

PACELINE



The Newsletter Of The Emerald Coast Cyclists

Volume 26

Numbers 8 / 9 / 10

Apr/May/June 2013

President's Line...by Robb Rennie

"Here comes the sun" the George Harrison/Abbey Road album song reminds us all that it's time that many cyclists in our nation get on their bicycles and take to the roadways. For ECCer's who have been riding all year round, our motorists may be used to seeing us; however, for the spring breakers and seasonal tourists... not so much. Which brings up two topics for our consideration: Accidents and Communication. Accidents in bicycling are an ever-present danger. Annually, in the US, there are over 500,000 emergency room visits and more than 700 deaths. Constant vigilance when out on the road, looking out for everyone in the peloton, communicating about traffic, debris, etc is the "*la normale*" for club riding.

The **Ride of Silence** is 15 May, Wednesday, leaving from Scully's in FWB at 5:45PM. Please

join ECC and participating cyclists in the annual Ride of Silence. Helmets are mandatory, please spread the word. Lots of rides (see our newsletter) are available for those that want to get away for a weekend to somewhere in the south east. If you go, let us know at the next club meeting, how it went.

Last but not least, club picnic on **Sat May 11th**, details in this Paceline. Be safe and keep the rubber side down.

Bob's Bicycles has relocated.

Their new address is
212 Miracle Strip Parkway SE
Fort Walton Beach, FL 32548
Phone: 243-5856

Park at back entrance off of Brooks Street - Across from Magnolia Grill

ECC Picnic Ride – May 11th

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

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

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



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, **April 3rd**, **May 1st**, and **June 5th** at **Scully's on the Bayou**. Scully'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.

Got Your 2013 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 2012 through September 2013. 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 **Orange**.

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.



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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 II**
◆ **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

Peggy Helms is running the ECC Website and seeks feedback/suggestions from ECC members.
Get ready for exciting things to come.

www.eccyclists.com



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Weight Loss Resistance, Hormones, and Toxicity (Part II)

By Dr. Scott Ewing

In my last article I discussed the importance of hormones such as Leptin and insulin in weight loss. I explained that if this hormone mechanism fails then most diets and exercise will as well despite your best efforts. I gave you two reasons for this hormone mechanism failure. The over-consumption of sugar and processed grains and the less obvious: toxicity.

This article's focus is on the less obvious, but what I feel is the greater problem of the two -- toxicity. When toxins enter your body they have an affinity for fat cells due to the fact that they are fat-soluble. When the toxins attach to the outer cell membrane which is made of a lipid bi-layer (two layers of fat), it causes the cell to continually release Leptin. And when Leptin is elevated too often, just like Insulin in Type II Diabetes, the receptors burn out and the message is not heard. Remember, Leptin is the hormone that tells the brain to burn fat for energy, therefore, weight gain that does not respond to exercise or diet is inevitably due to Leptin resistance.

The toxins also cause the release of chemicals called cytokines that damage Leptin receptors in the brain (hypothalamus). Once the receptors to Leptin have been damaged, Weight Loss Resistance is only the first of many problems.

Your body makes an extremely important hormone called MSH (Melanocyte Stimulating Hormone). MSH is produced in the hypothalamus by Leptin, and it controls nerve, hormone, cytokine functions, skin and mucus membrane defenses, as well as controlling the production of endorphins and melatonin. If you brain cannot hear Leptin (Leptin resistance) you will eventually become MSH deficient. What does this mean?

It means that every immune and hormone response in your body will be altered. Practically speaking, you feel horrible and cannot figure out why. You find yourself on

medications, chasing symptoms on a never-ending downward spiral.

So many of what I call "New Millenium Diseases" are being caused by today's toxic onslaught. The key to Twenty-first century medicine is understanding how toxins effect this hormonal cascade causing inflammation, which leads to so many different diseases like depression, diabetes, cancer, heart disease, chronic fatigue, and fibromyalgia, just to name a few.

In my next class (Toxicity, Weight Loss & Hormones), I will discuss this in detail. I will teach about the factors involved in customizing a diet based on your hormones.

Finally, we discuss which exercises hinder weight loss and which exercises promote it.

Most people equate weight loss with aerobic exercise. Look around any health club and you will see countless people fervently running, jogging, stepping, and even bouncing with the expectation of the pounds melting away. The truth is after their first five to ten pounds of losing weight their hormone mechanism begins to work against them. Because of this, they must continue to invest even more time to maintain just the five or ten pounds they originally lost.

