

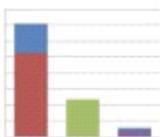


*Next CBC Meeting - August 20, 2018*

**The Tailwind 080118**

**Survey Announcements**

**View CBC Survey Results!**



To view the CBC Survey results, go to the **MEMBERS** tab on the CBC Club website. Then choose **CBC MEMBERSHIP SURVEY RESULTS**.

**3-State 3-Mountain Challenge Survey!**



This short survey gives us all a chance to share our thoughts, opinions, and ideas about the 3-State 3-Mountain Challenge.

Should we resume hosting the 3-State 3-Mountain Challenge?  
If so, what should it look like? What should it cost?

If you have not taken the survey already, please take a few minutes to answer the questions at

<https://www.surveymonkey.com/r/QKBR99W>

Thanks for your time!!!

**Study: Bicyclists' risk of injury doubles if they lack most up-to-date helmets**

**Exerpts from Times Free Press, July 5th, 2018 by Staff and Wire Reports in Local Regional News**

WASHINGTON — The next time you hop on a bicycle to head across town, consider this: your helmet may not perform well enough in an accident.

A first-of-its-kind study using the latest techniques for simulating head injuries found significant variations in how bike helmets protect against concussions.....

An estimated 81,000 people went to U.S. emergency rooms for bike-related head injuries in 2015, the most for any sport, according to the National Highway Traffic Safety Administration. And that doesn't include those who went to private doctors or didn't seek treatment.....

One of the key findings is that a relatively new technology known as Multi-Directional Impact Protection System, or MIPS, can lessen the risk of concussion. MIPS-equipped helmets have an inner layer that allows the head to slide and twist slightly in an impact, lessening the forces that cause trauma.....

Some helmet manufacturers are beginning to move almost exclusively to the technology, he said. Companies used to send local bike shops helmets both with the technology and without it. The helmets with MIPS would have a \$20 markup. Now, the manufacturers are automatically adding the markup into the price of the helmet and sending only those with MIPS.....

However, there are other factors local bike shops have to consider when trying to sell helmets. One of the keys is convincing people to wear them. To do that, the shop considers color pallet, venting and general overall look to make sure helmets sell. Different types of riders are looking for different styles and have different needs.....

Price also didn't seem to play much of a role in the level of protection, the study found. The Bontrager Ballista MIPS, which lists for about \$200, and the Specialized Chamonix MIPS, about \$75, each earned five stars.

That won't help in all cases, however. Government accident data show that more than half of the

people who die in bike collisions with motor vehicles weren't wearing helmets. "The other trick is to get cyclists to wear them," Zuby (David Zuby, an avid cyclist who is executive vice president and chief research officer at the insurance institute, helped get the study started two years ago as he saw the growth in deaths and injuries.) said.

*Note from Daisy: This is just parts pulled from the entire article that can be found at: [Time Free Press link](#).*

**Learn to Ride a Bicycle  
Monday, August 13 | 4:00 or 6:00 p.m.**



Outdoor Chattanooga offers free Learn to Ride a Bicycle classes the 2nd Monday every month. Learn (or re-learn) how to ride a bicycle or in as little as one class with Outdoor Chattanooga's experienced instructors. Classes consists of a set of exercises and safety drills that are designed to help beginner riders of all ages progress at their own speed and ability. In case of inclement weather, the class will be held inside the Outdoor Chattanooga facility. Outdoor Chattanooga can provide bicycles and a helmet for learning. All participants must wear a helmet. Reservations required in advance as space is limited. Call 423-643-6888 to learn more and register. Cost: Free. Recommended for ages 5+.

[Learn to Ride a Bicycle](#)

**Chickamauga Battlefield Historic Tour by Bicycle, August 18**



The public is invited to join this leisurely-paced historical bicycle ride, which takes approximately two hours. National Park Service rangers will talk about the history of the battlefield while Outdoor Chattanooga staff and volunteers provide ride leadership and support.

Loaner bicycles from the Outdoor Chattanooga Mobile Bicycle Fleet will be available for riders five feet tall and over at no charge, thanks to sponsorship from the Friends of the Park and the Chattanooga Bicycle Club. Reservations for these bicycles are required, contact the Chickamauga Battlefield Visitor Center at (706) 866-9241.

