



*Next CBC Meeting - June 17, 2019*

The Tailwind 052919

Carol Zitzow Memorial Ride on Signal Mtn



**Carol Zitzow Memorial Ride**

Saturday June 29th

Push off at 08:30

Start at Pruett's Signal Mtn Market, 1210 Taft Hwy, Signal Mountain, TN 37377.

This 27 mile ride follows a route that Carol led for many years and coincides closely with what would have been her birthday. Some urban, some countryside, includes the brow overlook; about 1300 ft climbing. Nothing you can't handle I promise. Even her sons can do it.

Here is the route on Ride With GPS:

<https://ridewithgps.com/routes/30133943>

After the ride Uwe Zitzow will host the riders and other club members and their family at Carol's house for catered lunch.

405 Ferncliff Drive Signal Mtn TN 37412. *Lunch will still take place even if the ride is canceled for inclement*

*weather.* We could use a few volunteers to bring a dessert or a side. The main dish will most likely be BBQ.

Ride Leader Allan Voss [awvoss@epbf.com](mailto:awvoss@epbf.com)

alternate ride leader/sweep Del Sudkamp [dsudkamp@comcast.net](mailto:dsudkamp@comcast.net)

RSVP [uweitzow@gmail.com](mailto:uweitzow@gmail.com) with how many you have coming for lunch and if you will be bringing a side or dessert.



## CYCLE SEQUATCHIE

As you know, the CBC has teamed up with Velo View Bike Tours to put on a ride in Sequatchie Valley on Saturday, October 5th called [Cycle Sequatchie](#).

In addition to offering a fun cycling event for both locals and out-of-towners, the ride will serve as the primary fundraiser for the club, much as the 3 State 3 Mountain Challenge was for many years. As a first-year event, our expectations for revenue are modest, but we believe the ride has great potential to turn into a significant fundraising event.

To reach that point, we need this first year to be a success. So please help us spread the word about the ride, and consider getting involved as a volunteer. [You can find a list of volunteer opportunities for the event by clicking here.](#) All volunteers will receive an event t-shirt along with lunch & beer tickets!

We are especially looking for help with the rest stops and would love to have someone step up to help with recruiting & coordinating the volunteers. If you would like to take a lead role at a rest stop or with the volunteer effort as a whole, please let us know and we'll get you plugged in!

Of course if you want to do the ride, by all means [sign up!](#) We want all of our club members to participate in whatever way feels right.

You can find more details about the event at: [CycleSequatchie.com](http://CycleSequatchie.com)

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Shannon Burke

Velo View Bike Tours

[veloviewbiketours.com](http://veloviewbiketours.com)

423.834.8388

Join us OCT 5th for Cycle Sequatchie!

### CBC Poker Ride

#### SUMMER CELEBRATION

SATURDAY, JULY 6TH

At VETERANS PARK, SODDY DAISY



gg79771259 GoGraph ©

#### POKER RIDE with a TWIST

Start time is 10:00 am

Visit local establishments to pick a card and make your best hand! Prize for the winning hand.

#### \$5.00 TO ENTER THE POKER GAME

LUNCH from 12:00 to 2:30

- KABOBS ON THE BARBIE - BRING YOUR OWN or purchase from the CBC (\$5.00/each)
- Please bring an appetizer, side dish or a homemade dessert
- CBC will provide beverages and SMORES!

\_\_\_\_\_  
Name: \_\_\_\_\_ Attendees in your party: \_\_\_\_\_

# OF CHICKEN KABOBS \_\_\_\_\_ # OF BEEF KABOBS \_\_\_\_\_ # OF VEGGIE KABOBS \_\_\_\_\_

I am going to share with my fellow riders: \_\_\_\_\_ an appetizer, \_\_\_\_\_ a side dish, \_\_\_\_\_ a dessert.

