

The Gainesville Cyclist

February 2011

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

Happenings:

February 5 (Sat)

300 Kilometer Brevet

See the GCC web site for full information on this event. 186 miles. Jim Wilson (352)373-0023.

February 12 (Sat)

Santa Fe College Boots-N-BBQ Bike Ride

Location: Starke, Florida. The ride is being sponsored by the Kiwanis Club of Starke as a fundraiser for the Santa Fe College Scholarship Fund.

See the flyer at: <http://gccfla.org/pdf/2011SFbootsBBQflyer.pdf>
Registration form: <http://gccfla.org/pdf/2011SFbootsBBQreg.pdf>



February 26 (Sat)

Annual Meeting / Party / Swap Meet

5 to 9 pm, Holy Faith Catholic Church Social Hall, 747 NW 43rd St.

Meal catered by Mi Apa Latin Café

Arroz con Pollo (Chicken and Rice)

Frijoles Negros (Black Beans)

Lechon Asado (Roasted Pork)

Yuca con Mojo (Cassava with Mojo)

Ropa Vieja (Shredded Beef)

Arroz Amarillo (Yellow Rice)

Maduros (Sweet Plantains)

Flan (Dessert)

City Commissioner (and GCCmember) Randy Wells will give a talk.

We will provide soda pop, ice tea, and beer. **Cost of the meal (heavily subsidized) is \$5 per person.** Mail your check with the member number of each attendee in the memo to:

Gainesville Cycling Club Meeting, 5015 NW 19th Place, Gainesville FL 32605

OR pay in the Members Area with PayPal before the meeting.

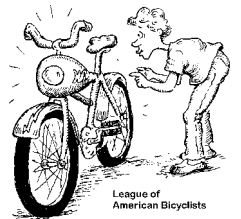
Cost for non-member guests is \$20 and must be sent by mail.

RSVP Deadline is Friday (Feb 25) at 3 pm. Mail must be received by

Friday to be counted.

Special Event: Concours d' Elegance

Bring your "special" bike to compete for an award in the Fifth Annual Concours d' Elegance. Members will vote for the winner in two categories: Presentation and Commuter. To be eligible for the Commuter category, the bike must be ridden to the meeting!



March 5 (Sat)

400 Kilometer Brevet

See the GCC web site for full information on this event. 248 miles. Jim Wilson (352)373-0023.

March 13 (Sun)

Daylight Savings Time Begins

Don't forget to set your clocks forward and lose an hour of sleep! Standard ride time is still 9 am, but you'll need to get up an hour earlier by the sun to make it.

May 14 (Sat)

R2R5

The Ride To Remember's fifth year. See the GCC web site for full information on this event. Registration opens soon.



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GCC Web Page

gainesvillecyclingclub.org
gainesvillecc.org

We welcome Richard Ritari to the GCC Board of Directors as our new Treasurer. Richard also continues as Registrar for the Gainesville Cycling Festival.

George McKenzie has replaced Gary Greenberg on the Board representing the Gainesville Cycling Festival. After many yeoman years of work on the Festival, Gary has been transferred to Melbourne to take a promotion.

ROAD POSITION

The FBA has done some research, and has found that when we are riding in a sub-standard width lane (less than 14 feet), it is best to ride 3 to 4 feet from the right edge of the lane. This gives overtaking cars room to see around you, but discourages them from attempting to squeeze by (which would require them to come within 3 feet of you if you were riding closer to the edge of the road).


There's some additional discussion on this topic in my article on page 9.



Vital Statistics

as of January 31, 2011

Member Count: 876
GCCMail: 540



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President's Letter

I'm sure we've all made enough New Year's resolutions to keep us busy for more than the entire year. A few of us may even still be sticking to one or two of them.

Like many people, my resolutions included vows to improve my physical condition and get my weight to as close to an ideal level as possible. So far I have been somewhat successful. For me cycling has been a big part of that. Of course we are all different but for many of us being on the bike plays a major part in achieving those goals.

