



Next CBC Meeting - October 21, 2019

The Tailwind 092519

Oct 5, 2019 | Dunlap, TN



CYCLE SEQUATCHIE

Registrations are really picking up and it looks like we're going to have a good crowd for Cycle Sequatchie on October 5th! We still have volunteer opportunities available if you'd like to help out. If not, please consider signing up for the ride!

[CLICK HERE FOR VOLUNTEER OPPORTUNITIES](#)

[CLICK HERE TO SIGN UP FOR THE RIDE](#)

Questions about the event? Contact Shannon Burke at shannon@veloviewbiketours.com or 512-293-6242.

CBC FALL RIDE

3 RIDES FROM CHICKAMAUGA VISITORS CENTER

FOLLOWED BY LUNCH AT THE PARK PLACE

DATE: SATURDAY, OCTOBER 26TH

TIME: 8:30, 9:00 & 9:30 RIDE TIMES

LUNCH: 12:00PM

COST: \$16.00 > MENU: BAKED CHICKEN, PORK TENDERLOIN, MASHED POTATOES/GRAVY, GREEN BEANS, SALAD, ROLLS, LEMONADE, TEA, WATER > INCLUDES TAX AND GRATUITY

RSVP: DEADLINE IS MONDAY, OCTOBER 21ST > p.nihells@gmail.com or phone Patti Nihells 847-363-8534



TOP 3 COSTUMES WILL WIN TODAY'S LUNCH



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](#)

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

The riders on the Leisure 20-30 on September 20 were: Joe Nivert, Bob Haag, Sue Newton, Raleigh Cooper, Jim Wildeman (Welcome home Jim!!!), Robert Powderly, Joe Wheeler (on top), Marty Pinson, Howard Rowe, Mike Hartline, Tony Thompson, John Oakey, and Chuck (photographer).



Raleigh Cooper, Jim Wildeman, Howard Rowe, Robert Powderly, Bob Haag, John Oakey.



Joe Nivert, Joe Wheeler, Robert Powderly, Tony Thompson



Mike Hartline & Sue Newton with Joe Nivert in back.



Howard Rowe and Marty Pinson



Doggy Disc Competition field at Coolidge Park.



Howard Rowe says 'I finally found the "Pot" at the end of the rainbow!'
Peggy Olson's comment so true "Sometimes, on a ride, that can be the best treasure to find!"



Had a blast, this weekend, at **DeSoto State Park** in Mentone, AL. Some of us biked up there and back. Lou Pape had planned rides for each day and we had a lot of laughs and food mixed in. Peggy Olson created the route up there and it was great.

Everyone had a great time at DeSoto Falls State Park this weekend! Some camped, some stayed in the lodge and others drove up to join in on the weekend rides. It was the perfect weekend for fun and fellowship!

We have a lot of pictures and comments from the weekend and I generally don't know who they came from since it was a mix of everyone and there were different people present at different times. Will do my best to identify what I can.

This is the group that pedaled 52 miles, from Chickamauga, GA, up the mountain to DeSoto Falls SP, AL. Ready to head to DeSoto State Park from David Bennett's home in Chickamauga: Beverly Short, Peggy Olson, Bob Olson (Saggy Bob), Patti Nihells, Daisy Blanton, Sharon Russell, Richard Russell, Tom Baker with loaded bike.



Saggy Bob's rig. He carried all equipment we didn't want on the bikes, brought along food for lunch and treats galore, gave us moral support and was always there to reassure us.



Daisy's flag was trying to self-destruct along the way. Richard gave it an emergency repair with packaging tape.



A shady rest stop along the way. It was very welcome. Of course, Saggy Bob was there with snacks and drinks.



Saggy Bob stopping for a damsel in distress. Not sure if this was just a rest or was a flat tire. I think there was one of those also.



Nope, this was the flat tire. Patti has had the worst luck with her tires.



