



Next CBC Meeting - Apr 15, 2019

The Tailwind 032719

Spring Fling Celebration - March 30, 2019
That's this Saturday!!

You're Invited to the CBC's Annual

SPRING FLING CELEBRATION

3 rides: Beginning at 11:00 Intern at 9:00 Long ride at 8:00

Where: Soddy Daisy Ballfields &
Community Center (lunch)

When: SATURDAY, March 30th

Time: Your ride time Plus
Lunch from 1 to 3:00

CONTRIBUTION:
A crock pot of spring SOUP or
A bowl of spring SALAD or
dessert

*Contact Beverly Short or Patti Nihells with your
contribution choice by March 22.*



There will be three rides before the party. All rides start from the Soddy Daisy Community Center/North Ball Fields. Restrooms are available. Check CBC Ride Calendar that morning for updates if the weather is iffy. However, the party is on, rain or shine!

SPRING FLING - 16 Mile Social Ride

11 AM start
Over-all average will be 9-11mph
No-drop social ride
Regroup at all turns
There will be a sweep
R/L > Lou Pape - 423 580 3691 / b8man51@gmail.com

Spring Fling Intermediate Ride

9 AM start
31 mile loop from Soddy Daisy up to Graysville and back.
No drop ride
Average of 11-13mph.
One store stop in Graysville.
Here is the route on Ride With GPS:
<https://ridewithgps.com/routes/26858780>

Ride Leaders:

John Poinatte: (423) 505-3410, jpp23@aol.com
Marty Pinson: (423) 760-1663, martypinson65@gmail.com

Spring Fling - Climbing Series #3

8:00 AM start

Join us for a challenging climb up Brayton mountain, returning via Leggett Road.

Link to Ed Park's route from last year: <https://ridewithgps.com/routes/26818453> (Route may change so check back prior to ride day.)

Ride leaders: Richard and Sharon Russell with Ed Park as mid-sweep. (Sharon will be "leading" from the back once we begin the climb!)

This is a strenuous ride for fit cyclists.

No drop, but please be capable of maintaining a minimum 13-15 mph pace on the rolling hills of the non-climbing portion.

Party Contacts:

Beverly Short, 423/667-9690, bbshort@comcast.net
Patti Nihells, 847/363-8534, r.nihells@sbcglobalnet



Goodbye to the Tellico Kat's Sisters

It's the end of an era...The Tellico Kats Deli sisters, Tomye Schilling and Kellye Foss are retiring. Their last day owning the restaurant is March 31st. Let's go up and give them a CBC send off!

The ride will be a shorter version so that everyone can enjoy it. It will be 37 miles long, with an overall average of 11-13 mph. (If you would like to go faster, you are more than welcome. Just make sure you have the route.)

We'll leave the Cherohala Visitors Center in Tellico Plains at 10am, do a loop to the south and west, and then head up to see Bald River Falls before heading back to our cars. (Bald River Falls should be really rushing with all of the spring rain we've had.)

There is one store stop at about mile 15 and then another break to view the falls at mile 26.

Here is the ride on Ride With GPS:

<https://ridewithgps.com/routes/25822277>

Once we're done with our ride, we'll drive over to Tellico Kats for a goodbye lunch. These ladies have always been so accommodating and pleasant to us for so many years. (A little extra in their tip jar might jump start their retirement, too!)

The weather forecast for this day is looking to be a little wet. If it ends up raining, check back to this posting the day before. If the ride is rained out, we can still drive up to have lunch. I'll update the details by March 30th.

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

Sweep: Lou Pape



Sunday Ride on the Riverwalk

The Friday ride on the Riverwalk has been so enjoyable and successful that Chuck began thinking how nice it would be to have one on the weekend for the folks who work during the week. The problem is that the Riverwalk is so popular that it is really busy. However, that is not the case on Sunday morning. Many people either go to Church on Sunday morning or use it as a time to take it easy and not go anywhere until after lunch. Therefore we are starting a Sunday morning Riverwalk ride. It will be similar to the Friday ride except that it is on Sunday. For those who aren't up to making the trek to Tellico Plains, we are starting this Sunday, March 31, at 10:00 AM. Leave from the Hubert Fry Center at 10:00 and have a wonderful time.

