

# The Gainesville Cyclist

The bi-monthly newsletter of the Gainesville Cycling Club, Inc.

August 2008

## Happenings

### August 23 (Sat) 11<sup>th</sup> Annual Gliders Training Century 7 am

Meet at the Chevron on NW 43<sup>rd</sup> St at 53<sup>rd</sup> Ave for a 7:15 am departure for a ride over the Santa Fe Century course. Stops in High Springs, Watermelon Park, and Worthington Springs. This is a regular club ride – no SAG support. Gliders pace (average speed around 19 mph, cruise often around 21 mph). If you anticipate problems maintaining Gliders pace, print out a Santa Fe Century map from the web site. An A Ride group usually comes out and starts the ride with us, but does not do all of the rest stops.

### August 31 (Sun) 8 Hours of San Felasco

Also known as the 8 Hours of Labor, this is an individual and team endurance race sponsored by [Goneriding.com](http://Goneriding.com) and the [Friends of San Felasco](http://Friends of San Felasco). If you can help in a volunteer position, email Leslie and Doug Folkerth at [leslieanddoug@gmail.com](mailto:leslieanddoug@gmail.com).

### September 1 (Mon) T-Shirt Design Contest Deadline

See the June issue of The Gainesville Cyclist for full details on how to enter this competition. Win two of the shirts that you design, plus no cost entry to the Gainesville Cycling Festival. Please [email Roger Pierce](mailto:Roger.Pierce) if you are planning on submitting an entry.

### September 1 (Mon) Labor Day Picnic and Volunteer Party

Meet at Boulware Springs at 9 am for rides departing at 9:15 am. Be back by Noon for the competition eating! Bring a side dish to complement the main course and sodas provided by the club. We'll find a place for you to help out at the Horse Farm Hundred or Santa Fe Century.

### October 5 (Sun) Adopt-A-Road Cleanup

Meet at 4 pm near the west end of Millhopper Road to get organized for a 4:15 pm sharp deployment. Please don't be late; it's hard to get you supplied and assigned after we have started. We need from 9 to 14 people for an optimal crew. Please RSVP to [diann@piercepages.com](mailto:diann@piercepages.com) or call Diann at 378-7063. The club will help pay for dinner after the cleanup.

### Gainesville Cycling Festival Entry Certificates

Will be mailed to you in late August. Please wait for yours before entering the Festival. The Certificate has your GCC discount, and allows you to order special T-shirts not available to non-members. It also has a place to volunteer! See page 5.

If we get the software ready in time, you will be able to print a Festival Entry Certificate online. If you are a volunteer who is not purchasing a ride or t-shirt, you will not need to mail the Certificate in when you enter your data online.





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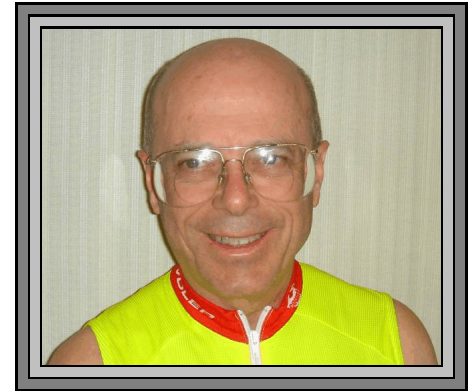
## GCC Web Page

[gainesvillecyclingclub.org](http://gainesvillecyclingclub.org)  
[gainesvillecc.org](http://gainesvillecc.org)  
[gccfla.org](http://gccfla.org)

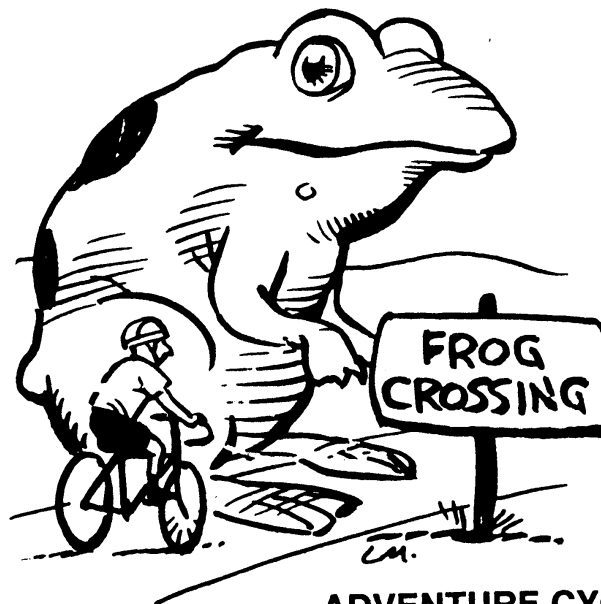
I have a dream! That I'll get enough article submissions that I'll have to choose which ones to put in The Gainesville Cyclist.

