



Next CBC Meeting - September 16, 2019

The Tailwind 090419

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**

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

Historic Battlefield Bike Ride
Saturday, September 21 | 9:30 a.m. - 11:30 a.m.



Join [Chickamauga and Chattanooga National Military Park](#) and [Outdoor Chattanooga](#) for this free, leisurely paced bicycle tour through Chickamauga Battlefield. National Park Service rangers provide recounts of the history of the battlefield during frequent stops, while Outdoor Chattanooga staff provide ride support. Bicycles are available for riders five feet tall and over at no charge, thanks to sponsorship from the [National Park Partners](#) and [Friends of Outdoor Chattanooga](#). Reservations for these bicycles are required. If you have and use your own equipment, no reservation is necessary. The monthly tours begin at 9:30 a.m. at the Chickamauga Battlefield Visitor Center. Ride distance is approximately three to four miles on flat to gently rolling terrain. The rides are considered beginner friendly and are appropriate for adults, and children ages eight and older when accompanied by an adult. NO training wheels, please. All participants are required to wear helmets during the ride.

[Chickamauga Battlefield Bike Tour](#)



Sunday, September 29

The [Little Debbie IRONMAN Chattanooga](#) returns to the Scenic City on Sunday, September 29, bringing with it thousands of athletes that have made the trek to Chattanooga to complete 144.6 miles of swim, bike, run in one day! The energy in the city is electric! Here's everything you need to know about this year's race. [Schedule of Events](#), and [Course Info](#).

Noteworthy Side Note:

Wonder why Chattanooga continues to host IRONMAN Races? IRONMAN athletes voted Chattanooga Overall satisfaction, Best Overall swim, Best Overall Bike, Best Race Venue, Best Host City, and Best Post-Race Celebration. All that should come as no surprise since Chattanooga was voted the Best Town Ever twice by Outside Magazine!

[Ironman Chattanooga](#)

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 '**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

George Perry's **Bonds of Friendship** ride was lots of fun. David Bennett, George Perry, Peggy Olson, Tony Thompson, Art Thompson, Daisy Blanton, Beverly Short and Chuck (photographer).



A little **community outreach at Chattanooga State** for the Intramural Showcase. We shared a little bicycle knowledge and raffled off a bike. It's fun to share your passion! Peggy Olson and Michelle Anderson, pictured. Beverly Short was also there.



The game spinner that Cat Volzer had for Jim Johnson's Bluegrass Festival was such a hit that Peggy asked to use it again. And it was just as popular at this event also. They spin the dial and depending on where they land, they get a bicycle related question on the selected topic. Peggy Olson, Beverly Short and student.



The prize for the person whose name was drawn at the end of the day is the winner of this bicycle.



The riders on the **Leisure 20-30 on August 30** were: Joe Wheeler, Sidney Roberts, Daisy Blanton, Gray Fletcher, Raleigh Cooper, Mike Hartline, Rich Rudner, Peggy Olson, Tony Thompson, Marty Pinson, Beverly Short, Art Thompson, John Oakey, Robert Powderly, and Chuck (photographer).



We were so glad to see Sydney Roberts joining us again. We have missed her. Peggy Olson and Sydney Roberts.



Joe Wheeler and John Oakey



Snack time at Blue Goose. Tony Thompson, Gray Fletcher, Daisy Blanton, Art Thompson



Mike Hartline, Raleigh Cooper, Marty Pinson, Robert Powderly. We were glad to see Robert after his accident on Ragbrai and before his upcoming surgery.



Howard Rowe led a century ride for his **birthday** around and over Lookout Mountain. This is at Cove Farms, a great place for a rest stop.



Howard Rowe at the start.



Among those joining him were Ed Park with a fancy helmet brim, Tom Jamison, and Chuck in the Mexican sombrero.



Thomas Jamison always has a following where ever he goes.



Richard Russell and Tom Jamison



Familiar sight in this area.



It's not open until 12 noon CENTRAL TIME!



Beautiful **float down the Hiwassee River**, put together by Lynn Seeger, for CBC members. The day was warm, but the water was oh so cool! Perfect place to be! Thanks to Lou and Cindy Pape for the great picnic when we got back.

Waiting to get on the bus to take us to the put-in.



Amy French and Wendy Richardson with their funyaks.