Ride Leaders: Rich Rudner (954) 261-1828 rudnerr@comcast.net

Chuck Puglisi (865) 321-0893 cjp0124@gmail.com

Ride Length: Approximately 19 miles

Average Speed: 10-12 mph

Start Time: 10:00 AM

Rest stops are available at the ride start and along the ride route.

This is a no-drop ride!

This leisurely ride 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.



Let's get some CBC teams together for this event! It looks like a lot of fun!

The Tap House is celebrating two years in St Elmo and we are pairing up with local bike shops and breweries to make it an adventure you won't forget!!

Teams of 2 to 6 people will leave from the Tap House and bike around central Chattanooga stopping at breweries and bike shops along the way to get their scavenger cards stamped at each location.

Saturday, April 6, 2019 at 11:30 AM – 5:30 PM.

The Tap House, 3800 Saint Elmo Avenue #114, Chattanooga, Tennessee 37409

- In order to get the card stamped, each team will be required to complete a task of some kind.



CYCLE SEQUATCHIE

CBC and Velo View Bike Tours are introducing a new cycling tradition in *Sequatchie Valley*! And although this new ride doesn't hit 3 states, it does offer **4 route options** with as little or as much climbing and mileage as you'd like, including a 3-mile timed K.O.M. challenge with prizes!

We've also eliminated all of the urban and industrial sections (no train tracks!), and added a **farm-to-table post-ride lunch** and **outdoor expo** at the finish line. Plus we're lining up a number of activities for non-cycling spouses and families. *There's something for everyone!*

Join CBC and Velo View Bike Tours in Dunlap on **OCTOBER 5th** for the first annual **CYCLE SEQUATCHIE!** Only half an hour from town but a world away from the traffic. Check out CycleSequatchie.com for more info and to sign up!

Please note that CBC has partnered with Velo View Bike Tours for this event. We need volunteers to help find sponsors and help with the actual event. This is our only fundraiser for now so we need to do all we can to make it a success and help it become a major event of the future.

Opportunities for Volunteering - Cycling Related

by Kat Volzer

What: Mostly kids bike rodeos (ages 6-12) with community partners throughout town. The kids are practically all minority, low-income. At rodeos I teach basic bike safety and handling skills as part of the LAB Smart Cycling curriculum.

What you'll be doing: Mostly wrangling kids. Making sure the kids keep their helmets on while riding. Calling kids to come back for another activity. Making sure kids listen to instructions. Demonstrating techniques such as a quick stop and offering tips on bike handling skills. Helping set up activities or "obstacle courses." Occasionally helping if we go on short rides (depends on the space) but leading or sweeping. Occasionally taking a few kids aside if they need more help in learning to ride.

Upcoming programs:

South Chatt YFD "Smart Cycling"

March 27, April 4, April 17, April 18, April 25, May 1
4pm-6pm

Learn to Ride Classes w/ La Paz

March 30, April 13, May 11
10am-12pm

Bike Rodeos with Girls Inc.

April 8, 9, 10, 11
3:30-5:30

Balance bike rodeo (toddlers)

April 12
10:30am-11:30am

If you are interested and would like to know more, contact Kat Volzer, Bicycle and Pedestrian Coordinator, City of Collegedale Police

Department, Work Cell: 423-762-0939, Personal Cell: 615-477-4096.

New database shows best cycling routes in area

A new online database highlights tested, safe and scenic cycling routes at a variety of distances in the Sequatchie Valley.

Article in the [Times Free Press, Tues, Feb 12.](#)

Annual Cleveland Circuit Ride Announced

Johnston Woods

Saturday, April 27, 9am

The Cleveland Circuit Ride (CCR) is a fundraising bike ride with three courses through southern Bradley County along the foothills of the Smoky Mountains from which to choose: 25, 50, or 100 km.

In partnership with local businesses like Scott's Bicycle Centre (423-472-9881), the CCR raises money for Family Promise of Bradley County, with all proceeds benefiting the organization. This is a fully supported road ride with SAGs and mobile units on all three courses to assist riders when needed on an unbelievably flat route (for SE TN).

Family Promise is focused on the needs of homeless families; providing both shelter and comprehensive case management necessary to make a family self-sufficient and able to stand unassisted (many of whom return to help uplift others).

The CBC encourages its members to support as many charitable rides as possible. So please try to put this ride on your Spring calendar.



