



*Next CBC Meeting - November 19, 2018*

The Tailwind 103118

**STORE OPEN! New CBC Jerseys/Shorts/Bibs/Socks  
Fit Kit Availability**

As a heads up, the final date for ordering jerseys (along with bibs/shorts and socks) is November 17.

For those of you who were unable to try the **fit kit** at the End of Season party, two of our local bike shops, Battlefield Outdoors, and Owen Cyclery, have each graciously agreed to host the kits at their stores for one week each, enabling you to drop by and try on samples of each of the offered cuts and sizes at your convenience during normal store hours.

The fit kit schedule is:

Oct 27- Nov 2 - Battlefield Outdoors - 2871 LaFayette Road, Fort Oglethorpe, (706) 841-0040

Nov 3- Nov 9 - Owen Cyclery - 1920 Northpoint Blvd, Chattanooga (423) 875-6811

(I highly recommend taking advantage of this opportunity, as I've found Ascend's sizing to differ just enough from others that I've worn to make it worth the effort to try the kit before ordering.)

A big thanks to both shops for their support!

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Sharon Russell, Treasurer

The store is open for the new CBC Clothing. Currently offered for sale are the new designs for Jersey's, Shorts, Bibs and Socks (What kit would be complete without matching socks?). Greetings, CBC members!



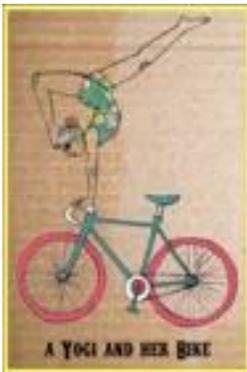
Purchase your new kit here >>>> <https://chattanoogabicycleclub.com/2018-cbc-clothing/#!form/Jerseys>

CBC Members can enter the code 'cbcmember' to receive a 10% discount.

CBC Members will be able to pick up their purchases at the CBC Annual Meeting & Party, January 19, 2019.

All others, and Members unable to attend the Annual Club Meeting, will have their purchases shipped to the listed address at that time.

**LADIES BIKE AND YOGA  
SATURDAY, NOVEMBER 17  
BIKE: 11AM, YOGA 2PM**



For the Ladies Ride this month, we'll do something a little different. After a short bike ride around Cleveland, which will include the scenic Greenway, we'll head over to Studio 22 Yoga for our own private class!

The bike ride will be about 19 miles of the flattest roads you'll see in NE Tennessee! We'll start in the parking lot across from Trailhead Bicycles (255 1st Street, Cleveland) at 11am. From there, we'll take the Greenway north, to the end and beyond, before making our way past Cleveland State and back through town. Here is the route on Ride with GPS:  
<https://ridewithgps.com/routes/28855232>

This ride will be a social paced, easy ride, with an overall average of 10-13 mph by the end.

Once back at our cars, we'll walk or drive the few blocks to Studio 22 Yoga (65 Central Avenue, Cleveland.) Raj Yogimitra will be leading a private class for us at 2pm. It will be a beginner class with modified poses that will give us a good stretch. Cost is \$5.00 per person (cash only, exact change is easiest.)

You can do the yoga in your biking clothes, or bring some comfortable clothes to change into. He will have mats, straps, blocks, etc. for us to use.

**If it rains or the weather is too cold, we will skip the ride, but still go to the yoga class.** The class starts at 2 pm. Call Peggy if questionable weather.

### **CBC Board Nominations**

Nominations for the 2019 CBC Board are open. If you are interested in holding a position on the board next year, or know someone you would like to recommend for the board, please contact Peggy Olson (920) 412-0999. (Deadline is November 30, 2018.)

### **Bicycles Needed at Chatt State!!**

The Chattanooga State Community College Intramural Department is looking to acquire gently used bikes to promote bicycling events with their students. At present, they only have 5 bikes available and would like to grow their fleet.

They currently have occasional rides for breakfast or lunch, but they would like to expand their program to include beginner biking lessons and safety training, along with more rides. They would also like the CBC to possibly include their students in future rides and events.

If you have an old bike that you are not using, you could donate it to a good cause! It would be a way to share your passion by passing the means to enjoy biking to a new generation of riders.

For directions on how to donate your old bicycle, please contact Kelvin Clay, Intramural Coordinator at Chattanooga State Community College, [Kelvin.Clay@chattanoogastate.edu](mailto:Kelvin.Clay@chattanoogastate.edu).

### **Ride Pictures**

The weather interfered with our rides this week. On Thursday, Gray Fletcher led us on a delightful ride from St Elmo to Chickamauga and back via Salem Rd. But no pictures.

Friday's Riverwalk Ride was canceled. Saturday was the girls and boys ride. 10 girls showed up. 5 boys showed. The girls immediately noticed that it wasn't clearing up as predicted and decided that a group outing to a coffee shop was the logical activity for the morning. Ten not so brave, but sensible souls. Sandy Mauser, Daisy Blanton, Lori Smith, Melissa Anderson, Gray Fletcher, Debbie Bowman, Peggy Olson, Sharon Russell, Patti Nihells, Cindy Pape, Beverly Smith not pictured. Gray had already decided she wasn't riding but came to see us off.



