

Happenings

April 25 (Sat)

Earth Day Picnic

Chandler will have a main dish. Bring homemade salads and desserts.

For rides, you have the obvious option of doing the dirt trails. This ride is suitable for mountain bikes. There are trails for riders of all abilities. The ride meets at the San Felasco Trailhead at Progress Park in Alachua at 9 am.

Road Group Captains are encouraged to schedule rides departing from the Sid Martin Center parking lot in Progress Park.

Entry to the State Park is \$2 per vehicle (regardless of number of wheels or people involved). Also \$2 if you are on foot.

May 2 (Sat)

Standard Ride Start Times Move to 8 am

But watch your email for groups who may switch earlier or later!

May 14 (Thur)

RTR3 Packet Stuffing

We'll need a few people to help stuff packets. Email Roger at roger@gccfla.org if interested.

May 16 (Sat)

Ride To Remember 3

A fully supported Century event with rides on the Gainesville Hawthorne Trail or into Ocala horse territory. Road rides of 50, 75 and 100 miles are supported, with anything from 1 to 32 on the Trail. Registration opens at Boulware Springs at 7 am, ride departs at 8 am. See page 5 for more details.

May 24 (Sun)

Adopt-A-Road Cleanup 4 pm

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 9 people for an optimal crew. Please RSVP to diann@piercepapes.com or call Diann at 378-7063. The club will help pay for dinner after the cleanup.

May 25 (Mon)

Memorial Day Picnic at Hart Springs

Ride the back roads of Gilchrist County to work up an appetite for barbeque and a need to jump in a cool spring. Time your arrival for gate-opening at 9 am if you will be doing a ride from Hart Springs. Food is planned for noon.

Entry into Hart Springs is \$3 per head. If you are arriving by bike, please stop and pay (those doing rides from the park don't have to pay to get back in).

Depending on where you are coming from in Gainesville, it can take up to an hour to drive to the park, which is southwest of Bell. Take SR 24 west from Gainesville (Newberry Road). In Trenton, turn north (right) onto US 129. After around 3 ½ miles, turn west (left) onto CR 344. At CR 232, turn right and after half a mile left to remain on CR 344. The park is on the right before you get to the end of the road.

You must be a club member to participate in the feast. We will sign you up on the spot if you're not a member (\$15 or \$20 for a whole family). Bring deserts and salads to complement the meaty fare, and a lawn chair.

Nationwide Insurance

is the new title sponsor for the Santa Fe Century. Nationwide has a major headquarters facility in Gainesville on Williston Road at SW 34th Street.



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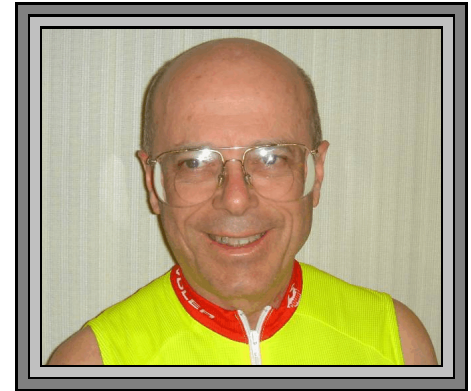
GCC Web Page

gainesvillecyclingclub.org
gainesvillecc.org
<http://gccfla.org/>

I am considering moving the content of the newsletter to the GCC web site, and discontinuing a printed newsletter. This would allow for more current presentation of information (not limited to once every two months), and would save a lot of money and work.

New content would be announced on GCCMail, and would be presented in PDF format for easy printing.

If you have an opinion, please send me an email (roger@gccfla.org).



Instant Gratification

That's what you get when you need something done to your club data, and you sign on to the Members Area on the club web site (<http://gccfla.org/>) and DO IT.

GCCMail

The most common request made is to get on or get off of GCCMail. You can do this yourself in the Members Area, in the About Me box, Email section. You may need to click onto the "All About GCCMail" page if the option you need is not displayed. If you need to change your email address, please unsubscribe it from GCCMail before making the change.

Newsletter

To see the latest copy of the newsletter, use the link in the Members Only box (the first button). The online version displays the photos in color, and (I hope) the links work. In the last issue, I had an issue with the way the links translated into the PDF file; hidden links do not translate, so those didn't

work. In this issue, there won't be any hidden links.

Ride Groups

One of my next projects will enable you to sign up for ride groups online. This can currently only be done by marking boxes on your renewal form. The new system should allow improved communication within ride groups, and be more dynamic in responding to new ride groups that form.

Renewal

You can save a dollar, and save the club some work, by renewing in the Members Area before we send you a Renewal Certificate. The Certificates go out about six weeks before your expiration date, so the special deal is only available up until the second month before your renewal month. For example, if you expire on July 23, we would have to have your online renewal in the mail (you still need to mail a check) by June 1.