The good news is that the proper exercises to lose weight only take a few minutes; and in our class, we will demonstrate how with even the busiest of schedules this can be accomplished.

This science of Weight Loss Resistance will bring us out of the dark ages of extreme dieting and exercise not only for those who cannot lose weight, but also for those who are challenged by chronic illness.

Toxicity, Weight Loss, & Hormones presented by Dr. Ewing Monday, April 15, 2013 at 6:15 p.m. at Chiropractic Associates, 705 W. John Sims Parkway, Niceville, FL 32578.

To register for the class go to FB and Like Chiropractic Associates & Fitness 24/7, go to www.eventbrite.com/event/5619626454, or call our office at 850-678-8048.

TOSRV South

31st Annual Tour of Southern Rural Vistas April 20th and 21st 2013

The Standard century starts in Quincy, FL-- the Metric century starts in Cairo, GA. 2013 also brings a new version of TOSRV South? TOSRV Dirt? Exploring the clay roads of Southern Georgia. The off road metric century will start from Cairo, GA and will be fully supported, just like its paved cousin, though the off road version will have only one cooked meal each day vs the two cooked meals the paved ride has. Not to worry though our food guru Jen Koch will keep you well fed for your off road adventure.

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

2013 Ride of Silence: Wednesday, May 15th at 5:45PM

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

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

In 2008 through 2012 we had the first Rides of Silence on the Emerald Coast and are hoping for bigger and better things in 2013! A route has been established that will provide cyclist's visibility to the community as a whole, but not gridlock afternoon vehicular traffic through Fort Walton Beach. Most cities around the world are starting their Rides of Silence at 7 PM, but a 40 minute bike ride along our major thoroughfares at that time of day will have cyclists wandering around in the deep twilight. So the plan is to start from **Scully's on the Bayou** on Eglin Parkway at 5:45 PM. The total distance will be around 4 miles.

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

Unfortunately, the Emerald Coast plays its part in the carnage. In August 2007 Navarre High School student **Gerran Copeland** was killed by a drunk driver while riding his bike along HWY 98 in Navarre. A few weeks later, on Labor Day, cyclists **Bill Imle** and **Art Clemmons** were struck and killed instantly by the driver of a pickup truck traveling 30 miles an hour over the speed limit just over the state line in Baldwin County, Alabama. The very next day, on September 4th, 2007, **Sean Livesay** was riding his bike along serene and tranquil Bayshore Drive in Niceville when a pickup truck towing a landscaping trailer backed out of a driveway into Sean's path. Sean never had a chance; along with **Gerran Copeland**, **Bill Imle**, **Art Clemmons** and other area cyclists whose misfortune maybe never made the press release, his life was tragically cut short as the result of an inattentive motorist. Drawing attention to the plight of our local fallen riders is a primary focus of the 2011 Fort Walton Beach Ride of Silence. Show up early (5:30) on May 15th and let the local community 'hear' our Ride of Silence. There is plenty of parking near Scully's behind the mall.

NO Tour de Emerald Coast (TDEC) 2013

By Dan Steighner

ECC will not be hosting TDEC in 2013. There were many challenges during last year's TDEC that have made us realize it is just getting too difficult to manage this race from a competitive fairness and safety stand point. Thanks to all who participated in the previous versions of TDEC, making it the success that it was.



14th Annual "My First Tri" Triathlon

By Dan Nowers

200M Swim - 8mi Bike - 2.5 mi Run

6:45 AM, Saturday, June 15, 2013 at Post 1 Point, Eglin AFB

Sure you can ride with the best of them, but it's that running and swimming part of a triathlon that has kept you from giving one of the fastest growing sports in the country a try. Well, here is a way for you to get introduced to this wonderful sport. "My First Tri" is designed specifically for the person who wants to give triathlon a "tri" but is a little unsure about taking the plunge into "standard" distance event. The course is flat and friendly for the bike and run, and the swim is a short 200 meters in the protected waters of the bay to help alleviate the fear of "open water" swimming.

Race divisions are structured to ensure first time triathletes only compete against other first timers for awards. Veteran triathletes are welcome and we have a division for you to truly test your sprinting skills on this short and fast course. Five-year age group splits start at age 10 up to and including a 70 and over age group. Awards are bountiful!