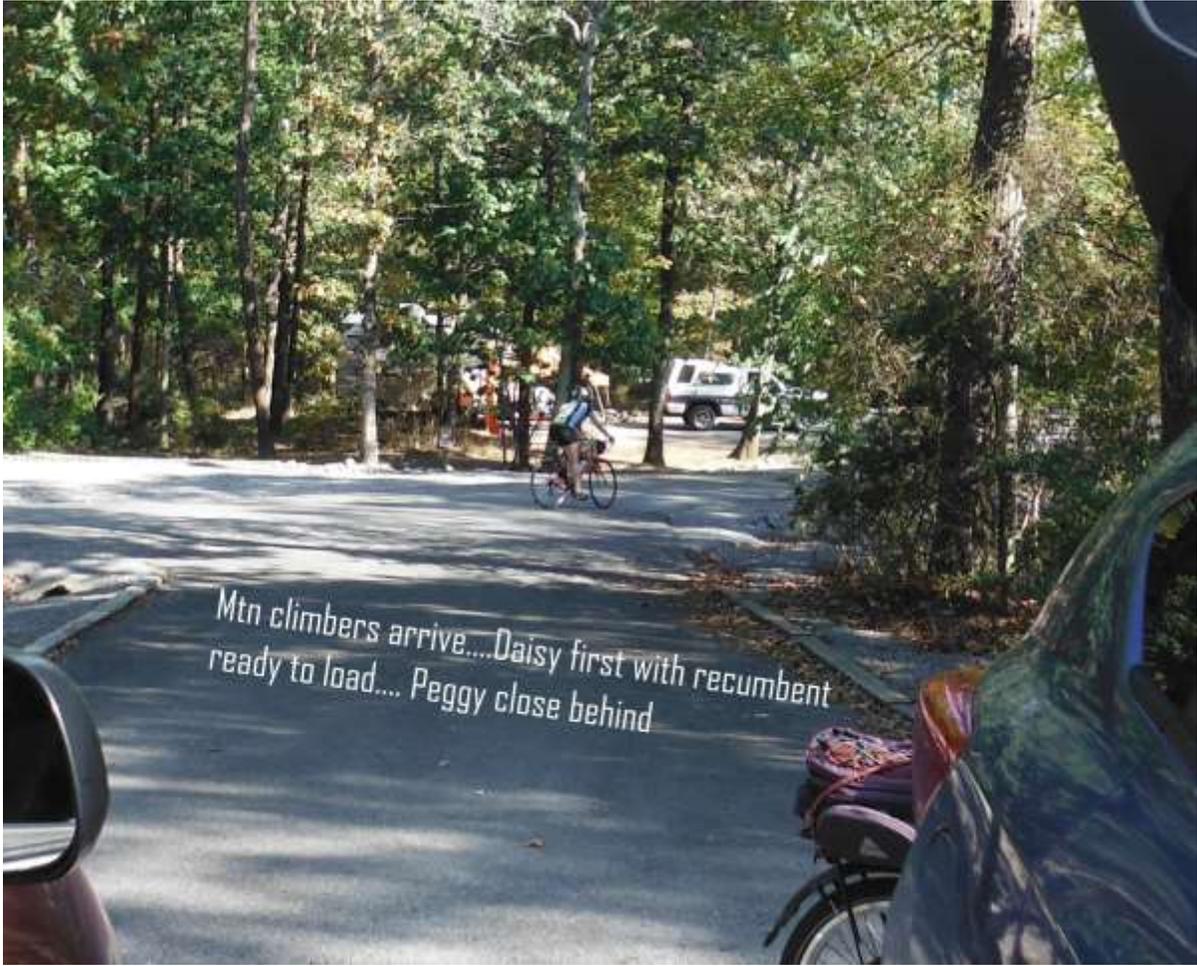
Patti spotted it first and went to have her picture taken. Once we saw it we all had to get in on it too. Peggy Olson, Daisy Blanton behind the mirror, Tom Baker, Beverly Short, Patti Nihells, Sharon Russell, Richard Russell.



