



Next CBC Meeting - Feb 18, 2019

The Tailwind 011619

Annual Meeting and Party - Great Time had by All!

This year's annual CBC meeting and party at Cadence Coffee Company was a big success. The food was good and the location was nice and the company was wonderful. Many thanks to the folks who put this together!! Party planning/setup/execution: Lou Pape (food), Michelle Anderson, Patti Nihells, Rich Rudner (video), Beverly Short, Peggy Olson, Lori Smith, Sharon Russell, Richard Russell and Joe Lodato.

The new officers for 2019 are:

President- Joe Lodato
Vice President- Ben Keim
Treasurer- Sharon Russell
Secretary- Michelle Anderson
Road Ride Coordinator- Peggy Olson
Membership Director- Lou Pape
Advocacy Director- Kat Volzer
Communications Director- Daisy Blanton
Social Directors- Beverly Short and Patti Nihells
Social Media Director- Mikki Blaes
At Large- Rich Rudner
At Large- Barry Matlock

Celebration of Life of Lois Newton

Join the many friends of Lois Newton in her Celebration of life at Rock City Gardens on **Sunday, Feb 10 at 3:00**. Lois worked part time at Rock City and loved it. We thought that was a fitting place for her last party. It will be in the restaurant to the right before going into the gardens. This will be a time for folks to share their memories of Lois. Please bring a pot luck dish to share and there will be a collection for Lois's animals if you would like to share. All the cats and Rufus have found new homes but there are some outstanding expenses.



Echelon Private Spin Class

Join Jim Johnson on a different kind of Club ride on **Sunday, February 10, at 4 pm**: a private spin class for Club members at the Echelon Studio at the Choo Choo. After class, Echelon will treat us to healthy refreshments. And it's all free.



Here's more from Jim:

I've become a huge fan of Echelon for a number of reasons. Perhaps foremost is that Echelon's style is what I call the "softer side of spin." Instructors don't yell and scream; instead, they encourage and motivate. After every class I feel stronger both in body and in spirit.

There's no pressure. Using the resistance knob, you work out as much or as little as you'd like. The instructors consider themselves more as "guides."

So if you've never tried spin or had bad experiences, I encourage you to give Echelon a chance.

The 4,300-square foot studio is state of the art with 40 brand new Echelon Connect bikes. Each bike features a monitor that displays your pace, resistance and effort levels. If you'd like, you can log in and compare your effort with others who have logged in. But you don't have to.

Classes are streamed live over the internet for thousands of Echelon members who have Echelon bikes and the Echelon app. Chattanooga is home base for the company, and we have the company's only spin studio. Frankly, it's pretty cool.

Our instructor, Brianna, has also become a dear friend. I know you'll love her, her supportive style, and her choice of music. None of that pounding electronic craziness. She and I are working on a playlist that should both be fun and keep us motivated.

You don't need to pre-register, but it will speed up the process if you do. Otherwise, please try to arrive between 3:15 and 3:30 to be fitted to your bike. If you'd like to pre-register, here's the link: <https://studioechelon.zingfit.com/reserve/index.cfm?action=Workshop.events#events809483961548932490>. If you have any questions, contact Jim at jimbikestheworld@gmail.com.



Jerseys, T-Shirts & Socks are available in the CBC Store

CBC short sleeve T-shirts, Jerseys and Socks are for sale now in the Club Store. T-Shirts will be shipped when purchased.

CBC Jerseys, Shorts and CBC socks have been delivered to the club. Members who did not get their purchase at the Annual Party will have their purchase mailed shortly.



OUTDOOR CHATTANOOGA'S
WINTER
WORKSHOPS
Learn Outdoor Skills Indoors

Outdoor Chattanooga's Winter Workshops are a series of classroom-based, outdoor education and skill-building workshops that cover a variety of outdoor topics. Workshops are free, open to all ages, and occur on Thursdays, 6:30-8:00 PM, Jan. 10 through Feb. 28, 2019, at Outdoor Chattanooga, 200 River St. in Coolidge Park. Join for one, some or all to improve your outdoor skills. No reservations or experience required to attend.

January 24 – Map and Compass

We've become pretty dependent on smartphones for wayfinding, but what happens if the signal fails or the battery dies while you're out on the trail? Learn the basics of how to navigate using the "old school" method of map and compass. Maps and compasses are available for use during the class.

January 31 – Bike Maintenance 101

Outdoor Chattanooga's bicycle guru, James Eubank, will demonstrate and allow time for practice on how to prevent and fix a flat tire. Tools will be provided and questions will be encouraged. Hands and clothing might get dirty/greasy. Bring your bike or use one of ours to practice on.

[Winter Workshop Series](#)

Ride Pictures

The Riverwalk was finally open down near the rowing club, and we had a nice ride between rainy days this week! Unlike the Riverwalk, the South Chickamauga Creek Greenway was still flooded preventing any extra miles in that direction. But, it was great to finally be able to ride whole Riverwalk!

