

Club Happenings

December 15 (Sat) Holiday Party

See full details on page 6. Pot luck dinner at the Merkner's, 6 to 10 pm. The club will provide a couple of **turkeys!** 2401 NW 27th Lane. From Glen Springs Road (NW 23rd Blvd between NW 13th St and NW 34th St) take either 23rd Terr or 24th Terr south to 27th Lane.

December 26 (Wed) Memorial Ride To Remember Our Friends Margaret and Doug

December 26 is the fifth anniversary of the tragic accident that killed Club members Margaret Raynal and Doug Hill and injured four other GCC riders. During this holiday season, take a moment to remember our friends and if you can, please join us for the joy of bike riding and the sharing of fond memories.

Memorial rides meet at 10 am at the Bike Memorial by the old depot. We will do a clean-up of the Bike Memorial area from 8-10 am. Please bring gloves, trash bags, rakes and other tools to help spruce up the area around the Bike Memorial.

Group leaders will announce distances and destinations via E-mail. Chandler will lead a Family and Beginner group out to the Gainesville/Hawthorne Trail. For more information, please e-mail Chandler at: Chanbike@aol.com

January 1 (Mon) New Year's Day Ride 10 AM

Meet at GRU, note the later starting time to allow more time for recovery from a late night.

January 20 (Sun) Gainesville 200K Brevet

See page 11.

January 26 (Sat) Oleno Chilly Chili Picnic and Rides

Rides meet at 9 a.m. in the Park, food at about noon. The Oleno Picnic is our traditional "Chili Cook-off" featuring Chandler's Fowl Flesh chili, George's Five Alarm chili and Paul's vegetarian chili. Please bring your favorite chili or a side dish to the picnic

For road riders, there are many quiet country roads in the area and the top portion of the Santa Fe Century is nearby, still well marked.

Off road riding is available in the Park, with 13 miles of trails. Trails lead to various sinkholes and archeological sites. The first Federal Highway in Florida, the Bellamy Road, goes through the Park. Built in 1824, the road is still in original condition and has four informational kiosks along the route.

To get to Oleno State Park, go north on US 441, through Alachua and High Springs, Oleno is 8 miles north of High Springs on US 441. Entry fee is \$3.25 for a car full of people or \$1 if you are on a bike.



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GCC Web Page
www.floridabicycle.org/gcc

President's Message

The Sense of a Goose

When you see geese flying along in "V" formation you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates an up lift for the bird immediately following. By flying in "V" formation, the whole flock adds at least 71 percent greater flying range than if each bird flew on its own.

People who share a common direction and a sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation to take advantage of the lifting power of the bird in front. If we have as much sense as a goose, we will stay in formation with those people who are heading the same way we are.

When the head goose gets tired, it rotates back in the wing and another goose flies point. It is sensible to take turns doing demanding jobs, whether with people or with geese flying South. Geese honk from behind to encourage those up front to keep up their speed. What messages do we give when we honk from behind?

Finally - and this is important - when a goose gets sick or is wounded by gunshot and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own, or with another formation to catch up with their group. If we have the sense of a goose, we will stand by each other like that.

Author Unknown

In view of the tragic events of September 11, I thought it appropriate to reprint this article from a previous GCC newsletter. As bicyclists, and more particularly as Americans, we all need to stick together and help one another through these difficult times. Here's hoping that the holiday season is joyful and trouble free for you and all of your loved ones this year.

Following Winds, My Friends,

Rob Wilt



Thanks To Gainesville Cycling Festival Volunteers!

SAG Drivers

George Edwards
Doug Folkerth
Bob Siegel
Jim Merkner
Paul Zimpfer
Marty Tod
Gary Kirkland
Andrew Gill
Bob Newman
Chuck Broward
Joanne Lopez
George Hecht
Goldwing Motorcycle Club

Course Workers

Chandler Otis
Purvis Bedenbaugh
Chris Sanchez
Jeff Meyer
Rob Wilt
Carl Brush
Jeff Meyer
George Edwards
Gwen Creel
Barbie Beckford
Linda Crider

Rest Stops

Diann Dimitri
Jan & Carl Brush
Paul & Teresa Zimpfer
Steve Grosteffon
Purvis Bedenbaugh
Mary LaPlante
Andrew Gill
Marty Tod
Fran Watts
Karalisa Hartigan
Erin McCarthy
Bud & Claire Jones
Leta & Rhea Phelps
Bill & Joanne Cochran

Tom Stevens
Mary Aplin
Chris Cochran
Raven Moondance
Leonard & Moseetta Cohen
Danny & Cynthia Dresdener
Carol Glavin
Roger Sessler
Police Cadets

Registration

Roger Pierce
Lee Edwards
Mary Lou Merkner
Leslie Folkerth
Bob Newman
Suzanne McDowell
Claire Jones
Fred Ross
Richard Colbert
Teresa Zimpfer

Photographers

Maureen Petersen
Rob Wilt



The Gainesville Cycling Club gets thanked in many different ways for its efforts on behalf of bicyclists. The SAG vehicles along the Gainesville/Hawthorne Trail this year were an unusual and unusually welcome form of a "Thank-you" - a pair of equestrians whose horses sported the letters "SAG" across their behinds. This was the effort of Jean Wonser, a horsewoman who rides the San Felasco trails. She was so impressed with the hard work and cooperation by bicyclists in the construction of the trails over the past year or so that she felt she had to do something to express her appreciation. So she called up out of the blue and volunteered to provide SAG coverage along the trail, where SAG vehicles obviously cannot go, with herself and a friend on their horses. They were equipped with cell phones and a few tools, plus a few bottles of water for the dehydrated. Fortunately they had no emergencies to deal with. But they say they had a good time talking to all the cyclists, and want to come back again next year. Keep this kind of thing in mind when next you meet a horse on the trail - slow down and start talking to the horse well before you get to it to make sure it understands you are a person (horses can be startled by the fast moving and shiny machinery of a bicycle). Let's keep these friends we have made.

