



Next CBC Meeting - August 20, 2018

The Tailwind 080818

Upper Sequatchie Valley Loop -- with picnic! - Aug 18, 9:00 AM EDT

This will be a fun day—a loop ride with a picnic lunch at Head of Sequatchie State Park!

We'll have a picnic lunch catered by Starling Cafe of Pikeville at a cost of \$12 per person, payable at the picnic.

If you wish to have the catered lunch, please inform the ride leader by **August 8** at jim@biketours.com, and note if you have any dietary restrictions.

We'll ride about 19 miles from Pikeville to the turnaround point: the beautiful and remote Head of Sequatchie State Park. The park is open once a month, and today's the day! It's part of the Cumberland Trail and is beautiful! There are restrooms and water.



We'll be able to view the spring that's the origin of the Sequatchie River and dip our toes in the creek. It's an idyllic scene and an enjoyable place to relax. We can do a short, easy hike (bring appropriate shoes) to view the entrance to Devilstep Cave, the exterior of the Cave Springs schoolhouse and the Sherrill family cemetery. More at <https://www.facebook.com/headofsequatchie>.



Then we loop back to Pikeville.

This route is under consideration as part of the developing Sequatchie Valley Scenic Bikeways, and this will be your ride leader's first time on it. Start time is Eastern, although ride start is in Central.

Distance: 38.5 miles, 11-13 mph.

Total Climbing: 2206' feet.

Park on Main Street in downtown Pikeville in front of the Bledsoe County Courthouse (clean restrooms are open to the public starting at 7:30 Central Standard Time).



Much of the ride takes us through wide-open farmland with beautiful views of the valley walls beyond. You may notice that these walls come closer together the farther north we ride as the valley starts to transition into a hillier landscape.

You'll also notice around Mile 17 that the Sequatchie River resembles more of a clear mountain stream

at this point than the cloudy river lower in the valley.

The loop back to Pikeville features a 17-mile stretch with no turns, just beautiful farmland and countryside.

Jim Johnson, 423-313-5256, jim@biketours.com

<https://ridewithgps.com/routes/28219622>

Chattooga Century - August 11



Take a tour of the lovely North Georgia mountains with the option of 15M, 30M, Metric, Century and 125M rides. The rolling terrain will accommodate all riders with the Century and 125M options testing even the most experienced riders with a climb up beautiful Lookout Mountain. All routes will be SAG'd and rest stops plentiful.

Ride date is August 11, 2018 at 8:00am.

There are 5 route options: 15M, 30M, Metric, Century and 125M.

Great on-route support and food stops!

Registration is \$35 if registered online by August 9, 2017. Registration is \$45 after deadline and day of ride. [Register online or by mail.](#)

Sign in from 6:00AM until 8:00AM August 11th at Chattooga High School Gym.

[Chattooga Century.](#)

A note to CBC members from Uwe Zitzow

Hello Folks,

A number of Carol's friends have been asking about making a donation in Carol's name and wanted to know what organizations she would like to have supported.

Carol's love for canoeing and biking has made her keenly aware of the need to protect and expand the availability of places where you can do both. But she had not given much thought about what organizations would help benefit these outdoor activities the most, probably unaware, as I am, just what organizations exist and exactly what they do.

Based on my cursory search, however, I believe that [The Trust for Public Land](#) might be a good choice. They are responsible for obtaining the land that a lot of the *Riverwalk/Greenway* and *Stringers Ridge* trails have been built on and have perhaps even supported of the [Rails-to-Trails Conservancy](#). So would [American White Water](#) whose mission is to conserve and restore America's whitewater resources.

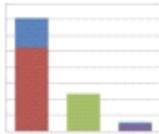
I'm sure there are a number of other organizations with similar missions. If you'd like to make a donation to the organization of your choice, I'm sure Carol would prefer that your donations be earmarked for use in the local and regional areas of Tennessee, Georgia and North Carolina.

I very much appreciate your interest and your kind thoughts about Carol.

Uwe Zitzow

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!!!

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 thru December. Learn (or re-learn) how to ride a bicycle in as little as one class with Outdoor Chattanooga's experienced instructors. Classes consist 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. 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. 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.