Biking obviously helps build many of your muscles and burns many calories. Another somewhat hidden benefit is that for most people regular exercise also will actually decrease your hunger making it easier to stay on a diet.

Consistency in exercise is essential. Like most of us there are many times (especially in the cold weather) that I intend to ride but it doesn't take long to find an excuse to not do it, just this one time. I do have an advantage in this regard. In my capacity as ride



leader of the LoBees I feel a responsibility to at least show up for the rides that I have posted.

GCC has riding groups for everyone, from easy 'sight seeing' rides all the way to hard core racers. Everyone should join a group and feel you are obligated to partake in that group's activities. With a little (or a lot) of effort we CAN keep this resolution.

The GCC Annual Party/Meeting is coming up February 26th and it's always a fun time for those who can make it. This year's event will be catered by Mi Apa Latin Café. Look for further details elsewhere in this newsletter. I look forward to seeing you there.

Be safe, be happy.

Bob Newman



Training tip of the Month

by Herb Kieklak, CSCS
Coach K Fitness

Cross Training

This month we are going to talk about Cross Training and why it is a good idea for cyclists. There are 2 primary reasons why you should start thinking about cross training.

1. **Osteoporosis** – There have been a lot of articles published recently about cyclists and the risk for osteoporosis. This is due to the fact that cycling is a non weight bearing type of exercise/sport. True, it is great for cardiovascular health just like swimming, and just like swimming it doesn't do much to stimulate bone density. Some type of weight training is necessary for stimulating bone density; this can be body weight exercise or use of equipment.

2 **Uniplanar** – Cycling is primarily a sagittal plane exercise system. Even Chris Carmichael has commented that cyclists could tip over if someone bumped them while standing on the

ground. Since a majority of our life is not on a bike (I hope) we need to develop muscle groups that assist with other movements like rotation, lateral movement -very important for balance and protection from falling -, and all those stabilizer muscles so that your joints will work more efficiently to slow down arthritis as you get older. This should cover most of GCC!!!

Even Roger Bannister's (the 1st person to break 4min mile) advisor recommended whole body exercise as next step from what he had been doing for years.

So here in G'ville you have plenty of options. You can sign up at any Fitness place that will give you a mixture of strength/balance/integration exercises like - Crossfit, Go Primal (talk with Xeve Silver) or Coach K Fitness. On your own you can try rock climbing, trail running, soccer, tennis, etc. All these other sports will develop the muscles not used in cycling and that is a very good thing.

Remember the old proverb about putting all your eggs in one basket!

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SAVE AN ADDITIONAL 10%
(on top of your GCC discount)

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EXTRA 10% OFF!

The Gainesville Cycling Club Trailkeepers are actively chasing leaves and other debris off the Gainesville-Hawthorne Trail. Usually we are out Friday mornings with the big Buffalo Turbine leaf blowers, and sometimes we are in the way of cyclists.

We have started posting signs at Camp Ranch Road and at the Alachua Lake Overlook intersection to warn cyclists to look out for the Big Wind. And also to brag a little about the GCC contribution to the Trail. We also received Park permission to post notices about this activity in the various kiosks along the Trail, so Trail users know of the contributions made by GCC to their welfare.

The Trailkeepers thank the GCC for your support of this activity.

Photos by Chuck Broward.




GAINESVILLE CYCLING CLUB

TRAILKEEPERS

We are volunteers working to assist the Rangers of Paynes Prairie Preserve State Park as they maintain the Gainesville-Hawthorne State Trail. There are seventeen miles of Trail, and only one Ranger on daily duty to clear away leaves, fallen limbs and trees, sand, and storm debris. It's a lot of work for our hard-working Rangers, so the TRAILKEEPERS lend a hand where we can. On Fridays, and other days when needed, we drive the big leaf blower. Help us by using **caution** when near this powerful machine, or near any work crew doing Trail maintenance. Please slow down and keep yourself and our workers safe.

