

The Gainesville Cyclist

April 2011

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

Happenings

April 16 (Sat)

Gainesville TT Challenge

Tentative date. See page 7 of the February issue for full details.

April 9 (Sat)

600k Brevet

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

April 30 (Sat)

May Day Picnic at Wauberg

Watch GCCMail for the main dish. Bring homemade side dishes, salads, and desserts.

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

The event is at the Paynes Prairie Preserve State Park picnic area on Lake Wauberg. The park is located on US 441 just north of Micanopy. After entering the park, take a left turn to get to the picnic area.

Road ride groups can use Micanopy maps for rides leaving at 8:30 to as late as 10 am. For a change of pace, off-road cycling is ok on the following trails: Chacala, Bolen Bluff, Jackson's Gap, and Cone's Dike. Be back by noon to eat!

Entry to the State Park is \$6 per vehicle (\$4 if only one occupant), \$2 per bike. The park opens at 8 am. For park info, see <http://www.floridastateparks.org/paynesprairie/>.

May 7 (Sat)

Standard Ride Start Times Move to 8 am

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

May 12 (Thur)

R2R5 Packet Stuffing

We'll need a few people to help stuff packets. Sign up in the Members Area on the club web site.

May 14 (Sat)

R2R5

The Ride To Remember's fifth year!

NEW THIS YEAR: Flemington start for 25 or 50 mile rides.

See the GCC web site for full information on this event.

Registration is now open.



May 21 (Sat)

Gainesville TT Challenge

Tentative date. See page 7 of the February issue for full details.

May 30 (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 \$4 per head (\$2 seniors), max \$12 per car. 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 1/2 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.



From The Editor

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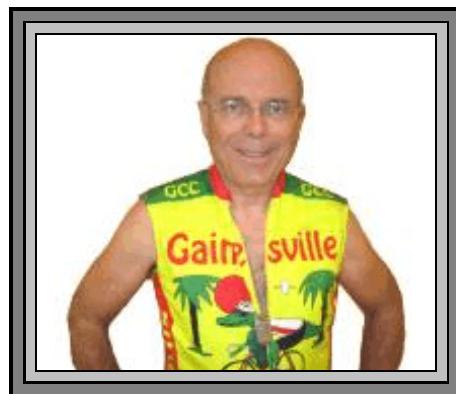
GCC Web Page

gainesvillecyclingclub.org

gainesvillecc.org

Al's Place is the beneficiary for this year's Ride To Remember. Recent events have suddenly made their fundraising activities MUCH more important. The Legislature is proposing cutting off all state funding. Sign up today to do a great ride for a valuable cause!

Start writing your articles now for the June issue! Input was a bit sparse for this one.



29th Tour of Southern Rural Vistas (TOSRV South) is coming up on April 16-17, in Tallahassee. This two day ride overnights in Albany, GA, making it unique in this area. Riding options include back-to-back 100 mile days from Tallahassee, or shorter options (still over metric century lengths) from Cairo, GA.

For more info, see http://cccyclists.org/tosrv_new_2011.html



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President's Letter

This is our time of the year. Not only is the riding weather getting close to ideal but so is the party weather. This month we will have our first annual Spring Picnic to be held at scenic Lake Wauburg (see details elsewhere in this newsletter).

I would like to personally thank all of the GCC members who graciously volunteered their time to help Bike Florida. Bike Florida, who this year chose Gainesville as its hub for their seven day ride of up to 440 miles, helps fund the Florida Traffic and Bicycle Safety Education Program. Special thanks to our own Chandler Otis who serves not only on the GCC Board of Directors but Bike Florida's also.

I'm sure many of our members are, like me, still working on that spare tire we put on while hibernating over the winter. It's never too early to try to get in shape for the Gainesville Cycling Festival and the Ride To Remember, especially for me. While enjoying this summer's rides I would like to again urge each one of us to ride safely and within all cycling laws. Try to ride both courteously and defensively, you

never know when it may save a major incident.

Be safe, be happy.

Bob Newman





**Spring
Tuneup
Special**

\$10 off \$55 tune up
\$20 off \$100 tune up

for GCC Members Only!

Archer road and 34th street Gainesville (352) 373-3962

Are you 40-60 years of age?
Do you exercise regularly?
Do you wonder what your brain looks like?
Want to know your estimated VO2max?