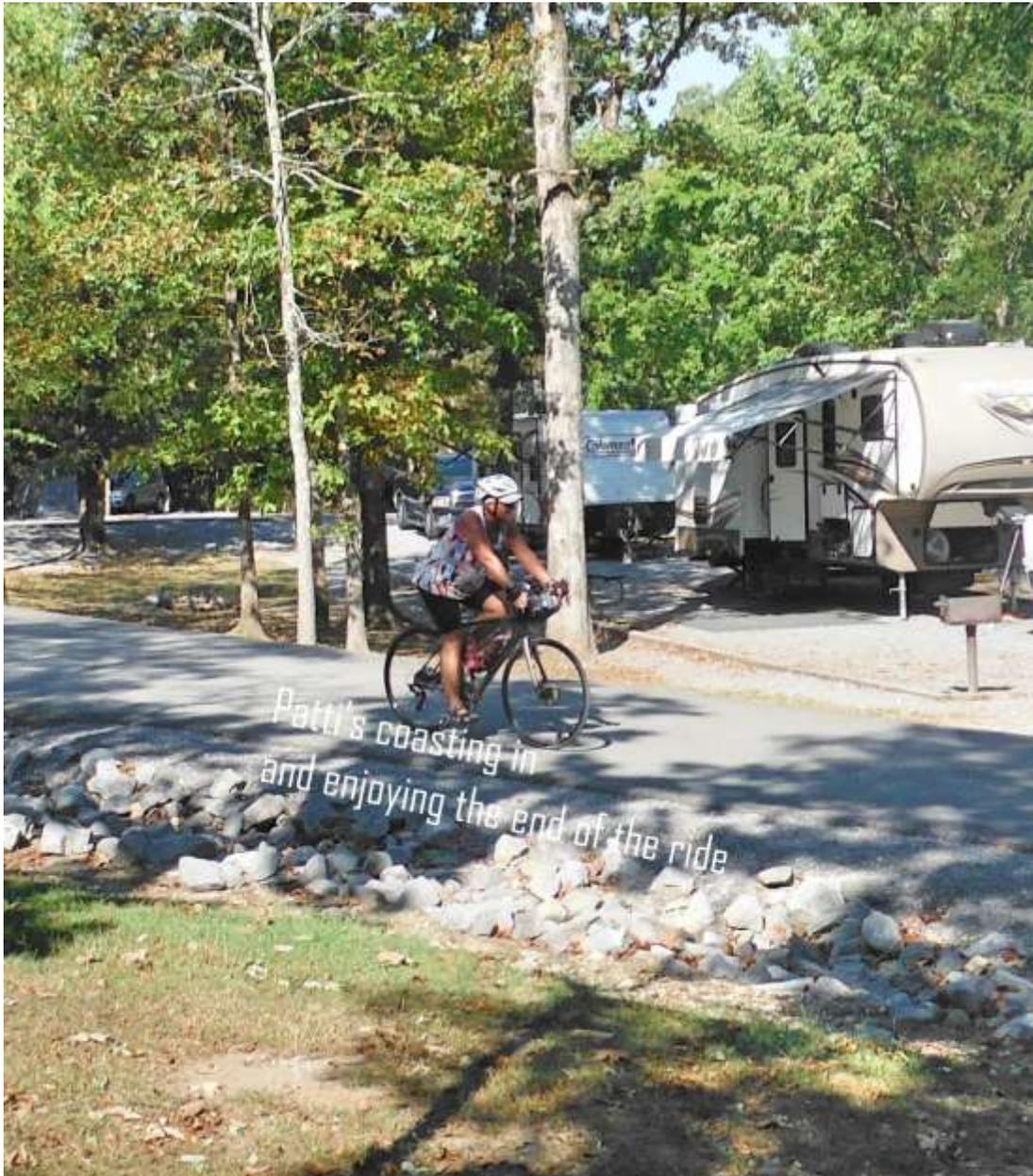
Lunch along the road, thanks to Saggy Bob! Right after climbing the mountain. It really hit the spot. We took our time, rested and really felt refreshed. The food was really good (as it always is when you are hungry). Just a nice break.



