



Next CBC Meeting - Apr 15, 2019

The Tailwind 040319

Spring Fling Celebration - March 30, 2019

We had a great time at the Spring Fling. All the rides were well attended and very successful. The lunch was delicious and a lot of fun. Many thanks to our hosts, Beverly Short and Patti Nihell, the most important various ride leaders, and any others who help make this such a success.



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.
 - They will also be offered discounted food and beverages at each stop. This is not a timed race!
- Each team that successfully returns to the Tap House with all of their cards stamped will be eligible for prizes at the on-going anniversary party at the Tap House.
- Teams can choose to compete in the Long Ride (roughly 11 miles) or the Short Ride (roughly 7 miles).
 - Teams will arrive for check-in at the Tap House between 11:00 and 12:15.
 - Long Ride teams will leave at 12:30.
 - Short Ride teams will leave at 1:00.
 - Park at SunTrust; Party in the Tap House parking lot with live music that evening.

If you're interested, contact Patti Nihells (847) 363-8534, or Peggy Olson (920) 412-0999
<https://www.eventbrite.com/e/ride-and-seek-a-bike-and-brewery-tour-ofsorts-tickets-58618304928>

The Honeybee Metric-Century is coming soon! It's a great ride that benefits the kids in LaFayette, GA.

If you haven't signed up, yet, make sure you do!
<https://www.bikereg.com/40885>

(And make sure you order one of these neat jerseys, too! They're available in both Ladies and Mens sizing.)

The Chattanooga Bicycle Club will be sponsoring the rest stop in Chickamauga again this year! See you there!

If you don't plan on riding, but would like to help out, contact Peggy Olson (920) 412-0999 for details.



Presented by City of LaFayette.

Primal Bike Jersey - \$65.00
2019 Jersey



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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"
April 4, April 17, April 18, April 25, May 1
4pm-6pm

Learn to Ride Classes w/ La Paz
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.

Outdoor Chattanooga

Mountain to Town Sunday, April 14 | 9 a.m. - 12 p.m. or 1 - 4 p.m.

Join Outdoor Chattanooga for a guided downhill bike adventure that starts at the top of Lookout Mountain and ends in downtown Chattanooga. Enjoy scenic views of the city while cruising down the Guild Trail until it connects with the Tennessee Riverwalk and follows the shores of the Tennessee River into downtown. 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 no 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. [Online registration](#) required in advance as space is limited.

[Mountain to Town](#)

Learn to Ride a Bike Monday, April 8 | 4 p.m. or 6 p.m.

Learn how to ride a bicycle or refresh your rusty skills with Outdoor Chattanooga's experienced instructors. We offer FREE Learn to Ride a Bike classes the second Monday monthly at 4:00 and 6:00 p.m. 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. Classes are recommended for adults and kids ages 5 and older. Reservations required in advance. We can provide bicycles and helmets

Chattanooga, 200 River Street in Coolidge Park and

advance as space is limited. [Learn to Ride a Bike](#)

New CBC Facebook Group!

for CBC members? It's a great outlet to keep in pass on messages about club rides, organized bike related. Keep it friendly and keep it clean!

Here's the link to get you started!



upon request. Classes are held at Outdoor Chattanooga, 200 River Street in Coolidge Park and will move indoors during inclement weather. This is a free class. Reservations are required in advance as space is limited.

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 post photos of your rides, interesting bike articles or memes or anything else you'd like to share.

<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 '**Clearence**' 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

George led a fun Chickamauga and south ride on Thursday but we forgot to get pictures. He had put this old one on the calendar. The photo was taken in Suches, GA in the mid-80s. Jim Hammond and George Perry.



Wowthe whole Riverwalk was open – even past the lily pond! The South Chickamauga Creek Greenway was also was finally open, and some of the gang added that loop to the ride.

The riders were: Mike Hartiline, Patti Nihells, Jim Wildeman, Pete Williams, Tony Tompson, Rich Rudner, Marty Pinson, Beverly Short, Peggy Olson, Joe Nivert, Bob Shafto, Raleigh Cooper, Jon Bell, Daisy Blanton and Chuck (photographer). Tim Hixson joined the group for the South Chickamauga Creek Greenway loop and Mike led it at a fast pace. What a great day for all of us!



Pete Williams, Marty Pinson, Bob Shafto and Joe Nivert at the Blue Goose Rest Stop



Daisy Blanton, Rich Rudner, Tony Thompson



Peggy Olson and Raleigh Cooper



Raleigh Cooper and Mike Hartline



Patti Nihells and Beverly Short



Beautiful day for the Spring Fling to kick off the season! Three different rides and a yummy lunch to follow. Thank you to all of the volunteers that made it happen! And the two in charge of the party - Patti and Beverly in the picture above.



