no one was forgotten on course. The ride out was into the NE headwind, and sure enough as we headed south from Ponce De Leon the wind switched to the SE. I flatted a rear Gatorskin on a beer bottle before the Red Bay Grocery and a couple guys waited for me, and we reassembled at the store.

As we got closer, guys were cramping and fading some, dropping back to ride with the chasers. I got to Panama City Beach with the crew in the photo, but wow, that last 4 miles seemed loooong?

After we arrived we went out by the pool, had a beer, and Pringles, and waited for the sag vehicle

with our gear to arrive. Rooms were super nice on the 8<sup>th</sup> floor overlooking the beach. The motel buffet was the best. I went down to the beach bar and listened to the EOD crew share stories, then got in the hot tub, then I went off to get some rest.

Daybreak came quickly, and I awoke super hungry. The sunrise over the flat Gulf was gorgeous! Found the hotel restaurant, and gobbled down the free breakfast buffet including; pancakes, eggs, fruit and yogurt. Then got dressed and saddled up. I spun around for five miles to get my old legs shook out.

The Harley motorcycle crew led us down the road and stopped traffic for our group photo, and to get us back to the highway. I said I wouldn't go screaming away but Mike Harris the promoter did, so I followed him out. We worked together like clock-work into the NE wind until the fast crew caught us at the 30 mile mark. We finally turned west on 20 and the pace picked up. We stopped at Fish Camp and soon the 2<sup>nd</sup> group came in. The guys & gals, started drinking Dings, stripping Jerseys, and were knocking down food when we pulled out.

We turned left, after Freeport and did the South Loop, I hit a bad spot for a bit. The sports food I ate at the last stop hadn't quite kicked in yet. Waited a bit, then the ole' diesel turbo kicked back in, and I was good. A guy on aero bars passed me after I pulled, so I took off solo. I got down the road a bit and friends Chuong and Tracy came flying up. Cool! I was feeling spent. I rode the longer route straight into town. The rest of the pack behind me took the bypass, with the promoter finishing first. Seemed like the perfect finish to the event to me!

Pizza and drinks at the finish banner, and chef prepared food at the Steak House accompanied with free beer and sodas.

What an outstanding group of tight knit family, supporting their fallen! I was super impressed and honored to be affiliated with their team.

## TOSRV South

32nd Annual Tour of Southern Rural Vistas  
April 26<sup>th</sup> and 27<sup>th</sup> 2014

In 2014 all versions of TOSRV South will start and end from Cairo, GA. We'll be adding some new routes for the Std Century riders, the dirt and metric ride routes will remain the same. Consolidating the start finish of all the rides allows us to provide a better start/finish for everyone. The tour will still end day 1 in Albany, GA at Chehaw park where riders can choose to camp or book into one of our event hotels. We're hiring a shuttle service to shuttle riders to and from the event hotels in Albany and have chosen event hotels that are closer to Chehaw park.

<http://www.cccyclists.org/tosrv/>

## Please SAVE THE DATE!!

**The Third Annual Bluewater Bay Duathlon**

**at L.J. Schooner's, will be held Saturday, February 22nd, 2014 at 7:30 AM!**

The race starts at the beautiful **Bluewater Marina** with an out-and-back 1-mile run. The run will be followed by a flat and fast 14-mile bike ride from the marina, over the 293 Connector, around the E.O.D. Memorial and back. The last leg will be a 3-mile run looping back to the Marina and the post-race festivities, including Chef Wayne's awesome Red Beans and Rice, music, beer and the chance to win a new road bike! Medals will be provided to all finishers and Age Group awards will go three deep. Relay, Fat Tire, Athena, and Clydesdale divisions offered. Please see our website at Bluewater Bay Duathlon or contact Race Director, Ann Newton at [arnewton1@bellsouth.net](mailto:arnewton1@bellsouth.net) with questions or concerns.