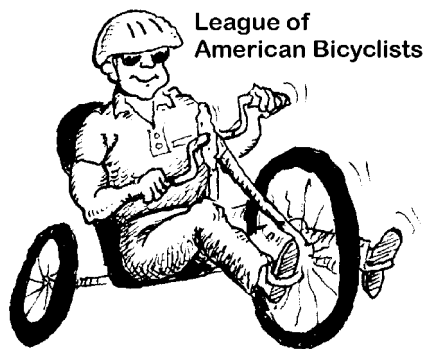
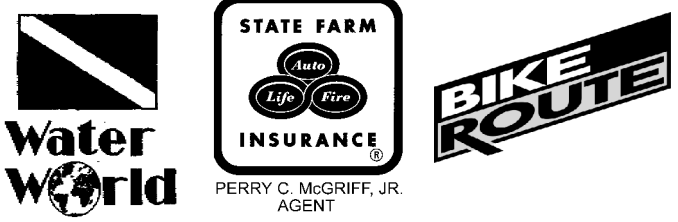
George Edwards

CLUB JERSEYS

The Bike Route has a limited number of jerseys for sale. They will be moving a few stores to the east (near Goerings Book Store) in January.



Jersey Sponsors:



CLASSIFIED

Club members, call (378-7063), mail (club address on back page), email (classified@piercepapes.com), or fax (375-8930) your stuff that you no longer need to the editor for inclusion in this column. Priority will be given to bicycling items; the number of items per member may be limited due to space considerations.

61cm Litespeed Classic frame \$1200. Andrew Gill, 338-9205, CenturyCyclist@yahoo.com.

All of the following items are offered by Rob Wilt, 380-0561. For a picture of any item, send me an email request and I will forward some digital images of the item

GCC club jersey. Original first club issue Pearl Izumi. Men's XL, fits like other manufacturer's large. Excellent condition, clean \$35.

JC Penneys Compact Zoom Strobe Thyristor Flash Adjustable flash head, active hot shoe with carrying bag \$25.

Camera bag, padded blue nylon with adjustable internal compartments \$15

Airwalk Chaos walking shoes. Black, dark gray, light gray. Very clean, worn only a couple of times. Size 10, but fits more like a 9D. \$20

Books on tape, many titles, used once, \$2.50 - 5.00 per tape. For a list of the titles please email me a request (klattu2051@aol.com) and I will send it to you.

Friends of
San Felasco
Hammock

invite you to become a member

Friends of San Felasco, Inc. is a citizens' support organization (CSO) whose role is one of advocacy for historical, educational, and ecological enhancement of San Felasco Hammock State Preserve

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Email _____

Decent activities in which I can be of service:

Orienteering	Office Work	Photography
Camping	Hiking	Public Speaking
Graphics	Education	Volunteer Field Days
Other _____		

Membership Categories:

\$250 Corporate Member
\$200 Sustaining Member
\$100 Patron Member
\$25 Family Member
\$10 individual Member
Other \$ _____

Your donation is tax deductible
Make check payable to:
Friends of San Felasco, Inc.
12720 NW 109th Lane
Alachua FL 32615

GCC to Help Gainesville Police with Annual Christmas Bike Giveaway

Each year, GCC helps with the final tune-up and cleaning of the bikes that the Gainesville Police Department gives to underprivileged children at Christmas.

In the past, 60 bikes would be presented to kids at a ceremony at the Police Station. GCC members would gather on the weekend before the event to do the final tuning of the 60 bikes. This year, bikes will be given individually to each child at school. Chandler will send E-mail messages about opportunities to help.

We still need all the bikes we can get. The prison work crew that paints and fixes the bikes has fixed all the bikes we have, and we need more bikes, especially children's bikes. Please donate any bikes you can.

We can use any bikes and any bike parts. Bikes from trash piles or dumpsters can be useful for parts. If you feel ambitious, buy a child's bike from a yard sale or from a thrift shop to donate, Goodwill often has kid's bikes for \$2-4.

Please contact Chandler at: chanbike@aol.com if you have bikes, bike parts or time to contribute.

The Christmas Bike Project is GCC's community service project and is the reason law enforcement helps us so much with traffic during the Gainesville Cycling Festival.

