

## Happenings

### September 5 (Mon) Labor Day Picnic at Boulware Springs

Our last picnic of the summer! Chandler will bring burgers, dogs, brats, and veggie burgers to grill. \* BRING \* side dishes to complement the main courses and for dessert. We'll find a place for you to help out at the Horse Farm Hundred or Santa Fe Century.

We will provide enough main course for those who RSVP. Please RSVP before the weekend if you will be eating the main course so that we can buy enough food. We'll provide veggie burgers for those whose profile in the Members Area indicates they are vegetarians. (Find the RSVP link in the eNews, or on the News page in the Members Area on the GCC web site.)

Rides should be planned to meet at the park at 9 am; grilling will commence by noon.

Boulware Springs is located on SE 15th St. See <http://gccfla.org/starts/ridelocboulware.html> for more detailed directions. We meet on top of the hill behind the pump house.

### September 17 (Sat) Active For Recovery Bike Ride

Boulware Springs -- 9 am. The ride benefits Metamorphosis of Alachua County, a long-term, community-based, residential treatment program for adult chronic substance abuse clients.

<https://activeforrecovery.org/events/active-recovery-bike-ride-2016/>

### October 1 (Sat) Pink Pumpkin Pedal-Off

Join us to raise money to support research at the University of Florida on treatment-resistant breast cancers. Choose one of three scenic routes: 22-, 40- or 62.5-miles (metric century). Honor a loved one affected by breast cancer by ordering a personalized pink ribbon to wear during the ride. Compete for great prizes by raising money to support this critical research!

<http://gccfla.org/pppo/>

### October 22-23 Gainesville Cycling Festival

Registration for the Gainesville Cycling Festival is now open! Club members should sign in to the Members Area and use the short cut button there to ensure you get club member pricing (join the Club and save \$5 per ride!). Volunteers should wait to register until your assignment is posted (this ensures you get your free shirt and ride).

NEW THIS YEAR: New roads for the Orthopaedic Institute Santa Fe Century. We'll be going up recently resurfaced roads through Alachua, avoiding the damaged road out of High Springs. At the end of the ride we have a nice new road to keep us off of US 441.

On Saturday, the Orthopaedic Institute Santa Fe Century will offer rides of 103, 68, 55, and 32 miles. Shorter options are the 18 mile Millhopper Ramble, and the remote-start 27 mile Providence ride. Again this year, the 65 mile Gravel Challenge for those who eschew the pavement!

On Sunday, the Horse Farm Hundred again starts at the First Magnitude Brewing Company, which means a free craft beer when you finish the ride!

**President**

Ally Gill [president@gccfla.org](mailto:president@gccfla.org)

**Vice President**

Vacant

**Secretary**

Bob Stevens  
[gataback@hotmail.com](mailto:gataback@hotmail.com)

**Treasurer**

Dave Wagner [treasurer@gccfla.org](mailto:treasurer@gccfla.org)

**Chief of Staff**

News Editor, Webmaster, List Manager, Event  
Equipment & Supplies Manager, Gainesville  
Cycling Festival Director, Membership Secretary  
Roger Pierce [roger@gccfla.org](mailto:roger@gccfla.org)

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**Membership Services Director**

Jeanie West  
[membership\\_services@gccfla.org](mailto:membership_services@gccfla.org)

**Director at Large**

vacant

It's been five years since I did one of these long-form newsletters. I've been missing the detail that we can get in this format that isn't practical in the eNews format.

Unlike in the past, we'll only distribute this newsletter as a PDF file. If you'd

like a paper copy, feel free to print it off.

While it would be nice to publish this type of newsletter regularly, that will take a dedicated volunteer to do the job. If you are that person, let me know!



**G-DO REDO LLC**  
Service & Installations  
**Gary Audet**  
State Certified  
Plumbing Contractor  
CFC 1428363  
**352-494-2695**  
gdoredo@gmail.com

**THE WOOD STOVE**  
AND FIREPLACE CENTER

Prefab Fireplaces (352) 377-9535  
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611 N. Main Street  
KERRY DUGGAN Gainesville, FL 32601

**DAVIS** 352-641-6300  
**MONK**  
Financial Group 4010 NW 25th Pl

**Coach K Fitness**  
Train hard, train smart!  
Herb, CSCS, USAF Coach and PPS  
352-246-5514 herb@CoachKfitness.net

**GCC Web Page**

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



**SALTY DOG**  
SALOON  
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**SPECIALTY MACHINE**  
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352-472-5130

**BH HS**  
**Ryan Saylor**  
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**352-870-RYAN**

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# Gainesville Cycling Festival

## CALL FOR VOLUNTEERS

The Gainesville Cycling Festival, which incorporates The Orthopaedic Institute Santa Fe Century and the Horse Farm Hundred, is coming up soon. Proceeds from the Festival are used to provide a donation to the Boys and Girls Club, and to supplement GCC dues to run the club.