[PLEASE RSVP BY JULY 1ST to p.nihells@gmail.com](mailto:p.nihells@gmail.com)



**Boom Days/DeSoto State Park Bike Weekend  
September 19-23\*\*, 2019**

**SAVE THE DATE!!!**

This is an event for everyone! We'll be spending the weekend at **DeSoto State Park** in Fort Payne, AL. That much is the same for everyone. The rest can be tailored to your tastes.

**The Boom Days Celebration** in Fort Payne, AL is happening this weekend. It's a 2 day festival, on September 21st and 22nd, with music and events. We'll take some time to enjoy the fun!

<https://boomdays.com/>

**How do we get there?**

**Bike Tour:**

For those wanting to bicycle from Chickamauga to DeSoto State Park, we will pedal an approximately 50 mile route on Friday, September 20th and return on Monday, September 23rd.. We'll be climbing Lookout Mountain out of Menlo, GA. There are two options for the tour: You can load up your bike and carry all of your own gear OR you can just ride your bike and let "Saggy" Bob Olson carry everything for you. He will be sagging for the ride.

**Don't want to bike to the park?**

**Drive there:**

Drive to the park on Thursday, September 19th and stay until Sunday or Monday, September 22nd or 23rd. We will have bike rides planned, out of the park, on Friday through Sunday.

**Where do we stay?**

DeSoto State Park has something for everyone! There's camping, cabins and a motel at the park. We recommend you make your reservations as soon as possible. Find a camping buddy and split the cost! **\*\*YOU ARE RESPONSIBLE FOR YOUR OWN RESERVATIONS\*\***

<https://www.alapark.com/desoto-state-park>

Camping is \$37 per night (plus fees). You can have 2 tents OR 1 camper and 1 tent on each site. The Papes will be on site #17 and the Olsons will be on site #19. We are in the Upper Loop.

We'll have more details about this tour during the summer. Please RSVP or direct any questions to Peggy Olson, (920) 412-0999, [pbiker10@yahoo.com](mailto:pbiker10@yahoo.com).

**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](#).

### **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**

The riders on the Monday Night City Ride on Monday, June 10 were: David Eargle, Becky Buckles, Ed Park, and Chuck (photographer).



Tuesday was COOL. Perfect for riding, just a little windy. Tony Thompson, Beverly Short, Sharon Tingley, George Perry and Daisy Blanton (photographer).



With all the rain we've had there were no other club rides this week. (At least none that I got pictures of.)

However a few of our members are participating in tours around the country so here are a few pictures from them.

Tour de Friends on BIG BAM June 9-14, 2019. Patti Nihells



Day one of the OK Freewheel Tour- 55 miles Hugo to Clayton. Among Peggy's group: Sharon Russell, Peggy Olson, Richard Russell. Minus Gary Hooper.



Improvised table for eating sloppy joes.



Richard Russell was pretty relaxed listening to the music.



Since that is all I have for pictures from this week, I'll try to find some older pictures. I'm looking for folks we haven't seen in a while for different reasons. Some have passed away. Some just haven't been able to ride because of physical conditions or other reasons or have moved away.

Here's someone we haven't seen in a while: Fred Meredith, along with Daisy Blanton and Lou Pape.



John Vass and Marty Pinson



Wes Rehberg



Daisy with Morgan and Hilda Fraley.



Tom Gray with Lori Smith, Daisy Blanton, Pete Williams, Raleigh Cooper, and Peggy Olson.



Burton Brown and Daisy Blanton. Some day he will get his bike working correctly and join us.



Carol Zitzow negotiating her snacks with Sydney Roberts dog at Sydney's really neat farm.



Carol Zitzow would meet us at various spots along the Tour de Signal after she was unable to ride.



David Meek & Mike Callahan and Hobo



Hugh Worthy, my sweetheart, and Mike Callahan and Hobo. Anything goes at a Fat Tire Festival!



Hugh Worthy



Tom Ingledew and Peggy Olson



Ted Dickerson and Lori Smith. Ted, we miss you. Hope you will be back riding soon.



