



*Next CBC Meeting - Feb 18, 2019*

**The Tailwind 013019**

**New CBC Facebook Group!**

Did you know there is a new Facebook Group just for CBC members? It's a great outlet to keep in contact with your fellow biking friends. You can pass on messages about club rides, organized rides, interesting bike articles or memes or anything bike related. Keep it friendly and keep it clean!

Here's the link to get you started!

<https://www.facebook.com/groups/332991920650147/>

**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

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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](mailto:jimbikestheworld@gmail.com).

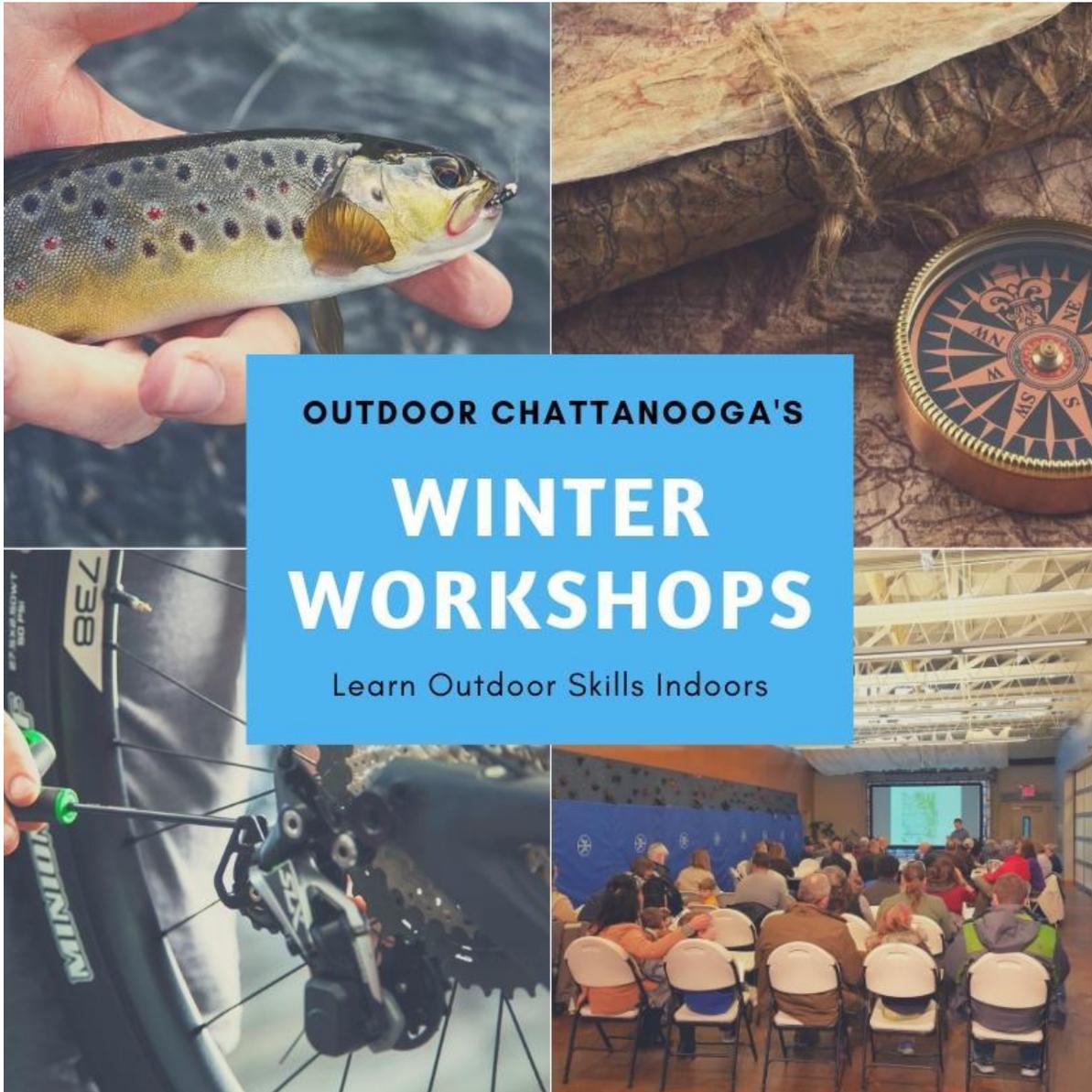


**Jerseys, T-Shirts & Socks are available in the CBC Store**

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.

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**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 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.

### **[February 7 – Bike Maintenance 202](#)**

Outdoor Chattanooga's bicycle guru, James Eubank, will demonstrate and allow time for practice on tuning your rear derailleur. 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.

