

PACELINE



The Newsletter Of The Emerald Coast Cyclists

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Jul/Aug/Sep 2013

President's Line....by Robb Rennie

As I write my second to last President's words to the club membership I would like to offer a few topics to muse about.

1. While hammers are supposedly the Marine Corps Harrier's (jet) mechanics favorite tool, if you have to muscle or whack something on your bicycle to get it into the right alignment etc, think again. "There's a tool for that." Bicycles are very well engineered and finesse with a tool vs. brute force will let your bicycle take care of you.

2. I love Phil Liggett's description of Voeckler's ride in the 2011 Tour de France, "he's tonking a huge gear, you can see him use his upper body to help drive the pedals." Recently, I have seen some paceline riders in their 53-12 on the flats tonking a big gear and using their upper torso to drive the pedals. Ouch. I believe in cog-parity. If the chain is in the middle of the cog in the bicycle in front of me, then that's where my chain should be too. I'll concede up one or down one based on skill or cadence preference. But 3 or 4? There's only one Danny. No way for the rest of the riders in the paceline.

3. The RIDE SCHEDULE. Seven years ago when I returned to the area, the ride schedule was king. So was the 5PM start time for the Tuesday night ride. While I was not all that worked up about the 5PM start time for the Tuesday night ride moving around, I was getting worked up over the years as the ride schedule starting moving around. Before smart phones it took a lot of phone calls to have riders decide to do something else. Today? About 5 minutes on our facebook club site via a smartphone and the ride is changed from what is in the Ride Schedule to something else. So bottom line, the ride schedule is a guide. Check the facebook club site for the latest details on where the club is going to ride. The ride schedule is just a suggestion.

And in closing - food for thought. We used to ride north of I-10 in the summer frequently because of the intense "vacationer not used to cyclists on the road" travelers in our area syndrome. Today we seem to be riding in the thick of the vacationers at the height of the tourist season. While I would like to believe today's drivers are more aware of cyclists than drivers of years past, personally, I'll drive to the northern rides in the ride schedule and spend the \$5 in gas vs. putting my well being on the line during the tourist season in cowboy country.

Rubber side down and be safe.

ECC Picnic Ride – July 13, 2013

Moved from May 11th due to bad weather

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).
- ◆ **10:30 AM** the main ride following a route around Rocky Bayou (10-12 miles).

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

Take the week of the 4th of July off. The next ECC meetings will be on Wednesday, **July 10th**, **August 7th**, and **September 4th** at **Mango's** (formerly **Scully'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.

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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2013 Club Officers

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Vice President: Charlie Helms
Secretary: Rich Gugliemino
Treasurer: Peggy Helms

2013 ECC Board

Social:
Bike Safety: Steve Fikar
LAB Rep: John Stamp
FBA Rep: John Stamp
USA Cycling Rep: Robb Rennie
Off Road Rep:
PACELINE Publisher: Paul Logan
ECC Website: Peggy Helms, Jerry Williams
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 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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8 Reasons to Ride the Cherohala Challenge

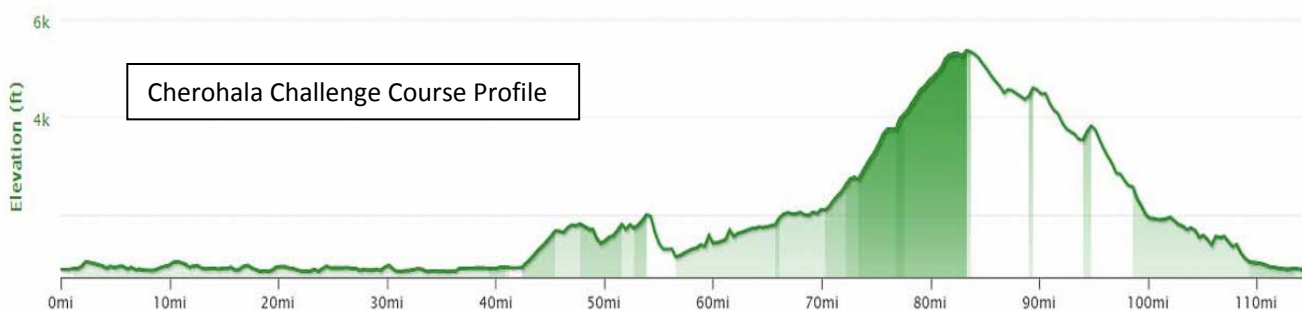
by Paul Logan

Hosted by the Smoky Mountain Wheelmen, the Cherohala Challenge (starts in Tellico Plains, TN) is a full day of long sweeping corners, majestic views, and challenging climbs as you wind your way through the Cherokee and Nantahala Forests. Cyclists from all over come to endure either the 65 or 115 mile challenge that includes an ascent to the top of the Cherohala Skyway. Bonnie and I recently completed the metric and standard Challenges, respectively, and we've come up with 8 reasons you should consider riding it.