### **Weekly CBC Birthdays**

#### **June 13 - June 19**

Bob Haag, 6/13; Lori Smith, 6/13; John Vass, 6/13; Tom DuBose, 6/19,

### **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 June**

Randy Ables, Kimberlie Breu, Dave Hammel, Teresa Huckaby, Mark Jacobs, Patti Nihells, Rich Rudner, Kathryn Wroth

### **Membership Renewals Due in the Month of July 2019**

Gary Gesualdi & Kitty Garrett, Bonnie Hancock, John Harward, Sandy Lowery, Trieu Nguyen, Rita Pendergast, Marty Pinson, Peter Teruya

[Renew Online](#)

**2019 April Annual Meeting Minutes & 2019 March Annual Meeting Agenda**

**2019 April Annual meeting minutes.**

<http://chattanoogabicycleclub.com/wp-content/uploads/2019/06/May-2019-mtg-minutes.pdf>

**2019 May annual meeting agenda.**

<http://chattanoogabicycleclub.com/wp-content/uploads/2019/06/CBC-General-meeting-agenda-6-17-19.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, June 13, 9:00 AM - Urban Ride - Do Not Pass Go!** - Ride Leader: Chuck Puglisi

Phone: (865)321-0893 Email: [cjp0124@gmail.com](mailto:cjp0124@gmail.com)

Ride Length: 32.3 miles

Average Speed: 12.5 mph

Restrooms available at start and during the ride.

This is a no-drop ride.

The name of this ride might sound familiar, because this is one of George Perry's popular rides! He had to cancel his planned ride today, and recommended we go with this one. Thank you George!

<https://ridewithgps.com/routes/30251757>

**Thursday, June 13, 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.

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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](mailto:benkeim03@hotmail.com))

Barry Matlock 423.475.3208 ([barry.matlock@gmail.com](mailto:barry.matlock@gmail.com))

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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](mailto:rwr.tnruss@gmail.com))

Sharon Russell 423.240.2700 ([slr.tnruss@gmail.com](mailto:slr.tnruss@gmail.com))

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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](mailto:slr.tnruss@gmail.com))

Richard Russell 423.598.1243 ([rwr.tnruss@gmail.com](mailto:rwr.tnruss@gmail.com))

**Friday, June 14, 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](mailto:cjp0124@gmail.com)

**Saturday, June 15, 8:30 AM - Pocket Ride** - If you've never visited the Pocket Recreation Area, south of Villanow, GA, you're in for a treat! There are 2 entrances. Turn into the second one, which leads to the day use/picnic area.

We will ride about 46.5 miles, in between some beautiful ridges. Most of the ride is on quiet backroads. You'll see forests and farmland and maybe some wildlife. There's even a pedal down Lovers Lane!

There are 2 store stops along the route. It's a no drop ride, so we will regroup as needed. Our overall average will be 10-12 mph. If you wish to go faster, you're welcome to ride on your own or form a second group. There are some rolling hills, with a few larger climbs mixed in.

If it's hot outside, you can end the ride with a dip in the icy cold spring in the campground before you head home!

**\*\*NOTE:** Your cell phone will not work in this area.

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

<https://ridewithgps.com/routes/7665952>

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

Ride Leader: Jim Johnson, [jimbikestheworld@gmail.com](mailto:jimbikestheworld@gmail.com), 423-313-5256

**Sunday, June 16, 10:00 AM - Sunday Ride on the Riverwalk** -

Ride Leader: Rich Rudner, (954) 261-1828, [rudnerr@comcast.net](mailto: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, June 17, 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](mailto:eparkseven@yahoo.com)

Richard Russell: 423-598-1243 / [rwr.tnruss@gmail.com](mailto:rwr.tnruss@gmail.com)

**Tuesday, June 18, 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)



**Our mailing address is:**

Chattanooga Bicycle Club  
PO Box 11495  
Chattanooga, TN 37401

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