This is a picture of the KOM's of this mornings charge up Brayton Mtn ele. 1940 ft lead by Sharon Russell, 2838 vertical feet along the ride route. Marshall Horton gets the KOM of the morning. "Atomic" Tom Baker is missing from the post ride picture. CBC Climbing series #4 in the books. With Sharon Russell, Ed Park, Marshall Horton, Gary Burriss, Richard Russell, Thomas Jamison and several others.



The mountain goats who climbed up Brayton Mountain. Got Howard Rowe in this one.



Intermediate group leaders - Marty Pinson and John Poinsatte.



Mingling before the ride starts.



More mingling with some of the recumbents.



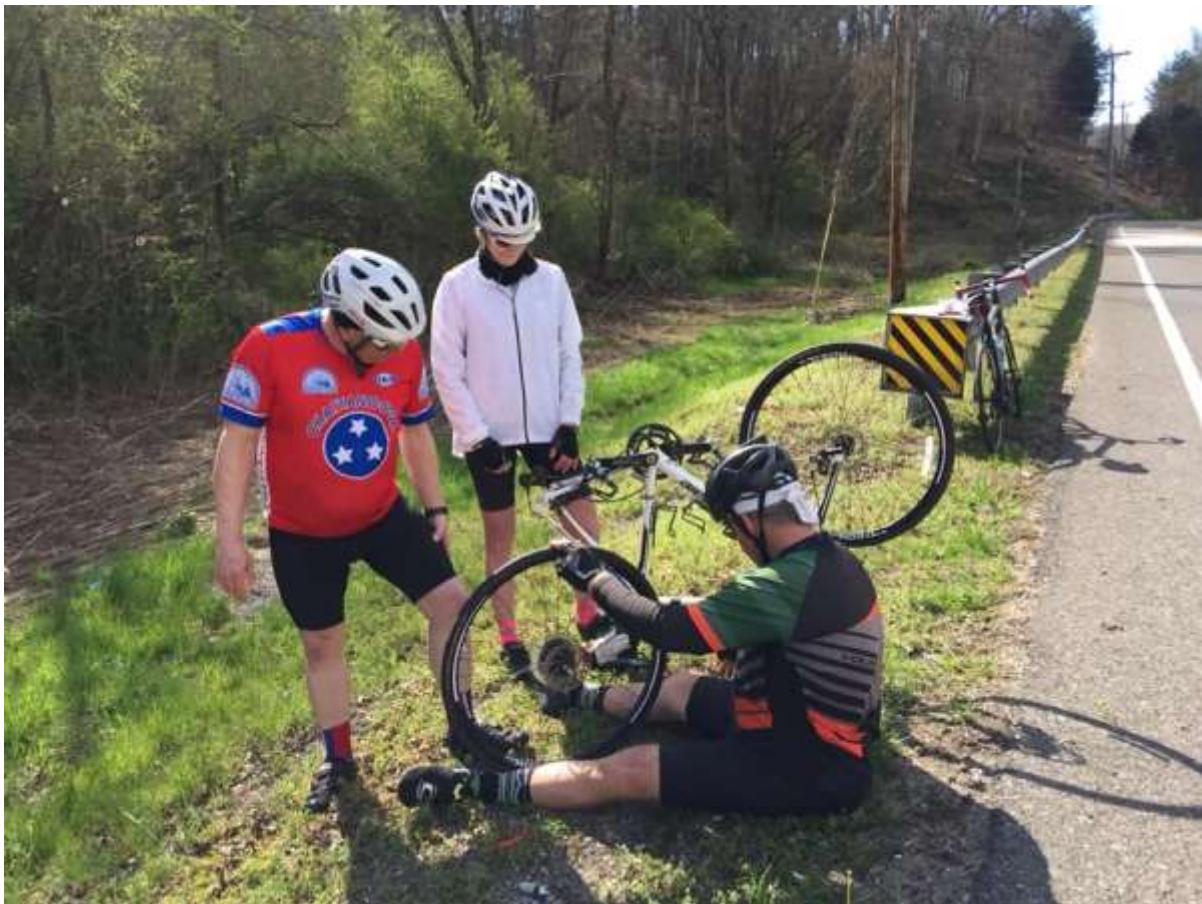
Marty Pinson is better known as the 'Inspector Gadget'.



Intermediate group stopping to regroup.



Word is that the middle group was plagued with flats!



Flat #2



We didn't remember to get any group rides on the shorter route but we did get a great picture of Burton Brown on his recumbent trike.



After a beautiful and warm Saturday, Sunday decided to go back to winter. Peggy shortened her ride to just up to Bald River Falls and back but it was so cold when she and Lou and Cindy Pape got there that they decided to skip the ride and just drive to it. Peggy pointed out that she had never seen the little auxiliary waterfall off to the right of Bald River Falls.



Baby Falls. There were some crazy kayakers preparing to come down this section of the river. Too cold for me!!



