



Next CBC Meeting - August 17, 6:00

The Tailwind 072220



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 (92O) 412-O999.

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!**](#)



Scenic Southern Tennessee

BENEFITTING



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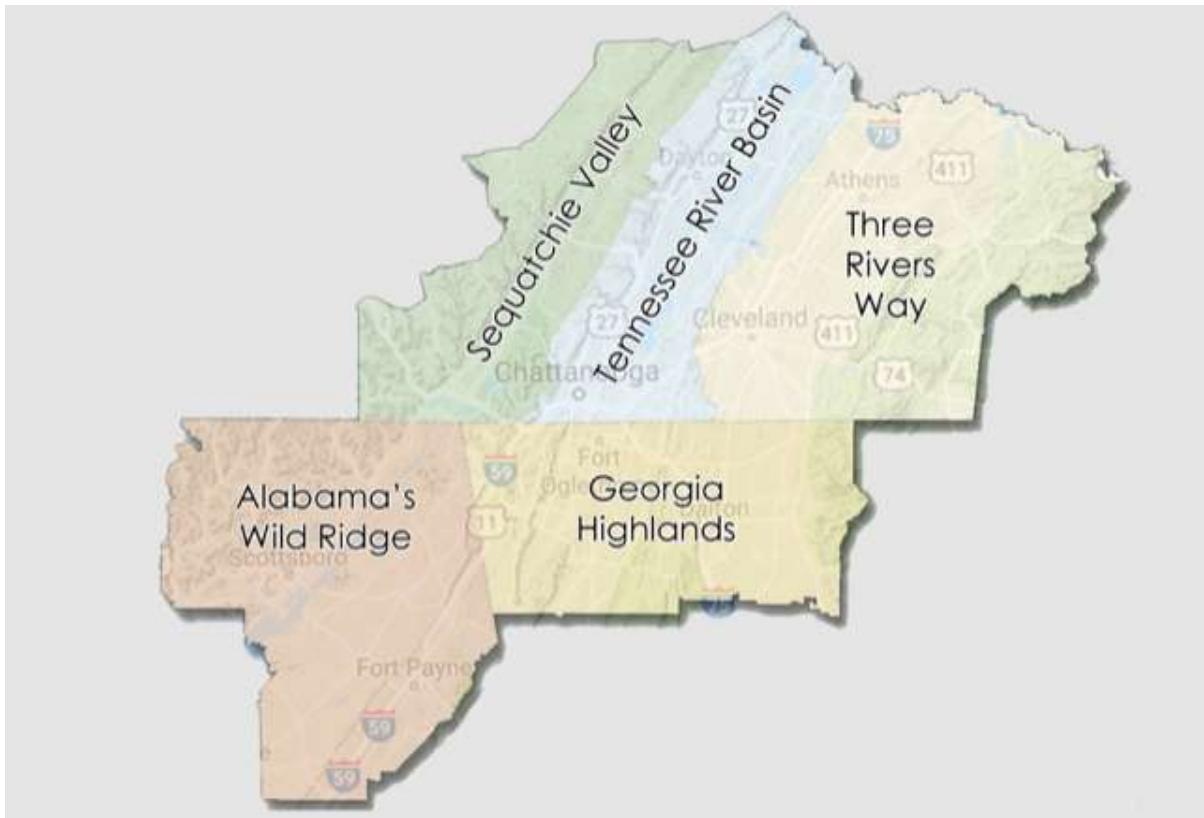
CITIZENS
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Database shows best cycling routes in area

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

Sue Newton got a great picture of a large flock of deer in the Battlefield.



HOT ride out to Sale Creek this mornin', found Grandma Patterson shelling beans on the front porch. Not much else happenin' out Sale Creek today. Howard Rowe.



A first for my garden, I spotted this Zebra Swallow Tail. The TN state butterfly this morning. I haven't seen very many butterflies this summer so this was a treat. Howard Rowe



Sunflower Gap 1

Left to right: Group 1 led by Richard Russell: Tony Frank, Christina Siciliano, Tammy Parker, Mary Holder, Richard Russell, A.B. Maynard (not pictured: Wendy Halsey-Richardson, Chris Levan).



Group 2 didn't get a complete group photo, but here are a couple that catch most of our group. First photo: Left to right: Vicki Cox, Forrest Simmons, Tim Cox, Sharon Russell



Second photo: Peggy Olson.

Peggy: Holy Schneikies! It was a hot 40 mile ride today! The flowers weren't the only things wilting!!



Katy Trail

Three of us met up in St Charles, MO this past Sunday to pedal the Katy Trail. The trail is the longest rail trail in the US. We got shuttled to Clinton, MO on Monday and started pedaling about 12:15 pm. Four days and 259 miles later we were back in St Charles. I used a mountain bike loaded with camping gear, food, spare bike parts and clothes (that seat would have hurt if I was naked :-). We had some adventures doing some detours and working our way thru some trail closings!! Adds to the fun! Start of our ride with Tom Wallace and Rick Rogers. Tom Jamison



We usually got started as it was just getting light, just before sunrise. Many spots were open but we also had many that were like a tunnel, blocking the hot sun. Climate was so much better in these tunnels of trees!



