



*Next CBC Meeting - September 16, 2019*

**The Tailwind 082119**

### **CBC pride and Cycle Sequatchie**

Hey all, just a follow up on volunteerism. We still need warm bodies and smiling faces for the Cycle Sequatchie ride. I'm sure by now, we all know the date is Saturday, October 5. I believe that Shannon, the event organizer, may also be looking for some help before then, promoting the event, or Friday October 4, for event setup and package pickup. The major remaining need remains for rest stop volunteers to make sure that each rider is fueled up, nourished and encouraged.

The volunteer registration details and website have appeared in the Tailwind for many issues now, but I wanted to reach out personally and remind all club members of the need and privilege to serve the club and the cycling community in this debut event. One of my goals – in fact, the major goal – these past two years as president was to facilitate an annual CBC Signature ride. Shannon has helped get this ride off the ground and it is still my goal to make the ride and experience a success, so much so that it becomes an enduring, annual event. Please reach out and volunteer your time, energy and enthusiasm. I am sure many of you would prefer to ride the event; we are working on organizing a separate ride for club members, particularly volunteers, to cover the event route(s) with your closest friends.

One of my other desires when I assumed the role of president was to build on the camaraderie that the club has always shown – both to me and outside observers and to ensure that the CLUB endured. There is no better way or opportunity to help achieve both goals than by coming out on this (hopefully) beautiful fall Saturday and supporting and immersing yourselves in the cycling experience. Feel free to reach out to your friends and other cyclists you know and invite them to assist and cheer on the participants. The more the merrier!!

Thank you,  
Joe

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Oct 5, 2019 | Dunlap, TN



### CYCLE SEQUATCHIE

[CYCLE SEQUATCHIE](#) is just six weeks away and we still need volunteers to help with the rest stops. The rest stops will have themes with decorations and costumes. Should be a lot of fun!

If you're not into dressing up and acting goofy, we can still use a few more marshals to help out on the course.

This event is the club's **primary fundraiser** and your help is greatly appreciated!

[Check out all of the volunteer positions by clicking here!](#)

If you're planning to ride in the event, be sure to sign up in the next couple of weeks. After September 15th, the price goes up and no t-shirt.

[Click here to register for the ride!](#)

Good news!

The **Lyndhurst Foundation** is going to give us funds to help pay for the **Cycle Sequatchie post-ride**

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**farm-to-table lunch buffet!** And

**Village Volkswagen** is going to sponsor the **Cumberland K.O.M. Challenge**. They're also going to donate some prizes for the winners of the challenge and have offered the use of their vehicles for our course marshals.

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!

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Bring your *non-cycling friends & family* to Cycle Sequatchie and they can enjoy their own guided paddle down the Sequatchie River while you're out riding the course or volunteering! We also have guided hikes and other free non-cycling activities scheduled for the morning of the ride. Check out all the fun stuff for non-cyclists to do on our Weekend Activities page!

<https://cyclesequatchie.com/weekend-activities>

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**Too hot to bike, let's FLOAT**

So it is too hot for me to ride. Please join us for a fun day on the Hiawassee on Saturday, Aug 31. The first bus leaves Webb Bros at 11 a.m. and we should be on it! BYOP -- Bring your own Picnic for afterwards. (I've heard rumors that Bob Olson may be grilling some hamburgers. Check with Peggy. Daisy)

PLEASE RSVP to me no later than Tuesday August 27th so that I can make the reservations directly with Webb Bros. [lynn.seeger@epbfi.com](mailto:lynn.seeger@epbfi.com) or (423) 667-5134.

Bring a sun hat, strap for your sunglasses, water-safe sunblock, snacks and water, maybe a drybag, change of clothes, etc. Here is the website. <https://www.webbbros.com/rafting.html> .



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

**SAVE THE DATE!!! (See Latest update: at end of writeup)**

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.

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**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).

#### **Latest update:**

September will be here before we know it! Time to lock down your plans for a fun weekend.

Supported bicycle tour to the park from Chickamauga (52 miles) or drive directly to the park. Rides available every day!

There are still some campsites/cabins/lodge rooms available. You are responsible for your own reservations. Check the DeSoto Falls State Park website:

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

Camping only dates are September 19-22

Bike tour plus camping dates are September 20-23

**\*\*In order to organize the weekend, please contact Peggy Olson to let her know you're coming and where you're staying. (also with any questions)**

[pbiker10@yahoo.com](mailto:pbiker10@yahoo.com)

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(920) 412-0999

### **New database shows best cycling routes in area**

Bikeways of the Scenic South—[www.scenicbikeways.com](http://www.scenicbikeways.com)—makes it easy to find the best backroads in the Chattanooga tri-state region, as well as hidden gems along the way! The website currently features curated routes in Sequatchie Valley and the region around the Ocoee, Hiwassee and Tellico rivers. Bikeways of the Scenic South will eventually cover 15 counties in Alabama, Georgia and Tennessee.

Bikeways of the Scenic South is spearheaded by the Southeast Tennessee Tourism Association, Velo View Bike Tours and BikeTours.com, in cooperation with government officials, local chambers of commerce and businesses, cycling clubs, and individuals across the region who have donated their time and resources to bring attention to our natural treasures.