BENEFITS BICYCLE SAFETY PROGRAMS IN FLORIDA



NOW AVAILABLE AT YOUR LOCAL TAG OFFICE

Secret Santa Cycling Weekend

The Suwannee Bicycle Association invites all Gainesville Cycling Club members to our annual Christmas cycling celebration on December 8 and 9 in White Springs. Activities include a night-time canoe trip on the Suwannee River (Friday night), Falling Creek Ride on Saturday (18 or 35-mile options), special holiday puppet show for White Springs children (all cyclists invited too) on Saturday afternoon followed by night-time Festival of Lights parade to Stephen Foster Park for viewing the impressive display of holiday lighting followed by potluck dinner at SBA HQ.

Sunday's Secret Santa Century Ride has a triple loop route with the "hub" at SBA HQ, which is concluded with a post ride buffet at HQ. For cyclists selecting shorter ride options, a special progressive lunch ride for 20 people has been arranged to sample the holiday cuisine provided by eight sites around town.

Sunday afternoon the club sponsors a Christmas party for deserving local children (selected by teachers) to receive presents that cyclists donate as Secret Santas. More information and registration form are available on web page www.suwanneebike.org. For further questions contact Lys Burden at 454-3304 or WPburden@aol.com.



HIGHLANDS BIKE FEST

December 7-9, 2001

62, 31, and 10 mile rides daily, plus

Highlands County Century on Saturday

Sponsored by the Kenilworth Lodge, Sebring

Linda Leeds, 561-683-2851/lindamarie7@juno.com

913 Sumter Road East, WVPB FL 33415

Holiday Party Activities

Eating

The club will provide a couple of turkeys. Bring side dishes to complement the birds.

Food Contest

When you arrive you will be given a food label and a food ballot. The label will have a number on it. Write your name and a description of your dish on the label and make sure that it is placed so that everyone can tell that it goes with your dish. When you decide to vote for a dish as "best", write the number that is on it's label on your ballot, and place it in the ballot box. Prizes will be awarded for best dish and best desert.

Who Am I?

When you arrive at the Holiday Party, be sure and put your name on a name tag and stick it on your chest; with over 400 club members, there's bound to be someone who doesn't quite remember your name! While you are doing this, the greeter will place another name tag on your back with your identity for the evening. It is your task to determine who you are. Now, of course, every one else will know, since they can see your back. But no one is allowed to actually tell you who you are. But they can answer questions that you pose to them about who you are. A sample dialog (for an easy one) follows:

Am I a bicycle racer? NO

Am I a politician? YES

Am I a local politician? NO

Am I a national politician? YES

Do I currently hold national office? NO

Did I run for President? YES

Am I George Bush? NO

Am I Al Gore? NO

Am I Ralph Nader? YES

Costume Contest

We will award prizes in three costume categories: best dressed, most creatively dressed, and funniest or most entertaining costume. The decision of the judges will be final!

Competitive Gift Exchange

Everyone coming to the party should bring a wrapped gift. You shouldn't spend a lot of dough on this gift, in fact something lying around the garage may do just fine. On the other hand, if you are well off and want to have some fun, go for it.

All of the gifts go under the tree. We will then call a name for the evening (see Who Am I?) and that person will select a gift from under the tree and open it (quickly). Subsequent persons called will have a choice: select a gift from under the tree or take one that someone else already has. If your gift is taken, you have the choice of selecting one from under the tree, or taking one someone else has (you cannot take back the one you just lost). You are limited to three "takes" during the evening; after that, if you are the victim, you must select a gift from under the tree. The game ends when the last person with an option selects a gift from under the tree.

Symphonic Occurrence

Bring any instrument that you are (or were at sometime) proficient at, or just join in with your voice, to regale the assemblage.

RIDE STARTING TIMES AND PLACES

(check email for changes and updates)

GRU FACILITY RIDES

*(NW corner at NW 43rd St and 53rd Ave)

Saturday

*All groups meet at 9 am

Sunday

*LoBees meet at 9 am

BOULWARE SPRINGS PARK

(3300 block of SE 15th St, second entrance)

Sunday

*Family-Beginner ride meets at 9 am

SAN FELASCO TRAILHEAD

(Progress Park, Alachua)

Saturday

*Off Roaders meet at 9 am

RIDING GROUPS

(All speeds are "trip" average, i.e. distance/actual time on bike)

A Riders (no group captain) Fast paced rides (20 mph+) From two to five hours in length. Ride can become very fast and competitive for some periods. Ride may not stop for flats or mechanical problems.

Gliders Andrew Gill, 338-9205, centurycyclist@yahoo.com Fast (18-19 mph) steady paced rides normally from 50 to 70 miles in length. Group will stop for flats and mechanical problems.

Killer Bees Elliott Jacobson, snake2@ufl.edu Steady paced rides in the 16-18 mph range, with distances of 40-50 miles. Group often meets @ remote locations. Meeting time and place are posted via email. Group will stop for flats and mechanical problems.

LoBee Riders Paul Zimpfer, 462-5003, Z-MAN2@prodigy.net Steady paced, conversational rides in the 15-16 mph range with distances of 40-50 miles. Group sometimes meets for remote starts. Meeting time and place are posted via email. Group will stop for flats and mechanical problems.

Honey Bees (no group captain) Have been sighted following the Killer Bees @ 15-16 mph and often join the LoBee Riders. As the name implies, these are bees of the fairer gender.