Up the Creek, Rome, GA, April 27, 2019

Up the Creek is back for the 29th consecutive year on Saturday, April 27. One of the best rides in all of Georgia for almost 30 years, UTC offers four scenic routes that roll throughout beautiful Northwest Georgia-32, 53, 71, and 104 mile distances. The ride leaves and finishes in downtown Rome, thereby promising great amenities like ample parking, post-ride showers, fabulous local bars and restaurants, and the chance to catch your breath after the ride in the heart of Rome's Town Green. Back again by popular demand, homemade strawberry ice cream at the last SAG stop to tide you over as you roll back to the Forum.

Route distances: 32, 53, 71, 104. <https://www.itsyourrace.com/Event.aspx?id=6484>

Editor's Note: In order to provide as much advance notice as possible, we will be using this space to promote area rides on an ongoing basis. The CBC urges all ride sponsors to provide event information as soon as their rides are scheduled.

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/>



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.

There is also a tab referring to '**Clearance**' items. These are items left over from previous events or club jerseys that were not sold at the time. Especially for new members, this is a great chance to get some older clothing. It is restricted to the sizes mentioned. However many folks wear clothing designated for the opposite sex. In these items it really doesn't matter. It just depends on how it fits. So check these out.

Ride Pictures

Chuck led a fun Burnt Mill plus downtown ride on Thursday. We had stopped at the Dollar Gen for a needed break and wanted to take a picture. We saw the Krispy Kreme truck and thought how appropriate.

The riders were: Daisy Blanton, Joe Nivert, Beverly Short, Sandy Mauser, Jon Bell, Debbie Bowman, Mike Hartline, David Bennett and Chuck (photographer).



The Riverpark is finally open, and we were able to ride the Riverwalk! It is completely open except that one small section next to the lily pad pond. Chuck talked to a member of the Riverpark staff about the flooded pond this past Sunday. The staff member said the drain pipe for the pond runs under the highway, and it is clogged. Some of you may have noticed workers trying to unclog it along Amnicola last Friday. As of Sunday, they still had not been able to unclog the pipe.

The riders were: Beverly Short, Richard Russell, Ed Park, Marty Pinson, Rich Rudner, Daisy Blanton, James Sackett, Jon Bell, Mike Hartline, and Chuck (photographer). Jim Wildeman also joined in for part of the ride.



Marty Pinson and Mike Hartline at the Blue Goose Rest Stop



Daisy Blanton, Richard Russell, Ed Park and Jon Bell



Rich Rudner and Daisy Blanton



Four of us had on the Classic CBC Jersey - Daisy Blanton, Chuck, Mike Hartline, Rich Rudner



Poor sick Peggy Olson got out of her bed on Saturday and dragged herself and eleven or twelve of her friends up Suck Creek Mountain. Yes it was cold at the start but believe me it warmed up real fast as we spun out to Suck Creek Road. Fun time was had by all.

We had some new folks join us welcome Alan and Kellie Armstrong. They may be related to Lance cause they are good climbers. From the flat lands of Alabama, go figure, we rode 2200 vertical feet. Matt the big guy iron man also was shredding it today.

CBC Morning Climbing Series #3 in the books! Up the Suck and back! Pictures by Howard Rowe.



