

The Gainesville Cyclist

April 2010

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

H a p p e n i n g s

April 10 (Sat)

Gainesville TT Challenge

See page 4 for full details.

April 10 (Sat)

600k Brevet

Full details are posted on the club web site. 3 AM start.

April 24 (Sat)

Earth Day Picnic

Come enjoy Sonny's barbeque. Bring homemade side dishes, salads, and desserts.

PLEASE RSVP if you are going to eat the BBQ. Use the link in the event email, or click the button in the Members Area on the web site.

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 \$4 per vehicle (regardless of number of wheels or people involved). Also \$4 if you are on foot.

May 1 (Sat)

Standard Ride Start Times Move to 8 am

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

May 13 (Thur)

R2R4 Packet Stuffing

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

May 15 (Sat)

R2R4

The Ride To Remember's fourth year. See the GCC web site for full information on this event. Registration is now open.

May 29 (Sat)

Gainesville TT Challenge

See page 4 for full details.

May 31 (Mon)

Memorial Day Picnic at Hart Springs

Ride the back roads of Gilchrist County to work up an appetite 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. The club will provide a main course; bring side dishes, salads, and deserts, and a lawn chair. PLEASE RSVP if you are going to eat the main course. Use the link in the event email, or click the button in the Members Area on the web site.

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.

June 6 (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 foxally@cox.net or call Ally Gill at 338-1914. The club will help pay for dinner after the cleanup.

As we only need a few people, if you sign up it is important that you show! Losing two people shorts us one entire crew.



From The Editor Roger Pierce

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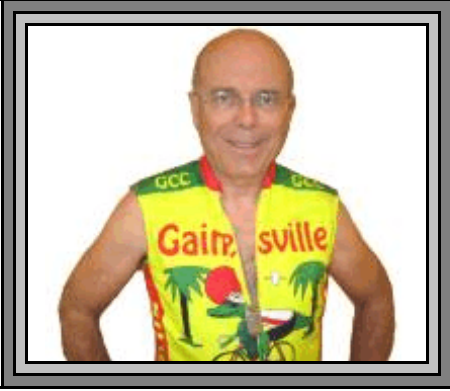
gainesvillecyclingclub.org
gainesvillecc.org
gccfla.org

There is a lot of activity in Gainesville right now in the area that could generally be called Advocacy. This is something that is in our bylaws as a purpose of the club.

One of our current Board members, Lantern Rouge Chandler Otis, is a well known advocate for cycling. He regularly attends long, boring, public meetings to ferret out what is going on that may impact us as cyclists.

We have a long history of having club members on the Bicycle/Pedestrian Advisory Board. I was the chairman of this board back in the mid-90's, Chandler Otis was a member for many, many years, and we currently have Andrew Gill and Ken Duffield on the Board. This Board advises the Gainesville City Commission, the County Commission, and the Metropolitan Transportation Planning Organization on bicycling matters. As a government board, they are restricted by the Sunshine Law in their activities, but are a valuable resource in presenting the cyclists view of things to government.

The issue of whether to incorporate bike lanes into the repaving project on NW16th St/Blvd has generated a lot of



Advocacy activity. If you search on Facebook for "Alachua County Citizens for Pedestrian and Bicycle Safety" you will find an organization with 124 "friends" that are "supporting the construction and maintenance(sic) of bike lanes and side walks in Alachua County Florida."

We're now looking for a new Board member to work with Chandler as our Advocacy Director. I envision this person as being more a "get out the troops" type of person, making use of the information that can be provided by our other members working in this area. As a minimum, I'm looking for a new regular column in this newsletter!





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President's Letter

The Gainesville Cycling Club has established a new position on our Board of Directors, that of Advocacy Director. The Advocacy Director's responsibility will be to represent the Gainesville bicycling community to the government and the press on issues that affect bicycling in the Gainesville area. The Advocacy Director will work with our Lantern Rouge and the Bicycle/Pedestrian Advisory Board. The director would make the cycling community's stance on current issues such as the proposed bike lanes along NW 16th Avenue known to the appropriate parties. Anyone with an interest in this position should contact myself (bobnewman@cox.net, 372-8195) or Roger Pierce (roger@gccfla.org, 378-7063).

This is our time of the year. Not only is the riding weather getting better but so is the party weather. This month we will have our Earth Day picnic on April 24th (see specifics on page 1) followed by the Memorial Day Picnic next month.

Myself and a number of other GCC members had a great time at Bike Florida earlier this month. Besides having a blast it was a great way to help fund the Florida Traffic and Bicycle Safety Education Program.

I hope to see many of you on the road soon. Be safe, be happy.

Bob Newman



Interest Groups

by Roger Pierce

Are You a Bicycle Commuter?

By its nature, bicycle commuting is a solitary activity (if you don't count all those cars). To get to know your fellow commuters, we've formed the Commuters Interest Group.