## MOUNTAIN BIKE TIME TRIALS

The Off Road Time Trials will be held on third Sundays - **January 19<sup>th</sup>, February 16<sup>th</sup> and March 16<sup>th</sup>** at **9:00 AM**. They will be broken down into the same age groups as the road Time Trials. The course returns to the original loop ~7.4 miles. To get to the starting point ride into the Ranger Camp trail head approximately .2 of a mile until you cross the sandy jeep road. The starting point is the entrance back into the woods at that point. Email **Dan Steighner** at [desteig@cox.net](mailto:desteig@cox.net) if you would like a highlighted map of the course. This year's course is flat and fast and should

make for some good times and keep things more competitive on all levels.

The rules for the Time Trial are as follows: **1.** One single lap. **2.** Stay on the course, **NO** cutting corners (this is for fun and it is run on the honor system). **3.** If you come upon an obstacle and it has a bypass or bailout point you can use it. **4.** If you are caught on the trail by a faster rider you must yield to allow him/her to pass. (We will make every effort to start the faster riders first.) **5.** Most important, mountain biking is inherently dangerous as we all know. So if you encounter a rider who has crashed offer/render assistance to him/her. Ride off only after you know they are OK.

**Seventeen** riders came out in **November** to challenge the clock for the first off road time trial of the season. It was a partly cloudy day (71°). The course was fast but a little slippery. Since it was in the woods, there was no wind. **Daniel Vu** showed the way. The results were:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Daniel Vu	29	30:14	14.5	Scott Ewing	56	31:03	14.1
John Schwab *	49	31:24	13.9	Chris Lulei	39	35:30	12.3
Jeff Blackburn	48	36:24	12.0	Pat Ballasch	47	37:07	11.8
Mike Grabrysz	39	35:28	12.4	Mike Weisz	65	34:54	12.5
John Lilly	50	35:44	12.3	Mort Hudson	53	34:39	12.6
Mike Bagent	57	34:26	12.7	Don Wigston	61	39:03	11.2
Keith Peskosky	27	45:19	9.9	Curtis Duvall	23	38:55	11.3
David Dunn **	38	56:50	7.7	Dennis Duhaime	60	38:48	11.3
Paul Torrey	70	47:26	9.2	* Single Speed	** Fixed flat during ride		

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

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Mph</u>
Scott Ewing	56	31:49	13.8	John Schwab *	49	31:38	13.9
Will Price *	46	36:07	12.2	Mike Weisz	65	34:15	12.9
Mike Bagent	57	37:15	11.8	John Lilly	50	39:56	11.0
Mort Hudson	53	35:51	12.3	Curtis Duvall	23	44:25	9.9
Mike Gabrysz	39	37:51	11.6	Dennis Duhaime	60	DNF	
Keith Peskosky	27	47:18	9.3	John Sullivan	48	35:24	12.4
Ursula Robertson	35	43:46	10.1	* Single Speed			

*Dragon Sports*

229 Racetrack Rd.  
FWB, FL 32547  
Weekdays 10:30 - 6:30  
Saturday 9 - 5  
850-863-8612  
850-863-5053 Fax



Swim • Bike • Run

www.dragonsports.net      email: sales@dragonsports.net

Cannondale  
Giant  
Scott

MASSAGE THERAPY  
SPORTS NMT  
SWEDISH  
"HOT ROCK"  
massage

SHELLEY BAGLEY  
OWNER/LMT  
MA#9832488

**TRULY**



**SPOKIN'**  
your bicycle store

850-983-2488

5172 Stewart St. Milton, FL 32570

SALES  
SERVICE  
PARTS  
ACCESSORIES  
RENTALS

VICTOR BAGLEY  
OWNER/MECHANIC  
MM#11157

**BOB'S BICYCLES**

[bobsbicyclesfwb.com](http://bobsbicyclesfwb.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

**Dealer**

JAMIS  
SCHWINN  
GT  
KHS  
FUJI

Sales Repairs Rentals



# Jan/Feb/Mar Ride Schedule



## Local Road Ride Rating Scale:

Fast Pace – 19 mph average or faster.

Intermediate – 16-18 mph pace, riders should stick together, even if that means the fitter people may have to wait occasionally.

Moderate – 12-14 mph, conversational pace where the road allows

Casual – 10-11 mph

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

► **December 28, 8:30 AM – Freeport-Outpost-Bruce Loop** - Meet at the former **Emerald Coast Coffee** in Bluewater Bay for a 63 mile intermediate to fast pace ride. There will be a 46 mile option which will only include the **Freeport** south loop and return.

