



*Next CBC Meeting - August 17, 6:00*

**The Tailwind 080520**

---



## **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



## PRESENTED BY



## IN PARTNERSHIP WITH



LYNDHURST  
FOUNDATION



VILLAGE VOLKSWAGEN  
CHATTANOOGA



TOWER  
COMMUNITY BANK  
*A Higher Standard*



THRIVE  
Regional Partnership



CITIZENS  
TRI-COUNTY  
BANK

## Database shows best cycling routes in area

Bikeways of the Scenic South—[www.scenicbikeways.com](http://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

Chuck tends to scout his ride for Sunday on Thursdays and if we are lucky he will ride by Purple Daisy when Amanda and I are there so he can join us. We always have a fun time. Chuck Puglisi, Daisy Blanton and Amanda Turner.

---





San Juan River from Carolyn Rand.

Carol & Uwe Zitzow, Ed Park. 6 years ago on the San Juan river. Camped in view of Mexican Hat.

---



"Cycling is the  
stupidest sport!!!  
Said no one ever.



someecards  
user card

Lou and Cindy Pape memories. Ohio 1916. Friday, Day 7, last day - we waited out storms and got on the trail from Oregonia to Loveland. I really enjoyed all of the trails in every direction in Ohio this week. Approximately 300 miles. Well worth a trip to see

all of this. And a little sad to pack it up and end a wonderful week....



On the road!

---





Fun stop.

---



Julian's

---



Lou watching the bikes.

---





Camp site

---





Amy French. I took my Catrike "Miss Daisy" on her maiden voyage on the Greenway and Crystal Bridges in Northwest Arkansas today! The weather was amazing!

---



Amy's new Catrike.