If you feel put off by the thought of writing something and not getting it in the newsletter, be it known that unless you submit total drivel, I will put it in the online version even if there is not room in the print version. So fire up your word processor and write away!

I'm also looking for good photos. We have our regulars, Rob Wilt and Craig Lee, who do a good job documenting our picnics and special events, but it would be nice to have some shots of other club rides. Pick out your best shots and email them to me for the newsletter.



If you have a good candidate for Gary Kirkland's GCC Rider column, drop him an email at [kirkland.gary@gmail.com](mailto:kirkland.gary@gmail.com).



-ADVENTURE CYCLING

# President's Letter

It's that time of year again when a lot of us are training for GCC's very own Gainesville Cycling Festival. As I have mentioned before, whether we are doing the hard, hilly centuries or just a short recreational ride we need to be constantly aware of the dangers on the road. As we are all too aware, some drivers have hostility towards cyclists while others simply are not paying attention to their driving. Cell phones, kids, even DVD players may be distracting an otherwise careful motorist.

Most cyclists know of the law requiring motorists to give a three foot clearance to all cyclists. A great many motorists however are not aware of

this law, those of us counting on drivers to obey it are inviting an accident. Remember, who was right and who was wrong is absolutely irrelevant. Who survives, or better yet avoids an accident completely should be our primary concern.

I urge all of you to ride not only legally but ethically and courteously as well. Things such as signaling motorists of turning intentions and not riding more than two abreast are required by Florida law (<http://gccfla.org/laws.html>). Things such as these also provide a courtesy to drivers that they are more likely to return. Give good and you'll get good.

Let's all have terrific rides and a great Cycling Festival.

Hope to see you on the road...

Bob Newman



## New on the GCC Web Site

By Roger Pierce

The Members Area on the GCC Web site has been significantly upgraded to provide you with the capability to directly change much of the information on your membership record.

To sign on to the Members Area you will need your member number, which is found on the label on the back of this newsletter. If you don't know your password, you can have it emailed to you from the sign on screen. If you have not previously given us an email address, you will need to send me one before you can get the password emailed to you. Send it to [roger@gccfla.org](mailto:roger@gccfla.org). Include your member number in the email.

There are five blocks of information on the main page.

"Members Only" allows you to view the current issue of [The Gainesville Cyclist](#), look up information about other club members, and renew your membership. Of particular note is that if you renew using the form on the web site before we send out your renewal notice, we'll give you a one dollar price break to reflect the cost and work we won't have to do to send you that notice. Once we send the notice, the

price break goes away.

"Volunteer" lists your volunteer status. Your Gainesville Cycling Festival position will be listed, as well as your general preferences.

Work is still planned on the "My Riding" block. Currently, you can update your venue, speed, and distance listings. In the future, you'll be able to join riding groups.

"My Affiliations" lists cycling organizations that you belong to, and whether you have a Share The Road tag on your car.

The biggest block is "About Me." Here you update your name, address, phone numbers, email addresses, and password. If you have a family membership, you can print applications for additional family members. If you move, please log on and update your address; the post office hits us up for 75 cents to tell us your new address.

The most requested update is to email addresses. You can now do this yourself. We have a place for your home email address and your work email address. You should enter any address that you want to use with the club, and do not enter one that you

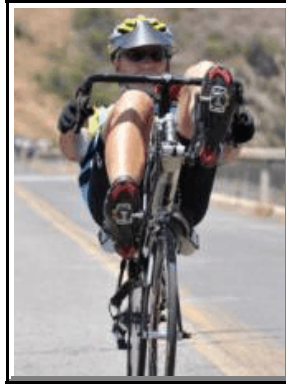
don't want used (some employers will ding you if you get personal email at work). If you are going to change or eliminate an email address that is subscribed to GCCMail, please unsubscribe that address before making the change. You can then subscribe the new address. Do all of this in the "About Me" box, Email topic.

