



Next CBC Meeting - July 20, 6:00

The Tailwind 071520

**CBC Board & Membership Meeting, 6:00 PM, Monday,
July 20**

All members are invited to attend the monthly Executive Board meeting.

- If you're interested in discussing and shaping the future direction of the Chattanooga Bicycle Club, please consider attending this meeting.
 - [Current Executive Board Meeting Agenda](#)
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The CBC Board Meeting on Mon, July 20 at 6:00, will be by computer through ZOOM. We are still needing to take precautions with the virus. So the the meeting will be through ZOOM. Forrest will send the link tomorrow. If you are not on the board but would like to attend the meeting, contact Forrest Simmons (forrest.simmons4@gmail.com) for him to send you the link.



CPR CLASS FOR CHATTANOOGA BICYCLE CLUB MEMBERS!

If something happened on a ride, at home or in public would you know what to do? It's something we never want to think about, but your fellow riders', or family members' lives could depend on how we react when the worst happens.

Join your fellow CBC members in learning how to administer CPR in an emergency

situation.

When: Tuesday, August 18th

Time: 6pm-9pm

Where: We R CPR

5959 Shallowford Rd, Suite 227

Price: \$40 (The CBC will reimburse \$20 of the price to any members who have led rides within the last 12 months. Save your receipt and submit it to Sharon Russell after August 18th.)

How to register: Click on the following link and it will bring you to the registration for our class. No need to purchase any booklets.

<https://wercpr.enrollware.com/enroll?id=3927429>

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

Cycle Sequatchie Registration is Open!

We're still on for October! While there's still some uncertainty as to what the world will look like this fall, we wanted to confirm that we're planning to ride bikes in beautiful Sequatchie Valley just like we did last year!

We also wanted you to know that if we have to cancel the ride due to the COVID situation, registrants will be given the choice to **defer** their registrations to 2021, **receive** a refund, or **donate** their registration fees to our beneficiary, the Land Trust for Tennessee. So now there's [no risk in registering!](#)

[Cycle Sequatchie](#) After a super successful debut in 2019, is going to be even bigger

& better this year, with more route choices for the big ride on Saturday Oct 3rd, and a new hill climb challenge at Jasper Highlands on Friday, Oct 2nd. The **event is the primary fundraiser for the Chattanooga Bicycle Club**, and we have plenty of fun volunteer opportunities available. So join the fun, help the club, and get rewarded with food, beer & a t-shirt!

[Click here for a list of volunteer positions!](#)

Register Here!



BENEFITTING



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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

We thought you'd like to look back on this post on facebook from 4 years ago. Tom Ingledew who joined some of us on a bike camping trip.



We got some pictures from Carol Zitzow's Memorial Ride this year from her husband Uwe. The ride started from the shopping area on Signal Mtn. ,, Sharon Russell, Richard Russell, ,, ,, . (Not very good at identifying folks when I wasn't on the ride. Especially with the masks.)