There will be plenty of food and drink after the race for the athletes, supporting family members and friends. Multiple door prizes will be awarded, including a new triathlon bike (must be a registered participant and present to win) and many other triathlon related prizes.

For the last 6 years this race filled up early...don't wait to register! Last year it sold out 4 weeks prior to the race. Due to the short distance of the race, we limit the field to 325 to keep crowding on the course to a minimum. Due to security restrictions early registration is mandatory. No race day registration. All registration this year will be done online. You can register at www.active.com and additional race information is available at "www.eventtiming.com."

Maybe you are not interested in participating, but would like to volunteer. We welcome your support, and we'll find a meaningful job for you. Your support would be most welcomed, and we'll make sure you get a T-shirt for your efforts and the athletes will provide many memories that will make your time a wonderful investment in our cycling community!

For more information on the race or if you would like to sign up as a volunteer please contact me at (850) 883-0789 or nowers@eglin.af.mil. The ECC has been a wonderful support group to this race over the years, and I really appreciate all of those who have shared their time and resources year after year.

Come on out and give it a TRI and bring someone with you to share the joy that comes from completing a triathlon for the first time. We'll do our best to make your first experience in the triathlon world a wonderful one.

Thanks, Dan Nowers



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OFF-ROAD TIME TRIALS

Four riders came out in **January** to challenge the clock for the off road time trial (7.3 miles). It was a sunny, pleasant day (50°) with the trails dry. **Mike Weisz** led the way. The results were:

| <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Mph</u> | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Mph</u> |
|--------------|------------|-------------|------------|---------------|------------|-------------|------------|
| Mike Weisz | 65 | 35:11 | 12.5 | John Lilly | 49 | 36:07 | 12.1 |
| Mike Gabrysz | 39 | DNF | | John Sullivan | 47 | 36:52 | 11.9 |

Seven riders came out in **February** to challenge the clock for the off road time trial (7.3 miles). It was a cool, sunny day (40°) with the trails dry. **Scott Ewing** led the way. The results were:

| <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Mph</u> | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Mph</u> |
|----------------|------------|-------------|------------|--------------|------------|-------------|------------|
| Scott Ewing | 55 | 31:30 | 13.9 | Mike Gabrysz | 39 | 35:48 | 12.2 |
| Mike Weisz | 65 | 34:23 | 12.7 | Mike Bagent | 56 | 37:32 | 11.7 |
| John Sullivan | 47 | 37:29 | 11.7 | Paul Torrey | 69 | 50:35 | 8.7 |
| Becky Loeffler | 53 | 40:55 | 10.7 | | | | |

Nine riders came out in **March** to challenge the clock for the off road time trial (7.3 miles). It was a pleasant, cloudy day (63°) with the trails dry. **Scott Ewing** led the way. The results were:

| <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Mph</u> | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Mph</u> |
|-------------|------------|-------------|------------|-----------------|------------|-------------|------------|
| Scott Ewing | 55 | 31:03 | 14.1 | Bill Magboo | 48 | 34:09 | 12.8 |
| Mike Weisz | 65 | 32:49 | 13.6 | Dale Morrison * | 46 | 34:34 | 12.7 |
| Mike Bagent | 56 | 36:27 | 12.0 | Mike Gabrysz | 39 | 35:52 | 12.1 |
| John Lilly | 50 | 36:15 | 12.1 | Dan Steighner * | 51 | 34:12 | 12.8 |
| Eric Snyder | 68 | 52:55 | 8.3 | * Single Speed | | | |

2012-2013 Off-Road Time Trial Results

2012-13 Men's Off-Road TT Results

| | | |
|---------------|-----------------------|---------------|
| Men's Overall | ----- | Scott Ewing |
| Age 21 to 25 | 1 st Place | Nathan Rablee |
| Age 36 to 40 | 1 st Place | Mike Gabrysz |
| | 2 nd Place | Steve Zaucha |
| Age 46 to 50 | 1 st Place | Bill Magboo |
| | 2 nd Place | John Lilly |
| | 3 rd Place | John Sullivan |
| Age 51 to 55 | 1 st Place | Dan Steighner |
| | 2 nd Place | Mort Hudson |
| | 3 rd Place | Doug Turner |
| Age 56 to 60 | 1 st Place | Mike Bagent |
| Age 61 to 65 | 1 st Place | Mike Weisz |
| Age 66+ | 1 st Place | Paul Torrey |
| | 2 nd Place | Eric Snyder |