To register, go to:

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

Ride Pictures

We had 11 riders on the Riverpark Leisure 20-30 on August 3, 2018. It was a beautiful day, but part of the gang got caught in one heck of a summer downpour in the parking lot at the end of ride!

Mike Hartline, Gary Jamerson, John Oakey, Tony Thompson, Lou Pape, Daisy Blanton, Fred Buttner, Ted Dickerson, Wes Rehberg, Raleigh Cooper (not in picture), and Chuck (photographer).



Same group, different view.



John Oakey, Ted Dickerson, Lou Pape, Mike Hartline, Gary Jamerson



Raleigh Cooper, Lou Pape, Daisy Blanton, Fred Buttner, Wes Rehberg



Daisy Blanton, Lou Pape, Fred Buttner



Wes Rehberg



Gary Jamerson



Flat tires happen on the Riverwalk too.



Wes Rehberg, Mike Hartline, Lou Pape



Here's a picture from the very fun Monday Night City Ride on August 6. Names are (not in order): Mark Jacobs, Ed Park, Richard Russell, Jonathan Poole, David Eargle, Forrest Simmons, Carter Simmons, Walter Amador and Chuck (photographer).



Seattle to Portland 205.6 miles



This is a picture of me (Mark Jacobs) crossing the finish line for the 2018 Seattle to Portland 205.6 mile ride. Once again I completed the STP in one day. Plenty of sun and clear skies, but temperatures hit 95 degrees that day. It was still a great event. Already looking forward to next year.

Peggy's great Northern Adventure. They are starting in Maine and pedaling thru Vermont and Massachusetts. That may not be all but all I'm sure of.

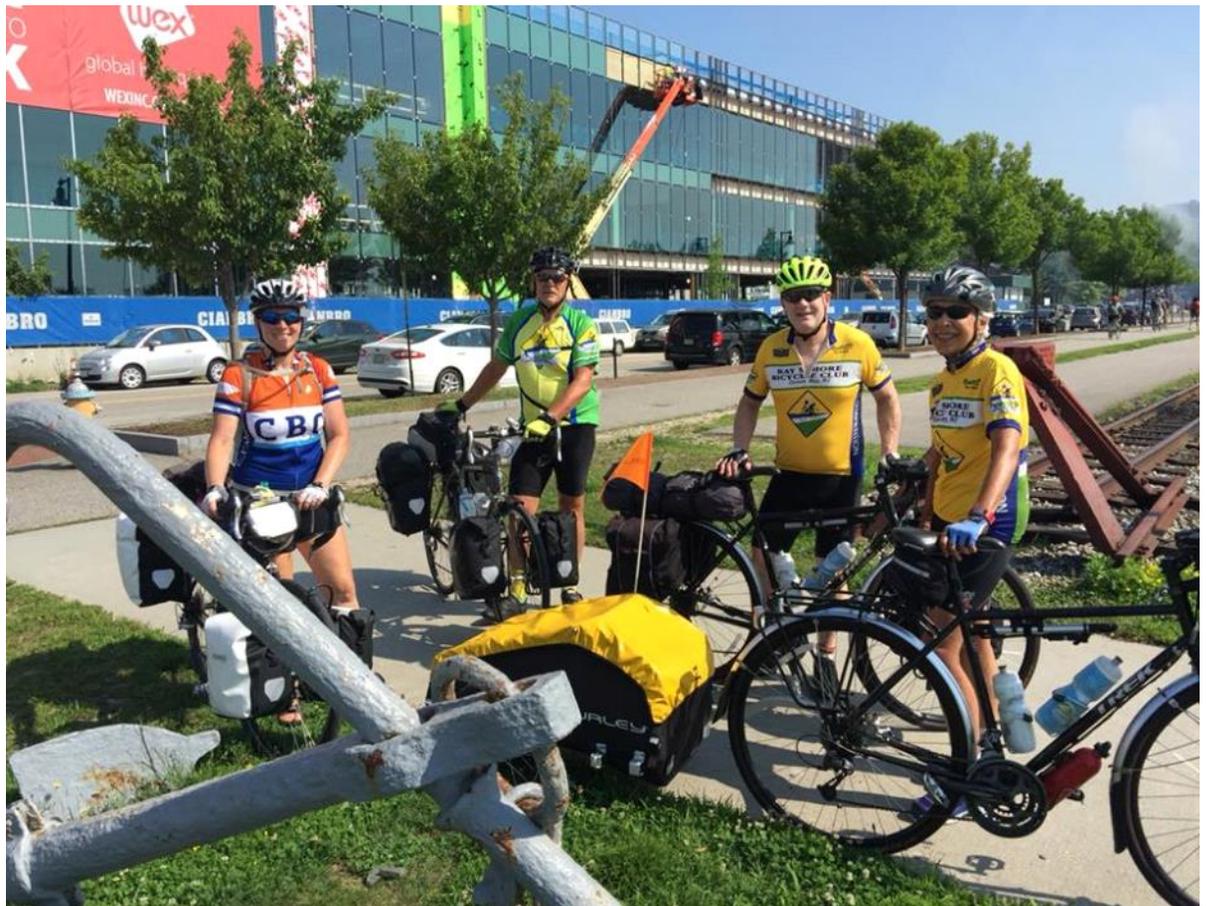
We're finally all together and ready to start our biking adventure tomorrow. Our home for the night is at a real home! Steve Foster and Peg Leonard are letting us spend the night at their home. Very nice evening chatting and storytelling. Funny how you just meet people and you feel like you've known them a while!