► **January 1, 8:00/9:00/11:00 AM – New Years Day Ride** - Meet at the **Bryan's** house for the annual New Year's Day Ride. Choose your distance; then join us for food and friendship. **Please bring a dish to share with others.** For more information please call **Nate** or **Teri Bryan** at **803-3629**. \*Designated Club Jersey Ride

► **January 4, 9:30 AM - Red Bay Loop** - Meet at the community center in **Portland** for a **50-mile** ride. If you are interested in more miles there will be an **80-mile option**, ride leaves the former **Emerald Coast Coffee** at **8:30 AM**. It will be an intermediate to fast pace ride.

► **January 11, 9:00 AM - Double Bay Bridge** – Meet at the former **Emerald Coast Coffee** in Bluewater Bay for an intermediate to fast pace ride over both of the bay bridges for a 53 mile ride. There will be a 40 mile option for those that are interested. \*Designated Club Jersey Ride

► **January 18, 9:00 AM – Red Bay-Knox Hill** - Meet at the community center in **Portland** for a **62-mile** ride to Knox Hill and back. If you are interested in more miles there will be a **96-mile option**, ride leaves the former **Emerald Coast Coffee** at **8:00 AM**. It will be an intermediate to fast pace.

► **January 25, 8:30 AM – Blackwater Forest** Meet in **Baker** at the **Gator Café** for an intermediate ride to **Berrydale**, then through the **Blackwater Forest** to **Holt** and return to **Baker**. The ride length will be 60 miles with shorter options available.

► **February 1, 9:00 AM - Mossy Head/Big Mary's Loop.** Meet at the **Mossy Head Community Center** 1 mile east of the junction Hwy 285 and 90 for a 53 mile moderate to fast paced ride. Make it a 93

mile ride with an **8:00 AM** start from **Ruckel Middle School**.

► **February 8, 8:30 AM – Freeport-Outpost-Bruce Loop** - Meet at the former **Emerald Coast Coffee** in Bluewater Bay for a 63 mile intermediate to fast pace ride. There will be a 46 mile option which will only include the **Freeport** south loop and return.

► **February 15, 8:30 AM - Double Bay Bridge** – Meet at the former **Emerald Coast Coffee** in Bluewater Bay for an intermediate to fast pace ride over both of the bay bridges for a 60 mile ride. There will be a 40 mile option for those that are interested. \*Designated Club Jersey Ride

► **February 22, 8:30 AM – Red Bay Loop** - Meet at the community center in **Portland** for a **50-mile** ride. If you are interested in more miles there will be an **80-mile option**, ride leaves the former **Emerald Coast Coffee** at **7:30 AM**. It will be an intermediate to fast pace ride.

► **March 1, 8:30 AM – Mossy Head-Ponce de Leon.** Meet at the **Mossy Head Community Center** 1 mile east of the junction Hwy 285 and 90 for a moderate to fast paced ride. The ride will head east to **Ponce de Leon** on Hwy 90 and return for 48 miles. You can return by way of back roads for 56 miles. Make it a 96 mile ride with a **7:30 AM** start from **Ruckel Middle School**.

► **March 8, 8:00 AM - Double Bay Bridge** – Meet at the former **Emerald Coast Coffee** in Bluewater Bay for an intermediate to fast pace ride over both of the bay bridges for a 60 mile ride. There will be a 40 mile option for those that are interested.

► **March 15, 8:00 AM – Ruckel Middle School/Bob Sikes Rd/Mossy Head Loop** - Meet at **Ruckel Middle School** for an intermediate to fast pace ride to **De Funiak Springs** and back. The ride length will be 40, 52 or 60 miles. Either before or after, come to **Niceville High School cafeteria** for a **Pancake breakfast and Silent Auction – 7:00 to 12:00**. \*Designated Club Jersey Ride

► **March 22, 9:00 AM – Red Bay Loop** - Meet at the community center in **Portland** for a **50-mile** ride. If you are interested in more miles there will be an **80-mile option**, ride leaves the former **Emerald Coast Coffee** at **8:00 AM**. It will be an intermediate to fast pace ride.