Call 423-643-6888 to learn more.

[Winter Workshop Series](#)

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## Ride Pictures

The sun was supposed to be out so Peggy decided to have the ride in spite of the low temperatures. Unfortunately, the sun never came out and the temperature stayed below 40. It was cold! But we still had a good ride.

The brave souls were: Peggy Olson, Mike Hartline, Beverly Short, Marty Pinson, Daisy Blanton and Chuck (photographer).





Another great ride on the Riverwalk! The sun came out! This week's rain left the usual places flooded again and we made the usual easy detours. The South Chickamauga Creek Greenway is super flooded right now.

The riders are: Al Eddy, Beverly Short, Marty Pinson, Rich Rudner, Pete Williams, Daisy Blanton, Jim Wildeman, Mike Hartline and Chuck (photographer).

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Rich Rudner & Daisy Blanton



Pete Williams, Marty Pinson, Al Eddy, Mike Hartline



The girls had a blast on the Ladies Ride this month! We rode the Riverwalk, crossed over onto the North Shore and back. The day included lunch at Rembrandt's.

This is a monthly ride for women that is slow paced and social. The route is different each month.

Come and join us!

Patti Nihells, Sharon Russell, Beverly Short, Peggy Olson, Daisy Blanton,



We had a lot of fun on the Ladies Ride. Lunch outside at Rembrandts was great. Peggy Olson, Sharon Russell,

Beverly Short, Michelle Anderson, Daisy Blanton. Patti Nihells took the picture. We couldn't fit us in for a selfie.



Peggy showed us a really neat alley behind Rembrandts.

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We had a wonderful group of riders, and a very enjoyable time on the Red Bank ride! This sure was an amazing turnout for a ride that was posted just the evening before!

The riders in the picture are: John Oakey, Tom Baker, Marshall Horton, Tom Jamison, Mike Hartline, Marty Pinson. David Eargle, Sally Wencel, Pete Williams, Mike Sabin, and Chuck (photographer) not pictured.



Marty Pinson, David Ertle, Tom Baker

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What would a ride be without a flat tire?

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**Ben Keim had a ride in the Battlefield today. Ben Keim, Barry Matlock, Regina Martin, Nate Martin, Gary Ray, John Sillery**

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Daisy made an executive decision, after hearing the weather forecast that Monday should be the prettiest day all week and Tuesday was the coldest with snow possible, to change the Tuesday ride to Monday. It was a good choice. Monday was really nice and we had a really good time. Beverly Short, Daisy Blanton, Rich Rudner.

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### **Weekly CBC Birthdays**

**January 31 - February 6**

Lee Reed, 2/2

### **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 Poinatte, Bill & Vicki Smith, Martha Wentworth, 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

[Renew Online](#)

### **2019 January Annual Meeting Minutes & 2019 January Annual Meeting Agenda**

**2019 January Annual meeting minutes.**

<http://chattanoogaclub.com/wp-content/uploads/2019/01/Jan-2019-Annual-mtg-minutes.pdf>

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**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 31 - Urban Ride** - No ride posted yet. It looks like it may be sunny and not as cold as the past two days so will be good for a ride. **I hope someone will put one on the calendar.**

**Friday, Feb 1, 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](mailto:cjp0124@gmail.com)

**Saturday, Feb 2, 10:30 AM - Groundhogs Day Ride** - Remember the movie "Groundhog's Day"? Bill Murray kept reliving the same day, over and over and over.....  
Today, we'll relive the same ride over and over....

We'll leave Red Clay State Park (upper lot, by pavilion) at 10:30am and ride a 13.4 mile circuit around the area....then repeat as many times as we want. The overall average will be 13-15mph, but if you'd like to go faster make sure you know where you're going. This is a no drop ride and I will be riding near the back.

Most of this ride is rolling country roads, but there are 2 steeper climbs on Lebanon Church Road and Apison Pike. Here is the route on Ride With GPS:

<https://ridewithgps.com/routes/29203686>

There are no store stops, but we will stop at Red Clay Park after each lap for a break. They have water, but bring your own snacks. You can stop after whatever lap you want to. (Depending on the weather, the ride leader might only do 2 laps, but you can continue on after, if you'd like. Keep in mind that the park locks the gate around 4:30pm.)

Bad weather or poor road conditions will cancel. Call if questionable.

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

**Sunday, Feb 3 - No Ride Scheduled** - We would love for you to schedule a ride. Just put it on the ride calendar.

**Tuesday, Feb 5, 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](mailto:DaisyBRider@cs.com)



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You are an active member of the Chattanooga Bicycle Club

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