Joe Nivert, Gray Fletcher, , , Becky Buckles, , , Eric Zitzow



Jim Johnson, Beverly Short, Peggy Olson



Beverly Short, Jim Johnson, Peggy Olson





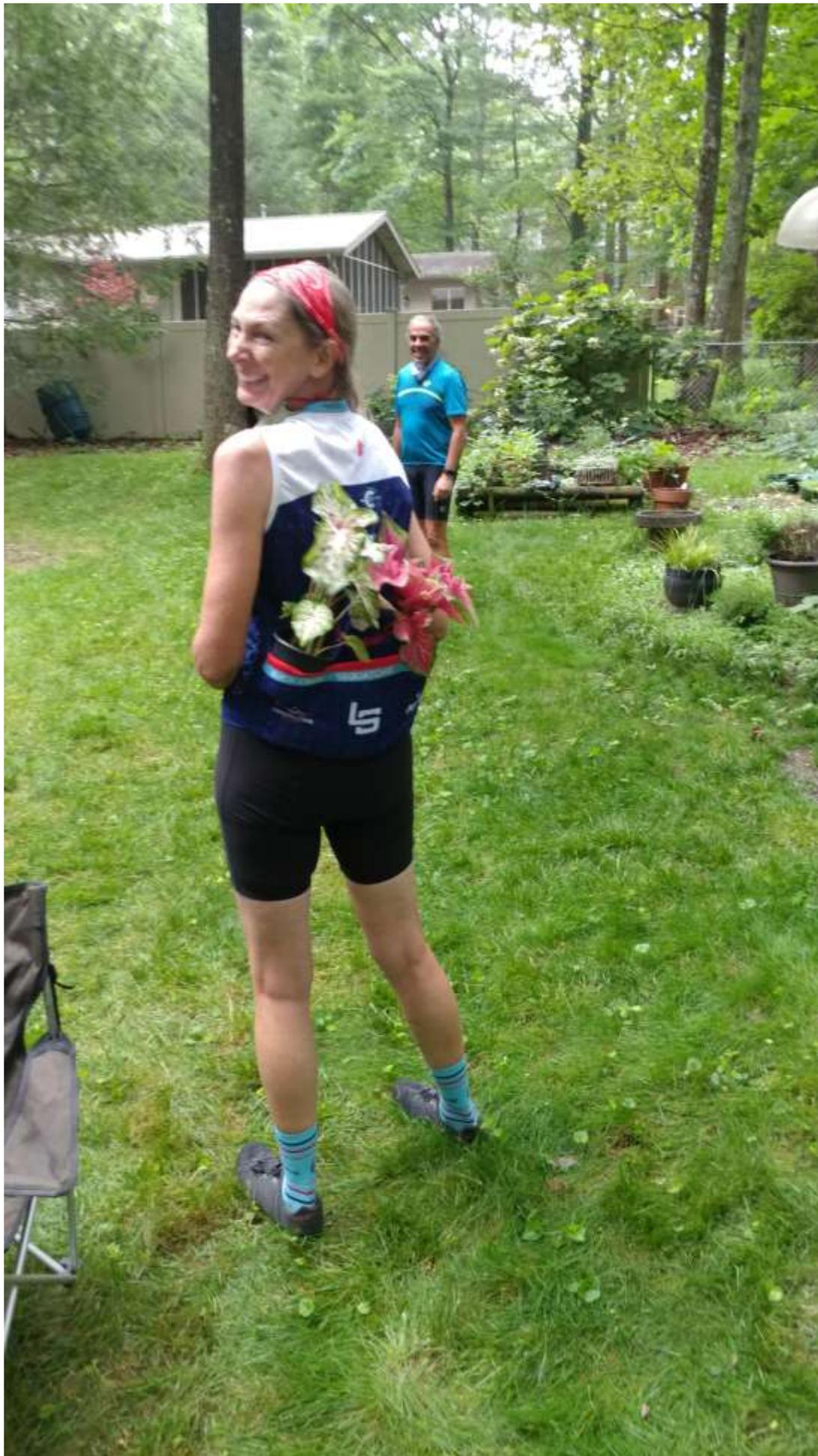
Peggy going over the route with Carol's son, Eric Zitzow.