1. You get to ride the "Tail of the Dragon." (Standard Century only) At approximately the 42 mile mark you'll get to conquer the famous "Tail of the Dragon." With 318 turns over an 11 mile span this section is not for the faint of heart! The Dragon generally has lots of traffic in the way of motorcycles, but not to worry the Wheelmen have taken care of that. First, you get there early enough that the traffic isn't bad. Secondly, a local motorcycle club supports the entire ride and stays behind you to slow down any would-be overtaking traffic.
2. You're tired of Flat-rida. The standard century boasts over 9,000 feet of elevation gains. There are 11 categorized climbs. The hardest of which is the Cat 1 climb up the Skyway. It's just over 13 miles long, with gradients similar to those of the Tour de France. The metric century is no picnic either. Although there are 9 categorized climbs 7 of them come in the first 32 miles. Pretty much from the gun you are going uphill. The beauty of it is after you turn around at the top, it is downhill most of the way home (see the next reason).
3. You like going downhill really fast! The descents, particularly on the Cherohala Skyway are long, wide open sweepers. No white knuckles necessary.

4. Incredible views! If you're not riding for a particular time, you'll want to stop at the scenic overlooks to take in the breathtaking views. I personally rate it among the top 3 most beautiful rides I've ever done.
5. The first 70 miles is the warm-up. Though you've tackled the Dragon, and all the other lumpy bits, the real climbing doesn't start until you've hit just over 70 miles into the ride. So, you'll be good and warmed up!
6. To check it off your bucket list. If this ride is not on your list, you'll want to add it. Personally, this ride wasn't on my radar until Sam Sutton told me about it (I still believe Sam knows every ride and road in the southeast and more).
7. You'll get your picture taken at least 50 times. Don't you occasionally wish you had a really nice picture of you on your machine? There are numerous photographers (too many to count) all along the route. They are not necessarily associated with the ride, but are always there taking pictures of people on their motorcycles and cars and then selling them on the web. So far, I've come across 65 proofs of myself, and I am sure there are more.
8. One of Bicycle Magazine's "100 Best Climbs." Not just in America, but all over the world.

There are other reasons I could have added to the list, such as, plenty of well-stocked rest stops in strategic locations, some of the friendliest people you'll ever meet, and closer than Six Gap or Mount Mitchell. However, any of these taken alone could be reason enough to consider this ride. Combine them, and it becomes a "MUST-DO." See you next June?



The Undefeated 2-Day Ride (October 12-13) Presented by the EOD Warrior Foundation

- Are you up for a fun challenging weekend on your bicycle?
- Would you like to ride for a cause?
- This two day ride, with a route just under 200 miles, is sure to be a fun weekend. (Ride starts and finishes in Niceville FL. with a Panama City overnight)
- If you are interested in this ride go to www.eodride.org, Check out the site, and register as a RIDER (Local Contact: Michael Harris (850-218-9136))
- You will be required to raise \$1000 for the Wounded EOD Warrior Foundation (you will have your own personalized active.com web page with links to facebook to help you raise the funds)
- We are limiting the ride to 50 riders - so register fast.
- The ride is fully supported: motel, dinner, breakfast, sag support, EOD ride kit and T-shirt included. Special prizes for top fund raisers.



Fenner McConnell / Matt Wantz Ride Saturday, October 19, 2013 -- 8:00 AM Milton Community Center 5629 Byrom St, Milton, Florida

Riders may register no later than 10/14/13 or via Active.com Early Registration is \$40, by 10/14/, thereafter \$50. Registration includes: T-shirt, fully supported rest stops, limited sag support, post ride meal, and great prize opportunities. Day of Ride registration begins at 7:00 A.M.

30th Annual Spaghetti 100 November 9, 2013

Join Capital City Cyclists for the 30th Annual Spaghetti 100 on November 9, 2013. This iconic ride starts at the Miccosukee Community Center and rides into the scenic back country of North Florida and South Georgia. The road routes take riders through historic Thomasville and Boston in Georgia and then through Monticello in Florida. The dirt routes are non-technical, following the beautiful canopied clay roads through the heart of classic Red Hills plantation country.

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	<p>BIG DADDY'S Bike shop 2217 Scenic Hwy. 30-A Santa Rosa Beach, Fl. 32459 850-622-1165</p> <p>MON-SAT: 9-5 PM Closed Sunday</p> <p>Sales Repairs Rentals</p>	<p>Dealer</p> <p>JAMIS SCHWINN GT KHS FUJI</p>
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Third Thursday Time Trial (Road)