► **March 29, 8:00 AM – Shalimar-Mossy Head** - Start at **Rocco's Sub Shop** in **Shalimar** (Next to McDonalds) for an intermediate 55 mile ride to **Mossy Head** and back.

► **April 5, 8:00 AM - Freeport North & South Loops** - Meet at the former **Emerald Coast Coffee** in Bluewater Bay for a 70 mile intermediate to fast pace ride. There will be a 46 mile option which will only include the south loop.

► **April 12, 8:30 AM - Blackwater Forest** Meet in **Baker** at the **Gator Café** for an intermediate ride to **Berrydale**, then through the **Blackwater Forest** to **Holt** and return to **Baker**. The ride length will be 60 miles with shorter options available.

## Designated Club Jersey Rides

Once a month there will be a ride designated as a Club Jersey Ride. If you have a club jersey this is the day to wear it and get the public to take notice as we ride by. If you don't have one and want one stay tuned as another order is just around the corner. This is a great way to advertise the club and possibly draw new members to our ranks. You will find the designated rides in the ride schedule marked with an \*.

## **OTHER RIDES!**

Courtesy of The Florida Bicycle Touring  
Calendar URL: [www.floridabicycle.org/fbtc/](http://www.floridabicycle.org/fbtc/)

**January 6-10, Cross City, FL Gulf Coast Highlight Tour**  
<http://www.gulfcoasteventstours.com>

**January 12 (Sun), Boca Raton, FL Tour of Boca**  
<http://www.bocabikeclub.org>

**January 12 (Sun), Venice, FL Piggy's Revenge Endurance Challenge**  
<http://piggyrevenge2012.blogspot.c>

**January 19 (Sun), Cape Coral, FL The 23rd Annual Tour de Cape**  
<http://tourdecape.net>

**February 2 (Sun), Boca Raton, FL Tour of Boca**  
<http://www.bocabikeclub.org>

**February 9 (Sun), Fort Lauderdale, FL RIDE with HEART ~ 3rd Annual**  
<https://www.facebook.com/events/210250585785364/>

**February 10-14, Cross City, FL Gulf Coast Highlight Tour**  
<http://www.gulfcoasteventstours.com>

**February 15 (Sat), Bonita Springs, FL Annual Ride 4 Hope to Benefit Hope Hospice**  
<http://www.hopehcs.org/ride>

**February 15-16, Sebring, FL Bike Sebring 12/24**  
<http://www.bikesebring.org>

**March 1-2, Miami, FL Bike MS: Breakaway to Key Largo**  
<http://www.msbikeflorida.org>

**March 7-9, Chiefland, FL Chiefland Spring Bicycle Bike/Tour**  
<http://www.chieflandbicyclefest.com>

**March 10 (Mon), Boca Raton, FL Tour of Boca**  
<http://www.bocabikeclub.org>

**March 10-14, Cross City, FL Gulf Coast Highlight Tour**  
<http://www.gulfcoasteventstours.com>

**March 15 (Sat), Dunedin, FL Ride 4 the Animals 2014**  
<http://www.Ride4theAnimals.com>

**March 15 (Sat), The Villages, FL We Bike For Kids-The Villages**  
<http://www.webikeforkids.com/>

**March 16 (Sun), Fort Myers, FL Sixteenth Annual Royal Palm Classic)**

**March 22-28, Palatka Daytona Beach, St, Augustine, FL Bike Florida 2014 BF20 Magical History Tour**  
<http://www.bikeflorida.org>

**March 23 (Sun), Palm City, FL 3rd Annual Riding for Heroes**  
<http://www.justinswings.org/>

**March 30 (Sun), Sarasota, FL Southwest Florida Tour de Cure**  
[http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?pg=entry&fr\\_id=9291](http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?pg=entry&fr_id=9291)

**March 30 (Sun), Lakewood Ranch, FL Tour de Cure Southwest Florida**  
<http://diabetes.org/swfloridatour>

**March 30 (Sun), West Palm Beach, FL 7th Annual Pedal for PAL Cycling Tour**  
<http://www.pbso.org/pal>

**April 4-6, Andalusia, AL Alabama Tandem Weekend**

**April 5 (Sat), New Orleans, La - FL Gulf Coast Interstate Relay**  
<http://www.gcirelay.com>

**April 5 (Sat), Punta Gorda, FL Pedal and Play in Paradise**  
<http://www.pedalandplayinparadise.com>

**April 6 (Sun), Palm Coast, FL Cycle Flagler Ride for Rotary**  
<http://www.flaglerbeachrotary.org/cycleflagler/index.php>