If you commute to work or school by bicycle, I encourage you to join this group. As it is new, we don't know how often we'll meet; it could be a once a year event, or a monthly meeting, depending on the interest of those who join.

We'll probably meet on a weekend afternoon or evening and do a pot luck meal. When we get some members, our first meeting will be set up and announced via email.

To join, sign in to the Members Area on the club web site and go to the My Riding block. Click on Join A Group, and select Commuters.

Set Up an Interest Group

Do you have a bicycling related interest that you would like to share with fellow club members?

The club has provided the mechanism to set up an interest group that other club members can join. Your group can then decide how to pursue your interest. Most likely, it would be by meeting every once in a while to discuss your interest.

The general rule is that an Interest Group is other than a riding group; if you are interested in doing a particular type of riding, you should form a riding group.

Here are a few ideas for interest groups:

- Pro Racing Fans
- Velodrome Promoters
- Self-supported Bicycle Touring
- Bicycle Maintenance

This list is not meant to be exhaustive!

To set up a group on the web site, sign in to the Members Area on the club web site and go to the My Riding block. Click on Start A Group. Don't worry about the wording that applies to riding groups, just don't put anything in blocks that ask about speed and distance.



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Barb Thomas, a four year breast cancer survivor, began her search in 2007 for a jersey that would combine her love of cycling with a means of increasing breast cancer awareness and supporting research to find a cure. Unable at the time to find such a jersey, and with the help of a local graphic artist who donated his time, Barb submitted a design to the Louis Garneau company. Meanwhile, she had to come up with a minimum order of twelve jerseys.

Barb and her husband Dave are members of the Gainesville Cycling Club, so sent out a group email to test the waters. The response to the jersey was overwhelming, and by October of that year the jersey made its debut at the GCC's cycling festival. The one-of-a-kind, copyrighted design has been sported at RAGBRAI (Ride Across Iowa) and the jerseys have been sent all over the U.S. Thanks to the FBA's Messenger, orders have been received from as far away as England.

All proceeds from the sales support research by the Florida Breast Cancer Foundation (see photos at www.FloridaBreastCancer.org; click on the January 2010 newsletter) and the CSCRb, a group of young scientists at U.F. who are helping to find a cure for triple negative breast cancer (TNBC), an aggressive and poorly understood subtype ([www.cscrb.org/CSCRb_main/Pink Ribbon Jersey](http://www.cscrb.org/CSCRb_main/Pink_Ribbon_Jersey)).

Barb's pink and black jersey took part in two fund-raising auctions last July: "Cattlemen's Days Tough Enough to Wear Pink" in Crested Butte, Colorado, which raised money to support education, screening, and treatment, and the CSCRb's gala in Gainesville. It was written up in the Gainesville Sun on October 24, 2009.

Even for your non-cycling friends and family members, the jerseys make great gifts for wearing to breast cancer awareness walks and other events.

The short-sleeved profit women's and men's jerseys are \$65, the women's sleeveless are \$60, and matching gloves are \$18 (plus shipping if applicable). Once Barb

places the order, it takes about 8 weeks to receive it, at which time she will notify you. For more information and to place an order, please contact Barb at bnbbarb@aol.com or 352-377-4427.

To those of you who have ordered our jersey before, Barb and Dave, the FBCF and the CSCRb thank you for your support. Happy and healthy exercising to you all, and remember, real men DO WEAR PINK !!!!!!!!!!!!!

Pedalers Pub & Grille, run by long time club member Tom Sheehan, has organized a special departure of our two week Thailand trip for GCC members, family and friends. Trip, scheduled for 6 December 2010, explores a variety of different regions of Thailand, from the flat Chao Phrayao Basin to the northern hill country, home to many of Thailand's ethnic minorities. Riders will visit several UNESCO World Heritage Site, roll through rural farmlands, explore colorful temple complexes and venture far from the beaten tourist path.

We meet in Bangkok, but immediately head out to quiet Nakhon Sawan. Our bike tour heads northward through the flat agricultural central plains of Thailand. This region provides many opportunities to explore small villages, ornate Buddhist temples and ruins from Thailand's long and colorful past, including fabled Sukhothai, where we have to take a full day off the bikes to discover and fully appreciate this ancient capitol.

The flat plains start giving way to rolling hills and you'll cycle through thick forests and mid-sized market towns as we wend our way further north, stopping to visit ancient temples in Lampang, before heading into Chiang Mai. You'll enjoy another free day in Chiang Mai, one of the original

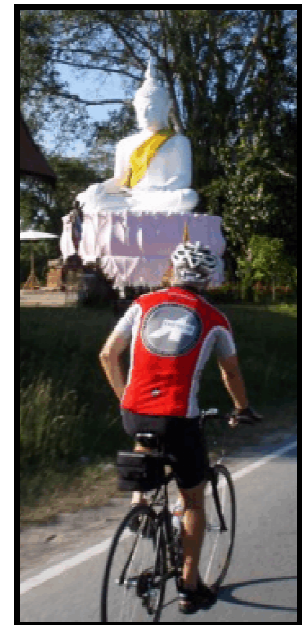


Thai Kingdoms, with its vibrant night market, outstanding handicrafts and numerous temples.