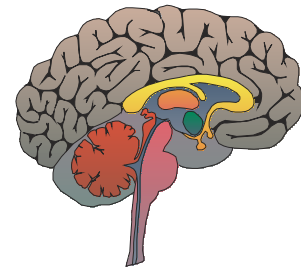
If your answer to these questions is YES, you may qualify for a functional magnetic resonance imaging study being conducted at the University of Florida. The purpose of this study is to learn more about age differences on brain functioning.

To participate you must:

- * Be right - handed
- * Perform aerobic exercise regularly
- * Be able to undergo MRI (no metal implants, pacemakers, etc)

Travel compensation will be provided to those who qualify and you will be given pictures of your brain and an estimate of your VO2max.

If you are interested in participating, please call 352-376-1611 ext 5395.



For our regular activities (mostly riding bikes) the club organizes itself into groups.

Established groups get a page on our web site so that new members can choose one or more to participate in, and have the ability to communicate amongst themselves using group mail.

You can review the groups that you have joined by signing in to the Members Area on the club web site, and going to the My Riding block. That is also where you can join a group (just click on "Join A Group", and pick one from the list).

If you participate in a group, but have not yet joined, go ahead and sign up! It doesn't cost anything to do so, and you'll be able to get group mail (don't worry, there's not a lot of that sent out).

There are few "stealth" groups out there that have not yet set themselves up on the web site. The procedure to do so is not rocket science! The hard part is getting together and deciding who will be the Group Captain. Then that person clicks the button and sets up the group.

<i>Group Name</i>	<i>Group Captain</i>	<i>Regular</i>	<i>Occasional</i>	<i>Total Members</i>
A Riders	Ken Sallot	50	28	78
BikeMS: Team Gainesville	Jo Weaver	12	4	16
Developers	James Thompson	7	14	21
EZ Riders	George Edwards	20	27	47
Feet First	Bruce Bush	12	4	16
Gliders	Roger Pierce	25	90	115
Haile Riders	Matt Staras	6	8	14
High Bees	Michael Steinberg	42	62	104
Hokey Pokeys	Chandler Otis	5	21	26
Independent Trail Riders	Richard Colbert	51	11	62
LoBees	Bob Newman	31	44	75
Off Roaders	(no one)	18	18	36
Pedalers	Diann Dimitri	3	55	58
Saddle Tramps	Melinda Koken	9	15	24
Strays	Rob Wilt	5	46	51
Sunrise	Paul Messal	8	18	26
Team VetMed	Chris Sanchez	8	10	18
Interest Groups				
Commuters	Jim Funk	13	16	29
Trailkeepers	George Edwards	2		2

South Parking

IMPORTANT! When parking in the Publix shopping center on 34th St at Williston Road, park away from the stores. NEVER use the first 5 or 6 slots near the stores! Best practice is to use the slots along 34th Street, and then fill in the last few slots on the rows.

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Team Gainesville, MS Cycle to the Shore 2011

Bike MS is the single largest non-profit organized Bike Ride in the United States, both in terms of number of participants and money raised for a world free of MS. It's the Society's signature event and the North Florida Chapter is proud to announce that locally in 2010, Bike MS: PGA TOUR Cycle to the Shore raised \$1.3 Million Dollars to help create a world free of MS.

Gainesville Cycling Club's MS Team Gainesville alone, raised \$12,580.00 towards finding a cure and helping people who are living with Multiple Sclerosis in the Florida, St. Augustine – Bike MS PGA Tour Cycle to the Shore event and we had a great time doing it! This year, Team Gainesville is regrouping to ride again! We are participating in the FLN 2011 Bike MS PGA Tour Cycle to the Shore which will be held October 1st and 2nd, 2011. We will start and finish at St. Johns County/St. Augustine Airport.

The Bike MS: PGA TOUR Cycle to the Shore is a cycling adventure in which participants' ride 150 miles for two days of fun, fitness, networking, developing friendships and most importantly a great cause. Cyclists are pampered throughout the ride with fully stocked rest stops, entertainment, plenty of safety support and guidance, along with breakfast, lunch and dinner. On Saturday of the Tour, breakfast and registration will begin promptly at 6:00 a.m. Cyclists will start at 7:00 a.m. and then will follow

an 82-mile route that takes them from St. Augustine to the Hilton Oceanfront Resort, Daytona Beach. Cyclists stay the night in Daytona, returning to St. Augustine from the Hilton the following day.