The tour begins at 9:30 a.m. at the Chickamauga Battlefield Visitor Center. Ride length is approximately three to four leisurely miles on flat to moderately-hilly terrain. The rides are considered beginner friendly and are appropriate for adults, and children ages eight and older when accompanied by an adult. Please, no training wheels. All participants are required to wear helmets. (Supported by the Friends of the Park and the Friends of Outdoor Chattanooga.)

**Bike Commuting 101**  
**Monday, August 20 | 6:00 - 7:00 p.m.**



Learn the rules of the road and riding techniques to be a confident and predictable bike commuter by attending this free class offered the 3rd Monday each month by Outdoor Chattanooga's League of American Bicyclist certified instructors. Classroom learning followed by an optional group ride to practice learned skills. Cost: Free. Registration required in advance. Ages 14+ with participating adult. All participants must wear a helmet during the ride. Bikes and helmets available for use.

[Traffic Skills - Bike Commuting 101](#)

**Mountain to Town Bike Adventure**  
**Friday, August 24 | 9:00 a.m - 12:00 p.m.**



Join Outdoor Chattanooga for an all-inclusive and guided downhill bike adventure from Lookout Mountain to downtown Chattanooga. Enjoy scenic views of the city from the top of the mountain while cruising down the Guild Trail until it connects with the Tennessee Riverwalk and follows the shores of the TN river all the way back into town. Outdoor Chattanooga's experienced guides will be with you during the ride providing support and instruction. You can use your own bike or borrow one of ours at not additional cost. Cost is \$25 per person which includes guided tour with shuttle and use of bike if needed. Ages 10+ with participating adult. Must know how to confidently ride a bike.

[Mountain to Town Downhill Bike Adventure](#)

**Oktoberfest Chattanooga Challenge - Oct 13**



The OKTOBERFEST CHATTANOOGA CHALLENGE pairs an amazing bike ride with the best beer festival in the Southeast! Choose between a full 100-mile century or a 50-mile half-century on the most scenic roads in the tri-state region, including a closed-road climb up Lookout Mountain! [ChattanoogaChallenge.com](http://ChattanoogaChallenge.com). Event organizer Shannon Burke, owner of Velo View Bike Tours, touts the ride as an affordable, scenic ride organized by locals. It's also an event Burke believes could fill the void left by the canceled 2018 3-State 3-Mountain Challenge.

"The Oktoberfest Chattanooga Challenge is my answer to the lack of a hometown ride," Burke said in an email to the Times Free Press. "Yes, we'll have the Hincapie Gran Fondo in May, which I'm sure will be great, but I felt that Chattanooga needed a century ride put on by locals at a price point that was accessible to a wider audience."

Registration is now open at [veloviewbiketours.com/chattanooga-challenge](http://veloviewbiketours.com/chattanooga-challenge). It includes tickets for two beers and food at Oktoberfest, parking, a T-shirt and a water bottle. The event is \$40 for those who register before Memorial Day, \$50 for those who register between Memorial Day and Labor Day and \$60 for those who register after Labor Day. Registration closes Oct. 7.

### **Halloween Half-a-Hundred October 27, 2018, Jasper, TN**

Come out and enjoy the fall weather in scenic Marion County. **The Big Pumpkin** will be a challenging, yet scenic 51 mile ride through the Sequatchie Valley, over Suck Creek Mountain and through the Tennessee River Gorge via River Canyon Road/Mullins Cove Road.

**The Little Squash** will cover 30 miles just as scenic as the Big Pumpkin, without the challenging Suck Creek Mountain climb.

All riders will receive a T-shirt, post ride freshly grilled hamburger and cold beer courtesy of Stevarinos Restaurant in South Pittsburg.

Both rides will be fully supported with on-course SAG and rest stops. Registration fee: \$35.00.

Bring your family and stay around for the Jasper Lions Club Jackolantern Jamboree on the Square. Lots of free fun for the entire family including trick-or-treating, games, music, and food.

If you have any event questions please feel free to reach out to the Ride Director. Barry Allen can be reached at (423)667-4609 or [ballen197374@yahoo.com](mailto:ballen197374@yahoo.com).