The last cycling leg winds its way through the Karst outcroppings of the hill country north of Chiang Mai. Here you'll discover elephant training camps, Buddhist temples built into caves and many of Thailand's ethnic tribes, still living their traditional ways. We relax in a remote mountain lodge near Chiang Dao and by the Mae Kok River in Tha Ton, before reaching the finale of our bike tour in the tiny village of Sop Ruak on the edge of the Mae Khong River, flowing out of China's highlands. Come discover the land of smiles !

The tour meets in Bangkok Thailand on 6 December and finishes 12 days later in Chiang Mai on 17 December. The cost for GCC members and their immediate family will be \$1995 (about 20% off our standard price). Included is accommodation in 3+ star boutique hotels & inns, all meals (except free day in Chiang Mai), local English speaking guides (plus Tom), support vans, bottled drinking water and

snacks during the cycling, detailed route sheets, admission to sites mentioned in the itinerary. Costs do not include airfare from Florida to Bangkok, nor the internal flight from either Chiang Mai or Chiang Rai back to Bangkok at trips end.



For complete details:

<http://www.pedalerspubandgrille.com/gcc/thailand2010.htm>

Questions:

tours@pedalerspubandgrille.com or mrccycling@gmail.com

1-941-981-1398 (voicemail)

* (the other cemetery time trial)

In the eyes of many the Individual Time Trial, also known as the race of truth, is the true test of a persons cycling strength. Unlike other events, the TT can not be won by conserving energy and beating everyone in the sprint, but only through a display of sheer strength. Instead of racer -vs- racer, the ITT (or simply TT) is simply each individual -vs- the clock, with the fastest time being the overall winner.

Common mistakes that people new to time trials make are either going too hard at the beginning, thus "blowing" themselves up, or not going hard enough and "leaving too much gas in the tank". A successful time trialist must be able to:

- Maintain a steady power output for long periods
- Maintain a controlled heart rate as close to their lactate threshold, while not going into their anaerobic threshold until the end
- Be as aerodynamic as possible
- Have the self-discipline to meter their effort yet push hard enough to achieve their best possible time.

Over the past few years there have been periodic TT's organized by GCC members, however these events were only run once or twice before being abandoned. This year, a few of us have decided to commit ourselves to organizing a monthly event, as both an opportunity to improve our own time trialing skill, as well as giving other members in the local cycling community an opportunity to test their individual strength in a "fun" environment. And truth be told, a few of us would like to do a "20 minute field test" at the end of each training block anyway, and having a regularly run time trial gives us the golden opportunity to do so.

The 2010 Gainesville Time Trial Challenge is open to anyone that rides a bicycle, there are no registration fees, and there are no prizes. If you have ever been curious what it would be like to ride a time trial, this is your

chance to get some practice in a "race like" atmosphere.

Although there are no prizes for the challenge, we have three distinct classes just to keep the comparisons between riders to other riders with similar rigs. The classes are:

- Aero (TT bikes, road bikes with clip-ons, TT helmets, etc)
- Merckx (just a road bike)
- Anything Goes (recumbents, etc)

The course is a 9.3 mile long, mostly flat, out and back stretch which starts near the Dedan Cemetery between Brooker and Graham. The start and turn-around points are clearly marked on the road to make it as simple as possible.

During the course of the series we will hold a time trial once a month until September. We will record your times, and the results will be published after each event. At the end of the series we will announce the best times and best averages, and the person with the best time in each category will be presented with a certificate that they can frame, or turn into a paper airplane, signifying that they got an official "Atta Boy! (or Girl!)".

Although the first installment has already happened, the tentative dates for the rest of the series are as follows:

- #2. April 10th
- #3. May 29th
- #4. June 26th
- #5. July 24th
- #6. September 4th

Meeting locations, dates, and times will be sent out on GCCMail.

We hope to see you there!



Gainesville TT Challenge #1 Results

After days of foul weather, mother nature finally smiled upon N. Central Florida just in time for the first installment of the 2010 Gainesville TT Challenge which was held on March 13th. While the sun glowed radiantly upon the road, thirteen riders pitted themselves against winds exceeding 20mph in this 9.3 mile test of individual strength and fortitude.

Although many riders left sweat and tears on the road, the course took no prisoners and all thirteen performed admirably given the windy conditions.