**April 6 (Sun), Fort Myers, FL Streets Alive!**  
<http://streetsalivelee.org/>

**April 12 (Sat), Amelia Island, FL 10th Anniversary Katie Ride**  
<http://www.katierideforlife.org>

**April 12-13, Lake Wales, FL Bike MS: The Citrus Tour 2014**  
<http://www.nationalmssociety.org/citrustour>

**April 12 (Sat), Hernando, FL Ride for the "Y"**  
<http://www.rotaryridefortheY.com>

**April 13 (Sun), Immokolee, FL Immokalee Ride for Literacy**  
<http://www.immokaleerunsandrider.com>

**April 26 - May 1, Live Oak, FL Florida Bicycle Safari**  
<http://www.floridabicyclesafari.com>

**April 26 (Sat), Gainesville, FL Ride To Remember 8**  
<http://gccfla.org/rtr/>

**April 26-27, Cairo, GA TOSRV South and TOSRV Dirt 2014**  
<http://www.cccyclists.org/tosrv>

**April 27 (Sun), Jacksonville, FL Tour de Forts** <http://nfbcs.us/>

**May 1-4 White Springs, FL SBA Spring Pedal 'n' Paddle Festival with Century**  
<http://www.suwanneebike.org/>

### **TIME TO RENEW!** **2014 ECC MEMBERSHIP**

How do you tell if you need to renew? Flip your Paceline over (if you receive it by mail) and look at your address. Do you see a \*? If you do, you are signed up as a member of the Emerald Coast Cyclists for 2014. You can also find the latest ECC membership roster on the ECC website.

If you download the Paceline from the website there is a list of current members on the website. There is an application available on the website at "[www.eccyclists.com](http://www.eccyclists.com)".

How do you fix this situation? It's easy - just fill out the membership application and mail it to the ECC P.O. Box. You can then share in all the benefits of membership - prizes; increased speed and stamina in your cycling endeavors; a chance to personally attend the next Tour de France; an invitation to join an internationally famous cycling team, etc. Well, at least you will receive discounts at bike shops, and a chance to receive gift certificates at ECC monthly meetings.

### **Are You Getting Club Emails?**

If you are not getting the club emails and want to, drop me a line at "carmscar@cox.net" and I'll add you to the mailing list. In the same token if you're getting them and want them to stop, drop me a line to let me know to take you off the list. In the subject line I ask you to title it ECC. That way I won't delete the email because I don't know the sender.

Emerald Coast Cyclists  
P.O. Box 592  
Niceville, FL 32588



[www.eccyclists.com](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 **Shelley** or **Victor** at “trulyspokin.com” or call **(850) 983-2488**.

**Tuesday's** at **4:45 PM** and **5:00 PM** at **Ranger Camp Road** just off Lewis Turner Blvd. The more moderate ride starts at 4:45 PM and the faster ride starts at 5:00 PM. Distances range from 17 to 39 miles. Make sure you have your Range Pass and a photo ID with you. This ride starts with the beginning of daylight savings time on **11 Mar**. Make sure you have your Range Pass and a photo ID.

**\*\* Third Thursday Road Time Trial of 2013 – March 20<sup>th</sup>**. Meet at the beginning of Ranger Camp Road. The Time Trials will start roughly 1/3 mile beyond where the cars are parked and go to the top of 5-mile hill and reverse course to the start point (a total of 10 miles). For details call **John Stamp** at **897-6862**. First rider departs promptly at 5:01 PM. Make sure you have your Range Pass and a photo ID.

**\*\* Third Sunday Off Road Time Trial – January 19<sup>th</sup>, February 16<sup>th</sup> and March 16<sup>th</sup>**. To get to the starting point, ride into the Ranger Camp trail head approximately .2 of a mile until you cross the sandy jeep road. The starting point is the entrance back into the woods at that point.

**✦ *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**