See something that needs attention? Report any maintenance or safety issues to the Ranger Station at 466-3397.

Want to help? If you would like to join the TRAILKEEPERS in their support of the Rangers, contact George Edwards at 352-333-3184.



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STORE MANAGER



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Gainesville High Springs Newberry Micanopy

SPECIAL DISCOUNT: Gainesville Cycling Club EXCLUSIVE!
Please mail in registration form or call to register over the phone!

Return completed form and payment to:
BIKE FLORIDA
P.O. Box 5295
Gainesville, FL 32627

Please choose an **early bird** registration option*:
**Meals not included: be sure to choose a plan below, if interested.*

FULL WEEK OPTIONS:
 Adult ~~\$330~~ **\$100**
 Child (9-16) ~~\$230~~ **\$80**
 Child (0-8) **FREE**
 Non-Rider ~~\$200~~ **\$50**

Basic Information: **ONE FORM PER PERSON*

GCC Member #: _____

Name: _____
FIRST M.I. LAST
Address: _____
City: _____ State: _____ Zip: _____
Country: _____
Day Phone: _____ Evening Phone: _____
E-mail: _____
Date of Birth: ____/____/____ Female Male
MM DD YYYY

SPECIAL OPTIONS (included in Full Week Registration):

Gainesville Getaway 3/26/11—3/28/11
 Rider ~~\$110~~ **\$35** Non-Rider ~~\$75~~ **\$20**
High Springs Holiday 3/28/11—3/30/11
 Rider ~~\$85~~ **\$25** Non-Rider ~~\$55~~ **\$15**

SUBTOTAL \$ _____

Emergency Contact:

Name: _____
FIRST M.I. LAST
Phone: _____
 On Ride Not on Ride

Please choose your preferred accommodations:

Hotels (Please visit www.bikeflorida.org for hotels and group rates.)
 Outdoor Camping
 Indoor Camping *excluding* Thursday 3/31/11
 Indoor Camping *including* Thursday 3/31/11 * **\$11**

** Additional charge for cabin at YMCA Camp McConnell in Micanopy, Florida.
Please contact Bike Florida staff for cabin assignments.

SUBTOTAL \$ _____

Vehicle Plans*

Leaving in Gainesville – Secured Weeklong Parking Lot
 Bringing on Ride **\$25 (pay onsite)** Not Applicable
**One representative per car; permit available at check-in.
Please contact Bike Florida staff if you plan to bringing an RV.

Please choose a meal plan:

MEAL TYPE:
 Standard Vegetarian No Meal Plan

FULL WEEK (Dinner 3/26—Breakfast 4/1):
 Breakfast **\$48** Dinner **\$72** Both **\$120**

Traffic Skills 101

Check if you would like to participate in Traffic Skills 101* **\$50**
**Visit www.bikeflorida.org for details.*

GAINESVILLE GETAWAY:

Saturday 3/26/11 Dinner **\$12**
Sunday 3/27/11 Breakfast **\$8** Dinner **\$12**
Monday 3/28/11 Breakfast **\$8**

SUBTOTAL \$ _____

Challenge of the Charities

Raise money for your favorite charity while you ride *at no additional cost!*
**Visit www.bikeflorida.org to learn how to participate!*

HIGH SPRINGS HOLIDAY:

Monday 3/28/11 Dinner **\$12**
Tuesday 3/29/11 Breakfast **\$8** Dinner **\$12**
Wednesday 3/30/11 Breakfast **\$8**

SUBTOTAL \$ _____

Would you like to volunteer?

Note: Full or Part-Time Volunteer positions are available on a selected basis. You MUST register and pay full amount but you can receive a full or partial refund (excluding meal cost) based on number of hours worked. All registration fees are waived if you agree to volunteer as part of medical/safety support.

Please indicate your area of interest:

Headquarters Registration Rest Stops
 Medical/Safety Support SAG Support/Driver

Experience/Credentials:

Please discuss on a separate sheet of paper and attach to this registration form.

