



Next CBC Meeting - September 16, 2019

The Tailwind 082819

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



CYCLE SEQUATCHIE

[CYCLE SEQUATCHIE](https://www.cyclesequatchie.com) 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 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

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Shannon Burke
Velo View Bike Tours
veloviewbiketours.com
423.834.8388

Join us OCT 5th for Cycle Sequatchie!



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>



Black Bear Rampage - Volunteers Needed

The 2019 Black Bear Rampage is coming up on Sunday, September 8th. It's a mountain bike race, with multiple distances and skill levels, that takes place down by the Ocoee. Scott's Bikes, of Cleveland, are the organizers and they could use our help.

If you are able to volunteer to help with the event, please contact the shop at (423) 472-9881.

Attached is more information about the event: [the 2019 Black Bear Rampage](#)



**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.

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.

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

(920) 412-0999

New database shows best cycling routes in area

Bikeways of the Scenic South—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!

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

Peggy's Droop Scoops Birthday Ride was lots of fun. However often when you are having too much fun, you forget to take pictures. The ride across Missionary Ridge has so many great views but it is also very hilly and we were just trying to get across. We did get some pictures when we got to Droop Scoops for ice cream afterwards.

"Thank you to all who sent me birthday wishes! I had a great day! Started with a bike ride and ice cream and ended with a motorcycle ride and dinner. Lots of laughs mixed in throughout the day, too. Life is good!!" Peggy



George Perry and Chuck wait patiently while Beverly Short selects her ice cream. It's a hard decision.



Bob Olson joined us at Droop Scoops. He and Peggy went for a motorcycle ride later that day.



The riders on the **Leisure 20-30 on August 23** were: Ted Dickerson, Joe Wheeler, Mike Hartline, John Oakey, Sue Newton, Gray Fletcher, Daisy Blanton, Ron Johnson, Joe Nivert, Marty Pinson, Reggie Thomas, Rich Rudner, Howard Rowe, Beverly Short and Chuck (photographer). Ed Park and Tony Thompson were too busy exploring to get in the picture.



Close-up of group only.



Milling at start. Rich Rudner, back of Daisy, Gray Fletcher, Tony Thompson



Howard Rowe, Ed Park in sun brim, Marty Pinson & "Fat Chicken"



We had two recumbent bikes on this day - Reggie Thomas and Ron Johnson. With Sue Newton behind.



Rich Rudner



Sue Newton



The USS LST-325 is visiting Chattanooga. She is the last restored and operational WWII LST 325 ship/museum. She made forty crossings of the English Channel in support of the Normandy landings and was also used in Africa and Italy. Her mission was to land, offload men and equipment (tanks, etc) and get the hell out of there. On her first Normandy landing she carried 59 vehicles, 30 officers and a total of 396 enlisted men.



There was a service man with several other items used with wars such as a jeep and a medic ambulance. He had our attention as he told us about all this.



Joe Wheeler, Ron Johnson, Reggie Thomas, and John Oakey first started talking to the service man.



We all drifted over to listen. Gray Fletcher, Joe Nivert, Sue Newton, Ron Johnson, Joe Wheeler, Howard Rowe, Reggie Thomas, Rich Rudner, Mike Hartline, John Oakey, Daisy Blanton, Ted Dickerson, Beverly Short.



Open front end of ship.



Tony Thompson, Joe Nivert, Joe Wheeler, John Oakey, Gray Fletcher



Antiaircraft guns on LST stern.



Cloud cover and cooler temperatures made for a perfect ride along the **Tellico River** up to Bald River Falls and beyond today! A few ventured up the mountain into North Carolina until the pavement ended. The official turnaround point was at the state line. Lunch was at the new Iron Works Grill in Tellico Plains.



The highlight of the ride is Bald River Falls. It is spectacular.



Lynn Seeger, Joe Wheeler and Art Thompson



Have to be a little silly sometime.



Peggy Olson, Jom Johnson and others. Just can't get enough of the Falls.



Some of the riders didn't get enough riding the 18 miles uphill to the state line. They went on up the big hill and then up the bigger hill to 'just do it'. Joe Wheeler and Peggy Olson did it all. Art Thompson joined them up the first hill but decided he had had enough after the first hill.



Joe at the very top. He did it all.



Rock Star Mary. She went either to the very top or just up the first hill with Art. Mary has an extension for her camera that enables her to take group pictures with herself in it.



The return ride is wonderful. Besides the beautiful scenery, it is downhill all the way!







We had a delightful lunch at the Iron Works Restaurant.



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).



Weekly CBC Birthdays

August 29 - September 4

Daniel Bryant, 8/29; David Nesbitt, 8/29; Howard Rowe, 8/29;

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

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 29, 9:00 AM - Urban Ride - Bonds of Friendship - 32.8 mile figure 8 ride from Battlefield Visitors Center to Bonds Rd, Friendship Rd and Garretts Chapel Rd. We will find a shade tree about halfway for a short break. There is a \$General store at about mile 19.4 if anyone needs/wants to stop. RWGPS predicts 1239 ft for the elevation gain. Final average speed may be 11-12 mph. No drop except possibly the RL.

Weather Cancellation Policy: Don't start if it is raining.

<https://ridewithgps.com/routes/28423860>

RL George Perry 423/290-1482

Thursday, Aug 29, 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)

Barry Matlock 423.475.3208 (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)

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, Aug 30, 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, Aug 31, 7:30 AM - Dog-less OAC route 40 miler. - 40 mile, no-drop ride. I'm guessing 2000-2200 ft. of climbing (and I'll need every inch of that to make my August Strava climbing challenge). Several stores and regroup locations on ride. No guarantee on fresh ice or ice machine.

This will be moderately challenging but casual. Pace will average between 14.5 and 16 mph, depending on group.

Ride leader: Joe Lodato, joe.lodato@epbfi.com; 865-414-0733

Check with me if weather looks imposing or if you have any questions about the ride...or life.

Saturday, Aug 31, 10:45 AM - 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 Hiawasee. The first bus leaves at 11 a.m. and we should be on it! BYOP -- Bring your own Picnic for afterwards.

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 or (423) 667-5134.

Lou Pape has very graciously offered to grill up some hamburgers and veggie burgers, so please email Cindy (c1oupape@gmail.com) with what you would like. If you want to bring a side, that would great.

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>

Sunday, Sept 1, 10:00 AM - Sunday Riverwalk/Downtown Group Option Ride - *Note: I don't see this ride on the calendar or call but think it is still happening. Please check the calendar before coming.*

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

Ride Length: Approx. 20 miles

Average Speed: 11-13 mph

Rest/store stops: Available

This is a no-drop ride.

Monday, Sept 2, 6:00 PM - Beginner Ride - *Note: I don't see this ride on the calendar but think it is still happening. Please check the calendar before coming.*

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

Monday, Sept 2, 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, Sept 3, 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