The Members Area will "time out" after two hours. This is to prevent a situation where someone uses it on a public computer and does not sign off properly, leaving their personal data open for anyone to see (and update!).

We have a very extensive web site, and as a result some information may become obsolete, links may not work, etc. If you find something like this, please let me know! Just click on my name at the bottom of the web page and send me a message.



# GCC Member RAAM Victor!



He's done it again, and this time solo. Congratulations to GCC member John Schlitter for being the first over 50 rider to complete RAAM 2008! He was the first ever solo rider to complete RAAM on a recumbent bicycle. After trailing most of the race behind a hot battle being waged by three over 50 wedgie riders, he pulled ahead on the last day to take the victory.

Details at  
<http://www.raceacrossamerica.org/>

## Adopt-A-Road Excuse (Granted)

From: John Devlin  
To: Diann Dimitri  
Sent: Monday, May 19, 2008 2:29 AM  
Subject: Re: GCCMail: Adopt-A-Road May 25 (Sun) at 4PM

Boss:

I do not anticipate participating in this one as I am out of town. Hope that all goes well. If it is any consolation, in my current vacation spot the side of the road is the ONLY trash dumping site. Trash clean up requires the use of an armoured bulldozer rigged up with electronic systems to jam exploding litter. Still probably safer than having to dodge the local drivers. Keep your head down and the rest of you off the blacktop.

Regards, Devlin, John

## Accident Survey

The New York Cycle Club, a 1,600+ member organization, located in New York City, is conducting a worldwide bicycle accident survey. It's open to all ages. The results will be published as part of a cycling risk assessment study that will be made freely available to the public at the conclusion of the survey. It is for education and advocacy purposes. The survey contains dozens of data points and its design is streamlined to have folks get through the survey as quickly and efficiently as possible.

To enter an accident in the survey, go to:

<http://www.nycc.org/ras/>

# Horse Farm Hundred

## CALL FOR VOLUNTEERS

The Gainesville Cycling Festival, which incorporates our own Horse Farm Hundred and the Santa Fe Century which benefits the Boys and Girls Club, is coming up soon.

To successfully pull off a major two day event such as this we need a significant number of volunteers to pitch in and help. Most of those are needed on the actual weekend of the event, but there are a few jobs that will need doing in the days prior.

### How to Sign Up

You will receive an Entry Certificate in August that has entries on it for volunteers to fill in. CALL Roger Pierce (378-7063) to get a volunteer slot BEFORE sending in the Certificate to volunteer. The Certificate reserves your volunteer T-shirt. All day-of ride volunteers will receive a ride T-shirt, and those working multiple or long shifts will also be eligible to ride the Horse Farm for free (or the Santa Fe if your shift is during the Horse Farm).

You can sign up at the Labor Day Picnic, or call Roger Pierce. Roger will be out of town September 12 thru 22.

### Leadership Positions

We are looking for a few persons to help in event preplanning and management. We need to fill these positions so that we can spread the workload and not overburden just a few



of us. Call Roger Pierce if you can do one of these jobs.

**Facility Director.** Responsible for the Santa Fe Century and Horse Farm Hundred facilities. Sends letters and follows up with phone calls to managers of facilities to be used during the events. Arranges for payments as necessary. Orders porta potti's according to the plan. Arranges for parking support at Lofton High School.

**Equipment Director.** Responsible for the Santa Fe Century and Horse Farm Hundred equipment procurement and distribution. Develops the plan to distribute equipment to aid stops. Obtains new equipment to meet needs and replace worn/broken items. Plans for the movement of equipment from the storage area to the staging area, for clean up after the event, and for moving it back to the storage area. Procures items needed for the supplies tubs. Ensures that each stop will have needed equipment and supplies. Supervises the loading of equipment on vehicles on Friday and Saturday evening, and unloading on Saturday and Sunday evening.

**Food Director.** Responsible for the Santa Fe Century and Horse Farm Hundred food and drink procurement and distribution. Analyzes past usage in order to plan to provide superior food and drink to participants in the events. Purchases food and drink from various vendors. Organizes food and drink for loading onto distribution vehicles. Supervises the loading of vehicles on Friday and Saturday evening, and unloading on Saturday and Sunday evening. Inventories returned items. Returns for credit unopened containers. Donates to charity unreturnable food.