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

All volunteers should complete a Festival Registration, but only after getting your position recorded in the data base. CALL Roger Pierce (378-7063) to get a volunteer slot BEFORE registering. You can also volunteer with Course Marshall Len Cabrara and Aid Director Neal Adams. When we have you in the system as a volunteer, you will get your choice of T-shirt, and those working multiple or longer shifts will also be eligible to ride one of the rides for free.

You can also sign up at the Labor Day Picnic.

### Type of Help Needed

**REST STOPS.** Hand out food and water during the Horse Farm Hundred at First Magnitude, Flemington, the lunch stop at the Roberts farm, or the trail stop, and during the Santa Fe Century on Pre-Columbian Road, 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 First Magnitude and in Flemington.

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

**PARKING.** We'll need a few people to help direct parking at the Boys Club on Saturday and at First Magnitude on Sunday.

We'll also be looking for help to load and unload the trucks before and after the rides, and clean up the week afterward. 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.*





## CORE

Hey Y'all, reading about Cycling performance in book by Dr. Shannon Sovndal, MD and came across the section on CORE. Let me quote:

"The importance of pelvic stability when cycling CANNOT be overemphasized. Whether you're sprinting, climbing or time trialing, your legs rely on a strong foundation to enable them to generate their impressive force while rotating the cranks."

I would like to add the point that your conditioning program should have 2 areas of focus.

- 1.) Simple Spinal/Pelvic Stability program like planks, Bunkie tests, vertical rhythmic stabilization, etc.
- 2.) Stabilization with movement by extremities—This is what makes the strength developed in part 1 of functional value.

# K

**BUILD THE CORE, LEARN HOW TO USE IT.**

## Bikes 4 Vets

by Diann Dimitri

This trike was donated by Jim Sanders and rebuilt by John Harlan, both bike mechanics with Bikes and More.

The Bikes 4 Vets project is mainly concerned with the donation of two-wheeled bikes for vets. An issue that has come to our attention is the need for adult trikes as more vets have various health conditions that prevent them from riding a two-wheeled bike.

Unfortunately, this type of bike is not readily available as a donation and is costly to purchase. If anyone has this type of bike to donate, please contact me at 352-378-7063 or [diann@piercepapes.com](mailto:diann@piercepapes.com).



Jim Sanders and John Harlan



# 6th Annual Veterans Day Poker Run

by Todd Leedy

11/11/16

A poker "run" is actually a ride that incorporates at least five stops at which each rider draws a card. Our first four card draws will take place at various local veterans monuments/memorials (Gainesville, Newberry, High Springs, Alachua). After the finish line draw, each rider has a complete hand and best straight poker draw wins the run. Podium prizes for the top three hands generously provided by Bikes and More, plus a special prize for the lanterne rouge (worst hand). Your registration fee will go entirely to VETSPACE, a facility provide assistance to homeless veterans in Alachua County.

The ride format will resemble the checkpoint system used in brevets. There will be four card draws on the route - each individual or group must reach the card checkpoints within the time periods specified. The official route (Full Tour) will be 80 miles. Riders and/or other GCC group leaders may also design any route of their choosing provided that they reach the checkpoints within the specified time windows. Riders or group leaders may even elect to skip a checkpoint (except for start & finish) - however, a missed draw cannot be substituted with an extra card from a different checkpoint (e.g. - if you only manage to hit three checkpoints, your hand will contain only 3 cards. But you could still win!).

Riders must be self-sufficient as there is no sag support or provisions provided (i.e. 100% of your donation goes to VETSPACE). This charity event occurs on open public roads. There are multiple service stations stops available along the full route (miles 19, 27, 52, 63). The frequency and duration of feeding zone stops are at riders' discretion but be mindful of the time you need to reach next checkpoint. We will ride rain or shine, warm or cold - so kit yourself accordingly.

For details and updates, visit the [event Facebook page](#).



## 96 for '96 Memorial Ride

by Todd Leedy

On 12/26/1996 a pickup truck swerved and struck a paceline of six Gainesville Cycling Club members riding to St. Augustine, killing Margaret Raynal (UF Dept. of Urban & Regional Planning) and Doug Hill (Primo Bicycle Works). The four others were badly injured. This incident eventually led to the creation of the Florida "Share the Road" license plates which raise funds for bicycle safety education and advocacy across the state, and to the reestablishment of the Florida Bicycle Association.