Team Gainesville's top fundraiser last year, Linda DuCharme, has made a very generous offer as incentive for our team fundraisers: The highest MS fundraiser, over \$2,000.00, on Team Gainesville wins a four day stay at "Avalon Mist", a beautiful cabin in the Smokey Mountains, TN. See the cabin:

<http://www.legacymountainresort.com/> (you pay travel expenses).

This is your chance to do something you love, bicycling, and help people who struggle just to make it through the simplest of daily tasks let alone, ride a bicycle. Please join us and help us reach our current team goal of \$20,000.00 and make a difference.

You can join Team Gainesville by going to

<http://main.nationalmssociety.org/goto/teamgainesville>

We'd love to have you on the team. We have members of all abilities and pace doesn't matter. You may also want to join GCC's ride group " M S : T e a m Gainesville" (click

on Join A Group in the Members Area). We will begin regular group rides this month.

Plus, Primal Wear is developing Team Gainesville's jersey. The jerseys will be \$60 each. For each purchase of the jersey Primal Wear will donate 15% to the National Multiple Sclerosis Foundation. Plus, there will be a team store on <http://www.primalwear.com>. What this means is that everyone, on the team or supporting the team and cause, can order a jersey from the site. There's still time to have your company logo added to the jersey by making a minimum donation of \$200.00 in Team Gainesville's behalf. So, please **check in** with <http://www.primalwear.com> for the team store!!

If you have any questions please email Jo Weaver, Team Captain, at mrs.joweaver@gmail.com or call 352-871-7162.



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On March 15th, members of the Gainesville Cycling Club spoke in favor of the Multi-Modal Transportation Mitigation Program before the Alachua County Commission. While the details of this program are quite technical, an end result of its implementation will be (among other things) increased funding for bike lanes in Alachua County.

The meeting itself was long and difficult. We had twenty-four GCC members in attendance at the start of the scheduled two hour session. Well over three hours into the meeting, the public was allowed to speak, and only nine of us remained. The Commissioners did notice our presence, and given that more than half the crowd left before speaking time, we continued to have the largest presence except for the developers (who were on our side regarding the issue at hand). The Commission unanimously approved to move forward with public advertisement and further consideration of the multi-modal plan that will, if approved, increase connectivity between transit, bicycle, automobile, and foot traffic.

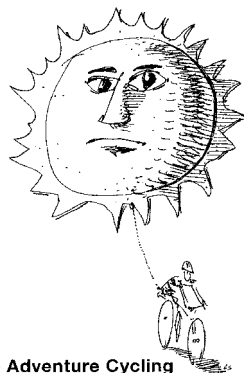
If you are unfamiliar with politics, this meeting was frustrating. But in the end, we won. Listening to the discussion, many of us wondered what this meeting had to do, if anything, with bike lanes. All the talk was about developers fees and confusing impact issues. Well, those fees are what pays for bike lanes, bus routes, sidewalks, and potential rail transit needed to handle the increased traffic generated by new development. Impact fees are levied so that general taxes on existing properties (that's the ones we live in) do not have to be used to support new development. That is the connection, even though explicit transportation and connectivity issues were mentioned only late in the meeting. Developers have been a part of this planning process for all four years, whereas we have only just arrived. It is natural that their issue (money out of pocket) will get a lot of attention, but in the end they did

support passing the plan.

The Commissioners, staff, and engineers knew we were there and thanked us for bringing our members out. The Tea Party and anti-government people also knew we were there, and many of them left well before our cycling club members. The people who don't like bicycles were there as well. In the end, however, we heard a few fleeting voices speak out against buses, or against government in general. But the developers, home builders, cycling advocates, transportation engineers, county staff, planners, and others came out roundly in favor of moving forward with considering the multi-modal plan. Not one speaker said anything negative about bike lanes.

Many of you were disappointed and believed the meeting was stretched out purposefully to discourage our participation. Keep in mind that the whole county was watching, and it is important for elected officials to show their constituents due diligence in questioning methodology, staff advice, and other issues. A wise man once said, all you can ask of politics is that the meetings are short, and victory. One out of two isn't bad.