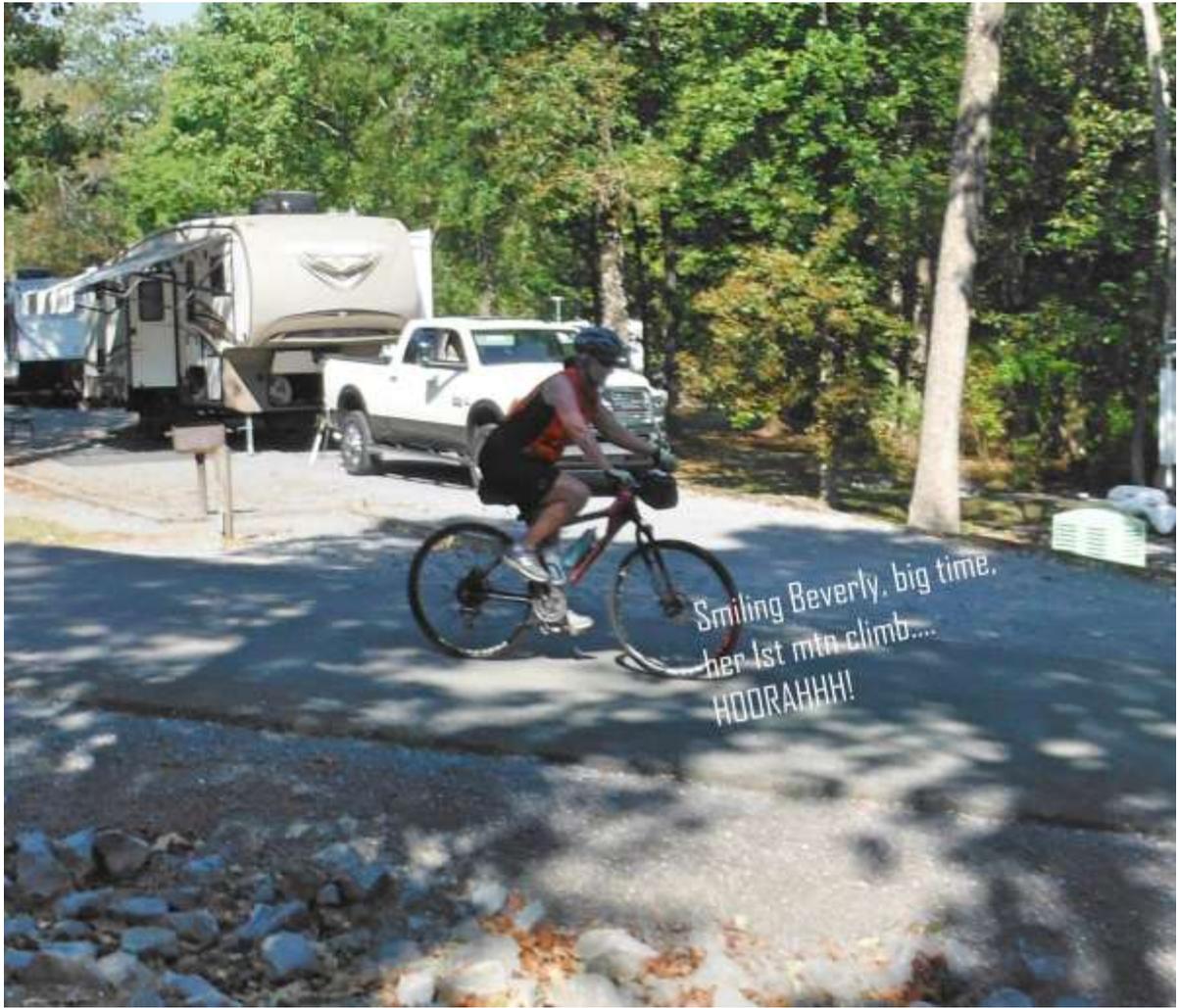
When Daisy got to the campground, she went to Cindy and Lou's camping spot but nobody was there. Her car was, so she unloaded her bike and waited for someone to come and help load it up. After a while realized that Saggy Bob and the trailer were probably there so went to Peggy and Bob's campsite and found Cindy and Lou also. Cindy went to greet the others as they came up. Peggy was the first.



Patti arriving with a working tire.



Beverly arriving. This was Beverly's first mountain climb. Congratulations!!