The 96 mile 20th anniversary ride

on 12/26/16 commemorates the lives of Margaret, Doug, and other riders taken from our community over subsequent years. Your registration fee will go entirely to the Margaret E. Raynal Memorial Fund at the UF College of Design, Construction, and Planning which is awarded to a "full-time urban and regional planning student; based on academic qualifications and an interest in transportation and bicycle planning."

We'll roll out from the bicycle memorial sculptures in front of the old Depot building. The full route is 96

miles and passes the crash site where we will stop briefly. A shorter 64 mile route is also available. Riders must be self-sufficient as there is no sag vehicle or provisions provided (i.e. 100% of your donation goes to the scholarship fund). This charity event occurs on open public roads. There are scheduled stops at mile 34 & 70. The duration of feeding zone stops are at riders' discretion. We will ride rain or shine, warm or cold - so kit yourself accordingly.

For details and updates, visit the [event Facebook page](#).



# Bicycle Memorial Rededication October 29

## 1996

from the Feb '97 Gainesville Cyclist

Two GCC members, Margaret Raynal and Doug Hill, died while riding with a Gliders group on December 26, 1996, heading to St Augustine to participate in a cross-state ride. A driver apparently fell asleep at the wheel and ran off the road as he came up behind the group. Four other riders, three of them club members, were injured in the crash. An overflow assemblage attended Doug's funeral on December 30th, and cyclists from all over the state gathered for a memorial service for Margaret and Doug on January 11th.



## 2016

by Ron Cunningham

### Almost ready

The overgrown foliage that obscured them from public view is gone. A new walkway has been laid down. Signage to tell their story is in production.

Pretty soon it will be time for an unveiling and a dedication.

The newly restored Share The Road Memorial is almost complete.

Cyclists who live in Gainesville may be familiar with the six rammed earth sculptures all in a row on Depot Avenue just north of Main Street. They are memorials to six Gainesville cyclists who were killed or injured in a horrific accident on the day after Christmas in 1996. The Gainesville Cycling Club group was on its way from Gainesville to St. Augustine when a distracted driver in a pickup truck ran all six of them down from behind on a lonely rural road in Clay County. Two of the cyclists, Margaret Raynal and Doug Hill, were killed instantly. The other four were all injured in the crash.

The driver was never charged nor even tested for DUI.

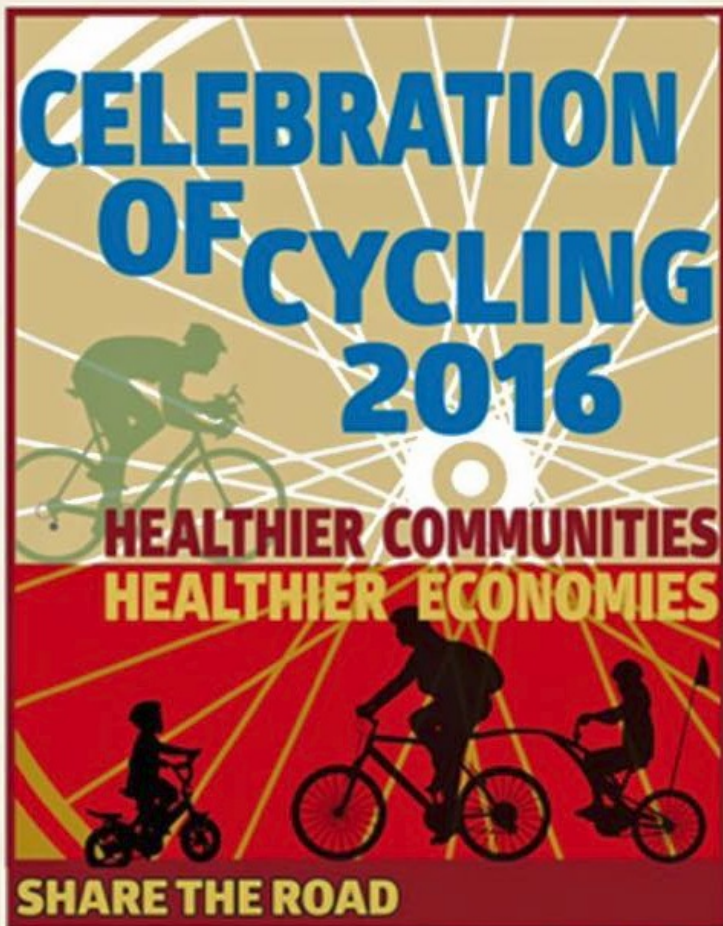
Following this senseless tragedy friends and relatives of the cyclists got together to create the six sculptures. The rammed earth structures are embedded with parts of the smashed and ruined bicycles retrieved after the crash. It was backbreaking work that helped those who knew Margaret and Doug best get through the grieving process.