**T-Shirt Manager.** Works with the t-shirt company to get the designs to them, produce, and pick up the t-shirts.

### Day of Ride Jobs

We will need people to help with four basic functions during the rides:

**REST STOPS.** Hand out food and water during the Horse Farm Hundred at Morningside Nature Center, Flemington, the lunch stop, or the trail stop, and during the Santa Fe Century at the end of Millhopper Road, in High Springs, Watermelon Park, Worthington Springs, and DeSoto Park in Hague.

**REGISTRATION.** We will be open Friday evening, Saturday morning and afternoon at the Boys Club, and Sunday morning at Lofton HS and in Flemington.

**SAG.** Drivers will be needed for both the Santa Fe and Horse Farm. We pay money for gas.

**COURSE.** We need people to put out directional signs and paint the roads.

Prime positions at the packet stuffing party will also be up for grabs!

You can check on exactly which jobs are available by going to our web site and checking the Festival Volunteers page in the Members Area.

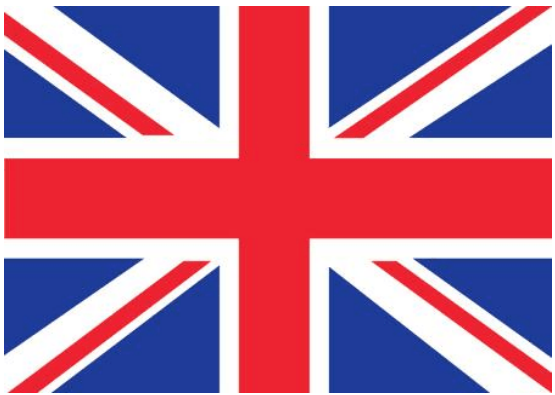


# My (Momentary) Brush with Olympic Glory

By Sean McMahon

As we approach the 2008 Olympics in Beijing, China, we can only hope that the air pollution problem is under control so that the athletes can perform at their best. Similar questions about "air quality" plagued the 1996 Olympics in my home town of Atlanta, Georgia, and led to a brief moment of Olympic excitement in north Florida.

The last summer Olympics held on American soil - 300 miles north of us, in Atlanta - worried both athletes and organizers due to air quality. Specifically, Atlanta has a huge traffic and related smog problem, despite its relatively high altitude. Although not on the same league as Beijing, the thought of outdoor competition in August in sweltering Atlanta heat was



intimidating to all participants in the Olympics. The bicycle road race - to be held on a downtown circuit, in the middle of an August afternoon - loomed like an epic death march. Athletes scrambled to train for the unique heat that they would encounter in Atlanta.

In the spring of 1996 I had just completed an advanced degree at Florida State University. I was unemployed, my wife and I had no kids

**Sean McMahon holds a doctorate in American history and is a professor of history at Lake City Community College. He makes it down to Gainesville for the occasional Gliders ride.**



and we still lived like grad students, and I was completely carefree. I embarked on a series of epic rides throughout the Tallahassee area to celebrate my accomplishment. My frequent riding partner, Mark, and I pedaled for hours to such scenic spots as Havana, Quincy, and Monticello.

In the early summer, some Olympians had set up shop at FSU to train. The entire British team reportedly had relocated to the Tallahassee area.

They were spotted running on the track, lifting in the weight room, and training in the pool -- basking in the muggy summer weather that is unique to Florida's capitol. The guys on the weekly Saturday morning club ride claimed to have seen some of the cyclists on the road. But despite many hours in the saddle, Mark and I did not see them. Until one day.

We were coming back on Old Bainbridge Road when we spotted an SUV with its hazards on, coming the other way. Behind

it rode a double pace line of about 20 Union Jack skinsuits. Then another SUV with its hazards on, bringing up the rear. I remember yelling something stupid - "Hey! Go Olympics!" I think is what I said, as not one rider waved or even turned to look -- and then they were gone, up to Havana or maybe up across the Georgia State line. We were coming in, in the late morning, exhausted and hot. Meanwhile they were just going out, on what surely would be a long ride. Mark and I were buzzing as we finished

our ride.

In that double pace line I remember seeing one rider in a reddish-purple skinsuit, very distinct from the rest of the team. When I watched the Olympic road race on TV I found out that this was Max Sciandri, an Italian born in England who was riding for the Brits. He was wearing the colors of a recent championship that he had won. And apparently his training on the roads of Tallahassee paid off, as he won the bronze medal in the road race at the 1996 Atlanta Olympic games. I had ridden past, and briefly interacted with, an Olympic champion.