To register, go to:

<https://www.bikereg.com/39321>

### **Ride Pictures**

Urban Ride Nickajack Loop - Sandy Mauser, David Bennett, Gray Fletcher, Mike Hartline, Daisy Blanton, Pete Williams, Beverly Short, and Chuck (photographer)



We had 11 riders and great weather on the Riverpark Leisure 20-30 on July 27, 2018: Mike Hartline, Gray Fletcher, Raleigh Cooper, John Oakey, Romy Oakey, Gary Jamerson, Beverly Short, Pete Williams, Daisy Blanton, Scott Carbaugh, and Chuck (photographer).



Same group, different view.



Gary Jamerson, Mike Hartline, Pete Williams and Scott Carbaugh Standing in the back.



Scott Carbaugh, Raleigh Cooper, Daisy Blanton and Beverly Short



Raleigh Cooper, Daisy Blanton, Gray Fletcher and Beverly Short



Ladies ride to the Dari Dip, which was closed, ended up being a ride to The Station House. Fun time with the girls!



Delicious lunch at The Station House in Lafayette, GA. — with Michelle Anderson, Sharon Russell, Daisy Blanton, Debrah Mynatt, Becky Buckles, Peggy Olson, Gray Fletcher and Beverly Short.



Becky Buckles wanted her picture taken by her 'matching' train car.





## RAGBRAI

The last day on RAGBRAI ... Rode 80.1 miles from Iowa City to Davenport. For the week, rode 499.2 miles and walked 35.8 miles. It was a great week ... super weather and loads of fun. Joe Nivert



This needs no comment!



RAGBRAI Day 5 and 6 ... Day 5 was the Karris Loop Century from Newton to Sigourney ... 106.7 miles with plenty of hills and wind. Day 6 ride to Iowa City was 63.7 miles. Saw the official RAGBRAI street cleaner this morning.





### **Weekly CBC Birthdays**

**August 2 - 8**

Can't tell the birthdays for this week so will list this and next week in next week's Tailwind. Computer problem.

### **Monthly Membership Notices**

Please be sure to notify us of any email change since all our communication is generally online. Thanks.

### **Welcome New and Returning Members for the Month of July**

Bob Connelly, Bonnie & Steve Hancock, Jonathan Poole, Rita Pendergast, Marty Pinson, Gary Gesualdi & Kitty Garrett, John Harward, Peter Teruya, Sandy Lowery

### **Membership Renewals Due in the month of August 2018**

David Eargle, Dana Lefever, Sheila Lawhon, Lee Reed, Anthony Gilmore, Debbie Bowman & Sandy Mauser, Steve Harwood, John & Chris Vass, Mike Burgen, Matthew Overstreet

[Renew Online](#)

### **2018 July Club Meeting Minutes & July Agenda**

**2018 July club meeting minutes.**

<http://chattanoogaclub.com/wp-content/uploads/2018/07/July-2018-mtg-minutes.pdf>

**2018 July club monthly meeting agenda.**

<http://chattanoogaclub.com/wp-content/uploads/2018/07/CBC-General-meeting-agenda-7-16-18-final.pdf>

**This Week's Upcoming Rides - check the CBC ride calendar for more details and activities** <https://chattanoogaicycleclub.com/ride-calendar/>

**Wednesday, Aug 1, 6:00 PM - Red Bank Ride - The Usual One** - Leave from the Old Red Bank BI-LO site, corner of Browntown Rd and Dayton Blvd, at 6:00 PM. Ride 23 to 27 miles depending on route, 13-14 mph. Martin Penny, 423-667-6933, [hmartin.penny@gmail.com](mailto:hmartin.penny@gmail.com)

**Thursday, Aug 2, 8:30 AM - Urban Ride - St Elmo to Chickamauga, the Salem Rd Version** - Meet at the Food City Parking lot in St Elmo and be ready to ride at 8:30am. This is a slower paced ride and we'll stay together as we ride to Chickamauga through Chattanooga Valley then back to St Elmo. Will regroup as necessary but no one will be dropped. We'll make our way back to St Elmo over the stinger on Salem Rd. 30 miles, 12 mph +/-, no drop. Rain cancels ride!!! The weather for Thursday looks iffy so watch the calendar for changes or cancellations. Call the ride leader if you have questions. Gray Fletcher, 423-304-0482, [agf.other@gmail.com](mailto:agf.other@gmail.com).  
Ride With GPS cue sheet: <https://ridewithgps.com/routes/28212341>