The single agenda item for the evening was to direct County staff to forward the multi-modal transportation plan to the public in the form of advertising. The frustrating thing was that the Commissioners began debating that plan, instead of asking that it merely be forwarded for consideration. In the end, however, we got what we wanted, and we got it in part because you cared to show up and be seen and heard.



- Adventure Cycling

The Gainesville Cycling Club is becoming more involved in the political process as issues affecting our use of the road are brought before governing bodies.

The hottest issue currently on the table is the design of the project to repave NW 16th Ave/Blvd. Our position, which was recently endorsed by the Gainesville City Commission, is that there should be 4 foot bike lanes striped on the roadway. This will leave room for two 10 foot lanes for other vehicles (a bit wider than the typical width of lanes on NW 6th St).

Ten foot lanes should slow down traffic (which typically travels at 50 mph despite the 40 mph limit) and move the traffic further away from the sidewalks. The only cost involved is for the paint for the additional lane line.

We will need good participation from our members when this issue is next brought up before the Alachua County Commission. Those who believe that bicycles should be relegated to sidewalks, and that automobiles should have plenty of room to go fast, have been very vocal at past meetings.

EDITOR

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AD GRAPHICS

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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.

JUNE DEADLINES

Ad copy needing setup work
May 13
Articles and classifieds
May 23
Ads in GIF or TIFF format
May 27

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.

Bacchetta Corsa, aluminum, large frame, Shimano Deore and Ultegra components, less than 700 miles, asking \$1750. Call Dave Wagner 352-375-4496.



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	http://bikeworksofjonesville.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	424 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!

Sherry Adams	Gainesville FL	Patti Funk	Gainesville FL	Kathleen Romero	Gainesville FL
Barbie Aldrich	Gainesville FL	Alan Gonano	Gainesville FL	Jessica Sabo	Gainesville FL
Julie Anthony	Morrison FL	Jacque Hafner	Bradeno tn FL	Whitney Sanford	Gainesville FL
Ryan Aulton	Gainesville FL	Robert Jake		Kristen Seymour	Newberry FL
Leticia Aviles	Gainesville FL	Hitchcock	Alachua FL	David Shivley	Gainesville FL
Brenda Banks	Gainesville FL	Ryan Hulslander	Gainesville FL	Francisco	
Ryan Banks	Gainesville FL	Troy A Ismir	Gainesville FL	Silva-Gonzalez	Gainesville FL
Jessica Bennett	Gainesville FL	Randy Jungklaus	Alachua FL	Benjamin Smith	Gainesville FL
Sophia Gabriella Black		Tami Jungklaus	Alachua FL	Charles Sweeney	Gainesville FL
Penaloza	Alachua FL	Jackie Klein	Gainesville FL	Amy Tompkins	Gainesville FL
Christine Boehm	Gainesville FL	Jamie Knapp	Gainesville FL	Fred Townsend	Gainesville FL
Paul Bonanno	Gainesville FL	Bette Kohn	Alachua FL	Priscilla Townsend	Gainesville FL
Georgia Browning	Archer FL	Bob Larimer	Gainesville FL	Scarlett Tudor	Gainesville FL
Paul Bruney	Gainesville FL	Gary Liljegen	Tioga FL	Daniel Vaudreuil	Gainesville FL
Cathy G Cain	Gainesville FL	Micki Luck	Gainesville FL	Kelli Vaudreuil	Gainesville FL
Marc Cauchon	Gainesville FL	Jennifer Martino	Gainesville FL	Rachel Walters	Gainesville FL
George Chappell	Gainesville FL	Clayton Mathews	Gainesville FL	Jim Winburn	Morrison FL
Martin Cox	Gainesville FL	Genn McDonald	Gainesville FL	Lisa Winburn	Morrison FL
Cassandra G. Davis	High Springs FL	Teresa McDonold	Gainesville FL	Gerry Woods	Gainesville FL
Marco De Santis	Newberry FL	Scott Mongeon	Newberry FL	Kristen Young	Gainesville FL
Rosanna De Santis	Newberry FL	J. Allen Morgan	Lake Butler FL		
Calogero Dolce	Gainesville FL	Parker Musgrove	Gainesville FL		
Alexis Dold	Gainesville FL	Dennis Pinner	Gainesville FL		
Ellen Donovan	Alachua FL	Mary Anne Pinner	Gainesville FL		

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