President's Letter

Our Annual Party/Meeting took place on March 7th and was a culinary delight. Daryl Lachnicht took home our Best Overall Food trophy winning an incredible 3 of 4 individual honors. The party was very lively and well attended. It is good to belong to a group with great camaraderie as well as the athletic bond. The GCC has proven to be somewhat of a matchmaker over the years. Several club members are experiencing marital bliss (hopefully) from romances initiated by club involvement, including four members of our 2009 Board of Directors.

It's good to see the spring weather here and welcoming those club

members who have been waiting for a less challenging climate. Here's wishing everyone a safe, happy, and productive cycling season. Even though some time our competitive nature may get the best of us let's never forget to ride both legally and courteously. We also have another traditional GCC season starting. Food! This month we will have our Earth Day Picnic followed next month by the traditional Memorial Day Picnic. These and further events will give many of us a chance to mix our bike rides with camaraderie among fellow members. I'll be looking forward to seeing a lot of you there.

Bob Newman



Training tip of the Month

by Herb Kieklak, CSCS

Blue Lizard Sports Performance

Tempo Rides

Why: Tempo rides are done to develop both your aerobic system and riding/pedaling efficiency. Since tempo rides are not as intense as Intervals, the aerobic system is the primary energy system developed. With the focus on maintaining a determined speed or pedal cadence (rpm) the neurological system can develop a more efficient pathway over time. This is a key component for any cyclist who wants to compete or ride for distance. Think of it as riding smarter, not harder.

How : The rider will pick a speed or pedal cadence that is slightly higher than their usual pace or cadence. The important thing is not to fatigue, but allow the body to work at just below that level. You should be breathing slightly harder than casual pace but not gasping ... remember, this is aerobic level training.

Frequency: At least once a week. For those riders doing distance events it would be nice to practice 2 or 3 times per week.

Duration: Depending on your fitness level and goals, it can vary from ½ hour to longer rides. Once you fatigue or drop below desired speed/rpm, it is time to stop or rest and recover.



FINE, FARKASH & PARLAPIANO, P.A.

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Ossa finds new ways to enjoy cycling

While there are many recumbent riders in GCC, James Ossa's low rider pedigree runs deep - he's now owned 13 - and tucked away in his home a visitor will find six of them, including two that are available for test rides.

"It was just so much fun immediately," Ossa explained as why he jumped on a recumbent initially.

Ossa, who recently turned 50, has been on two wheels since age 2.

"The day those training wheels came off my bike, it became my passion," he said.

And over the years his riding has rolled through several phases. Before getting bitten by the recumbent bug, he was heavy into mountain biking. He recalled riding the inaugural Tour de Felasco, and the misery he felt in his neck and butt during the final miles, and then the following day riding a 186 mile brevet on his recumbent with no aches or pains, and his love for recumbents grew even more.

Ossa is a long-time Randonneur, has ridden the Paris-Brest-Paris and taken the challenge of Georgia's mountainous Six Gap and the ride up North Carolina's Mount Mitchell all from the seat of a recumbent. He's also worked in week-long bike tours, with son Jimmy on the back of his tandem recumbent, pedaling GOBA, BRAG, Bike Florida and Bike Virginia. And he's no slowpoke. He's picked up titles in Human Powered Vehicle races and has been part of Team Bacchetta.

"I was faster at 45 than I was at 20," he said.

While from a speed perspective he did hang with the fastest riders in the area, he's also found at times he and his recumbent were not welcome guests in the pack. "The biggest critics are people who've never ridden one."



In February 2004 Ossa was part of a group riding a 300K brevet. It was a ride where Ossa would ride his first sub four hour century, but at the finish line he would learn that two fellow Randonneurs, Gus Antonini and Bill Cupples had been killed. Five years later he still finds it difficult to talk about that day. That ride shook his cycling soul. He said for nearly six months he struggled, trying to reconcile his love of cycling, and the dangers that come with it, with his responsibilities as a husband and father. He concluded, "I'm not going to let fear keep me from living," but "I changed my mentality, I'm much more aware."

So you will see him out on the road, but he's avoiding the dangerous main roads and roads he judges too narrow. He still rides brevets, but now, he says, "I'm a fair weather Randonneur."

Ossa is also a long time bike commuter, making a 20-mile round-trip ride most work days, and lately he's been making the trip on his crank-forward bike, a design that looks like a cross between a standard diamond frame and a recumbent, with the pedals 6 to 12 inches forward of the seat.

"The ergonomics are improved from a regular diamond frame," he said.

He says he bought the crank forward model to do some light trail riding, but found its ability to bunny hop curbs and easily go off pavement made it ideal for his commuting route where he pieces together urban trails and neighborhood streets.