The results are as follows:

Merckx Category

1. Scott Pfaff, 23:40, 23.4mph
2. Steve Lachnicht, 26:38, 20.9mph
3. Justin Pfaff, 29:58, 18.6mph

Aero Category

Please note, we had a tie for third place in the Aero category.

1. Derek Schanze, 21:30, 25.9mph
2. Andrea Tosolini, 21:32, 25.9mph
3. Jayson O'Mahoney, 21:41, 25.7mph (tied for 3rd)
3. Ken Sallot, 21:41, 25.7mph (tied for 3rd)
5. Daryl Tompkins, 22:13, 25.2mph
6. Cindy Tompkins, 22:57, 24.3mph
7. Bob Claude, 23:41, 23.4mph
8. Marty McCrory, 23:46, 23.3mph
9. Mike Robinson, 24:17, 23.0mph
10. Allison Poe, 24:40, 22.6mph

Unfortunately, we had no takers in the "No Holds Barred" category. Perhaps next time one of the many recumbent riders would like to come out and take on the challenge?

The C.A.R. would like to thank the volunteers for helping to make this happen! Gerry, Anthony, Roger, Rachel, and Rob Wilt, you guys were a big help.

We look forward to seeing you guys next month on April 10th!

The Committee to Avoid Responsibility

The Jerseys are here!

Pick yours up at the Bike Route, N US 441 (10100 NW 13th Street). Their hours are 9 to 6 Monday thru Saturday, and 11-4 Sunday.

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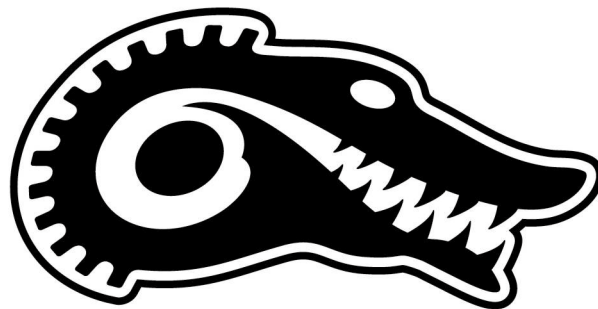

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The Gainesville Cyclist is published bi-monthly with cover dates of even-numbered months. All submissions are welcome. Classified ads will be run free-of-charge for club members; email or mail to the editor. Ads are \$20 for a standard size ad, \$40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

JUNE DEADLINES

Ad copy needing setup work
 May 14
 Articles and classifieds
 May 21
 Ads in GIF or TIFF format
 May 25

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BICYCLE FOR SALE:

MOTOBECANE CENTURY PRO 2003, 50 cm. Aluminum frame with CARBON fork and seatstays. Shimano triple crank, nine-speed (12-27), all ULTEGRA components Shimano ULTEGRA brakes Shimano ULTEGRA SPD-SL pedals Velomax Circuit wheels Continental Gatorskin tires (700 x 23). Terry Gellissima saddle Aztec gel handlebar comfort wrap Ascent Wireless 9 bike computer. Cannondale seat pack. Lots of miles, but well maintained and clean/quick operation. Cassette, chain, freewheel, and brake pads recently replaced. Paid \$1400 new; asking \$600 or best reasonable offer

ACCESSORIES:

Most items below were equipment on a 2008 Specialized Roubaix S-Works, with only 69 miles on it at time of

purchase. (Items were swapped out for my own equipment.)
 SADDLE: SPECIALIZED TOUPE GEL 143 mm; titanium rails; white with red trim. \$90; compare new at about \$150. 69 miles of use.
 SADDLE: FORTE PRO SLX: Black with Titanium rails. Very comfortable. Never touched a bike, brand new. \$45.
 PEDALS: SPEEDPLAY LIGHT ACTION stainless steel, black; excellent condition. \$120; compare

new at about \$180. 69 miles of use.
 TIRES: SPECIALIZED S-WORKS MONDO 700x23, clinchers; black, with red stripes. \$40 each; compare new at about \$70. About 150 miles of use.
 Contact: Velvet Yates
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 To get a link to see images of all of the above items, send an email to velvetyates@yahoo.com.

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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
Chain Reaction	5-20%	373-4052	1630 West University Avenue	www.chainreactionbikes.com
Coach K Fitness	20%	246-5514		http://coachkfitness.net/
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/
Pedalers Pub & Grille	10%		(Exotic cycling tours)	www.pedalerspubandgrille.com/gcc
Pointy Helmet Coaching	20%	573-9481		www.pointyhelmetcoaching.com
Recycled Bicycles	10%	372-4890	805 West University Avenue	
Sisters (restaurant)	10%	379-0281	5212 SW 91st Terrace	www.eatatsisters.com
Spin Cycle	22%	373-3355	425 West University Avenue	www.spinracing.com
Super Cool Bike Shop	15%	371-2453	3460 W University Ave	www.supercoolbikeshop.com

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