I am a(n):

RN/MD/EMT Law Enforcement Officer

Thank you for your interest in volunteering on Bike Florida 2011 "Florida's Eden."

Bike Florida 2011 Shirts and Jerseys:

Official Bike Florida 2011 T-SHIRT (included in all registrations)
 YL Small Medium Large XL XXL

Official Bike Florida 2011 CYCLING JERSEY \$65 (\$75 onsite)
 XS Small Medium Large XL XXL

SUBTOTAL \$ _____

Donation to BIKE FLORIDA:

\$ _____

TOTAL AMOUNT ENCLOSED

\$ _____

Please complete payment information on page 2!

Gainesville High Springs Newberry Micanopy

How did you hear about "Florida's Eden?" Please specify.

- Online Advertisement (website, newsletter) _____
- Social Media (Facebook, Twitter) _____
- Print Advertisement (postcard, flyer) _____
- Bicycle Club _____
- Word of Mouth _____
- Other _____

Bike Florida 2011 Waiver Form

Note: Your registration will NOT be processed unless this waiver is signed and dated prior to participation.

In consideration of being allowed to participate in any way in the Bike Florida 2011 event, related events and activities, the undersigned appreciates and acknowledges that: (1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis, death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist; and, (2) I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my participation; and, (3) I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, (4) I, for myself and on the behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless BIKE FLORIDA, INC., their officers, officials, agents and/or employees, volunteers, staff, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), with respect to any and all injury, disability, death or loss or damage to person or property. I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

 Signature of Participant

 Printed Name of Participant

_____ *Must be prior to participation.
 Date*

For Participants of Minority Age*:

***Under 18 at time of registration.**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above all the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all responsibilities incident to my minor child's involvement or participation in these programs as provided above.

 Signature of Parent/Guardian

 Printed Name of Parent/Guardian

 Printed Name of Minor

_____ *Must be prior to participation.
 Date*

Payment Information

Total Amount Enclosed: \$ _____

Please indicate which form of payment you have chosen.

- Cash Check # _____ (please make payable to Bike Florida)
- Credit Card

Credit Card Payment Form

Name of participant: _____
FIRST M.I. LAST

Cardholder Name*: _____
*as it appears on card FIRST M.I. LAST

Type of Credit Card*:
 *Only MasterCard and Visa are accepted.

- MasterCard Visa Discover

Credit Card Number: _____

Security Code: _____ **Expiration Date:** _____ / _____
MM YYYY

Amount to Charge: \$ _____

I hereby, authorize the above amount to be charged to the indicated credit card.

 Signature of Cardholder

Comments or Special Requests:

REFUND POLICY:

Bike Florida will NOT give refunds for any reason (including medical) after March 1, 2011. There will be no exceptions. A \$50 processing fee will be charged on all refunds. Refunds requests MUST be in writing, stating reasons for refunds such as medical emergencies. The event will take place rain or shine. We are not responsible for acts of God. We recommend purchasing cancellation insurance from Dan McKay (www.mckayinsagency.com) to cover your costs should you have to cancel.

_____ Initial I have read the above policy regarding refunds and cancellations.

Questions? A Bike Florida staff member will be happy to address them! Contact us:

Phone 352.224.8602

Fax 352.392.3224

E-mail info@bikeflorida.org

Website www.bikeflorida.org

Gainesville TT Challenge by The Committee to Avoid Responsibility



The Gainesville TT Challenge will rise up from the ashes to bring pain and suffering upon all participants in 2011!

The Committee to Avoid Responsibility has recently looked over the tentative 2011 Florida Racing Calendar and come up with potential dates for the 2011 series. The CAR will settle on the six dates by February 1st, and the announcement will be made at that time.

We will once again spare no expense (literally, no expense) and award prizes to the fastest time in each of the three categories at the end of the season. And if you're lucky, you may get a burrito. Or not.