Staying warm and dry. Beverly Short, Debbie Mauser, Gray Fletcher, Daisy Blanton, Sharon Russell, Patti Nihells, Sandy Mauser, Michelle Anderson, Lori Smith, Cindy Pape.



It took two tries to accomplish the Ladies Ride on Signal Mountain. Ten of us met on Saturday, but opted for coffee because of the weather. Six of us met on Sunday to enjoy the sunshine, warmer temps and a beautiful ride! A detour to Signal Point for a photo op. Sharon Russell, Peggy Olson, Melissa Anderson, Daisy Blanton, Lori Smith, Patti Nihells

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Ghoul sightings! A complete cemetery with welcome sign. A lot of detail.



Owww, stretch those bones....Geri Geren, might have to try one of your classes at Battlefield Outdoors



Swinging ghost





View from the brow. It was a little hazy but still beautiful.



The trees are finally beginning to turn. Some were really beautiful. I guess Sunday was Fall for this year.



**Men's Ride**

Lou Pape, Pete Williams, Richard Russell, John Vass & Forrest Simmons on Saturday's Men Going the Wrong Way Ride. That's my story and I'm sticking to it (says so right on the picture)! The 'macho' men really did ride. It was just wet and misty at the start but when we left the coffee house, it was misting hard. Who do you think had the best time?

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Tuesday we had a nice ride from the Battlefield to Rock Spring, the Pink House and back along Davis Ridge. Only Peggy Olson and Ted Dickerson joined me (Daisy) but it was a pretty day and a really nice ride. The dogs at the Pink House were ready for us. They knew what was



coming.

## Weekly CBC Birthdays

### November 1 - November 7

Sally Wencel, 11/1; Dana Lefever, 11/2; Deborah Mynatt, 11/3

## 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 October

Adam Cofer, Jim Wilderman, Steve Harwood

## Membership Renewals Due in the month of November 2018

Gary Jamerson, Charlie & Agnes Breeding, Paul Roland, Lynn Seeger, Anne Aiken, Quint Mansell

[Renew Online](#)

## 2018 September Club Meeting Minutes & October Agenda

### 2018 September club meeting minutes.

<http://chattanoogaabcycleclub.com/wp-content/uploads/2018/10/Sept-2018-mtg-minutes.pdf>

### 2018 October club meeting agenda.

<http://chattanoogaabcycleclub.com/wp-content/uploads/2018/10/CBC-General-meeting-agenda-10-15-18.pdf>

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

**Thursday, Nov 1, - Urban Ride** - The forecast is pretty convincing that we will not ride this day.

**Friday, Nov 2, 10:30 AM - Riverpark Twenty or Thirty Mile Leisure Ride** - *Note new time.* 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, Nov 3, 10:00 AM - Reliance to Bald River Falls** - Let's get in one more trip to Bald River Falls before it gets too cold. The leaves will be changing, so it should be a beautiful ride!

Meet at Webb's Store, on TN 30 in Reliance, and be ready to roll at 10am. Park in the grassy field, behind the building. We'll work our way up to Bald River Falls and then stop for lunch at Tellico Kat's on the way back.

This is a challenging ride, with some longer hills to climb. I will be riding with the cool kids in the back. Mileage is about 62 miles and expected average will be 12-14mph, no drop. Anyone wanting to go faster is welcome. I will have cue sheets and here is the route on Ride With GPS:

<https://ridewithgps.com/routes/7732615>

Bad weather or poor road conditions will cancel this ride. Call if questionable. Peggy Olson, (920) 412-0999, [pbiker10@yahoo.com](mailto:pbiker10@yahoo.com).

### Saturday, Nov 3, 10:15 AM - Tellico Plains/Bald River Falls Ride - 37 Miles -

- 10:15 am
- Cherohala Visitor's Center, 225 Cherohala Skyway, Tellico Plains, TN 37385
- 37 miles, featuring the mild 6 mile climb up River Road to Bald River Falls
- 12-14 mph at rides end
- Lunch at Kat's Deli, 3 miles from the end of the ride
- No drop ride, regrouping at turns
- Cue sheet, map, Garmin download, RWGPS app download available here >>>> <https://ridewithgps.com/routes/25822277>
- Hope to meet-up with Peggy's Metric group at the store stop (mile 15)
- High % forecast of inclement weather (cold, rain, snow) may cancel ride. CHECK CALENDAR EARLY SATURDAY MORNING FOR UPDATES

Lou Pape, 423-580-3691, [b8man51@gmail.com](mailto:b8man51@gmail.com).

"It's just a hill, get over it"

**Sunday, Nov 4 - No Ride Scheduled** - We would love for you to schedule a ride. Just put it on the ride calendar.

**Tuesday, Nov 6, 10:00 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)



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You are an active member of the Chattanooga Bicycle Club

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