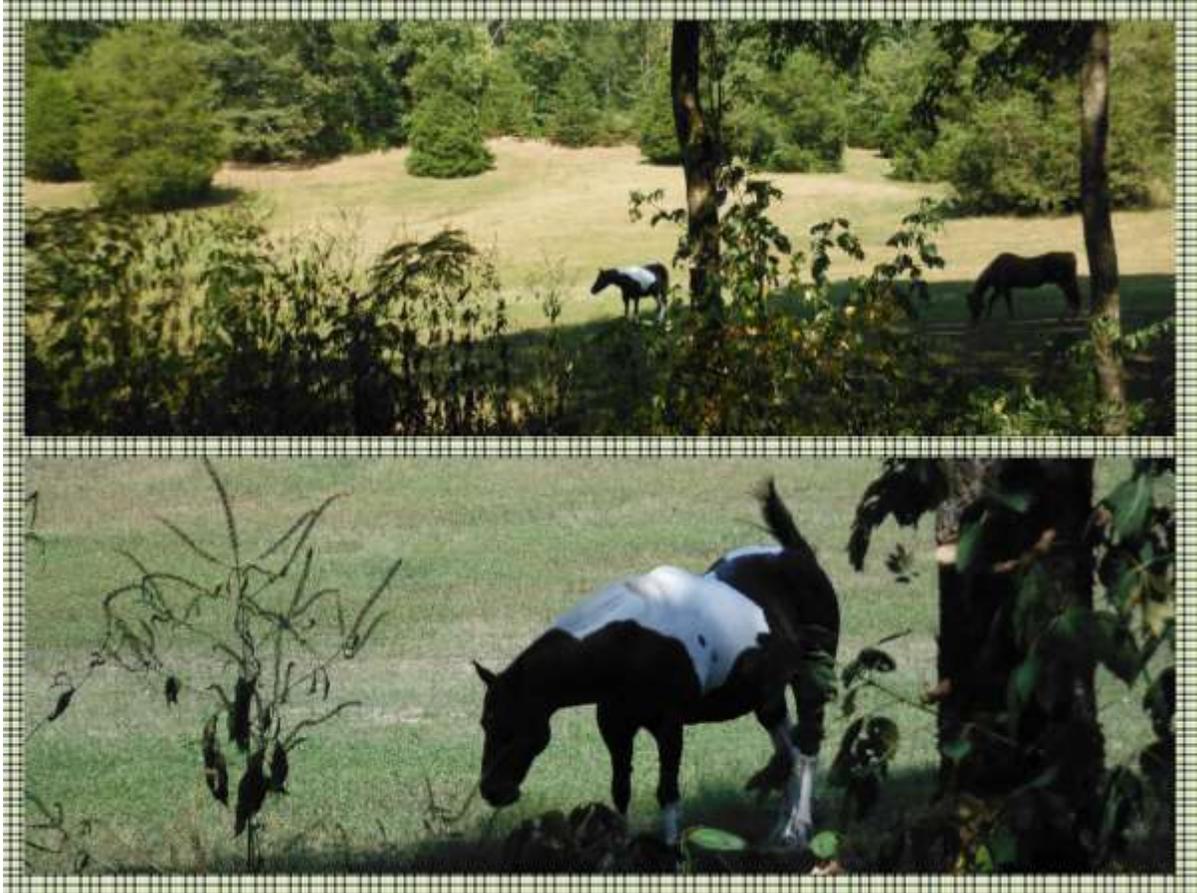
Richard had the right idea. We all needed a few minutes to unwind.



While many were riding to the park, Lou and Cindy had gone there on Thursday to get set up and be there for anyone else who wanted to come early. They planned a ride around Ft Payne for the day. No one else showed up so they enjoyed the ride by themselves. Friday was just the "A" team, the Pape team. Fridays can be a difficult day to be away from work. I took a few pictures of the route and the park where we started. Cindy



So peaceful.



Ft Pane cotton field.



A perfect weekend for camping. I think these folks were enjoying it.