From track cycling to off road riding to the road race and time trial, the Beijing Olympics promises some great TV, for those hot afternoons when it's too hot to ride in Florida. But we can watch and appreciate their efforts as they breathe in the Beijing air in the hopes of breathing the rarified air of an Olympic medalist. Go Olympics!



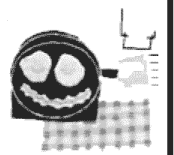
- Adventure Cycling

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## Duggan Combines Speed with Staying Power

In the long-standing tradition of Gainesville torturous take-no-prisoner fast rides Kerry Duggan has been a regular longer than some of his fellow pack members have been alive, and at 53, he's still loving it.

These days you're likely to catch him in the Tuesday-Thursday ride that gathers in front of the Hippodrome.

"That's what I live for, that makes my week," he said.

And he's assured of having good company, since his wife Dana Zimmer enjoys the same kind of ride that Duggan once described as a "fast, no-mercy, macho-man theatre of pain," in his VeloSchmooze columns, that can still be found archived on the GCC Web page.

"We spend a lot of time suffering together on the bike, and we enjoy every minute of it because there's always a story afterwards," he said.

By his calculation, he's seen three batches of Team Florida members come and go. He dishes out etiquette lessons, such as the impropriety of wheel sucking then jumping out to win sprints, which is a violation of the "no work, no respect" principle.

Duggan does more than go fast, he races. In the 1990s he was a two-time Masters Road Racing Champion. He says what he likes about bike racing, is that it takes strength and strategy.

"It's like playing chess while boxing," is how he described it.

Just two years ago, in the 35 and up category, he earned a third place in the mountain road race in Dahlenoga, Ga. That route featured four 5-mile climbs. That's where he heard his daughters, Riona and Kaitlin, offer a cheer that would be music to any father's ears, "My dad is 50 years old and he's kickin' your butt."

He got his start in distance riding when he was 18, riding through the Canadian Rockies one summer from Jasper to Banff. The cycling he liked, the camping and no showers he could do without. And while he's always

been active, what he likes about cycling is the workout and camaraderie without the pounding on the joints.

"Once you get the base level of fitness, you really can't hurt yourself," he said.

(To read some of Kerry Duggan VeloSchmooze columns, such as "Stop and Smell the Tarmac" and "Just Who is a Homeboy and Why Are They So Rude?" check out the archives under "Publications" on the GCC Web site)

### VeloSchmooze: The Racers Edge

by Kerry Duggan, 1992

Well, winters end is in sight. All over Gainesville cyclists are crawling out of their caves, sniffing the wind and grunting in disgust at their pale, flabby, maggot-like legs. It's now time to reawaken our bodies to many hours of gleeful soreness desperately believing next week we'll actually enjoy Mebane Hill.

Assuming Roger and Craig actually print this drivel, I wish to offer a few tips to new riders to help them through the difficult spring training period.

1. Start slowly. Real slowly. Ride to Bageland with the latest VeloNews. Argue with the boys hard enough to activate your monitors A.T. beeper. Order one plain bagel and decaf. Take one bite and go back for the cream cheese and real coffee. Time trial home in the small ring.

2. Your next ride should not exceed 18 mph. Cruise out drag-strip road (nice and flat) for about three hours. Carry two pop-tarts and gulp down a 46-ounce fountain coke in La Crosse. Pick up a tailwind and rage home. What an animal you are!

3. Now pick group rides large enough to hide in. Avoid taking pulls at all costs. Surf the back where it's nice and warm. Mumble vague excuses about skipping gears or too much beer last night. Fake a hacking cough and blow

your nostrils; riders will insist you stay on the back now. If one of the Homeboys rudely insists it's your turn at the front, arrange it just before a stop sign. When everyone bunches up, quickly sink to the back again. Ahh!

I'd now like to say a few words about safety. Early season rides often include beginners unfamiliar with the inherent dangers of group rides, new-fangled equipment, and impatient Homeboys.

Never show up on a group ride with tri-bars. Not only are they as dangerous as marbles on a waxed floor, they mark you as a tri-head squirrel. Although most triathletes are OK bike handlers, this is a road ride, not a techno parade. Tri-heads belong at the back usually ending up there anyway. If you want to bolt a jungle gym to your bike, find another playground.