Hunters Crossing Pedalers (Need A Group Captain) Slower paced rides in the 12-13 mph range with distances of 20-35 miles with frequent stops. Group will stop for flats and mechanical problems.

Family-Beginner Ride Chandler Otis, Chanbike@aol.com Slow paced rides in the 10-12 mph range with distances of 10-20 miles. This is our "introductory" group.

Off-Roaders Brian Raisler, 338-4594, braisler@ufl.edu Off-road rides on local trails and area mountain bike parks. Regular ride meets @ San Felasco trailhead on Saturdays @ 9am. Other rides and locations announced via email.

Bee Line Bill Cochran, 371-4118, or Dave Wagner 375-4496 Meets at varying locations and times on weekdays and weekends usually starting very early. Civil rides at a good pace with rest stops. Contact ride leaders for participation.

Stray Cats Rob Wilt, 380-0561, afn09010@afn.org Moderate paced rides in the 12-14 mph range with distances of 30-40 miles. Stray Cats are riders who are proficient enough to ride alone but sometimes prefer the fun and safety of a group. Group will stop for flats and mechanical problems.

EZ Riders George Edwards, 372-8974, gedwards@atlantic.net Leisurely rides (well, glacially slow) with frequent stops to look at flora, fauna, rocks and what have you. Distance varies with the seasons and the whims of the group. Rides are usually out of town and often on a mix of pavement and forest trails. Rides are announced via email.

Women Learn Mountain Biking Skills

by Leslie Folkerth

The Gainesville Cycling Club recently held a women's beginner mountain bike clinic at the San Felasco Hammock State Preserve bike trails. A total of 11 women attended the all-day clinic, and from all reports had a great time and learned quite a bit.

Seminar subjects included trail etiquette, proper warm-up, basic maintenance and repairs, and proper bike fit. Riding technique was a major portion of the clinic, and the riders practiced cornering, control, climbing and downhills, and navigating trail obstacles such as sand, roots and logs. They also enjoyed a "figure-8" race and a "slow" race, which emphasized control rather than speed. After lunch, the group headed for the trails to practice what they had learned and to receive individualized instruction.

A big thanks for providing instruction goes to Doug Folkerth, Todd Cooper, Mark Heller, Matt Kretschmer, and Jim Pollard. We also wish to thank our wonderful sponsors for their assistance, giveaways, door prizes, and support: Bike Route, Spin Cycle, Gainesville Health and Fitness, Alachua County Public Works Department-Waste Management, Saturn of Gainesville, Friends of San Felasco (Citizens Support Organization), and San Felasco Hammock State Preserve.

For those women who were not able to attend this time, we hope to have another clinic in the early spring, so stay tuned! In the meantime, come join us on one of the regular off-road rides. All abilities are welcome, and some rides are geared towards the entire family, so the kids can participate as well. Watch the GCC listserv for details!





Florida

Bicycle Touring Calendar

(VERY ABRIDGED)



See the complete calendar on the World Wide Web at <http://www.floridabicycle.org/fbct/>