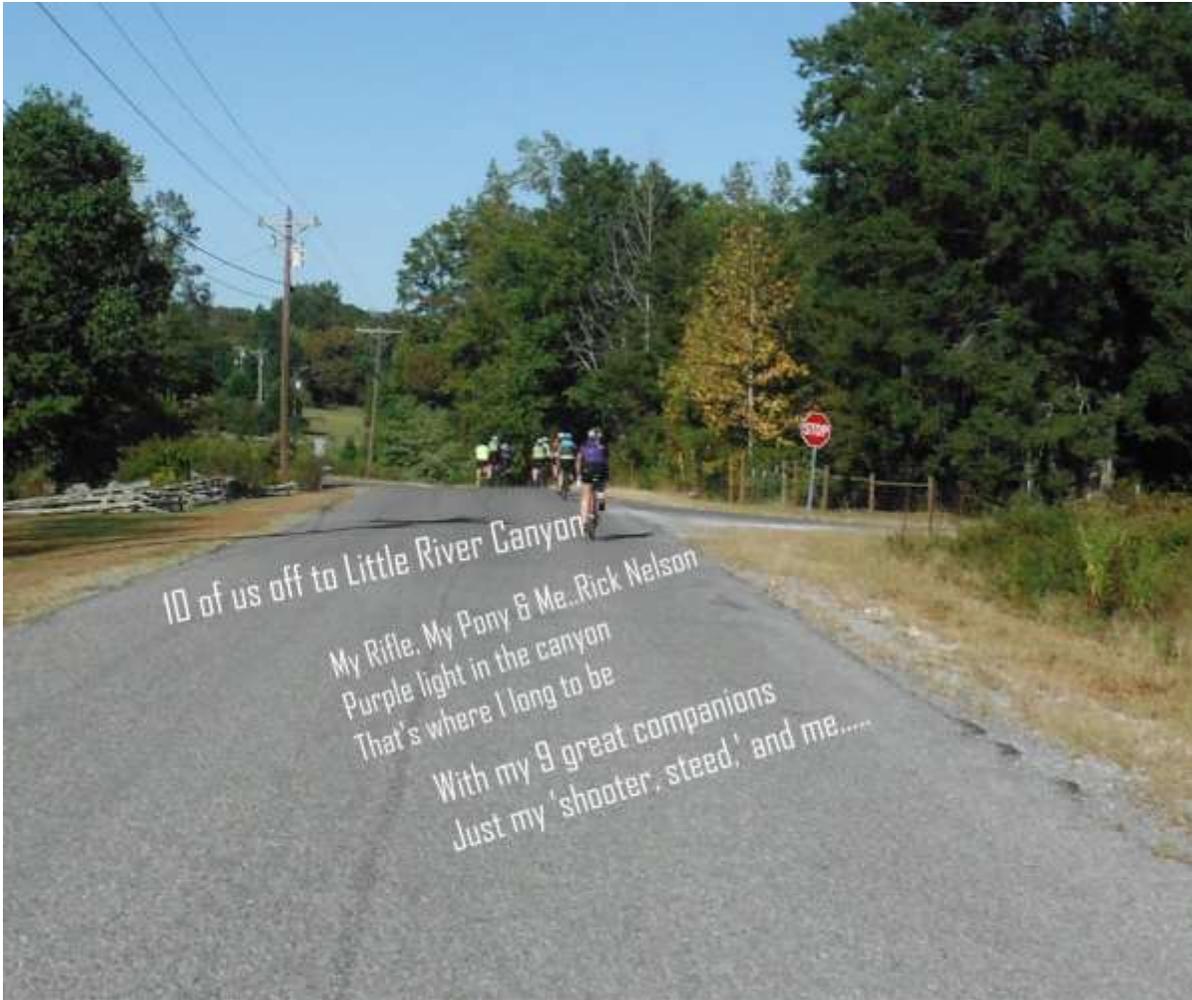


Red was right in the middle. Camping is wonderful for dogs!



Saturday's ride to Little River Canyon, we had a great group of 10, some very reluctant of their capabilities. The ice cream was our focus!





Peggy Olson, Patti Nihells, Sharon Russell, Sharon Tingley, Lou Pape, Richard Russell, Cindy Pape



Michelle Anderson, Peggy Olson, Becky Buckles



Becky Buckles & Dan Allen



Cindy Pape and Peggy Olson



Patti Nihells, Cindy & Lou Pape, Sharon Tingley, Peggy Olson, Richard Russell, Dan Allen, Becky Buckles, Michelle Anderson



Mosaic Steps near the overlook to Desota Falls



They are amazing



Becky Buckles, Richard Russell, Lou & Cindy Pape, Patti Nihells, Michelle Anderson, Peggy Olson, Sharon Russell, Sharon Tingley



Mushroom Rock, along the Little River Canyon Scenic Highway. Michelle Anderson, Sharon Tingley, Lou Pape, Sharon Russell, Becky Buckles, Dan Allen



Ice Cream!!!!



Don't know when this was because they have on different jerseys but 'Don't mess with Patti!'.



Oops!! Patti had a little run in with a gate. Patti won, the gate lost!



Caveman TV. Campfire.