2012-13 Men's Off-Road TT Results (Single Speed)

| | | |
|--------------|-----------------------|---------------|
| Single Speed | 1 st Place | Dan Steighner |
| | 2 nd Place | Dale Morrison |

2012-13 Women's Off-Road TT Results

| | | |
|-----------------|-------|----------------|
| Women's Overall | ----- | Becky Loeffler |
|-----------------|-------|----------------|

Third Thursday Time Trial (Road)

Seventeen riders came out in **March** to challenge the clock for the first 10 mile road time trial of 2013. It was a partly cloudy (64°) day with a slight tailwind going out and a slight headwind coming back. **Scott Ewing** led the way. The results were:

| <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Mph</u> | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Mph</u> |
|-----------------|------------|-------------|------------|----------------|------------|-------------|------------|
| Billie Madero | 81 | 45:47 | 13.1 | Lori Mihalcik | 48 | 30:03 | 20.0 |
| Chris Groat | 47 | 31:13 | 19.2 | Debbie Simmons | 55 | 34:00 | 17.7 |
| Scott Ewing | 55 | 25:10 | 23.8 | Wendy Ewing | 50 | 27:19 | 22.0 |
| Bill Magboo | 48 | 26:46 | 22.4 | Jim Conway | 67 | 26:15 | 22.9 |
| Joe Coker | 58 | 32:54 | 18.2 | Will Price | 45 | 27:04 | 22.2 |
| Robb Rennie | 58 | 25:58 | 23.1 | Chad Smith | 39 | 25:48 | 23.3 |
| Mike Gabrysz | 39 | 29:26 | 20.4 | Dan Steighner | 51 | 27:00 | 22.2 |
| Adam Dipetrillo | 32 | 29:15 | 20.5 | Diane Mitchell | 57 | 40:06 | 15.0 |
| Joe Ward | 40 | 32:25 | 18.5 | | | | |



How to Ride in a Group

By Fred Matheny of www.RoadBikeRider.com

Published Courtesy of the League of American Bicyclists

Pacelines are organized. They have specific rules. But in big groups like you find in centuries or charity rides, things will be disorganized. This can intimidate even experienced riders.

Sooner or later you'll find yourself in a big group amid some riders with sketchy skills. It pays to learn how to survive (and also make yourself welcome) in a crowd.

- **Look for Risky Riders.** These are the unsteady people who wobble, appear nervous, have a tense grip on the handlebar, and frequently grab the brakes. Avoid them! Move up to keep them behind you, or slide to the other side of the road.

- **Stay at the Front.** This is easy to say but hard to do in some groups. At the front you have more control over your destiny because most crashes occur in the rear two-thirds of the bunch. It may take a bit more work to reach the front and stay there, but it's worth the effort.

- **Watch the Wind.** Wind direction determines on which side the greatest draft is found. If the wind is from the right side of the road, smart riders move to the left of the wheel in front of them for greater protection. If you're doing this, beware of overlapping wheels with inexperienced riders. They may swerve and take out your front wheel.

- **Be Wary on Climbs.** A major cause of group crashes is riders who stand abruptly. They slow for a second, causing the rider behind to hit their rear wheel and spill. To avoid this danger, let the gap open a bit on hills or ride a foot to either side.

To avoid being the one who causes such a crash, pull your bike forward as you leave the saddle. Don't lunge and make a hard pedal stroke. Keep your speed steady. When sitting again, push the bike forward a bit.

Cycling isn't a contact sport, but it's not uncommon to have your arm brushed when riding near others in a group. It pays to learn how to bump into other riders without swerving or falling. It's easy when you practice this drill used at the Carpenter-Phinney Bike Camps.

First, go with a cycling friend to a large grassy area like a soccer field. Ride side-by-side at a walking pace. Keep both hands on your bar. Start by gently touching elbows, then shoulders. As you gain confidence, lean more vigorously on the other rider. Soon, you'll be bumping each other with abandon and throwing in a few head butts for fun, all without going down. (Of course, always wear your helmet just in case.)

Riding relaxed is the key to absorbing contact without swerving. Have slightly bent elbows, a firm-not-tight grip on the bar, and loose arm and shoulder muscles. If you're relaxed, your body can absorb the shock before it gets to the handlebar.