- Dec 1 (Sat) **Winterfest Clean Air Ride**
Ft Myers FL 100, 62, and 25 miles, plus day long winter themed event in downtown Ft Myers. Charlie Leibold (941)772-3720.
- Dec 1-2 **Share the Road Rally & Bicycle Summit**
Haines City FL Bike Florida, PO Box 451514, Kissimmee, Florida 34745. (407) 343-1992 FAX (407) 343-1997.
- Dec 1 (Sat) **Salute To Freedom Century Bike Ride**
Sanford FL 100k, 50k, 25k, 10k. (407)841-9839 dial 8 ext. 31. CENTURY RIDE, Boys & Girls Clubs of Central Florida, P. O. Box 2987, Orlando, Florida 32802
- Dec 1 (Sat) **Cycle For Charity Ride With The Pro**
Jacksonville FL (904)390-3259. Cycle For Charity/Ride With The Pro, PO Box 40005, Jacksonville FL 32203-0005.
- Dec 7-9 **Highlands Bicycle Festival**
Sebring FL Daily metrics (62), half-metrics, 12 mile rides, plus Highlands County Century on Saturday. Linda Leeds,(561)683-2851.
- Dec 8-9 **Secret Santa Weekend**
White Springs FL Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. (904)397-2347.
- Dec 9 (Sun) **Tour of Boca**
Boca Raton FL 1 pm. Arnie Wenzloff (561)742-0070.
- Dec 15 (Sat) **2nd Ride To Christmas Fantasy Land 2001**
Casselberry FL 7:30 PM. Rick Flohr, Managing Editor, The SKEELER, 407-831-5142.
- Jan 5 (Sat) **A South Georgia Sleigh Ride**
Albany GA 25-62-100 miles.
- Jan 11-13 **11th Annual News-Press Tour de Cape**
Cape Coral FL (941) 573-3122.
- Jan 13 (Sun) **Brevet Series 2002: 200 km**
West Palm Beach FL 124 miles. Jim Solanick, (561)433-8796.
- Jan 13 (Sun) **Tour of Boca**
Boca Raton FL 1 pm. Arnie Wenzloff (561)742-0070.
- Jan 19 **Celebrate Florida 100+ Miler**
Orlando FL Up to 120 miles on a 30 mile loop. Zahid Buttar (407)896-7880.
- Jan 20 (Sun) **Brevet Series 2002: 200 km**
Gainesville FL 124 miles. Jim Solanick, (561)433-8796 or Jim Wilson (373-0023).
- Jan 26 (Sat) **IDIDARIDE**
White Springs FL ENTRY DEADLINE JAN 2. Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 386-454-3304.
- February 9 (Sat) **Brevet Series 2002 300 km**
West Palm Beach FL 186 miles. Jim Solanick, (561)433-8796.
- February 9-10 **Suwannee Sweetheart Cycling Weekend**
White Springs FL 27, 50, 64, and 100 miles. Jeanne at (904)264-7168 or (904)260-1126.
- February 10 (Sun) **Tour of Boca**
Boca Raton FL 1 pm. Arnie Wenzloff (561)742-0070.
- February 16 (Sat) **Ray's Ride**
North Palm Beach FL 62, 34, 20 and 10 miles. (561)626-3324.
- February 22-24 **Tour of Highlands**
Sebring FL Darrel Smith (863)382-6464.
- February 23-24 **HPRA Florida Challenge 2002**
Cooper City, FL Shari Bernhard, 878 NW 99th Ave, Plantation, FL 33324, (954) 370-4804.
- February 24 (Sun) **Snowbird Century**
Miami FL 25, 62 & 100 miles. Fifi or George Derby. (305)893-6322. Everglades Bicycle Club, PO Box 430282, South Miami FL 33243-0282.
- Mar 9 (Sat) **The Rattlesnake Round-Up Ride**
Claxton GA No entry fee. 45 and 35 miles. E-mail Royce Smith at royces@bulloch.com to inform him that you will be attending.
- Mar 10 (Sun) **Tour of Boca**
Boca Raton FL 1 pm. Arnie Wenzloff (561)742-0070.
- March 16 (Sat) **Clean Air Bike Ride**
Brooksville FL Withlacoochee State Trail 12, 20, 48, and 100 miles. Clean Air Bike Ride, 6170 Central Avenue, St Petersburg FL 33707. (800)771-5863. Fax (813)345-0287.
- March 22-24 **Red Ribbon Ride 2002**
Ft Lauderdale FL 275-mile, 3-day ride. To Orlando. Jenna(888) 658-BIKE.
- March 23 (Sat) **Woodland-Calhoun Century Challenge**
Anniston, AL 25, 50 and 100 miles. (256)236-8221 or P.O. Box 2168, Anniston, AL 36202.
- March 23-24 **Brevet Series 2002: 400 km**
Tavares FL 248 miles. Jim Solanick, (561)433-8796.
- March 23-29 **Bike Florida 2002: Springs Break**
Gainesville FL To Tallahassee. BIKE FLORIDA, PO Box 451514, Kissimmee, Florida 34745. (407)343-1992 FAX: (407)343-1997.
- March 30 (Sat) **Fourth Annual Suwannee River Birdfest**
Fanning Springs FL (352) 462-6144.
- March 30 (Sat) **Brevet Series 2002: Fleche**
West Palm Beach FL 24 hours. Jim Solanick, (561)433-8796.
- March 31 (Sun) **Savannah Spring Metric Ride**
Savannah GA 25K, 50K, 80K and 100K routes. SASE to bicyclesavannah, 401 Willow Rod., Savannah, GA 31419. (912)351-RIDE.
- April 19-21 **BRAG Spring Tune-Up Ride**
Eatonton GA
- April 20-21 **21st Annual TOSRV South**
Quincy FL
- April 21 (Sun) **Spirit of Cycling Earth Day Celebration 2002**
Palm Coast FL
- April 26-28 **Sebring Spring Break**
Sebring FL
- April 27-28 **Brevet Series 2002: 600 km**
Gainesville FL
- May 2-5 **Suwannee Bicycle Festival**
Live Oak FL
- June 15 - 22 **BRAG 2002**



Share the GCC

As members of the Gainesville Cycling Club, we are all aware of the benefits of membership. The organized rides that suit the many different paces and styles of riding. The numerous parties and picnics the club has throughout the year. These aspects of membership help us build a sense of community and belonging. The rides and parties offer venues for fellowship both on and off the bike that enrich our lives. Cycling is an individual sport for the most part. It is often just you and the bike. Joining a group like the GCC can add a whole level of enjoyment to the sport for us. I know that this was the case for me when I joined the GCC, and perhaps this idea will strike a cord with you as well.

Now is the time to consider sharing the GCC with someone you know. If you think about it, you can probably point to at least one person you know who would benefit from what the GCC has to offer. Maybe it is someone you work with, or a next door neighbor. A friend with whom you often talk about bikes, or someone you have seen touring around your development with their family on bikes. It could be a teacher or a student who has shown some interest in cycling. Perhaps you have talked with them about the benefits of the GCC, but they just haven't taken the time to fill out that form and send it in.