Patti's first S'more

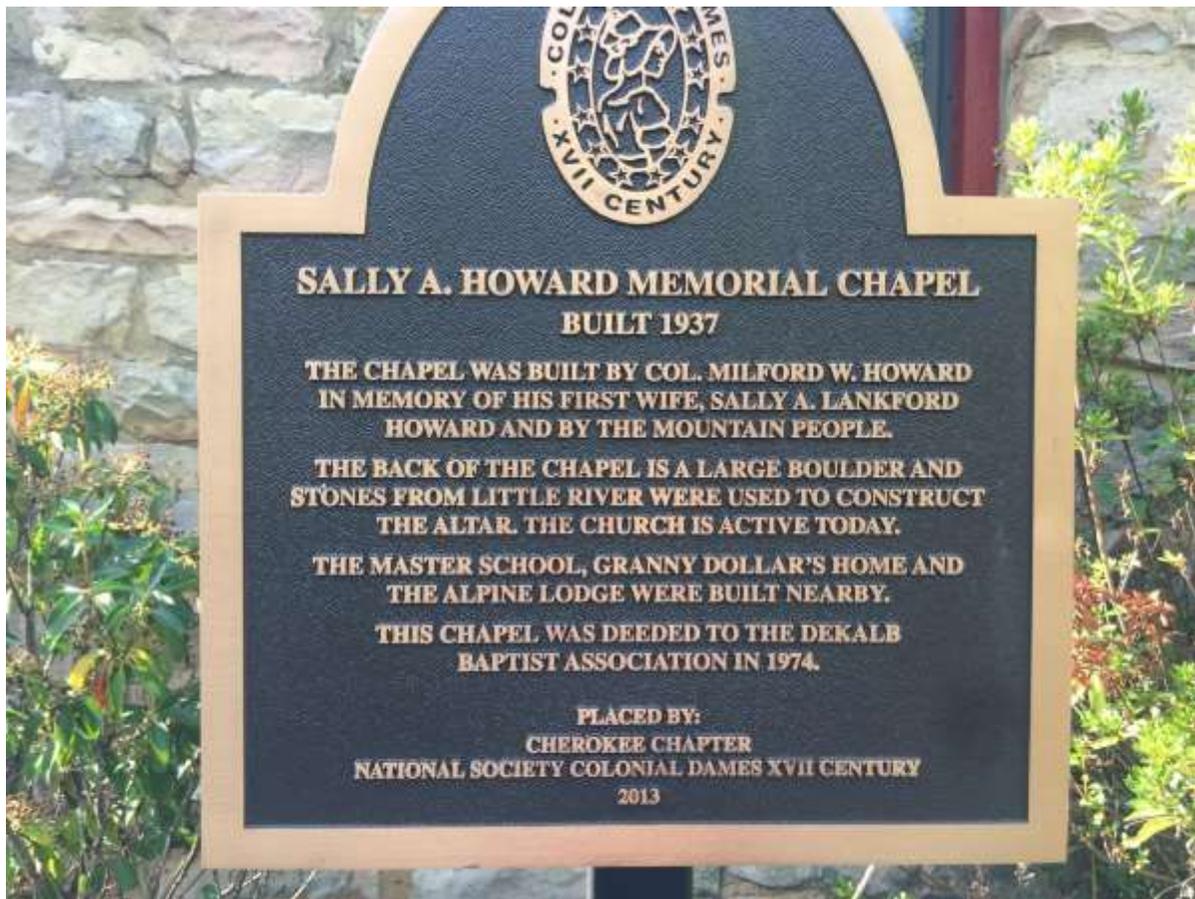


Sunday's loop gave some great views. We rode through Mentone and went to DeSoto Falls. There were actually 8 of us but the Marshall went ahead to his post.....





Mentone Park - Overlook



The Memorial Chapel honored by the sign above.



Sharon Richards is the GIRL.



Peggy Olson, Sharon Tingley, Lou Pape, Sharon Russell, Richard Russell, Tom Jamison



Lunch at the Wildflower Cafe. Tom Jamison, Peggy Olson, Marshall Horton, Sharon & Richard Russell, Sharon & Richard Tingley



Monday return trip. Headed back to Georgia (and down the mountain!)



Everyone had a great time at DeSoto Falls State Park this weekend! Some camped, some stayed in the lodge and others drove up to join in on the weekend rides. It was the perfect weekend for fun and fellowship! Thanks so much to Lou and Cindy and Peggy and Bob and everyone who made it so much fun!!

We had a really small group this Tuesday on the N GA Lite ride but it was quality. There were four of us: Wendy Scott, Angie Kimsey, Tony Thompson and Daisy Blanton (photographer). Overlooking Lake Howard.



Weekly CBC Birthdays

September 26 - October 2

Judy Carruth, 9/26; Tom Baker, 10/1; Calley Hornbuckle, 10/1; Jonathan Poole, 10/2

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

Larry Akens, Tom & Carol Baker, Melody & Jacob Kobernik, Tom & Edith Lester, David & Joyce Nesbitt

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 August CBC Meeting Minutes & 2019 September CBC Meeting Agenda

2019 August CBC meeting minutes.

<http://chattanoogabicycleclub.com/wp-content/uploads/2019/09/CBC-General-Membership-meeting-minutes-8-19-2019.pdf>

2019 September CBC meeting agenda.

<http://chattanoogabicycleclub.com/wp-content/uploads/2019/09/CBC-General-meeting-agenda-9-16-19.pdf>

This Week's Upcoming Rides - check the CBC ride calendar for more details and activities

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

Thursday, Sept 26, 9:00 AM - Urban Ride - Snow Hill/Francisco/Dolly Pond Loop - Usual urban ride stuff, no drop, pace of slowest rider, bad weather cancels. No rest room at start, there is a Dollar general at miles 10 and 16, but their restroom has been out of order in the past. There is another Dollar General at mile 20 also. 32.1 miles.