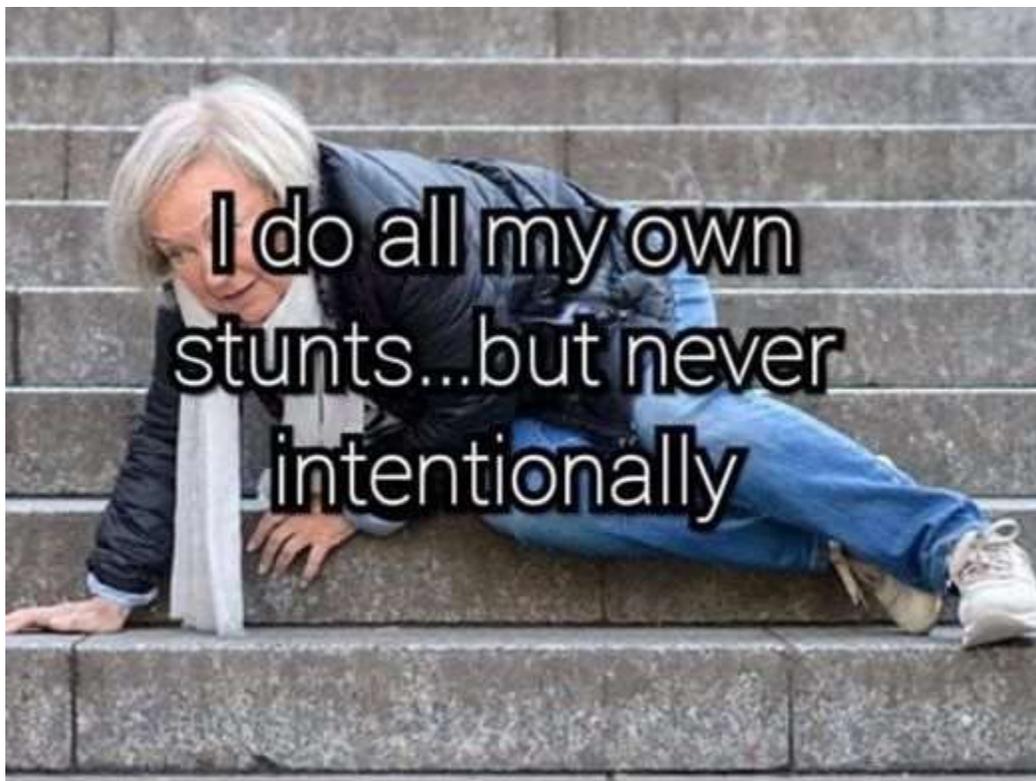
After the ride, Uwe had a pizza party in their backyard. It was delightful until the rain came but we we're able to get in the porch and enjoy a bit more visiting. It was a fun afternoon. Daisy was able to join them for the pizza.



Uwe had some potted plants that he shared with us. Sharon Richards had a unique way to carry them.



Howard Rowe - Rode around Hixson, avoided the rain showers but took a hard fall on a wet corner. We'll see how this plays out.





The mobile device that charges you.

Howard Rowe

Tom Jamison - This could work.

John Poinsette - Only if you keep your chai rings cleaner than I do.



Such a beautiful picture of Romey Oakey!



Found on Facebook!

A fox taking a rest on my trike while I was volunteering at a local garden. A guest saw it and took a picture and found me to share the picture with me. I thought it was pretty darn cute. Vicki Cheney

That sure is one clever little fox! He knows what comfy is! Adorable picture! Gudrun Crittendon



My thoughts exactly!! I've ordered one. Daisy



Weekly CBC Birthdays

July 16 - July 22

David Eargle, 7/16; Krista Goss, 7/17; Brian Newton, 7/19; Peter Williams, 7/19;
Teresa Huckaby, 7/20;

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 July 2020

Krystye Dalton, Eric Darling, Anna Miller, Sue & Lee Newton

Membership Renewals Due in the Month of August 2020

Kathy Barton, Robert Bowers, Debbie Bowman & Sandy Mauser, Winston DeCredico,
Steve Harwood, Brent Jordan, Jim Reagan, Chris Schutz,

[Renew Online](#)

2020 February CBC Meeting Minutes & June CBC Meeting Agenda

2020 June CBC Meeting minutes.

http://chattanooga-bicycle-club.com/wp-content/uploads/2020/06/CBC_MeetingMinutes_20200615.pdf

2020 July CBC Meeting agenda -

https://chattanooga-bicycle-club.com/wp-content/uploads/2020/06/CBC_MeetingAgenda-20200615.pdf

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

<https://chattanooga-bicycle-club.com/ride-calendar/>

Thursday, July 16, 9:00 AM - Urban Ride-St Elmo to Chickamauga Loop Via Salem Road - SPACE IS LIMITED ON THIS RIDE, SO PLEASE RSVP TO THE RIDE LEADER ASAP.

30 mile loop to Chickamauga and back. Rolling north Ga hills with one steep stinger near the end.

No store stop so plan accordingly.