If the above paragraph describes a person you know, consider sponsoring them for a GCC membership. Christmas is right around the corner. What gift could be better than to bring someone into the GCC and show them all the benefits that we have to offer. For \$20 or less (family memberships are currently \$20, individuals - \$15, students - \$10), you can give a gift that truly does keep giving all year long. So take that first step together with the person you want to sponsor. Fill out the

membership application form together. You can find forms at our website for download or fill one out online. Members without PCs can find paper copies of membership forms at many bike shops around town and at most club events. Help them determine what speed and distance riding they want to do. Answer any questions about the club that may come up along the way. Make sure they sign the application to make it official. Then all you have to do is send in the form with your gift payment. But please don't let your involvement stop there. Let the person you are sponsoring know that you are dedicated to getting them oriented in the club. You want them to enjoy everything we have to offer. Make a commitment with the person you sponsor to attend at least one club event every month together. Get out for a weekend ride and

introduce your new members to the friends that you ride with. Bring them along to a party or picnic so they can appreciate that social aspect of the club as well. Chances are that by the end of the year, your newly sponsored member will be attending rides on their own, making new contacts, improving their cycling skills, and having a whole lot of fun. Perhaps they'll even be ready to sponsor someone themselves.

To print a blank membership application from the web, go to the GCC homepage (<http://www.floridabicycle.org/gcc/>) and click on Join The Club! Then click on Membership Application, and then on the second Click Here (after PDF format). We have been having a problem in some browsers with the PDF file. It currently may not work in AOL 7.0 with Adobe Reader 5.0, but will work with Netscape and Adobe 3.0.



Andrew Gill and Linda Crawford at the Spaghetti 100

Choosing A Tire Size

by Jon Schaer

A friend wrote: "I presently use 700 X 23 tires on both wheels, I have been told by some that the rear tire looks flat even though it isn't (I weigh around 220 and have maintained this weight for around three years), I have also wondered how that effects rolling resistance."

In your weight range you should be riding 28c's. The actual casing size does vary some between brands, but most are similar. If you wanted to bother, you could run a 25c front and a 28c rear, but that just means you have to buy two different tires each time, for no real gain. The weight difference is so utterly negligible in the big picture, especially when you consider the potential cost in durability loss and flat frequency. Squabbling over 50 grams on a bike/rider unit of 250 lbs is pointless.

Using smaller section tires actually adds more rolling resistance. Most of the rolling resistance isn't from the contact patch between the tire and the road, but from the casing deformation.

Manufacturers design their casings for each size to behave a certain way within a weight and pressure range. Going outside that range changes that behavior. For a given weight (and proper pressure), using the smaller tire results in more deformation. Greatly over-pressurizing to counter this helps minimize the deformation, but also ruins the ride and corning characteristics, and is much harder on the rim and wheel. Very high pressure tires actually have less rolling resistance only in perfect surface conditions, such as in a velodrome. You will have less resistance, and better life and durability, by using appropriate tire sizes and following the recommended pressures.

I would recommend 28's front and rear. Maybe stagger the pressure 10-15psi. This will help equalize the wear and ride, given the roughly 60 per cent rear / 40 per cent front weight distribution. I generally go by this rough scale:

Road Watch \

[CR 329 in Marion County, from the Alachua County line south to Flemington, is under construction. We expect that the old road surface will soon be removed and replaced with a fine new surface similar to the more southern sections of this road.. Hopefully it will be complete before the Horse Farm Hundred next year.

[Alachua County did not allocate any major road construction funds for 2002, so don't look for any significant new work for a while. When they do get funding, the top three projects are SW 91st St and SW 8th Ave (both in the residential area west of Tower Road), and CR 236 from High Springs north to CR 241. This third ranked project is important to the Santa Fe Century.

[River bridges over the Santa Fe River on US 441 and SR 121 are being replaced. The US 441 bridge has temporarily been replaced with a metal grate bridge that is not open to bicycles; a detour is posted; see our web site for details. It looks like the new SR 121 bridge will be built before the old one is removed.

[For more complete details on these and other road projects, both underway and planned, check out the Road Watch page under the Members Area on the GCC web site.

20c - under 130 lbs rider
23c - 130-170 lbs rider
25c - 170-210 lbs rider
28c - 210-250 lbs rider
32c - 250 lbs+ rider

I recommend the middle of these ranges to run roughly the rated pressure, with the high and low ends going a little higher or lower accordingly. Maybe go down a size for TT's, and up a size for touring or especially rough riding. Sometimes frame clearance restrictions can also force a modified choice.

Randonneur

by Jim Wilson

You've done the Sante Fe Century and the Horse Farm Hundred. Maybe you've even ridden Cross Florida. Now you're looking for another challenge. Then try one of cycling's more obscure disciplines: *randonneuring*.

Randonneurs complete a sequence of certification rides or *brevets* (breVAZE) ranging in length from 125 to 375 miles inside time limits ranging from 12 to 40 hours. The *brevets* serve but a single purpose: qualifying for Paris-Brest-Paris.

First held in 1891, PBP is the oldest timed cycling event in the world. Conceived as a publicity stunt by a Paris newspaper, *Le Petit Journal*, the inaugural PBP was a 750-mile demonstration of the power, range and versatility of the new *safety bicycle*, the apparent successor to the high-wheeled *ordinary*. At the time, it seemed unlikely that a cyclist could complete such a grueling trek using only muscle power. Doctors condemned the event as sure suicide. "The bicycle in such doses will kill the rider just as surely as an overdose of arsenic," one medical expert opined.