**Thursday, Aug 2, 6:00 PM - Battlefield Ride: 18 mph** - Come ride through the Chickamauga Battlefield and quiet county roads of north Georgia. This posting is for faster riders. Leave from the Chickamauga Battlefield visitor center at 6:00. 15-30 miles, 16 mph+.  
Ben Keim, (423)504-8597, [benkeim03@hotmail.com](mailto:benkeim03@hotmail.com)

**Thursday, Aug 2, 6:00 PM - Battlefield Ride: 14-16 mph** - Come ride through the Chickamauga Battlefield and quiet county roads of north Georgia. This posting is for intermediate riders. Leave from the Chickamauga Battlefield visitor center at 6:00. 15-30 miles, 14-16 mph+.  
Tony Perri, (239)370-0713, [tony@perrimarketing.com](mailto:tony@perrimarketing.com);  
Sharon Russell, (423)240-2700, [slr.tnruss@gmail.com](mailto:slr.tnruss@gmail.com);  
Regina Martin, (423)414-1256, [reginamartin0308@gmail.com](mailto:reginamartin0308@gmail.com)

**Thursday, Aug 2, 6:00 PM - Battlefield Ride: 12-14 mph** - Come ride through the Chickamauga Battlefield and quiet county roads of north Georgia. This ride is geared toward Advanced Beginners and anyone wanting to ride at a slower pace without the vehicle traffic. The emphasis will be on safety and fun while riding in a group. We will ride in and around the park while avoiding busy public roads. The restrooms at the visitor center may or may not be open. MY RULES: Helmet, Water Bottle, Extra Tube and Air Supply are required. I start the ride at the posted time, please don't be late, I won't wait. I will cancel for bad weather or wet roads. If you have any questions, please text or call and leave a message, I will get back to you. Leave from the Chickamauga Battlefield visitor center at 6:00. 20-25 miles, 12-14 mph, no drop.  
Tim Blaes, 423-364-0890, [timblaes@epbfi.com](mailto:timblaes@epbfi.com).

**Friday, Aug 3, 9:30 AM - Riverpark Twenty or Thirty Mile Leisure Ride**

This ride consists of two loops. The first loop is a leisurely ride that follows the Riverwalk from the Hubert Fry Center to the Wheland Foundry Station in St. Elmo, and then returns to Hubert Fry Center. The ride has a "bring your own snack" stop at the Blue Goose Hollow Station on the way back from St. Elmo. Near the end of the loop, riders have the option of either heading back to Hubert Fry Center, or adding the second loop, a ten mile ride that follows the South Chickamauga Creek Greenway. 20 or 30 miles (Rider choice!), 9-10 mph, no drop. The average speed for the second loop will be a bit higher!  
<https://ridewithgps.com/routes/26460895>  
Chuck, 865/321-0893, [cjp0124@gmail.com](mailto:cjp0124@gmail.com)

**Saturday, Aug 4, 8:00 AM, Bountiful Blessings Bakery 1/2 Century Ride** - Tom Ingledew may have moved away but the legend lives on! This is a modified version of his Famous Bountiful Blessings Bakery Ride.  
Let's meet in the lower lot at the Visitor's Center of the Chickamauga Battlefield for a group/social ride

down to Lafayette and the Bountiful Blessings Bakery. There, we can refuel on sweet treats or sandwiches for the return ride.