We all had our funyaks and paddles and were heading down the ramp to the put-in. Amy French, Wendy Richardson, Richard Russell, Lynn Seeger, Joe Wheeler, Daisy Blanton, Sharon Russell, Patti Nihells, and Peggy Olson. Gray Fletcher, Cindy Pape, and James Sackett are missing from this picture. I think they were already down at the river.



Patti Nihells on the river. Where is her paddle?



James Sackett brought his own kayak. And thank goodness for him. A lot of us got stuck on the rocks one or several times and it was James to the rescue to get us out. Some of us got **really** stuck and could not have escaped without his help.



Our trip organizer, Lynn Seeger. Thank you so much, Lynn!!



Sharon and Richard Russell, Gray Fletcher, Princess Amy French, James Sackett



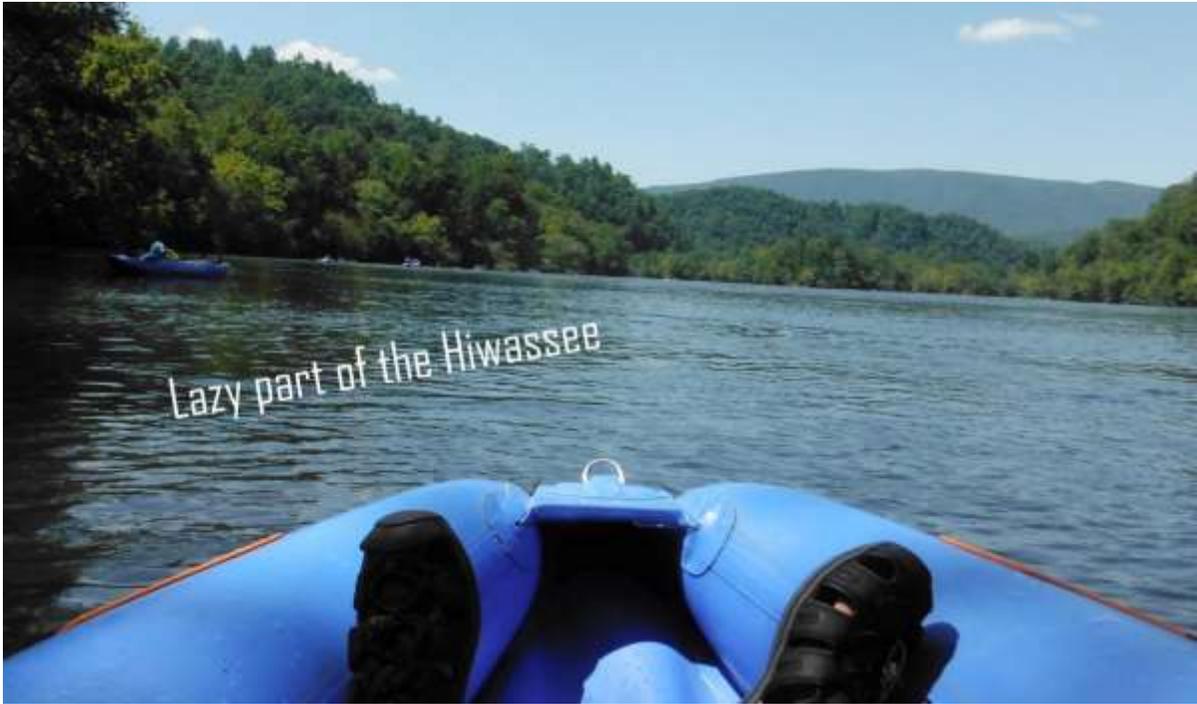
Gray Fletcher, Princess Amy, Peggy Olson, James Sackett, Wendy Richardson



Daisy Blanton, Gray Fletcher, Peggy Olson



The lazy part of the river.



This is an example of the many ledges along the river. This is one of the gentlest. They have little tentacles that reach up and grab you.



There was a little hidden path through the trees that some of us saw in time to take. It was fun to take. We came out a little to the right of the others that missed it.



Cindy Pape approaching the takeout.



There was plenty of folks there to catch us and grab the funyaks while we could wade a little.
Most of us were pretty wet by then anyway.



Lou Pape did not want to float the river so he volunteered to cook hamburgers for lunch afterwards. How wonderful!! We were a bunch of tired, hungry folks and Lou's lunch was perfect. Bob Olson joined us also. the tent provided some much needed shade. It was HOT! Gray Fletcher and Bob Olson



Many brought things to go with the hamburgers so we had quite a feast!