Only day we had rain. It held off until after tents were up, so we sat on the covered porch of the shower bldg until it was over, then started a fire and cooked some hot dogs.



Typical depot rest stops along the trail. This one was the last stop.



Pictures from the CBC Hog Jowl Sunflower Loop on Sunday, lead by Sharon, suffered by Richard, Peggy, Gray, Mary, and me. It was Hot, Hazy, and Humid with sprinkles on top. Howard Rowe



At least there were some interesting sights along the way. Snodgrass Cabin



Deer



Yard Art



Finally yard art I can appreciate.



Car Art



Restored Farm House on HogJowl Rd.



Sun Flower Fields on Hog Jowl Rd. Richard Russell, Howard Rowe and Peggy Olson.



The Sunday Crew: Mary, Sharon, Gray, Richard and Peggy



We had a fun time on the Tuesday Lite ride. We actually had four riders. Forrest Simmons joined us. Jennifer Fiori, Gray Fletcher, and Forrest Simmons



Jennifer Fiori, Daisy Blanton, Gray Fletcher, and Forrest Simmons



Weekly CBC Birthdays

July 23 - July 29

Kellie Armstrong, 7/28; Troy Ivey, 7/25; Andy Jones, 7/26; Don Kent, 7/26; Eric Darling, 7/28;

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 July 2020**

Kryste Dalton, Eric Darling, Jennifer Fiori, Wendy Halsey-Richardson, Shane Ham, Anna Miller, Sue & Lee Newton,

Membership Renewals Due in the Month of August 2020

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

[Renew Online](#)

2020 February CBC Meeting Minutes & June CBC Meeting Agenda

2020 June CBC Meeting minutes.

http://chattanoogabicycleclub.com/wp-content/uploads/2020/06/CBC_MeetingMinutes_20200615.pdf

2020 July CBC Meeting agenda -

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

Thursday, July 23, 9:00 AM - Urban Ride-Battlefield to Prison Loop - SPACE IS LIMITED ON THIS RIDE, SO PLEASE RSVP TO THE RIDE LEADER ASAP.

32 mile ride in the rolling hills of north Georgia.

Meet at the Battlefield visitors center lower parking lot. Ready to ride at 9:00. The bathrooms in the visitors center are usually open before 9:00.

Avg speed: 12 MPH MOL no one dropped

Ride Leader: Gray Fletcher 4two3 - 304-0482

Store stop: about mile 20

COVID rules apply: You are required to RSVP to the ride leader, number of riders limited to 8, social distancing during ride, bring mask to wear at our store stop

Rain cancels ride - call/text ride leader if weather is questionable. Cancelation will be posted on the calendar.

RideWithGPS que sheet: [Battlefield to Prison Loop](#)

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

<https://chattanoogabicycleclub.com/covid-19-ride-guidelines/>

Thursday, July 23, 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 23, 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.

Friday, July 24, 6:00 PM - Gravel Fridays: Lula Lake Edition - Join us for a very easy, beginner friendly gravel ride/clinic at Lula Lake Land Trust (5000 Lula Lake Rd, Lookout Mountain GA!) We will meet in the upper parking lot at Lula Lake, right inside the gate. New to gravel? No problem! Kat will go over some tips for gravel grinding beforehand. We will take a nice and easy descent to the Land Trust's

property edge, then turn around and start climbing back. AND...of course we will stop to look at the falls and even hike down below to cool off!!! Bring a kit you don't mind getting wet and a towel in your car to dry off.

Questions? Contact Kat Volzer at 615-477-4096 or kvolzer@collegedaletn.gov.

Saturday, July 25, 10:00 AM - Monthly Ladies Ride from the Battlefield-

Changed Starting Location - I changed the starting location since Chickamauga is having a "Cruise-In" in the downtown square. The downtown and the ice cream shop will be crowded. Our stop will be at the convenience store in Rock Spring. Sorry - not as fun but safer.

The monthly ladies ride will be a loop from the Battlefield to Chickamauga and back. This is a leisurely, no-drop ride.

Meet: lower parking lot at the Battlefield visitors - ready to ride at 10:00.

Avg speed: 10-13 mph no one will be dropped. Ride paced to slowest rider.

Length: 23 miles.

Ride Leader: Gray Fletcher 4two3 3o4-o482

RideWithGPS que sheet: [Ladies Ride - Battlefield](#)

COVID rules apply: [rules can be found here](#).

You must RSVP to the ride leader, ride limited to 8 riders, bring a mask for store stops.

Rain cancels ride - call/text ride leader if weather is questionable.

Monday, July 27, 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.

Ride Leader: Lynn Seeger (423) 667-5134

Tuesday, July 28, 9:00 AM - N GA Lite - We had four riders last week and really enjoyed our ride. 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