Bathroom stop at the pit toilet at the Battlefield

12-13 avg mph. No one dropped.

COVID rules apply - RSVP required, maximum 8 riders, social distancing as we ride, bring mask for when we stop.

RSVP to ride leader: Gray Fletcher 4two3 - 3o4-o482

Rain cancels ride - text ride leader if weather questionable.

RideWithGPS que sheet : <https://ridewithgps.com/routes/28212341>

Remember the CBC COVID-19 Guidelines; they are mostly recommendations.

<https://chattanooga-bicycle-club.com/covid-19-ride-guidelines/>

Thursday, July 9, 6:00 PM - CBC "B" Group Thursday night Battlefield rides -
YOU MUST RSVP FOR THIS RIDE AND THE FIRST 7 RIDERS TO RESPOND ARE
IN. Please text or email:

Please include: Name, Cell phone, Emergency phone contact, and indicate if you are
a bike club member.

Forrest Simmons 404-323-4282, forrest.simmons4@gmail.com

Christopher Williams 423-693-6104

Average Speed 15-18 MPH. We will begin the season at 15 mpg average speed, and
then build up to 18 by summer's end (we hope)! This is a no drop ride, and each ride
will be 20-25/26 miles long. Please be sure you can maintain at least 15 mph and if
you feel compelled to ride faster, please sign up for a faster group. Breakaways are
highly discouraged until we arrive at a "hot zone" which will be described at the
beginning of each ride. This will keep the group together, keep us working as a unit,
and insures no one group either gets dropped or pulls away. Headlights are
recommended as it may be dusk when we end the ride. Tail lights STRONGLY
encouraged also. Ride leaves from the Chickamauga Battlefield Visitor Center lower
lot, 3370 Lafayette Rd, Ft Oglethorpe, GA 30742

Thursday, July 9, 6:00 PM - CBC "C" Group Thursday night Battlefield rides -
PLEASE RSVP TO THE RIDE LEADER. SPACE LIMITED!!

Ride Leaders: Tim Cox 423-503-7530 Vicki Cox 423-503-6406

Average Speed: 13-15mph. No store stop. This is a no drop ride.

We will begin the season about 13mph and build up to 15+ as the season
progresses. Distance will be about 15 miles to start and as the daylight allows,
increase over the summer to 25+/- miles. A store stop may be added as the mileage
increases.

Headlights are recommended as it may be dusk when we end the ride. Tail lights
STRONGLY encouraged also. Leave from the Battlefield lower lot at the Visitor's

Center in Ft Oglethorpe at 6:00 PM.

Monday, July 13, 6:00 PM - Beginner's Ride - Hello! Are you new to cycling or returning to the sport after some time away. PLEASE come and join us for a lovely evening ride that is geared to beginners. Cycling is a great way to get in shape, see the country side, and make new friends. We can answer your questions, help with skills or just enjoy looking at the deer! Ride speed and distance is dependent on who shows up -- please no speed is too slow.

Experienced riders, looking for a recovery ride after a hard weekend? Want to share some of your love of cycling with new riders? You are more than welcome. We ask that you stick with the group.

Feel free to call the ride leader beforehand if you have any questions at all.

Rain or bad weather cancels the ride. Check the website if the conditions look iffy

Directions to start of ride: From Market Street, turn left onto Manufacturers Road.

Follow road under Hwy 27. Turn left onto Hamm Rd. Meeting place is in parking lot approximately 1/4 mile on the right.

John Poinsette

423-505-3410

Tuesday, July 14, 10:00 AM - N GA Lite - We had four riders last week and really enjoyed our ride. We rode to Rock Spring from the Battlefield. It was 25 miles. This week we will do something similar. Again, it will be slow and short but will be a good ride for those who haven't been riding for a while or are new to riding. We are getting stronger. If you would like to lead this ride for one or more days, that would be wonderful. I will do anything I can to help. Just contact Daisy.

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.

This ride will be 8-12 mph for 15-30 miles, no drop.

Daisy Blanton, 706/820-1157 h, 423/243-8203 c, DaisyBRider@cs.com