---

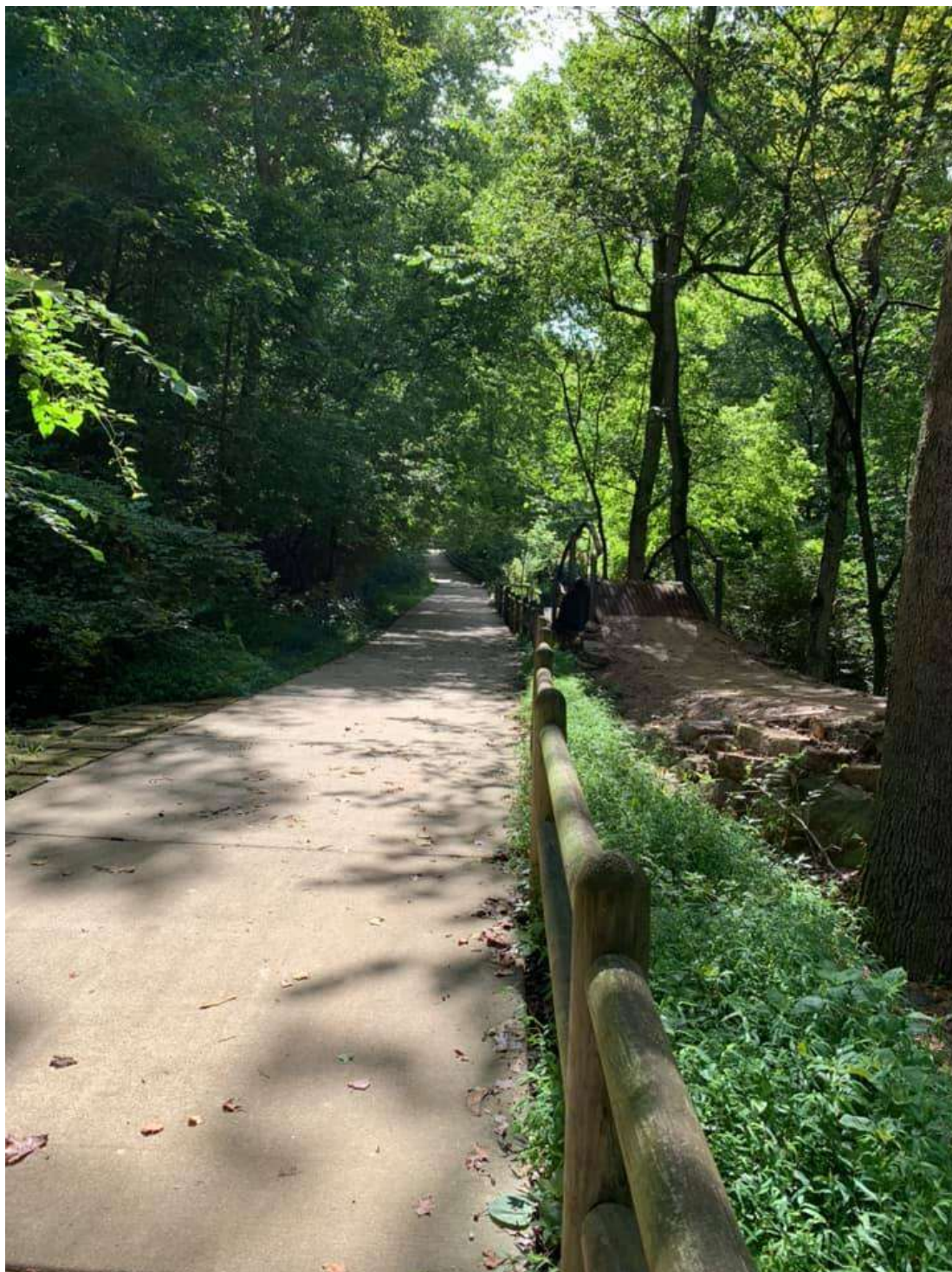




Arkansas Trail

---





Interesting underpass

---





I wonder what it is like when a bike rides over the top!

---





Some pictures from Sharon Russell's Ketners Mill and Lower Sequatchie Ride. Super nice ride with Richard Russell, AB Maynard, Tom Baker and me. Lots of new country roads, beautiful vistas, and wildlife. On Chicken Dave's Road alone we saw Horses, Cows, Chickens, Rabbits, lots of Canines and a pair of Great White Cranes! Oh and

---

one fish. — with Sharon Russell and 2 others. Howard Rowe



Tom Baker, Richard Russell, AB Maynard, Sharon Russell

---







We had a really good turnout for the Tuesday Lite ride. Gray Fletcher, Patti Nihells, Amanda Turner, Beverly Short and myself. I had a request to make the ride a little more challenging and I may have overdone it. I had been wanting to do the Lookout Valley ride for a while so that is what we did. Some of those hills early on were a little more challenging than I remembered with no time to warm up. When we got to the Hang Glider park, it was spitting rain a little and we had struggled with that really bad hill just before, so we shortened the ride and headed back. Had a lot of fun anyway!











**Weekly CBC Birthdays**  
**Aug 6 - Aug 12**

---

Don Trudeau, 8/6; Daniel Heithold, 8/10; Lenore Houston, 8/10;

## **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 2020**

Trey Baldwin, Teresa Scott, John & Chris Vass

### **Membership Renewals Due in the Month of September 2020**

Larry Akins, Tom & Carol Baker, David & Kathy Eargle, Angela & James Kimsey, Melody & Jacob Kobernik, Tom & Edith Lester, David & Joyce Nesbitt, Travis & Shayla Withers,

[Renew Online](#)

## **2020 February CBC Meeting Minutes & June CBC Meeting Agenda**

**2020 July CBC Meeting minutes.**

<http://chattanoogabicycleclub.com/wp-content/uploads/2020/07/CBC-Minutes->

---

[072020.pdf](#)

**2020 July CBC Meeting agenda -**

[https://chattanoogaicycleclub.com/wp-content/uploads/2020/06/CBC\\_MeetingAgenda-20200615.pdf](https://chattanoogaicycleclub.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://chattanoogaicycleclub.com/ride-calendar/>

**Thursday, Aug 6, AM - No ride scheduled yet** - Please feel free to schedule a ride for Thursday. All we ask is that you follow the CBC COVID-19 Guidelines; they are mostly recommendations.

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

**Thursday, Aug 6, 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](mailto: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, August 6, 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.

**Saturday, Aug 8, No Ride Scheduled Yet** - Please feel free to schedule one.

**Sunday, Aug 9, No Ride Scheduled Yet** - Please feel free to schedule one.

**Monday, Aug 10, 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, Aug 11, 9:00 AM - N GA Lite** - We had five riders last week. I hope we can keep that up. Again, it will be somewhat 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 8-13 mph for 15-30 miles, no drop.

Daisy Blanton, 706/820-1157 h, 423/243-8203 c, [DaisyBRider@cs.com](mailto:DaisyBRider@cs.com)

---