Fanned by a series of sensational articles in *Le*

Journal, the French were in a state of hysteria as reports were telegraphed from key points on the route. The notoriety of PBP spawned newfangled imitators: Liege-Bastogne-Liege in 1892 and the Tour de France in 1903. Apparently, the hysteria hasn't much subsided. Today, French villagers crowd the PBP route at all hours of day or night and encourage the riders with shouts of "*bon courage*" and offers of "*cafe au lait*" or "*l'eau*" as they pass by.

Bon courage is needed; a 90-hour time limit includes time spent eating, sleeping and maintaining your bike. Unless you're very fast, you must ride at night. Still, most randonneurs aren't

extraordinaire. Their average age, about 40, is older than most hard-core cyclists. Of the 3573 starters in the most recent PBP, 2978 finished. The oldest was a 76-year old Belgian woman. PBP is hard, but it is not impossible.

PBP is not a race. It has been an amateur-only event since 1956. Although some do strive for unofficial "best times," results are listed

in alphabetical order. After retiring, Lance Armstrong is assured of finishing ahead of Erik Zabel.

PBP is a quadrennial event, next held August 25-29, 2003. To avoid the embarrassment of becoming a PBP *abandonee*, some randonneurs test themselves on surrogate rides. The most famous is

Boston-Montreal-Boston, held annually in non-PBP years.

Although a much smaller event, BMB features a similar climate, international participation, and a bit more climbing. BMB is scheduled for August 22-25, 2002. However, if you're out of *l'eau* in Quebec, you'll have to ask for it. *En francais, s'il vous plait*.

The Gainesville 200K brevet

is January 20, 2002. This introductory 125-mile ride offers a taste of randonneuring and is only slightly more demanding than the Sante Fe Century. If you think you might do PBP, this is your opportunity to begin the qualification process without the long trip north to Atlanta or south to Miami.

Contact Jim Solanick (ridemore@juno.com), visit www.rusa.org, or call Jim Wilson (373-0023) for details.



Paris-Brest-Paris '99 10 pm Start

Cold Weather Riding Tips

by Roger Pierce

On many upcoming mornings we will get an opportunity to practice our cold weather riding. It is important to know how to dress in order to be reasonably comfortable during the ride. On a typical winter ride we expect temperatures in the low 40's at ride start, going up into the 50's before ride end. As spring approaches, starts in the 50's going up into the 60's and 70's will become common.

BODY Layering is important in these conditions. You will probably want to remove one or two layers as the day warms up. The best material for your base layer is a modern "technical" fabric such as coolmax, thermax, thermalactyl, polypropylene, or something similar. For temperatures not expected to get out of the 50's, I will use a long sleeve base. Other materials to consider are wool and silk; cotton is not a good choice as it will keep cold moisture directly in contact with your skin.

The next layer should go only on your front. I have a wool item with a velcro fastener that goes in back of my neck. Any non-cotton t-shirt should do the job. Over this (keeping it in place) is your jersey. The final layer on your body should be a jacket or wind shell (something with one layer, not a lined jacket). If your jacket is not wind resistant, you may want to put a large tyvek envelope or part of a paper shopping bag under the front of your jacket.

ARMS If temperatures are expected to get above 65 during the ride, you will want to be able to remove everything from your arms. This means wearing short sleeve t-shirts/jerseys. Arm warmers are all you will need for temperatures starting in the mid-50's. Below that, the sleeves on your jacket will complete the job. If temperatures are not expected to get out of the 50's, a long sleeve t-shirt or jersey can be used to provide a permanent arm covering.

HANDS You will need a glove that covers your fingers. A glove liner under your regular cycling glove will work. Heavy gloves will probably get too hot before the ride is over.

LEGS For most of us, shorts with leg warmers will be sufficient for the lower parts. If you have lightweight tights these will also work. Thermal

tights may get too warm when temps reach into the 50's.

FEET Wear two pairs of socks. If you have toe covers for your shoes this might be a good time to use them. If you have really cold feet, shoe covers may help, though they may feel very hot when temps get into the 50's.

HEAD Something to cover your ears will be welcome if temperatures stay in the low 40's very long. Some riders can tolerate a head covering for temps in the 40's; I get too hot with something on my head at around 45 degrees.

Have some way to carry stuff that you take off during the ride. As it warms up, you will want to remove layers to keep from overheating. Your jacket and the extra layer on the front will probably go, as will ear protection and shoe covers. If you are wearing heavy gloves, you will need to switch to lighter ones before finishing. Your jersey pockets can only hold so much. Consider bringing a fanny pack, rack pack, or expanding seat bag.

Rides meet at 9 am Saturday at GRU. With proper clothing, you can get a good, brisk workout.

Is Your Headlamp Bright Enough?

By Dwight Kingsbury

Maybe not, if you've experienced a night-time crash with another cyclist.

My friend "Nostromo," who crashed head on with another cyclist not long after sunset one night last week on a Tallahassee area shared use path, has decided to upgrade his headlamp. A front safety headlight only provides a tight beam to illuminate the area directly in front of you in low-light conditions (such as dawn or dusk) and to let oncoming traffic know you're coming. It isn't bright enough to show you where you're going--a factor which becomes critical in very low-light conditions, after dusk or away from lighted areas.