Eventually people start sprinting for signs. Any city or county limits sign qualifies for these wilting, lemming-like surges. Be ready for them. Live in fear of them. Avoid them at least until you've watched a few. As the green sign looms on the horizon you'll suddenly notice people nervously tightening their velcro and twitching their gears up and down. Some move nonchalantly to the outside to have a clear line. Ka Pow! Somebody stands up and rockets off the front and an insane conga line streaks forward and then fans out across both lanes.

Now, sign sprints are fast, furious, and fun, but also dangerous. Momma always taught me to look both ways before crossing the street, but few cyclists bother to in the heat of a sprint. Assume there is a car trying to pass you from behind. Assume the driver gives a rats \_\_\_ whether or not you win Bland, Florida.

Next issue, Just who is a Homeboy and why are they so rude?



# Nearby Places to Ride in August

August 8-10

Suwannee River State Park FL

## **Dog Days Open House**

Held at Suwannee River State Park 9 miles west of Live Oak. Saturday morning will start off with either a fun ride at Anderson Springs, Big Oak or along the scenic country roads. Saturday afternoon, we will float down the Suwannee/Withlatchochee River in inner tubes. Bring a covered dish for the Saturday evening pot luck dinner. Make your hotel or camp site reservations today. This is a great event to introduce your friends to the SBA as it has no event fee. Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096.

<http://www.suwanneebike.org/>

August 16 (Sat)

Tampa FL

## **Tour de Guava 2008**

Charity bike ride of 200k (125 miles) completely circumnavigating Tampa Bay. Rider Check-in: 6pm - 8pm August 15th 5:30am - 6:30am August 16th. Start Time: 7am for pre-registered riders 8am for same-day registrations and late arrivals. Registration and fee: \$25 - Register at any time on our Web site or in person 6pm to 8pm August 15th. \$35 - Same-day registration.

<http://www.tampacycling.com/>

August 23 (Sat)

Dothan AL

## **Tristates100 Tour of Miracles**

102/65/25 mile options Come join us for a great ride through the wiregrass. Scenic country roads take you through AL, Ga and FL then finish back in Dothan. Our ride benefits the Childrens Miracle Network. The CMN supports the Childrens Hospital in Birmingham. The hospital provides care to kids based on their needs, not on their ability to pay. All routes are fully support with stocked rest stops and sags. Please visit our website for more information or call Joe Varner at 334-984-2515.

<http://www.tristates100.com/>

August 24 (Sun)

Melbourne FL

## **9th Annual "Ride for the Red"**

### *Cycling Tour of Brevard County*

11/62/33 mile ride options, 20 mile guided Fun Ride, NEW for 2008 5K run! Registration begins 6:30am; the 5K run will begin at 7:15am followed by the cyclist at 7:30am. The Fun ride will begin at 9:00am. Start and Finish at Wickham Park Pavilion next to Brevard Community College, Melbourne Campus. Your fully supported ride and run takes you through some of the most scenic areas of Brevard County. Rivers, countryside, villages, wildlife, beautiful Florida neighborhoods and Kennedy Space Center will make this event a memorable one. Our traditional "PASTA OVERLOAD NIGHT" dinner will be held Saturday August 23rd from 6-8pm at the Wickham Park Pavilion along with guest speakers and live entertainment. Following Sunday's ride & run, all participants will enjoy the traditional RFTR picnic lunch featuring the famous RFTR chili dogs, pizza and entertainment. Proceeds from this event help the American Red Cross-Space Coast Chapter assist local families and communities recover from disaster, provide workshops to learn life saving skills, reach military members in time of need, and receive much needed blood services. Contact Vivi at 321-231-3599 for more information.

<http://spacecoastredcross.org/>

August 30-September 1

Labor Day Weekend

Sebring FL

## **Tour of Sebring**

26th Annual. Take a Labor Day Weekend mini-vacation. Daily 62, 30 and 12 mile rides, plus the traditional Bok Tower Century on Sunday. Discover the natural beauty of the rolling hills, citrus groves, cattle ranches, small towns, and lakes of scenic Highlands County. This event is designed for riders of all levels, whether they prefer to speed along winding roads and finish the rides in record time, or cycle through at a leisurely pace, taking in the wonderful

scenery. Road riders will especially enjoy the low-traffic back roads. Fully supported with well-stocked rest stops, sag vehicles, and great road markings and maps. Continental breakfast and full mid-day meals are included each day. Poolside Party on Saturday night. Linda Leeds, Event Director, 561-683-2851. Host hotel reservations at 1-800-423-5939.