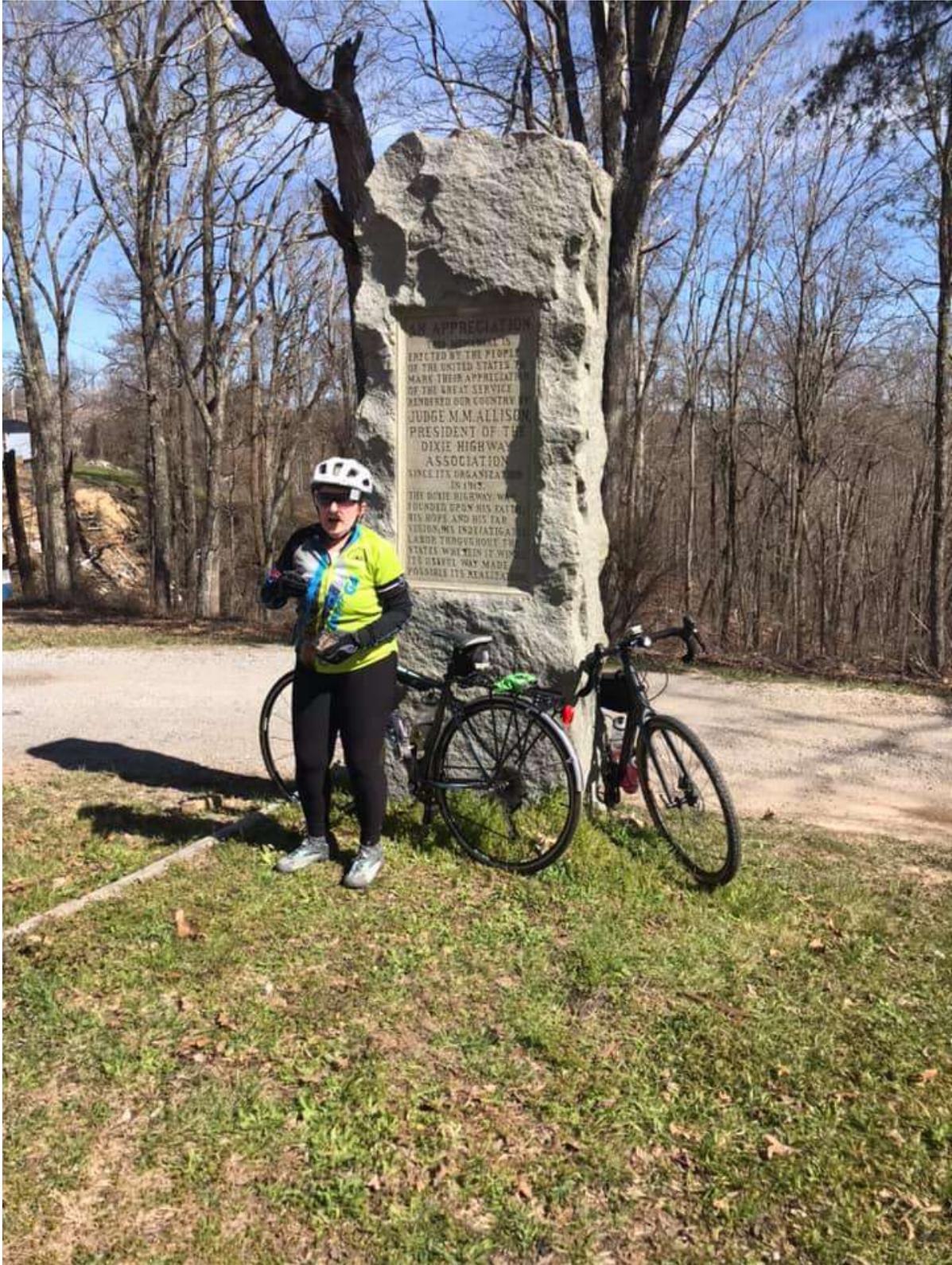
Photo from Saturday's ride up Suck Creek Mountain. The monument to the right marks the summit.



Richard Russell, Deborah Mynatt and Peggy Olson



Deborah Mynatt



Beautiful day for the Ladies Ride! Eleven of us rode nice, smooth, low-traffic roads through North Georgia. Lots of laughs and chatter! Lunch was at Farm to Fork in Ringgold.

Sandy Mauser, Deborah Mynatt, Michelle Anderson, Lori Smith, Becky Buckles, Patti Nihells, Sharon Russell, Daisy Blanton, Lynn Seeger, Debbie Bowman



We realized Peggy wasn't in the picture above since she was taking it, so we insisted she include herself.



This fence was across the street from the pictures above and it was so pretty that we thought it would make a good picture.



On the road again!



Cup of Joe Ride without Joe.

Jon Bell, Gary Burriss and Richard Russell. Howard Rowe photo.



The N GA Lite ride group and the "other" group were at the start together but left separately. However we both showed up at Rock Spring together. Janiese Rosenbloom, John Vass, Beverly Short, Richard Sacilotto, Peggy Olson, Vicki Cox, David Bennett, Richard Russell



Lynn Seeger brought me a box full of old ride cue sheets. I gave them to Peggy Olson as she is Ride Coordinator. She looked through them and found lots of fun stuff. She described this one and I just had to share it with everyone. This is from the "good old days" with hand written cues, no RidewithGPS or any of that handy stuff. I have a bunch of these too. This is just too cute. Love the details of the turns and the disclaimer at the end.