Beverly Short was the only one to show for Daisy's N GA Lite - Rock Spring ride. It was a ride she found from a while back. Most of the roads were familiar but generally ridden in the opposite direction and some not in a long time. It was like a discovery ride. Only took us 2 miles out of the way but really had fun remembering the roads once we were on them.



Weekly CBC Birthdays

April 4 - April 10

Rudy Hausler, 4/4; Jim Wright, 4/5; Michele Anderson, 4/5; Debbie Bowman, 4/7; Tracy Bryant, 4/9

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 April

Johnny Barnes, David Bennett, Joe Lodato, Patricia Smith, Ed Waterhouse

Membership Renewals Due in the Month of May 2019

Benji Armstrong, Michael Brown, Mark Claudio, Bob Haag, David Hundley, Byron Mulligan, Mario & Janice Perri, Carter Simmons, Del Sudkamp, Wayne Wilson

[Renew Online](#)

2019 March Annual Meeting Minutes & 2019 March Annual Meeting Agenda

2019 February Annual meeting minutes.

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

2019 March annual meeting agenda.

<http://chattanoogabicycleclub.com/wp-content/uploads/2019/03/CBC-General-meeting-agenda-3-18-19.pdf>

Outreach Discussion Group Agenda

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

Thursday, Apr 4, 10:00 AM - Urban Ride - Urban Ride-VW/Collegedale/Apisom - This ride is one of our favorite Urban Rides. It starts at the Redoubt Soccer Fields, on Bonny Oaks Drive, and heads to Enterprise South. After a "nature break" at the Nature Center, we'll ride into Collegedale. There, we'll follow the Wolftever Greenway through town, make a loop out into the Apison countryside, and then backtrack to our cars.

Please park in the lot that is directly across from the entrance of Enterprise South on Bonny Oaks Drive. Wheels hit the pavement at 10 am. This ride is about 31.5 miles. We'll have an overall average of 11-13 mph at the end. It's a no drop ride and we will regroup as needed.

Here is the link to the route on Ride With GPS:

<https://ridewithgps.com/routes/26815131>

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

Ride Leader: Peggy Olson, pbbiker10@yahoo.com, (920) 412-0999

Thursday, Apr 4, 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 (sr.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 (sr.tnruss@gmail.com)

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

Friday, Apr 5, 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, Apr 6, 9:00 AM - Climbing Series #4-Racoon Mountain Climb - New route as of 3/31/19. Climb using Racoon Mountain Road and descend on Elder Mountain Road.

I hate climbing so it's time to get over it. We will start at the Food City in St Elmo. The route will use Market St and the River Walk to give us a four mile warmup before a small climb over the tip of Lookout. At mile 8.5 we will start the main climb.

Bathrooms

- Start
- Mile 3.4, St Elmo Station on the River Walk
- Visitor Center at the bottom at Mile 12.7
- Visitor Center on top at Mile 18.3, good rest point since you are at the top and the major work is done.

Areas of Caution

- Climbing both directions on Cummings Highway across Lookout Mountain. We have two lanes going up in both directions. Please keep as far right as possible to be safe and let the traffic pass. On the way back I took us off of Cummings to avoid the blind curve on the climb back. Approaching cars have little visibility of riders ahead. If you're comfortable and do not want the additional climb you can bypass and stay on Cummings.
 - The descent down Elder Mountain is very steep.
 - We will have a bit of traffic in the Tiftonia area. Remember single file and keep right.
 - Obviously make sure your brakes are in good order.

This is a no drop ride. I'm sure we will break up in several splinter groups on the climb. If you are uncertain of the route please make sure you team up with someone who does. Depending on the size of the group I will recruit a few folks to help lead and sweep. If you don't have the legs and have to go short please text me or let someone in your group know so that I can account for everyone on top before descending.
(assuming I make it to the top)

Click the link below to see the route on Ride with GPS

<https://ridewithgps.com/routes/29606873>

Ride Leaders:

Marty Pinson (423)760-1663
Peggy Olson (920) 412-0999

For any Rouvy users I have created a training route, just search for "Racoon Training". Great for the rainy days.

Sunday, Apr 7, 9:30 AM - Sunday Ride on the Riverwalk -

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

Ride Length: Approximately 21 miles

Average Speed: 10-12 mph

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

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.

Monday, Apr 8, 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

Monday, Apr 8, 7:00 PM - Beginner Ride - This is a beginner ride. Approximately 11 miles all flat with a couple slight small rises. Ride takes about an hour. No one left behind regardless of pace. Ride leader is John Hubbard.

The meet location is on Moccasin Bend in the parking lot across from the office for Riverbend Festival (Friends of the Festival).

Ride Leader: John Hubbard, johnhubbard46@yahoo.com

Venue parking lot across from 180 Hamm Rd.

Tuesday, Apr 9, 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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