Email: [lindamarie7@juno.com](mailto:lindamarie7@juno.com) to request information or hard copy of registration brochure

Sponsor website: <http://www.kenilworthlodge.com/>

If you want to register online, go to: [http://www.active.com/event\\_detail.cfm?event\\_id=1524848](http://www.active.com/event_detail.cfm?event_id=1524848)



August 30-31

Savannah GA

## **Savannah Century**

Saturday, 9 am, 33 miles from Levy, SC. Sunday, 8 am, from Savannah Station 37, 56, 69, and 103 miles (traditional course). New management for 2008.

<http://www.savannahcentury.com/>



League of American Bicyclists



# Nearby Places to Ride in September

September 7 (Sun)  
Jacksonville FL

## Endless Summer Watermelon Ride

A classic one-day bicycle event designed for the experienced road rider, the touring cyclist, the intermediate and the beginner cyclist. In other words, all bicyclists are welcome. The route distances are 30, 45, 65, 80 and 100 miles and primarily traverse lightly traveled country roads. This will be our third Watermelon Ride starting at the Jacksonville Equestrian Center located at 13611 Normandy Blvd., 32221. Past riders have been very pleased with the new facilities which include huge men's and women's restrooms which can each accommodate 55 people. We also have parking for up to 1000 cars. Bring your bathing suit and a towel and take a cool dip after the ride in the olympic size pool. Shower facilities are also available.

<http://www.nfbc.us/>

September 13 (Sat)  
Ponte Vedra Beach FL

## Patriots Memorial Bike Ride

This bicycle ride is to honor the victims and heroes of September 11th 2001. It is 91.1 km on four lane highways and scenic country roads. Please wear red, white & blue to honor the day. We will have a short Memorial Ceremony starting at 6:50 a.m. Please be parked and ready to roll by that time. Departs Nease High School in Northern St. Johns County (Ray Road at US 1, 1 mile south of CR 210) at 7:15 am. This ride will be in St. Johns County only, utilizing some four lane highways and some scenic rural county roads. This ride is suggested "for experienced road riders" as we will have no official rest stops (numerous convenience stores on the route). Please use comfort stations prior to grouping for the ride. SAG services provided by ABC, Champion and Open Road. Any proceeds after expenses will be donated to the fund raising efforts of the Cody's Challenge MS150 Bicycle Team.

<http://www.codyschallenge.com/patriots.htm>

September 13 (Sat)  
Albany GA

## 5th Annual Nut Roll

Registration opens at 7:00 a.m. at The Parks at Chehaw, Philema Road, Hwy 91N and the ride will begin with a mass start at 8:00 a.m. The ride options are 30, 46, 62, and 102 miles. All routes are clearly marked and mostly flat but (just so we don't disappoint the "hill masters") we sprinkle in a few gentle rollers. It's a fully supported ride with generous rest stops flavored with great southern hospitality. Here's a little insider info for you: some of the rest stops have been known to have some homemade goodies to satisfy your palate. Lunch is also provided for all registered riders.

<http://www.pecancitypedalers.org/>

September 14 (Sun)  
Glen St Mary FL

## Swampman 100

ride starts at 7:30 a.m. at Baker County High School in Glen St. Mary. Lunch will be served back at the High School cafeteria from 11 am to 3 pm. All riders will start together at 7:30 a.m. There are 5 distances marked: 15, 33, 46, 70, and 100 miles. Detailed maps will be provided to all riders. For motel reservations in nearby MacClenny: Days Inn at 904-259-5400 Econo Lodge at 904-259-3000. Baker County Family YMCA, Shawn Eastman, 98 W Lowder St, MacClenny, FL 32063-2676. Phone: (904)259-0898.

<http://www.swampman.org/>

September 14 (Sun)  
Clermont FL

## Assault on Sugarloaf

7 am. The Assault on Sugarloaf is a recreational bike ride along the country roads of Clermont. The 56 and 112 mile courses take cyclists up Lake County's famed Sugarloaf Mountain and use the routes for the Florida Challenge and Great Floridian Triathlons that take place on October 25. This is a perfect training opportunity for those races or any of the late season long course triathlons. This is not a race.

<http://triflorida.com/>

September 20-21  
St Augustine FL

## Bike MS: PGA Tour Cycle to the Shore

A 2 day route with an overnight from St. Augustine to Daytona and back. The route is fully supported with food, water, medical and safety support and guidance.