Marco Pantani's Mini Tour de France Southern Style:
Stage XXV - Assault on Lookout Mountain

Start	Parking Lot, Battlefield, Alex. Br. Rd/Baldwin	straight	46.1	Ascalon Baptist Church on Left
L 1.9	Mag Williams Rd	straight	48.4	Eddy's Quick ^{Stop (Store)} on Left <small>look for Church on Rt</small>
R 2.7	Burning Bush Rd (Church @ T-Intersection)	R	50.9	Nick-a-Jack - You are Flying here!
L 4.9	3 Notch Rd. ^(Napier Store)	straight	55	Cross Hwy 193 - ^(Cool your brakes!)
R 6.7	old 3 Notch Rd.	L	55.4	^(Chatt. Valley Bsp. Church on left) step sign: Old Chatt. Valley Rd - ¹⁹³
R 9.4	E. Longhollow - ^(Peavine Church close)	R	55.7	180° Turn onto 341 - ^(Willsboro)
L 9.6	Peavine Rd.	L	59.6	^(5 Points Rd) Step sign - T Intersection ^(Chickamauga)
R 11.4	Kay Conley Rd	L	60.3	Osburn Rd
straight	11.8 Cross Hwy 27: ^(Danger! Store)	straight	61.5	See Live deer and Turkey on Left!!
R 11.9	Old Lafayette Rd - ^{(RR) near}	R	62.2	Longhollow to front of Wilder ^{Tower}
L 12.1	Straight Gut Rd - Go Fast! ^{here!}	L	62.2	Wilder Rd - shake-t-bake
R 18.7	T-Intersection - Hwy 136, (I think)	R	62.5	Take Rt. Fork @ Roc Field
L 19.3	Old Mineral Springs Rd. ^(Go past church on left)	straight	64.8	Cross 27 - Now on ^{Alexander Bridge Rd.}
L 22.5	Traffic Light - ^{(RR) Culberson Rd}			66 Kiss your Car here!
L 22.8	Cherokee (Traffic Light) ^{(old LHS on left) opens @ 11AM}			
straight	23.1 Stank House Restaurant ^{(thru Mall PK Lot) Turn R on Culberson}			
R 23.5	Return Same Route (Cherokee)			
L 23.8	Cross ^(RR) - Turn onto N. Chattanooga St.			
R 24.2	^(Store) on Left - Hwy 193			
straight	26.5 ^(Store) on Right			
downhill	30 Summit of Pigeon Mountain !!			
straight	32.4 Intersection w/ 341 - ^(Store)			
L 37.7	^(Ann's store) Hwy 136 - ^(Prepare Here!!)			
Prayer Go!	42.1 Summit of Lookout Mountain ^(Put or hang bike here)			
R 42.3	Hwy 157 (New Salem) ^(where's the downhill??)			

- Special Rules:** By signing the attendance roster, I promise not to sue the ride leader or the Chattanooga Bicycle Club if I
- 1) Have a flat tire
 - 2) am unable to reach 45 mph down Nick-a-Jack
 - 3) Am hit by a deer
 - 4) Get lost and end up riding a ^{Century}
 - 5) See stars in the daytime atop Lookout Mountain
 - 6) Push my bike over 2 miles total for the day.
 - 7) am dropped by Daisy

Weekly CBC Birthdays

March 28 - April 3

Philip Rykwald, 3/28; Chris Wicker, 3/30; Mary Anne Poinsett, 3/30; Jim Johnson, 3/31; Sharon Russell, 3/31; Langhorne Waterhouse, 4/1; Marshall Horton, 4/3

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 March

Alan & Kellie Armstrong, Corrine Beckwith, Vicki & Tim Cox, Erick Darling, Liz McNelly, Terry Moffett, Deborah Mynatt, Joe Nivert, Alex Rhoton, Art O Thompson,

Membership Renewals Due in the Month of April 2019

Johnny Barnes, David Bennett, Denise Bishop & Steve Marino, Frank & Shelba Bradford, Tom & Karen Caldwell, Mark Finlayson, Mark Follett, George & Amy French, Bill Funderburk, Caleb Mask, Jeff Mason, David Mixson, Brian Newton, Jennifer Raulston, Wes Rehberg, Robbin & Donna Russell, Shel Thomas, Bobby & Sylvia Ward, Ed Waterhouse