The riders were: Joe Nivert, Beverly Short, Rich Rudner, Jon Bell, Peggy Olson, Dave Bennett, Howard Rowe, Daisy Blanton, Pete Williams, John Oakey. Ed Park & Alan Eddy not in picture and Chuck (photographer).





What a picture!



Great picture of the overcast lake.



Pictures from the annual meeting and party. These are in no order and names are purely by chance. Some I can read off name tags but my memory is non-existent. Marty Pinson, Chris and John Vass.



Beverly Short & Daisy Blanton



Patti Nihells organized and checked everyone in.



Richard and Sharon Russell and Lou Pape. We missed you Cindy. Hope you are better soon.



Lori Smith and Ted Dickerson



Joe Nivert & Tom Jamison



Doug Wood, Daisy Blanton, Beverly Short and Deborah Mynatt



Sharon Russell & Peggy Olson



CBC President, Joe Lodato



Ben Keim and daughter



Ember Mowery



Lil Mr Volzer





Tom Jamison and Chuck Feagans



Peggy Olson did a great job of passing out the prizes. We tried a different approach this year to make the drawing go smoother and help people get more what they preferred.



Food Line - the food was delicious.



Weekly CBC Birthdays

January 24 - January 30

Bobby Ward, 1/24; Karen Caldwell, 1/25; Sandy Mauser, 1/29

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 January

Pat Allison, David & Kate Bishop, Alton & Sandra Brazzle, Ted Dickerson, Don & Gray Fletcher, Tom & Belinda Grey, Tom Hand, Marshall Horton, Don Kent, Bill & Ann LaRoque, John Oakey & Romy, Ed Park, John & Mary Ann Poinsette, Bill & Vicki Smith, Doug & Joann Wood, Jim Wright, Kevin Zitzow

Membership Renewals Due in the Month of February 2019

Sandy Battles, Tracy & Daniel Bryant, Eric Darling, Lisa & Oliver Heyer, Lenore Houston, Craig Keener, Bill & Anne LaRoque, Matt & Jill Mallett, Dennis & Ann Meinert, Terry Moffett, Kevin & Regina Mowery, Janiece Rosenbloom, Mike Sabin, James Sackett, Karen & Webb Tallon, Sharon & Richard Tingley, Alan & Barbara Voss, Martha Wentworth

[Renew Online](#)

2018 December Club Meeting Minutes & 2019 January Annual Meeting Agenda

2018 December club meeting minutes.

<http://chattanoogabicycleclub.com/wp-content/uploads/2019/01/Dec-2018-mtg-minutes.pdf>

2019 January annual meeting agenda.

<http://chattanoogabicycleclub.com/wp-content/uploads/2018/12/CBC-Annual-meeting-agenda-1-19-19.pdf>

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

Thursday, Jan 24, 11:00 AM - Urban Ride - Soddy Daisy to Graysville - This week we'll head a little north and ride from Soddy Daisy to Graysville and back. This is a 31 mile ride with just a short distance on the 'dark side' on the way to Graysville and then following Back Valley Road on the return. Mostly rolling hills, with just a couple steeper climbs. Leave from Soddy Daisy Ballfields/Northend Ball Park, 197 Durham St, Soddy Daisy. Restrooms available at the start. 31 miles, more or less, 11-13 mph overall, store stops: 2 possible. This is a no drop ride. We'll all stick together and have a nice social ride.

I will have cue sheets available, and here is the route on Ride With GPS:

<https://ridewithgps.com/routes/26858780>

Bad weather or poor road conditions will cancel this ride. Call if questionable. Peggy Olson, (920) 412-0999,

pbiker10@yahoo.com

Friday, Jan 25, 10:30 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, Jan 26, 11:00 AM - Ladies Ride-Rembrandt's Lunch Ride - The weather has been chilly, so lets take a ride and then enjoy a warm drink (and lunch). We'll start at the Hubert Fry Center on the Riverwalk, at 11:00am, and ride downtown. After crossing the Walnut Street Bridge, we'll do a loop down to Moccasin Bend. On the way back, we'll make a stop at Rembrandt's for coffee, lunch and treats, before heading back to the Fry Center.

This ride will be approximately 20 miles. If the weather is too cold to go that far, we can shorten it, as needed. The average speed will be 10-12mph overall. It's a no drop ride and we'll stay together as a group.

Ride Leader is Peggy Olson, (920) 412-0999, pbiker10@yahoo.com

Bad weather will cancel this ride. Call me if questionable.

Sunday, Jan 27 - No Ride Scheduled - We would love for you to schedule a ride. Just put it on the ride calendar.

Tuesday, Jan 29, 11:00 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



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You are an active member of the Chattanooga Bicycle Club

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