[http://bikefln.nationalmssociety.org/site/PageServer?pagename=BIKE\\_FLN\\_MS150\\_Details](http://bikefln.nationalmssociety.org/site/PageServer?pagename=BIKE_FLN_MS150_Details)

September 20 (Sat)  
Clearwater FL

## Miles For Hope

100/50/10 k Charity Bike Tour. Registration opens at 6am at Joe DiMaggio Sports Complex in Clearwater. The route will run from Drew Street, along the beach, up to north county and back to Drew Street. All registered riders will receive an event T-shirt, snack before ride, rest stops on the routes, excellent prizes and give aways, free lunch after the event and goody bag. All riders who register by August 10th and pledge to raise \$500 will receive a free event cycling jersey. Miles For Hope Charity Bike Tour was established to raise funds for Brain Tumor Research. Visit our web page for additional information and to register.

<http://MilesForHope.org/>

See many more rides on the Florida Bicycle Touring Calendar:

<http://www.floridabicycle.org/fbtc/>





Fanning Springs Picnic  
July 19, 2008

Photos by Rob Wilt and  
Craig Lee



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vacant

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The Gainesville Cyclist is published bi-monthly with cover dates of even-numbered months. All submissions are welcome. Classified ads will be run free-of-charge for club members; email or mail to the editor. Ads are \$20 for a standard size ad, \$40 for a quarter page ad, and \$80 for a half page ad. A one year (six issue) subscription for standard size ads is \$100.

## AD GRAPHICS

Craig Lee 475-1825  
[craig@craigdidit.com](mailto:craig@craigdidit.com)

## OCTOBER DEADLINES

Ad copy needing setup work  
September 12  
Articles and classifieds  
September 22  
Ads in GIF or TIFF format  
September 24

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To commemorate the success of Christian Vande Velde's Garmin-Chipotle team in the Tour de France, Chipotle arranged for GCC members to get a free burrito on July 26. Member notification was sent out on GCCMail and posted on the club web site.



**Matt chows down on a Chipotle burrito**



**Vicki Santello**  
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## BUSINESS SPONSORS

These businesses provide discounts to club members who present their yellow membership card or the back page of their newsletter (with expiration date):

Bike Route	15%	(386)462-5250	N US 441 (10100 NW 13th Street)	<a href="http://www.bikeroute.net">www.bikeroute.net</a>
Bikes & More	10%	373-6574	2113 NW 6 <sup>th</sup> Avenue	<a href="http://www.bikesandmoregainesville.com">www.bikesandmoregainesville.com</a>
Chain Reaction	20%	373-4052	1630 West University Avenue	<a href="http://www.chainreactionbikes.com">www.chainreactionbikes.com</a>
Gainesville Cycles	15%	502-4146	3460 W University Ave	<a href="http://www.gainesvillecycles.com">www.gainesvillecycles.com</a>
Gator Cycle	10%	373-3962	3321 SW Archer Road	<a href="http://gatorcycle.com">gatorcycle.com</a>
Mr Goodbike	10%	336-5100	425 NW 13 <sup>th</sup> Street	<a href="http://mrgoodbike.com">mrgoodbike.com</a>
Pedalers Pub & Grille	10%	(Exotic cycling tours)		<a href="http://www.pedalerspubandgrille.com/gcc">www.pedalerspubandgrille.com/gcc</a>
Recycled Bicycles	10%	372-4890	805 West University Avenue	<a href="#">a web link</a>
Spin Cycle	22%	373-3355	425 West University Avenue	<a href="http://www.spinracing.com">www.spinracing.com</a>

Some restrictions apply, ask for details at the store.



## Gainesville Cycling Club

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Association**



**AUGUST 2008 ISSUE** Mailing label with expiration date identifies current member.

## 2008 Gainesville Cycling Festival - 18-19 Oct - Santa Fe Century - Horse Farm Hundred

### Welcome New Members!

Chris Bilowich  
Chana Bird  
Jim Davis  
Sandi Davis  
Lauren Dukes  
Ethan Gamble  
Gavin Gamble  
Sue Harriss  
Fred Hearty  
Erika Henderson  
Barrett Hicks  
Herb Kieklak  
John Kohn  
Jennifer Larosa  
Stephanie Mammino  
Odis Manduley  
Jon Martin  
Edgar Martinez

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Web Site: [www.woodstoveflorida.com](http://www.woodstoveflorida.com)



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