Apr/May/June 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!!!

► **March 30, 8:30 AM – Ruckel Middle School/De Funiak Springs 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 to 65 miles

► **April 6, 8:00 AM – Mossy Head/Big Mary's Loop** - Meet at the Mossy Head Community Center 1 mile east of the junction Hwy 285 and Hwy 90 for a 53 mile moderate to fast paced ride. Make it a 93 mile ride with a 7:00 AM start from Ruckel Middle School.

► **April 13, 8:00 AM – Red Bay-Knox Hill** - Meet at the Self Storage 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 7:00 AM. It will be an intermediate to fast pace ride. *Designated Club Jersey Ride.

► **April 20, 7:30 AM – Ruckel Middle School/De Funiak Springs 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 to 65 miles.

► **April 27, 8:00 AM – Mossy Head-Ponce de Leon** – Meet at the Mossy Head Community Center 1 mile east of the Hwy 285 and Hwy 90 intersection. The ride will head east to Ponce de Leon and back on Hwy 90 for a ride length of 48 miles. If you are interested in more miles there will be a 90-mile option, ride leaves Ruckel Middle School parking lot at 7:00 AM.

► **May 4, 8:00 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 a 7:00 AM start from Ruckel Middle School.

► **May 11, 7:00 AM & 7:30 AM - ECC Picnic Ride** for 60+, 46 or 36 mile rides. All comers ride 10-12 miles @ 10:30 AM. All rides will begin at Rocky Bayou Christian Academy in Niceville. For more details see the write up in this Paceline. *Designated Club Jersey Ride.

► **May 18, 7:30 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.

► **May 25, 7:00 AM – Shalimar-Mossy Head** Start at Rocco's Sub Shop in Shalimar (Next to McDonalds) for a intermediate 55 mile ride to Mossy Head and back.

► **June 1, 7:30 AM – Red Bay Loop** - Meet at the Self Storage 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 6:30 AM. It will be an intermediate to fast pace ride.

► **June 8, 7:30 AM - Mossy Head-Laurel Hill Loop** - Meet at the Mossy Head Community Center 1 mile east of the junction Hwy 285 and 90 for an intermediate 57 mile ride on quiet back roads with plenty of rolling hills. If you are interested in more miles there will be a 90-mile option, ride leaves Ruckel Middle School parking lot at 6:30 AM.

► **June 15, 7:00 AM – N. County** - Meet at the YMCA in Crestview. The YMCA is located at 298 N Wilson St. This is an intermediate to fast pace ride for a distance of 60 miles.

► **June 22, 7:00 AM – Red Bay-Knox Hill** - Meet at the Self Storage 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 6:30 AM.

There is also a 50 mile ride which goes to Red Bay, Bruce, The Outpost, Freeport and return to Portland. It will be an intermediate to fast pace ride.

*Designated Club Jersey Ride.

► **June 29, 7:00 AM – Ruckel Middle School/De Funiak Springs 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 to 74 miles. The 74 mile ride adds the Laird Rd loop.

► **July 6, 7:00 AM – Holt-Blackwater Forest Loop**. Meet at the Old School across the street from the Holt Post Office on Rt 90. This 55 Mile ride and will be a intermediate to fast pace ride.

► **July 13, 7:00 AM – Red Bay Loop** - Meet at the self storage 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 6:00 AM. It will be an intermediate to fast pace ride.

*Designated Club Jersey Ride.