And, as Nostromo found out, a front safety light may not even be bright enough to be noticed and recognized by oncoming traffic. The cyclist with whom he collided, who was training on a upper end racing bike and had no lights at all, may have seen Nostromo's light but confused it with other lights in the area.

NiCad or NiMH?

Nickel metal hydride batteries store more energy per unit of weight than other types of rechargeables.

Consequently, they can provide longer burn times at low and moderate power levels, as Niterider.com explains at http://www.niterider.com/techinfo/geninfo_battery.html

. At high current loads an NiMH battery become less efficient and is drained more rapidly than a NiCad battery with the same amp-hour rating. NiMH batteries are more expensive and more sensitive to extreme conditions and mistreatment than NiCads. NiteRider reports that over 70 percent of its customers have "decided that the 15oz weight savings and 30% smaller form factor [of an NiMH battery] is the way to go." Many of those customers are probably off-road riders shopping for a helmet-mount light; you put the battery in a pocket or hydration pack (some models can now be strapped to the bike). Weight and compactness are primary considerations with such a system. For a road cyclist, a NiCad system may be more practical.

NiteRider describes NiCad as the "best all-around" choice, considering capacity, weight, durability, and

cost.

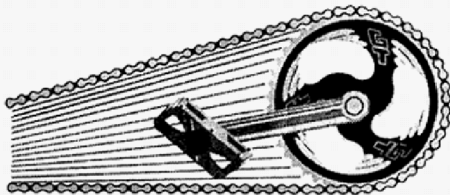
Should I spend \$389.99?

Your type of riding may not require "a clear blue/white light you only expect to see from the headlights of luxury European automobiles," as one \$389.99 model was recently described in a catalogue. Systems that can deliver 6 watts to a halogen headlamp for six hours are now available for less than \$100. I generally use the 6-watt setting on my own system when riding on Tallahassee streets at night.

Light: gotta have it

Light has been recognized as a critical component of the world since the very beginning, according to information in the book of Genesis. Don't ride without lights at night. Don't skimp if you decide you need a bicycle lighting system with more power. Let there be light. Nostromo, who is shelling out bucks for a replacement bike, would agree.

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Insight Race Across AMerica 2002

by John Hughes

After reaching the finish, Nancy McElwain said "RAAM is a pinnacle of cycling. Completing Team RAAM is easily the high point of my cycling career." McElwain was part of the four-women relay team RB4/BIAK that raced across the country in under seven days last June.

The 20th anniversary of the Race Across America will be in June, 2002, with \$50,000 In prize money on the line for solo and team riders. Insight, the title sponsor, is putting up the prize money and also supporting race expenses so that entry fees will be lower. Additional merchandise prizes from other sponsors will also be available.

RAAM 2002 will start in Portland, OR. Riders will travel 3,000 miles across the country and climb 100,000 feet! The race starts off as a giant roller coaster with 70% of the climbing in the first half of the race through Oregon, Idaho, Utah, Wyoming and Colorado. The longest climb is from Ogden, UT, 36 miles to the top of the Monte Cristo Mountains at 9,000 ft. Leaving Manila, UT the riders face a series of brutal climbs through the Flaming Gorge Scenic Area. In Colorado, racers climb 17 miles

to Tennessee Pass (10,242 ft.). The remainder of the route goes through rolling country in Oklahoma, Arkansas, Mississippi, Alabama and Florida to finish in Gulf Breeze, FL.

"If I had to design a course to show off America, I couldn't have designed a more beautiful course!" said Peter Lekisch, first 60 year old solo finisher.

Unlike a stage race such as the Tour de France, RAAM is non-stop. The first rider/team to the finish line wins! The race has four divisions:

- * solo riders (one rider covers the entire course)
- * tandem (two riders on one bike cover the course)
- * two-person relay (two riders take turns riding the course)
- * four-person relay (four riders taking turns riding)

The solo and tandem riders will leave Portland on Sunday, June 16. Team riders will start two days later, on June 18. The riders who survive the course, the heat and the wind, and the sleep deprivation will finish in Gulf Breeze, FL between June 24 and 28. \$50,000 cash will be split among the fastest solo and team riders.

To find out more about the race visit:
www.raceacrossamerica.org.

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The Gainesville Cyclist

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Ads are \$5 per column inch or \$25 for six column inches (which may be broken into multiple ads in different issues); the standard ad is two column inches (2" x 3", a 1/2" narrower than a business card).

FEBRUARY DEADLINES

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Articles and classifieds Jan 16
Ads in GIF or TIFF format Jan 18

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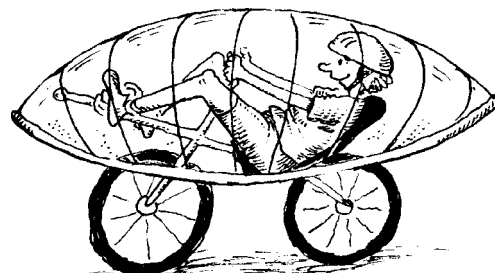
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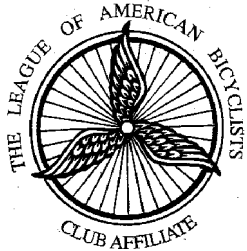
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