Tony Thompson 423-243-7640

<https://ridewithgps.com/routes/28509291>

Thursday, Sept 26, 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 (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 27, 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

Friday, Sept 27, 1:00 AM - CBC/Chattanooga State Ride - This is a recurring ride, every other Friday. It's a joint event between the Chattanooga Bicycle Club and Chattanooga State. It's an opportunity for us to share our love of cycling with the students and involve them in our community.

After the Leisure Riverwalk ride in the morning, hang around for another pedal downtown and to the North Shore. There, we'll stop at Happy House, for a hot dog lunch, and pedal back. The pace of the ride will be determined by the slowest rider. If you have any extra helmets, please bring them to loan students who might not have one of their own.

Time: 1pm

Distance: 13 miles, more or less

If you have any questions, please contact Peggy Olson, pbiker10@yahoo.com, (920) 412-0999.

Saturday, Sept 28, 9:00 or 9:30 AM - Apple Barn Time!!! 2 length options - It APPLE BARN TIME OF THE YEAR!!

Let's go get some apple dumplings with ice cream!!

There is no other way to get there then to climb, so let's go up Brayton Mtn Rd, we will descend Leggett Rd on the way back.

OPTION 1:

Start location/Time: Soddy ballfields 9:00 am

Distance: 55.4 miles

Pace: 13-15 mph, NO DROP RIDE

Cue sheets: yes, for faster riders

Ride leader: Tom Jamison, thomas.jamison@comcast.net, (423) 847-3958

OPTION 2: This is a shorter distance, but still climbs Brayton Mtn Rd

Start location/time: Sale Creek HS (Patterson Rd) ~9:30 am

Distance: 40 miles

Pace: 13-15 mph, NO DROP RIDE

Cue sheets: yes, for faster riders

Ride leader: SAME AS OPTION 1!!

Route for OPTION 1 goes by the start location for OPTION 2, so we will stop and pick you up along the way.

Saturday, Sept 28, 9:30 AM - Apple Barn Ride Option 3 Mountain Top Start - Let's join the Mountain climbers for apple treats without the climb (on bike, that is)!

Our start location will be at the Apple House, 6351 New Harmony Rd, Pikeville, TN 37367

Time: 9:30

Distance: approximately 31 miles

My pace 12-13

No Drop Ride

Cue Sheets – why, yes of course, and also a RWGPS link

Ride Caboose – Cindy Lou Who 423-693-8816 (text preferred)

<https://ridewithgps.com/routes/28793543>

Sunday, Sept 29, 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.

Sunday, Sept 29, 10:30 AM - Ladies Ride-Bike to Yoga - You asked for it, so it's back! BIKE TO YOGA!!

Meet at the parking lot across from Trailhead Bicycles and be ready to ride at 10:30am. (There is no bathroom available at the start, so plan accordingly.)

We'll ride around the Cleveland area for approximately 21.5 miles. It will be a slow, social ride. Then, we will walk or drive over to Studio 22, where Raj Yogimitra will lead us on a nice, relaxing stretch.

Here is the route on Ride With GPS:

<https://ridewithgps.com/routes/31030617>

Here is a link to the event, if you would like to let Raj know you're coming:

<https://www.facebook.com/events/396355977732800/>

The cost of the class is \$5.00. (Try to bring exact change, if you can.) You can bring a change of clothes, or just practice in your biking clothes. Mats and props are all available for you at the studio.

If you are unable to ride, but would like to attend the yoga class, it will start at 2pm. Here is the address:

Studio 22, 65 Central Avenue NW, Cleveland.

Possible dinner afterward, at a local restaurant, if anyone is interested.

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

Bad weather will cancel the ride. However, we will still attend the yoga class at 2pm.

Monday, Sept 30, 6:00 PM - Monday Night City Ride - Riverview to Points North & South - Weekly Ride from Riverview Park. 15-16 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: Monday-North
- Riverview-Chattanooga Valley: Monday-South

Both routes include segments through city traffic. Front and rear lights highly recommended and essential during March and October.

Ride leaders:

Richard Russell: 423.598.1243 / rwr.tnruss@gmail.com

Ed Park: 423-4-zero zero-9530 / eparkseven@yahoo.com

Tuesday, Oct 1, 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