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/

**April 5-7, Madison, GA BRAG
Spring Tune-Up Ride**
<http://www.brag.org>

**April 6 (Sat), Tifton, GA Tour de
Tifton Century Ride**
<http://www.tiftareaymca.org/tour-de-tifton.php>

**April 7 (Sun), Lakewood Ranch,
FL Tour de Cure Southwest
Florida**
<http://diabetes.org/swfloridatour>

**April 7 (Sun), Everglades City, FL
Stay n Play Everglades Ride**
<http://www.naplespathways.org>

**April 13 (Sat), Summerfield, FL
Take Stock in Children Cycling for
Success**
<http://www.pefmc.org/events/>

**April 20 (Sat), Amelia Island, FL
9th Annual Katie Ride**
<http://www.katierideforlife.org>

**April 20-21, Quincy, FL TOSRV
South**
<http://www.cccyclists.org/tosrv/>

**April 20-25, Live Oak, FL Florida
Bicycle Safari**
<http://www.floridabicyclesafari.com>

**April 27 (Sat), Gainesville, FL
Ride To Remember 7**
<http://gccfla.org/rtr/>

**May 2-5, White Springs, FL SBA
Spring Pedal 'n' Paddle Festival
with Century**
<http://www.suwanneebike.org/>

**May 18 (Sat), Jacksonville, FL
American Diabetes Association
Tour de Cure**
<http://diabetes.org/jaxtour>

**May 19 (Sun), Fort Lauderdale, FL
Tour of The Century Ride**
<http://www.browardhouse.org>

**June 1-8, Bainbridge, GA Bicycle
Ride Across Georgia (BRAG)**
<http://www.brag.org/>

**July 6 (Sat), Punta Gorda, FL
Wheels and Wings IV**
<http://www.peaceriverridersbicycleclub.com>

**July 14 (Sun), Boca Raton, FL
Frank Stark Celebration Ride**
<http://www.Bocaratonbicycleclub.com>

**July 27 (Sat), Tuscaloosa, AL Hot
Hundred...The Hottest Ride in the
South**
<http://www.bikehothundred.com>

**August 4 (Sun), Boone, NC
Boone Gran Fondo**
<http://qfncs.com>

**September 7 (Sat), Birmingham,
AL Birmingham Bicycle Club 40th
Annual Century**
<http://www.bhambikeclub.org/>

**September 8 (Sun), St Augustine,
FL 23rd Annual Endless Summer
Watermelon Ride**
<http://www.nfbc.us>

**September 21 (Sat), Huntsville,
AL All You Can Eat Century**
<http://www.springcity.org/century/index.stm>

**September 28 (Sat), Auburn, AL
Johnny Ray Century**
<http://www.eastalabamacyclingclub.com/johnnyraycentury/>

**October 6 (Sun), Lake Mary, FL
CF Cycle For Life**
<http://www.cff.org/Chapters/orlando/index.cfm?>

**October 12 (Sat), Tallahassee, FL
30th Annual Spaghetti 100**
<http://www.cccyclists.org/spaghetti100/>

**October 12 (Sat), Montgomery,
AL Glassner Autumn Challenge**
<http://www.mgmbikeclub.org/autumnchallenge.html>

**October 14-18, Cross City, FL
Gulf Coast Highlight Tour**
<http://www.gulfcoasteventstours.com/>

**October 19-20, Gainesville, FL
Gainesville Cycling Festival**
<http://gccfla.org/gcf/>

**October 19 (Sat), Polk City, FL
Van Fleet Trail Cycling Challenge**
<http://www.vanfleettrailcyclingchallenge.com/>

**October 20 (Sun), Flemington, FL
Horse Farm Tours**
<http://gccfla.org/gcf/>

**November 2-3, Daytona Beach,
FL RAAM Florida Cycling
Challenge**
http://florida.raamchallenge.com/rs/index.php?N_webcat_id=282

**November 15-16, Miami, FL The
SMART Ride**
<http://www.th smartride.org>

**November 18-22, Cross City, FL
Gulf Coast Highlight Tour**
<http://www.gulfcoasteventstours.com/>

TIME TO RENEW! 2013 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 an * in front of your name? If you do, you are signed up as a member of the Emerald Coast Cyclists for 2013. If you don't see an *, you are not signed up yet for 2013 ECC membership.

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".

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 "robbrennie@mac.com" and I'll add you to the mailing list. In the same token if you're getting them and want them to stop, drop me a line to let me know to take you off the list. In the subject line I ask you to title it ECC. That way I won't delete the email because I don't know the sender.

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



www.eccyclists.com

More Rides!! (Please note that the rides sponsored by the ECC are indicated by **)

Every **Saturday** at **7:30, 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. A more moderate ride starts at 4:45 PM. 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.

**** Third Thursday Road Time Trial for 2012 – April 18th, May 16th, and June 20th**. Meet at the beginning of Ranger Camp Road. The Time Trials will start roughly 1/3 mile beyond where the cars are parked and go to the top of 5-mile hill and reverse course to the start point (a total of 10 miles). For details call **John Stamp** at **897-6862**. First rider departs promptly at 5:01 PM. Make sure you have your Range Pass and a photo ID.

★ In Memory Of Sean Livesay ★

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

--William James