### **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!

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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 '**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**

The Thursday **(not-so-)Urban Ride was out of Red Clay State Park**. We had a great ride but were lite on the pictures. This sign just called to us. The 'pigs' are Tony Thompson, Peggy Olson, Art Thompson, Daisy Blanton, Sue Newton, Pete Williams, Patti Nihells and Chuck (photographer).

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We did two loops, one above and one below Red Clay so stopped there for a break in between. Sue Newton, Peggy Olson, Pete Williams, Tony Thompson, Art Thompson, Daisy Blanton and Patti Nihells (photographer).

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The riders on the **Riverpark Leisure 20-30 on August 16** were: James Sackett, Ted Dickerson, Joan Thompson, Tony Thompson, Peggy Olson, Beverly Short, Sue Newton, Gray Fletcher, Mike Hartline, Pete Williams, Fred Buttner, Marty Pinson, Daisy Blanton, John Oakey, and Chuck (photographer).

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Marty Pinson followed by Sue Newton on Blue Bridge across Chickamauga Creek.

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Gray Fletcher

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Mike Hartline

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Peggy Olson, Daisy Blanton

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Mike Hartline going through the underpass toward the southern end of the Riverwalk.

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Blue Goose rest stop. Around the table: Pete Williams, Tony Thompson, Peggy Olson, Sue Newton, Fred Buttner, John Oakey, Beverly Short, and Joan Thompson.

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We had two recumbent trikes on the ride on this day: Daisy Blanton and James Sackett.

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Ted Dickerson, Marty Pinyon, Mike Hartline, Gray Fletcher, James Sackett.  
"Friday morning I met up with the bike club. I managed to grind out 18.6 miles. Two weeks ago I did 10. I'm just thankful. Period." Ted Dickerson. He's back on the road!!

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**3 Rivers Wine & Market - Etowah-Benton Loop.** Another great ride led by Jim Johnson from Etowah to Benton loop going to Needle Eye Lane to visit the Mennonite Farm market and then on to the Savannah Oaks Winery and venue. We started from the Farmhouse in Etowah seeing all of the farm animals including the 'fat chicken'....climbing the hills to our destination, seeing only the beautiful horses on BIGFOOT Road and back for some good eats. Lou & Cindy

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Milling around before the ride. I don't know where the "fat chicken" came from but can think of a few possibilities.



One of the many sights along the route. Two of the horses seemed to have noticed us. This must be Bigfoot Rd.

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One of the many beautiful views. It was a gorgeous ride.

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I remember this dairy from some of our previous rides in the Benton, TN area.

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Our first touring stop was at the Delano Community Farm Market. They had a great variety of home grown or made food. Some of us bought cookies and some got those healthy things called vegetables. We saw a lady complete with a bonnet leaving in a horse and wagon. Perfect.

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Patti Nihells and Cindy Pape arranging their bicycles to stay up around the tree.

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Peggy Olson and Richard Russell enjoying some treats from the market.



Our next official stop was the Savannah Oaks Winery. They had lots of other things in addition to wine. It looked like they are a destination for events like weddings or celebrations.

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Back at the Farmhouse Restaurant - a bunch of hot, tired, hungry and thirsty folks. It was wonderful. One of the few times that I didn't complain about the air conditioning being too cold. It was great!

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The **Sunday Riverwalk Downtown Gang** did the ever-popular downtown/Farmer's Market thing on a beautiful, HOT Sunday morning. Always a great, fun ride.

Pictured: Lori Smith, Mike Hartline, Patti Nihells, Rich Rudner, and Sue Newton. Also on the ride was Mark Dowling and our photog Chuck Puglisi.

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As typical for me, I forgot to take a picture for the **N GA Lite - Battlefield to Rock Springs** ride until two of our riders (Art Thompson and Tony Thompson) had left. Doug Ward, Beverly Short, Daisy Blanton, Peggy Olson, George Perry and Patti Nihells (photographer).

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### **Weekly CBC Birthdays**

#### **August 22 - August 28**

Peggy Olson, 8/22; Doug Wood, 8/22; Dave Hammel, 8/24; Mike Hartline, 8/25; Mikki Blaes, 8/28;  
Raleigh Cooper, 8/28; Eric Zitzow, 8/28

### **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 August**

Kathy Barton, Debbie Bowman, Winston DeCredico, Steve Harwood, Brent Jordan, Sandy Mauser,  
Jim Reagan, John & Chris Vass

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## Membership Renewals Due in the Month of September 2019

Larry Akens, Walt & Vanessa Amador, Tom & Susan DuBose, David & Kathy Eargle, James & Melissa Gill, Calley Hornbuckle, Doug Irish, Stef Nemeth, David & Joyce Nesbitt, Scott Packer, Richard Sacilotto, Lisa Simmons, James & Virginia Trimble

[Renew Online](#)

## 2019 July CBC Meeting Minutes & 2019 August CBC Meeting Agenda

### 2019 July CBC meeting minutes.

<http://chattanoogabicycleclub.com/wp-content/uploads/2019/08/CBC-General-Membership-meeting-minutes-7-15-2019.pdf>

### 2019 August CBC meeting agenda.

<http://chattanoogabicycleclub.com/wp-content/uploads/2019/08/CBC-General-meeting-agenda-8-19-19.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, Aug 22, 9:30 AM - Urban Ride - Birthday Droop Scoops - IT'S MY BIRTHDAY!!! LET'S EAT ICE CREAM!!!