I suspect Cindy Lou did her share toward the picnic. What would Lou (we all) do without her?



It got a little crowded under the tent so Patti and James found some alternate seating.



Thanks Lynn Seeger for leading us to float on the Hiwassee today. Thanks Lou Pape for good eats after the float! It was all so much fun!!



The most exciting thing of all (at least to me). Daisy's new car!! A Subaru Crosstrek. Just got home with it around 8:00pm the night before. Gray helped me with learning how things worked on the way to the river. Peggy Olson, Richard Russell, Patti Nihells Lou Pape, Sharon Russell, Lynn Seeger, Joe Wheeler, Daisy Blanton, Gray Fletcher, Amy French, Wendy Richardson.



Lou Pape's Labor Day ride



The **N GA Lite - St Elmo to Chickamauga** ride was not uneventful. About 5 miles in we heard this loud bang. Everyone looked at everyone else to see who had the flat. It was Peggy and it was a doozy. The tire had a rip almost two inches long. We didn't think there was any way to patch it but after Tony Thompson suggested duck tape we tried that. They put multiple layers of tape on the inside.



A close-up of the tear. It's really a big one.



Then after it was pumped up, they wrapped the whole tire with tape. Richard and Sharon rode back with Peggy figuring that if it didn't hold, one of them would get Peggy's car and drive it back to her. But believe it or not, Peggy sent us a message saying she made it back with no problem. Oh the wonder of duck tape.



After Richard, Sharon and Peggy left us, there was only five remaining. Gray Fletcher, Tony Thompson, Beverly Short, Greg Frazier and Daisy Blanton (photographer).



Weekly CBC Birthdays

September 5 - September 11

Bonnie Hancock, 9/6; Gray Fletcher, 9/8; Daisy Blanton, 9/10; Barry Matlock, 9/11; Sharon Tingley, 9/11

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 September

Robert & Kathleen Bowers, Elisha Gibson, David Nesbitt, Chris Schutz & Colleen McGreevy

Membership Renewals Due in the Month of October 2019

Adam Cofer, Raleigh & Alice Cooper, Alan Eddy, Michelle Headrick, Jerry & Debbie McClanahan,
Mark Pace, Robert Powderly

[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, Sept 5, 9:00 AM - Urban Ride - Let's Go See Ross! - This route passes by Ross Nichol's house (a previously active member and friend for us old timers) at about mile 16.2. He is planning to be at home, so we will stop and say hello. The next planned stop will be at Mapco in Rock Spring about mile 21.

Distance 31.7 miles. 1474 ft elevation gain. 46 ft/mile. Hillier than the Battlefield.

Average speed. In March, it was 11.6 mph on a windy day.

No drop.

RWGPS route <https://ridewithgps.com/routes/29717754>

Cue sheets can be printed using this link.

No drop. Weather policy – don't start if it is raining.

RL George Perry 423/290-1482

Thursday, Sept 5, 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)

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, Sept 6, 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, Sept 7, 9:00 AM - 47 Mile Red Clay/Beaverdale Loop with a Century Option - Today is a day to challenge yourself! (If you want to.)

The main ride will be a loop from Red Clay State Park over to the River Road, near Beaverdale, and back. It's 47 miles, with only a few steeper climbs mixed into the rolling hills of Southern Bradley County and Northern Whitfield and Murray Counties.

We'll start this ride at 9am from the day use lot at Red Clay. There are 2 store stops. One around mile 17 and another around mile 32. This is a no drop ride, with an overall average of 13-15mph. I will start in the front and end up leading from the rear.

Here is the route on Ride with GPS: <https://ridewithgps.com/routes/22622063>

**For those who are looking to continue the challenge, I will be riding a "Peggy Century" that day. It will be slower paced than an organized century. It's a great opportunity if you have never biked a full century, but always wanted to try.

We will ride from my house, before the shorter route starts, join our friends for 47 miles and then continue on until we reach 100 miles. There will be chances for lunch and ice cream later in the ride.

Anyone wanting to join me on the century, or if you have questions, please let me know.

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

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

Sunday, Sept 8, 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

Ride Length: Approx. 20 miles

Average Speed: 11-13 mph

Rest/store stops: Available

This is a no-drop ride.

Monday, Sept 9, 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 10, 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