[Renew Online](#)

2019 January Annual Meeting Minutes & 2019 January Annual Meeting Agenda

2019 February Annual meeting minutes.

<http://chattanoogaclub.com/wp-content/uploads/2019/03/Feb-2019-mtg-minutes.pdf>

2019 March annual meeting agenda.

<http://chattanoogaclub.com/wp-content/uploads/2019/02/CBC-General-meeting-agenda-2-18-19.pdf>

Outreach Discussion Group Agenda

<https://chattanoogaclub.com/wp-content/uploads/2019/03/Outreach-Discussion-Agenda-03-18-19.pdf>

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

Thursday, Mar 28, 10:00 AM - Urban Ride - Chickamauga To Andrews Lane - 32.4 mile ride from Chickamauga Civic Center (behind the library) to Andrews Lane. We will stop at a store in Cooper Heights at about mile 23.5. Restroom is available at \$General. RWGPS predicts 1101 ft for the elevation gain but RL expects about 2000 ft total elevation gain. Final average speed will probably be about 11-12 mph. No drop.

<https://ridewithgps.com/routes/22042289>

RL George Perry 423/290-1482

START TIME MAY BE ADJUSTED, DEPENDING ON WEATHER

Thursday, Mar 28, 6:00 PM - Battlefield - A, B, C Groups - A weekly ride through the Chickamauga Battlefield and surrounding area. Meet in lower parking lot of Visitors Center. Rest rooms may or may not be open at start, so plan accordingly. Dependent on group, there may be option for mid-ride store stop.

A Group

Distance 25-35 miles. Average overall pace at ride's end is 18-20mph.

Ride leaders:

Ben Keim 423.504.8597 (benkeim03@hotmail.com)

Barry Matlock 423.475.3208 (barry.matlock@gmail.com)

B Group

Distance approx. 25 miles. Average overall pace at ride's end is 15-16 mph early in season. We'll work together to increase that pace with the goal of a 17-18+ avg by end of season. No drop.

Ride Leaders (will alternate weeks):

Richard Russell 423.598.1243 (rwr.tnruss@gmail.com)

Sharon Russell 423.240.2700 (slr.tnruss@gmail.com)

C Group

Distance 15-25 miles, depending on participants. Average overall pace at ride's end 12-14 mph. No drop.

Ride Leaders (will alternate weeks):

Sharon Russell 423.240.2700 (slr.tnruss@gmail.com)

Richard Russell 423.598.1243 (rwr.tnruss@gmail.com)

Friday, Mar 29, 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, Mar 30 - Spring Fling - Full information above.
8:00 AM - Climbing Series #3 - Brayton Mtn Climb, strenuous, 13-15 mph
9:00 AM - Intermediate Ride - Soddy Daisy to Graysville, 31 miles, 11-13 mph
11:00 AM - Social Ride - 16 miles - 9-11 mph
1:00 PM - Lunch and Party

Sunday, Mar 31, 10:00 AM - Sunday Ride on the Riverwalk - Full information above. Ride the Riverwalk on Sunday.

Sunday, Mar 31, 10:00 AM - Goodbye to the Tellico Kat's Sisters - Full information above. 37 miles around Tellico Plains with farewell dinner at the Tellico Kats Deli for the sisters who are retiring. Ride Leader: Peggy Olson, (920) 412-0999, pbiker10@yahoo.com

Monday, Apr 1, 6:00 PM - Monday Night City Ride - Riverview to Points North & South - Weekly Ride from Riverview Park. 13-16 mph overall avg. (Faster on flats/descents, slower on climbs.) No drop. Route selection (see below) will be at ride leader's discretion, and will vary depending upon season, participants, and road conditions. Also depending upon participation, we may split into faster/slower groups. No drop. Restrooms are available at start.

Riverview-Red Bank-MoccasinBend: <https://ridewithgps.com/routes/29488404>
Riverview-Chattanooga Valley: (route link to come)

Both routes include segments through city traffic. Front and rear lights highly recommended and essential during March and October.

Ride leaders:

Ed Park: 423-400-9530 / eparkseven@yahoo.com
Richard Russell: 423-598-1243 / rwr.tnruss@gmail.com

Tuesday, Apr 2, 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



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You are an active member of the Chattanooga Bicycle Club

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PO Box 11495
Chattanooga, TN 37401

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