This ride will be a familiar loop from Chickamauga, to the Battlefield and then a couple loops in the country, south of town. After the ride, we'll head over to Droop Scoops for an ice cream celebration!

We'll meet at the Community Center, behind the Library, and leave at 9:30am. The ride will be approximately 30 miles, more or less, and we'll have an overall average of 11-13mph.

This is a no drop ride and we'll regroup, as needed, to stay together.

Here is the route on Ride With GPS:

<https://ridewithgps.com/routes/30817740>

Bad weather or poor road conditions will cancel this ride.

Birthday Girl: Peggy Olson, [pbiker10@yahoo.com](mailto:pbiker10@yahoo.com), (920) 412-0999

### Thursday, Aug 22, 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.

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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, Aug 23, 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, Aug 24, 9:30 AM - Ladies Ride-Red Bank to Soddy Loop** - This month we'll follow a route that's been around for a long time...the Old Red Bank Route. Plan for a nice, social paced ride.

We'll meet at the Food City on Dayton Blvd and head north, to do a loop in Soddy Daisy, and then head back. This route is about 27 miles long.

Time: 9:30am

Average: 11-13mph

This is a no drop ride and we will regroup as needed.

After the ride, we'll head over to Bread and Butter for lunch.

<http://butterthebread.com/about>

In case it's new to you, here is the route on Ride With GPS:

<https://ridewithgps.com/routes/26213976>

Bad weather or poor road conditions will cancel this ride.

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

**Sunday, Aug 25, 9:00 AM - Tellico River Out & Back (Bikeways of the Scenic South)** - *Follow the Tellico River deep into the Cherokee National Forest on this idyllic ride!* We can't recommend this ride enough, as it offers a truly unique opportunity to ride alongside a gorgeous river through a

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national forest on a paved road for 18 miles! And if that weren't enough, it also has numerous restroom options along the way and even a convenience store in case you need a drink or a snack. And being an out & back that runs upstream, it works for cyclists of any level. Whenever you feel fatigued, just turn around and let gravity help you roll back to where you started! We will start this ride at the Oosterneck Overlook, which is right before the River Road turnoff and offers ample parking. (The only downside is that it doesn't have a bathroom. So consider stopping at the Cherochala Visitors Center or the Cherochala Market Exxon station for restrooms before starting the ride.)

We will go past Bald River Falls and the Tellico Trout Hatchery. There is also the Green Cove Angler Store where you can grab a snack and a drink.

Ride leader: Jim Johnson 423-313-5256.

Average speed at end 11-13 mph--not including lots of stops for photo ops!!

36 miles/1900 feet of climbing.

<https://ridewithgps.com/routes/28841189>

There is a detail description of the ride on the CBC calendar.

**Sunday, Aug 25, 10:00 AM - Sunday Riverwalk/Downtown Group Option Ride** - Riding downtown Chattanooga and nearby areas on Sunday – when vehicles and people are minimal – becomes really enjoyable. In fact, downtown transforms into this glorious “ghost town” where bike riders seemingly own the place; making it and the surrounding neighborhoods a lot of fun to ride. This event also has the distinction of being a Group Option Ride. Every ride does launch from and return to the Riverpark’s Hubert Fry Station, but the riders may select from routes such as:

Touring Fort Wood – lots of older, restored homes and businesses.

Cruising Broad, Market, and Chestnut Streets; maybe a stop at Farmers Market.

Heading toward the Dam, down Dotson and back on Holtzclaw.

Don't forget to bring a snack for our brief Recharge Stop along the way.

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

Ride Length: Approx. 20 miles

Average Speed: 11-13 mph

Rest/store stops: Available

This is a no-drop ride.

**Monday, Aug 26, 6:00 PM - Beginner Ride** - Hello Beginners!! Are you a beginning cyclist or one returning to riding after a long break?

Please come and join us for a fun and relaxing ride. The purpose of this ride is to gain confidence, get comfortable riding on the road with traffic, share knowledge and improve your skills. Let's get some exercise and, most of all, enjoy ourselves and have fun!

Ride time will generally be about an hour or so but each ride will be accommodated according to skill level and comfort of the group. Helmets required, rear and front bike lights are a very good idea.

Leave from the parking lot across from the Friends of the Festival office, 180 Hamm Rd, Chattanooga TN 37405.

Please feel free to contact ride leader with concerns or questions.

Ride Leader: John Hubbard, 423-432-9748, [johnhubbard46@yahoo.com](mailto:johnhubbard46@yahoo.com)

**Monday, Aug 26, 6:00 PM - Monday Night City Ride - Riverview to Points North &**

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**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, Aug 27, 9:00 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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