The tentative dates are:
Feb 26th, April 16th, May 21st, June 25th, July 23rd, August 13th, September 24th.

* - Please note, these dates are 100% tentative at this time, but we're publishing them now just so you can get an idea.

Yes, I know there are more than six dates there. But just like Ahmad Black at the end of the Outback Bowl, we will pick six. And, as always, the dates will be a little flexible due to unforeseen changes in the Florida Racing Calendar, bad weather, the return of Cthulu, etc.

About the 2011 Gainesville TT Challenge

The TT Challenge is a 9.3 mile out and back time trial. It is open to anyone that rides a bicycle. During the series, an Individual Time Trial will be held once a month until the end of the series in September. We will record your times and at the end of each event the results will be published. At the end of the series we will announce the results of the best times, best averages, and course record. The overall winner based on time in each category will be given a handy certificate signifying that they got an official "Atta Boy (or Girl!)", nothing else.

There will be three categories for the challenge:

Aero – This can be a road bike with clip-on aerobars, or a TT bike, aero helmet, and skin suit.

Merckx – Road bike only, no clip-on's, no aero helmets, no skinsuits, no deep dish wheels (30mm max please).

Anything Goes – This is for anything that is pedal driven. Trikes, recumbents, what-have you. If you can pedal it, you can enter it.

There will also be an optional fourth category, "I want to ride a time trial, but I don't want anyone to know my official time". We will not record your time if you're in this category.

The course can be viewed here:
<http://www.mapmyride.com/route/us/fl/gainesville/908126747151371702>



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Chilly Chili Picnic
 Photos by Rob Wilt



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<http://bikeworksjonesville.com/>

At the last public hearing for the 16th Ave repavement/redesign project, the speakers talking about how afraid they were to ride a bike on the road far outnumbered the speakers standing up for our legal right to do so.

At the next meeting, it is vitally important that we put up at least one speaker for each one lobbying for the high speed traffic lanes.

The current working design for the project does not involve any costly changes to the curb and gutter system and does not narrow the median in any way. Lanes are striped to provide a 10 foot lane next to the median, a middle 11 foot lane, and a 3 foot lane next to the sidewalk. The amount of paint needed to place these lanes on the pavement is the same as it would be without the 3 foot outside lane. There is a proposal to put rumblers on the stripe for the 3 foot lane, which would add to cost. For perspective, all four lanes on NW 6th St are 9 feet, and there is no median.

My recommendation is that we do not focus on the sidewalk design. The lay of the land along 16th is such that widening the sidewalks presents significant obstacles (literally, signs and posts would be in the sidewalk) and right of way restrictions.

We should concentrate on our legal right to use the road, the fact that regardless of the lane configuration, there will be bicycles on the road, and how we need to use the road when substandard lane widths (less than 14 feet) are provided.

The following talking points should give us plenty to talk about at upcoming meetings:

(1) "Every person propelling a vehicle by human power has all of the rights and all of the duties applicable to the driver of any other vehicle ..." FS 316.2065(1)

(2) When a lane is too narrow for a bicycle and a car to share safely, the cyclist is entitled to the use of the entire lane. Within this lane, the cyclist usually rides on the right half to facilitate visibility for overtaking

motorists, but should ride far enough left to discourage motorists from trying to squeeze past within the lane. *FBA web site*. FS 316.2065(5)(a)3.

(3) What is a substandard width lane? The answer is that almost all lanes are too narrow to be safely shared by a motor vehicle and a bicycle. The Florida Department of Transportation's Manual of Uniform Minimum Standards recommends an outside lane width of 14 feet as the "minimum width that will allow passenger cars to safely pass bicyclists within a single lane," i.e., without the need for passing motorists to use part of the next lane.

Here's how they get the minimum:

- A cyclist is defined as being 2.5 ft wide with a minimum operating space of 4 ft. This includes the minimum safe distance from the edge of useable pavement (2 ft).

- The legal minimum passing clearance for an overtaking vehicle is 3 ft.