#### DETAILS

~ 08:00 am

~ restrooms available at the start

~ 50 miles

~ Gonna be hot, so on the way back, we'll have an additional store stop in addition to the main stop at the Bakery

~ This is a no-drop social ride

~ Sharon Russell will lead those wanting a faster paced ride (expect a 15+ mph at ride's end) and Lou Pape will lead a slower paced version (expect a 13-14 mph average at ride's end)

~ cue sheets will be available

~ Rain may cancel. Check back here before ride start for updates

Ride With GPS App download, Garmin download, maps, and cue sheet available at this link... <https://ridewithgps.com/routes/22875745>

Lou Pape, 423/580-3691

**Sunday, Aug 5, 7:00 AM - W Road Ride (climbing ride)** - This is a quick Sunday morning training ride starting at 7:00 AM at Pruitt's on Taft Hwy. I go down Highway 127 from the Signal Mountain Shopping Center to the bottom of the mountain, cross over to Mountain Creek Road, to the W Road, up to the top of the mountain and back to the shopping center. A good workout in one hour. Best time of the week to ride up the W, least traffic. 14 miles, 12-13 MPH. Come join me on this weekly ride. Alan Voss, 423-827-5658.

**Monday, Aug 6, 6:00 PM - Beginner Ride** - We'll start this ride in the Hospice parking lot on Hamm Road across from Friends of the Festival. Take Manufacturer's Rd west to Hamm Rd (turn left about 1/2 mile from US-27). Parking lot is about 1/8 mile on the right. Start time: 6 pm, 5-20 miles, average speed varies, depending on who attends. This ride is to help new and returning riders develop skills, strength and stamina. The route, which may vary from week to week, will be in the Moccasin Bend/White Oak/Red Bank area. NO DROP RIDE. Inclement weather cancels the ride. Please contact ride leader if you have any questions.

Jim Trimble, [jimmit.t@gmail.com](mailto:jimmit.t@gmail.com) (478)287-0588 and

John Hubbard, [johnhubbard46@yahoo.com](mailto:johnhubbard46@yahoo.com) (423)432-9748

**Monday, Aug 6, 6:00 PM - Monday Night City Ride-13-15 mph** - Ride will start at Riverview Park on Riverview Rd at 6:00 PM. Front and rear lights will be needed. We've been riding the Burnt Mill Loop course. Fun ride with some rollers. 30 miles, no drop.

Chuck, (865)321-0893, [cjp0124@gmail.com](mailto:cjp0124@gmail.com).

**Monday, Aug 6, 6:00 PM - Monday Night City Ride-16+ mph** - Ride will start at Riverview Park on Riverview Rd at 6:00 PM. Front and rear lights will be needed. We've been riding the Burnt Mill Loop course. Fun ride with some rollers. 30 miles, no drop.

Mark Jacobs, (423)653-4753, [markj@foodliner.com](mailto:markj@foodliner.com).

**Tuesday, Aug 7, 9:00 AM - N GA Lite** - This is a ride that takes place every Tuesday morning. Its location and time are variable. If the ride calendar is not edited with specific information, that means there is no ride leader and there won't be a ride that day. We will try to have a ride each week. 20-35 miles, 10-13 mph, no drop.

Daisy Blanton, 706/820-1157 h, 423/243-8203 c, [DaisyBRider@cs.com](mailto:DaisyBRider@cs.com)

**Tuesday, Aug 7, 6:00 PM - Battlefield Ride 12-14 mph** - This ride is geared toward Advanced Beginners and anyone wanting to ride at a slower pace without the vehicle traffic. The emphasis will be on safety and fun while riding in a group. We will ride in and around the park while avoiding busy public roads.

Leave from the Chickamauga Battlefield Visitors Center, lower parking lot at 6:00 PM. The restrooms at the visitors center may or may not be open. MY RULES: Helmet, Water Bottle, Extra Tube and Air Supply are required. I start the ride at the posted time, please don't be late, I won't wait. I will cancel for bad weather or wet roads. If you have any questions, please text or call and leave a message, I will get back to you. Tim Blaes, 423-364-0890, [timblaes@epbfi.com](mailto:timblaes@epbfi.com)

**Wednesday, Aug 8, 6:00 PM - Red Bank Ride - The Usual One** - Leave from the Old Red Bank BI-LO site, corner of Browntown Rd and Dayton Blvd, at 6:00 PM. Ride 23 to 27 miles depending on route, 13-14 mph. Martin Penny, 423-667-6933, [hmartin.penny@gmail.com](mailto:hmartin.penny@gmail.com)

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