Fourteen riders came out in **April** to challenge the clock for the 10 mile road time trial. It was a partly cloudy (74°) day with a strong tailwind going out and a strong (some said even stronger) headwind coming back. **David DelPrado, Sean McSheehy, T.J. Kalusutis,** and **Scott Ewing** all broke the 25 minute barrier. 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	42:37	14.1	Robb Rennie	58	26:40	22.5
Curtis Duvall *	22	33:06	18.1	Jim Conway	67	26:37	22.5
Chris Groat	47	30:20	19.8	Jennifer Talley	33	28:10	21.3
T.J. Kalusutis	45	24:36	24.4	Walt Mirth	45	25:45	23.3
Joe Coker	58	30:58	19.4	Scott Ewing	55	24:58	24.0
Lori Mihalcik	48	28:39	20.9	Bill Magboo	48	27:15	22.0
David DelPrado	46	24:21	24.6	Sean McSheehy	50	24:26	24.6

* Hybrid bike

Fourteen riders came out in **May** to challenge the clock for the 10 mile road time trial. It was a clear, sunny (79°) day with a tailwind going out and (unfortunately) a headwind coming back. **Walt Mirth** 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	41:42	14.4	Curtis Duvall *	22	31:54	18.8
Robb Rennie	59	25:37	23.4	Dan Steighner	51	26:08	23.0
Jennifer Talley	33	26:47	22.4	Mike Radford	56	25:20	23.7
Wendy Ewing	51	25:41	23.4	Rich Gugliemino	45	27:08	22.1
Charlie Helms	52	28:00	21.4	Jim Conway	67	26:16	22.8
Jeff Campbell	43	35:30	16.9	Walt Mirth	45	25:04	23.9
Mark Cole	55	27:25	21.9	Mike Stamp	42	31:35	19.0

* Hybrid bike

Twelve riders came out in **June** to challenge the clock for the 10 mile road time trial. It was a partly cloudy day (82°) with virtually no wind. **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	42:11	14.2	Curtis Duvall *	22	31:15	19.2
Jennifer Talley	33	26:20	22.8	Debbie Simmons	55	31:46	18.9
Robert Simmons	56	30:44	19.5	Charlie Helms	52	27:50	21.6
Chad Smith	40	24:32	24.5	Mike Radford	56	24:28	24.5
Scott Ewing	55	24:05	24.9	Bill Magboo	48	26:38	22.5
Jim Adams	50	27:04	22.2	Tammy Eitel	43	42:12	14.2

* Hybrid bike



Jul/Aug/Sep 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!!!

► **June 29, 7:00 AM – Ruckel Middle School – North Ride** - Meet at Ruckel Middle School for an intermediate to fast pace ride up **Hwy 285, Bob Sykes Rd**, north to **Hwy 90 to Mossy Head** and return via **Hwy 285**. The ride length will be 40 to 65 miles.

► **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 an intermediate to fast pace ride.

► **July 13, 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.**

► **July 20, 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** in Bluewater Bay at **6:00 AM**. It will be an intermediate to fast pace ride.

► **July 27, 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.

► **August 3, 7:00 AM – Ruckel Middle School – North Ride** - Meet at Ruckel Middle School for an intermediate to fast pace ride up **Hwy 285, Bob Sykes Rd**, north to **Hwy 90 to Mossy Head** and return via **Hwy 285**. The ride length will be 40 to 65 miles. ***Designated Club Jersey Ride.**

► **August 10, 7:30 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 **6:30 AM** start from Ruckel Middle School.

► **August 17, 7:30 AM – Mossy Head – Ponce de Leon - Mossy Head Community Center** 1 mile east of the junction Hwy 285 and Hwy 90 for a 55 mile moderate to fast paced ride. Make it a 95 mile ride with a **6:30 AM** start from Ruckel Middle School.

► **August 24, 6:30 AM – Shalimar-Mossy Head** - Start at **Rocco's Sub Shop** (Next to McDonalds) in Shalimar for an intermediate to fast pace 55 mile ride to Mossy Head and back.

► **August 31, 7:30 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 **6:30 AM**. It will be an intermediate to fast pace ride.

► **September 7, 7:00 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. ***Designated Club Jersey Ride.**

► **September 14, 7:30 AM – Holt-Blackwater Forest Loop** - Meet at the Old School across the street from the **Holt Post Office** on Hwy 90 for an intermediate to fast pace ride. Distance is 54 miles.

► **September 21, 7:00 AM – Ruckel Middle School – North Ride** - Meet at Ruckel Middle School for an intermediate to fast pace ride up **Hwy 285, Bob Sykes Rd**, north to **Hwy 90 to Mossy Head** and return via **Hwy 285**. The ride length will be 40 to 65 miles.

► **September 28, 7:30 AM – N. County Ride** - 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.

► **October 5, 7:30 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 **6:30 AM**. It will be an intermediate to fast pace ride. ***Designated Club Jersey Ride.**

► **October 12, 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.

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/

July 6 (Sat), Punta Gorda, FL
Wheels and Wings IV
<http://www.peacriveridersbicyclclub.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://gfncs.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/spagheti100/>

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/rN_we

November 15-16, Miami, FL
The SMART Ride
<http://www.thesmartride.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. 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.

**** Third Thursday Road Time Trial – July 18th, August 15th, September 19th**. 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