- A typical passenger vehicle is 5.5 ft (car) - 7 ft (SUV) wide.

NOTE: The minimum does not account for commercial vehicles and utility trailers which are 8.5 ft wide and can have mirrors extending to ~10 ft. Those vehicles MUST use part of another lane to pass safely. *FBA web site*.

(For a particularly good write up on bicycle law, see:

<http://www.floridabicycle.org/rules/bikelaw.html>)

Note that the combination of a 3 foot outside lane and 11 foot middle lane effectively provides a minimum shareable 14 foot outside lane. Most lanes in town provide a 4 foot outside lane and a 12 foot middle lane. A narrow bike lane exists on NW 8th Ave between Main St and 6th St. Larger vehicles on 16th will need to cross into the inner lane to safely pass a bicycle.

(4) The terrain on 16th presents significant downhills upon which a bicycle can easily reach speeds of 25 to 30 mph. Operating at these speeds on sidewalks shared by pedestrians is very hazardous.

(5) Bicycles traveling on the roadway are doing so in accordance with established rules of the road so that other vehicle operators are able to anticipate their movements and react properly. They are traveling parallel to the other traffic on the roadway.

(6) Bicycles traveling on sidewalks must also frequently travel on roadways and driveways as they cross the sidewalk's path. Upon entering these roadways, the bicycle is traveling perpendicular to the direction of traffic on the roadway. Due to the speed of travel of bicycles, there is frequently little or no warning to vehicles on the roadway that a bicycle is about to appear. On 16th, the sidewalk frequently runs along retention walls, that are breached by many driveways and side streets; these walls hide the approaching sidewalk traffic.

Our bottom line must be that the roadway accommodate bicycle traffic. This can be done with the current proposed lane configuration, or as a fallback, with a 10/14 configuration.



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Weekday
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Specials

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Fall Breast Cancer Ride

submitted by Beatrice Solis

This past October 14 riders did a ride for Breast Cancer. For more info on the Breast Cancer jersey, see the GCC web site (top item on main page).



Suzanne Newman, Beatrice Solis, Judy Davidson, Carrie Stillwell

CLASSIFIED

Saddle: Men's Forte Pro SLX. Black with red and white detailing. Titanium rails with adjustment markings. Very comfortable seat, but this one has never touched a bike, brand new. \$45. View at Performance website or email for a link to pictures.

Pedals: Speedplay Zero Light Action Stainless Steel 2009, black and silver, \$115. only 69 miles of use, not a scratch. Do not mistake these for the heavier Cromoly version. At \$115 you are getting the Stainless for the price of Cromoly. Compare at Nashbar for \$199.99.

Sandals: Women's Shimano Clipless

Sandals SH-SD65S:

Used but in great shape. Size 41-42 (8- 8 1/2). \$30.

Camelbacks: Three different models of Camelback, used but in very good shape. \$25 each.

Contact Velvet Yates. 386-418-3704. To get a link to see images of the above items, send an email to velvetyates@yahoo.com.

I AM ANNOUNCING... The birth of my newest novel: **Smugglers of Mallory Square**. You are invited to preview the story and read an excerpt. Just go to my blog: <http://www.jeresteele.com>.

Hope you enjoy!
Jere Steele



Trek Aluminum 1000 Series, 43 cm
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KERRY DUGGAN 611 N. Main Street
Gainesville, FL 32601

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roger@gccfla.org

AD GRAPHICS

Craig Lee 475-1825
craig@craigdidit.com

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.