And while he still maintains a high fitness level, he's no longer racing. The 200-plus hard miles per week of riding required for him to be competitive took too much time away from his family.

"I made family my priority. That was the best thing I ever did," Ossa said.

And slowing down offered other advantages as well.

"There's no self induced pressure," he said. "I don't miss out on the beauty of the moment that cycling often brings."



R 2 R 3

Ride To Remember

A benefit for ElderCare of Alachua County, supporting Al'z Place
Alzheimer's Day Care

May 16, 2009

Boulware Springs Park

<http://gccfla.org/ridelocboulware.html>

Registration at 7 am

(Pre-registrations welcomed!)

Ride begins at 8 am

Trail Ride (1 to 32 miles)

Road Ride (50 miles)

Horse Territory Ride (75, 100 miles, road)

Rest stops will be provided with drinks, snacks, breakfast, lunch, dinner.

Sag wagons will be on courses following the last riders.

Helmets Required

You must sign a release form at the registration table before starting the ride.

Entry Fee \$35 (\$40 day of event)

Register at:

<http://gccfla.org/rtr/apply.html> (Print form, mail check)

or

http://www.active.com/page/Event_Details.htm?event_id=1656482 (Credit card, extra fee)

We will be looking for a few people to help with packet stuffing on Thursday, May 14.
Email Roger Pierce at roger@gccfla.org if interested.

DARRYL J. TOMPKINS P.A.
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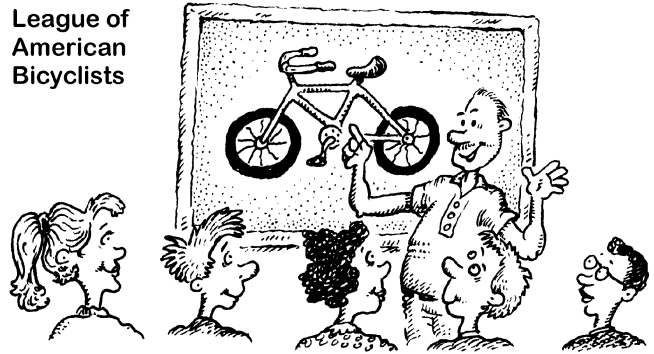
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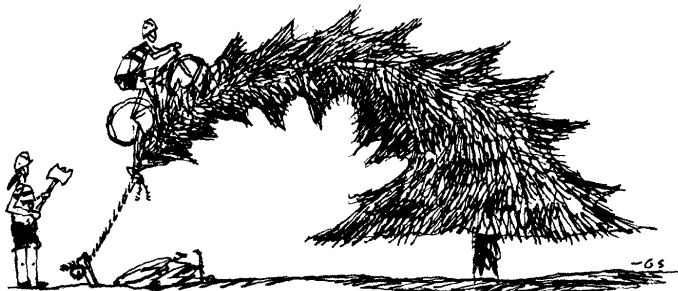


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The Gainesville Cyclist is published bi-monthly with cover dates of even-numbered months. All submissions are welcome. Classified ads will be run free-of-charge for club members; email or mail to the editor. Ads are \$20 for a standard size ad, \$40 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

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craig@craigdidit.com

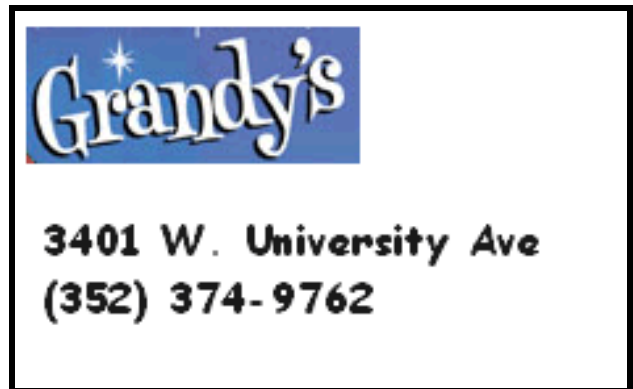
JUNE DEADLINES

Ad copy needing setup work
May 8
Articles and classifieds
May 15
Ads in GIF or TIFF format
May 18

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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)	www.bikeroute.net
Bikes & More	10%	373-6574	2113 NW 6 th Avenue	www.bikesandmoregainesville.com
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Gator Cycle	10%	373-3962	3321 SW Archer Road	http://gatorcycle.com/
Mr Goodbike	10%	336-5100	425 NW 13 th Street	http://mrgoodbike.com/
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Some restrictions apply, ask for details at the store.



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Nationwide

2009 Gainesville Cycling Festival - 24-25 Oct - Santa Fe Century - Horse Farm Hundred

Welcome New Members!

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Michael Appel	Longwood FL
Leon Skip Beeler	Cocoa Beach FL
Heidi Bowman	Gainesville FL
Rudy Castano	Gainesville FL
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