So this is why I'll be pedaling my butt off for the next 2 weeks...to keep up with these three! They're tough, but they still like to laugh and play! Doug Hanson, Dan and Becky Heinz, Peggy Olson



Loaded and ready to go.





North Yarmouth, ME to Wells, ME (68-ish miles) It was hot, hot, hot!



Weekly CBC Birthdays

August 2 - 15

Wes Rehberg, 8/2; Kevin Mowery, 8/3; Anthony Henderson, 8/4; Matt Mallett, 8/4; Scott Higgins, 8/9; Lenore Houston, 8/10; Gary Jamerson, 8/11; Gwen Walton, 8/11; Joe Lodato, 8/14

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 August

Debbie Bowman & Sandy Mauser

Membership Renewals Due in the month of September 2018

Larry & Jan Akens, Walt Amador, Tom & Susan Dubose, Tim & Krista Goss, Joseph Haranin, John Hubbard, Gill James, Jay LaBonne, Regina & Nate Martin, David & Joyce Nesbitt, Beverly Short, Everett Whitaker

[Renew Online](#)

2018 July Club Meeting Minutes & July Agenda

2018 July club meeting minutes.

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

2018 July club monthly meeting agenda.

<http://chattanoogabicycleclub.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://chattanoogabicycleclub.com/ride-calendar/>

Wednesday, Aug 8, 6:00 PM - Canceled - Red Bank Ride - The Usual One - Ride leader unavailable.

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

Thursday, Aug 9, 8:00 AM - Urban Ride - Riverpark at Chickamauga Dam to Moccasin Bend - This ride will take us to town from the Tennessee Riverpark at Chickamauga Dam, over Stringers Ridge and then Moccasin Bend. We will take it nice and easy climbing Stringers Ridge! We will not use cue sheets or a link for this ride. Instead, we will take our time and go with follow-the-leader. 30.8 miles, 11-13 mph, no drop. Chuck, (865) 321-0893, cjp0124@gmail.com.

Thursday, Aug 9, 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

Thursday, Aug 9, 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;

Sharon Russell, (423)240-2700, slr.tnruss@gmail.com;

Regina Martin, (423)414-1256, reginamartin0308@gmail.com

Thursday, Aug 9, 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.

Friday, Aug 10, 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

Saturday, Aug 11, 8:00 AM, Chattooga Century - See above.

Sunday, Aug 12, 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 13, 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 (478)287-0588 and

John Hubbard, johnhubbard46@yahoo.com (423)432-9748

Monday, Aug 13, 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.

Monday, Aug 13, 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.

Tuesday, Aug 14, 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

Tuesday, Aug 14, 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

Wednesday, Aug 15, 6:00 PM - Canceled - Red Bank Ride - The Usual One - Ride leader unavailable. 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

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