APRIL DEADLINES

Ad copy needing setup work
Mar 11
Articles and classifieds
Mar 21
Ads in GIF or TIFF format
Mar 28

Headless Rider Spotted on Campus



Chandler Otis and Pam Mason size up rider
Photos by Melinda Koken

BUSINESS SPONSORS

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

Alligator Island Optical	10%	332-9028	2275 SW 91 st Street – Ste 160	www.alligatorisland.net
Bike Works	10%	225-3585	13005 SW 1 st Road – Ste 123	bikeworksjonesville.com
Bikes & More	15%	373-6574	2113 NW 6 th Street	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	
Schwinn Shop	10%	374-2064	1225 W University Avenue	www.schwinnshop.com
Sisters (restaurant)	10%	379-0281	5212 SW 91 st Terrace	www.eatatsisters.com
Spin Cycle	20%	373-3355	425 West University Avenue	www.spinracing.com
Super Cool Bike Shop	15%	371-2453	3460 W University Ave	www.supercoolbikeshop.com
The 8 th Ave Bike & Coffee House	50% (on service)	378-2100	235 NW 8 th Ave	http://8thavebikecoffeehouse.yolasite.com/

Some restrictions apply, ask for details at the stores.



Welcome New Members!

Katie Adams	Gainesville FL	Jeanne Hargrave	Orange Park FL
John R. Ambrose	Gainesville FL	Kelly Honeycutt	Gainesville FL
Jennifer Andrew	Gainesville FL	Martin Honeycutt	Gainesville FL
Amos Audette	High Springs FL	Jenice Hughes	Gainesville FL
Robert Bell	Gainesville FL	Carolyn Jackson	Gainesville FL
Jodi Bennett	Gainesville FL	Donald Jackson	Gainesville FL
Petra Bennett	Holiday FL	Jesse Jones	Gainesville FL
Ron Bennett	Holiday FL	Gary Kanter	Gainesville FL
Donna Black	Alachua FL	Robert Karp	Gainesville FL
Eugene R. Black	Alachua FL	Will Keels	Chiefland FL
Alejandro Boullon	Gainesville FL	Patricia Kromer	Orange Lake FL
Curt Brandt	Brandon FL	Claire Marcussen	Newberry FL
Gavin Breman	Alachua FL	Steven McCarthy	St. Pete FL
Jennifer Breman	Alachua FL	Peter McNiece	Newberry FL
Jonathan Breman	Alachua FL	Frank Mileto	Millbrook AL
Nathan Breman	Alachua FL	David Miller	Columbus OH
Barry Bullard	Gainesville FL	Darrow Neves	St Petersburg FL
Michelle Clevenger	Gainesville FL	Carol Paden	New Smyrna Beach FL
Eric Clonce	Clermont FL	Audra Pardo	Newberry FL
Diana Cohen	Gainesville FL	Stanley Ben Pardo	Newberry FL
Morris Crisler	Gainesville FL	Claudia Penalosa	Alachua FL
Ralph Daugherty	Gainesville FL	Roxanne Porozinski	Gainesville FL
Gerry Dedenbach	Gainesville FL	Kristina Ryan	Ocala FL
Laura Dedenbach	Gainesville FL	Catherine Seemann	Gainesville FL
Vance Eaddy	St. Petersburg FL	Kaitlin Shiver	Gainesville FL
Raleigh Faust	Gainesville FL	Donald Starkweather	Gainesville FL
Michael Fecteau	Newberry FL	Juliane Struve	Gainesville FL
Kevin Folta	Gainesville FL	Christi Swiers	Gainesville FL
Lorin Fowler	Gainesville FL	Andrew Tatem	Gainesville FL
Marius Frei	Archer FL	Chris Tilghman	Gainesville FL
Chris Fuchs	Jacksonville FL	Aleida Wells	Gainesville FL
Alex Funk	Gainesville FL	Eli Wells	Gainesville FL
Kevin Grogan	Gainesville FL	Ondine Wells	Gainesville FL
Brad Gustafson	Gainesville FL	Randy Wells	Gainesville FL
Kathy Gustafson	Gainesville FL	Julie Wheeler	Gainesville FL
Craig Hablewitz	Fort Myers FL	Damian Word	Gainesville FL
Susan Hahn	Gainesville FL	Carey Zukaitis	Archer FL
Andrew Hale	Gainesville FL		