Nearly two decades later the sculptures were showing signs of deterioration and neglect. Weeds and overgrowth had sprung up around them. An information kiosk that once told their story had been dismantled. A rail-trail that once ran alongside the sculptures had been rerouted.

Two years ago, in our 20th anniversary year, Bike Florida undertook a fund-raising initiative to restore the sculptures. Ultimately we raised or otherwise committed \$16,000 for the effort. (The GCC contributed \$1000 ed). Working with the City of Gainesville and Oelrich Construction the sculpture restoration process has nearly been completed. Even better, the newly renamed Share The Road Memorial now anchors the northwest corner of Gainesville's exciting new Depot Park, which officially opens this month. Among other things, Depot Park will become the nexus of Gainesville's ever expanding system of bike-ped trails. Cyclists and others who visit there will be able to view and reflect on the sculptures, learn their story and, we hope, take the "Share The Road Pledge." The memorial is above all a sobering reminder that we all have a duty to share the public roads in a safe and responsible manner.

**On Saturday, October 29, Bike Florida and the Gainesville Cycling Club will host a formal dedication of the Share The Road Memorial.** The day will begin with a *Ride of Silence* from the University of Florida campus to Depot Avenue, followed by comments, remembrances, an unveiling and good fellowship. Details will be





4TH ANNUAL  
CELEBRATION OF  
CYCLING

PRESENTED  
BY

BIKE FLORIDA  
FLORIDA BICYCLE  
ASSOCIATION

UNIVERSITY OF FLORIDA  
DEPT. OF TOURISM, RECREATION AND  
SPORT MANAGEMENT

VISIT FLORIDA

OCT 28-29, 2016  
WYNDHAM GARDEN HOTEL,  
GAINESVILLE, FLORIDA



announced later. The dedication will take place the day after Bike Florida's annual Share The Road Celebration of Cycling – a daylong series of speakers and panel discussions about bike-related issues – which will also take place in Gainesville, on Friday, Oct. 28. For information about both events go to <http://www.sharetheroad.org>.

Bike Florida is proud to have played a part in the restoration and rebranding of the Share The Road Memorial. Please make plans to join us on Saturday, August 29, for a short ride, a few moments of reflection and a call to action – to Share The Road.



Any club member can submit a News article to be displayed in the News column on the News page in the Members Area. Use the button at the bottom of the first column of the News page in the Members Area to get started.

The article or a subset of the article may also be displayed on the front page of the club web site if selected by the News Editor. Generally, news and event articles also appear in the next eNews or Gainesville Cyclist after their publication on the web site.

All articles are approved for posting by the News Editor prior to appearing on the web site.

Please enter or paste plain text into the edit box, and then use the provided functions to add bold, italics, and other formatting as necessary. Pasting in preformatted text will generally result in an article that does not match the web site format, and will result in a delay in getting it fixed and approved for posting.

Take a few moments to review the editing tools before starting work. When you hover your mouse pointer over a tool, a tool tip tells you what it is.

When using the Link tool, set a Target of New Window (\_blank).

## Photos

Photographs must be in png, jpg, or gif format. They should be 96 dpi (must not be any bigger, 72 dpi is also acceptable but may result in suboptimal display on some devices). For a partial column photo, the width can be up to 200 pixels. For a full column, the width must be 380 pixels. Do not do a photo in between 200 and 380.

Photos MUST be uploaded prior to starting work on the article. When you place the photo in the article, use the specified url above the edit box (<https://gccfla.org/newsphotos/yourfilename.png>). DO NOT reference photos that have not been uploaded to our web site; doing so will generate a security error to the viewer.

If you do not have software that can do the proper formatting, [email](#) the photo to the editor with a note stating the desired size and placement.

# Meet Your Membership Services Director

by Jeannie West

Are you a new member or have you been a member for a while but aren't sure how to join a group ride or which one might fit your riding style? Do you want to know more about club picnics, events or volunteer opportunities?

If you have ANY questions about the club, group rides, club events or even just where to ride, I (Jeannie West), Membership Services Director, want to hear from you! My goal is to help every member feel welcome. When you participate in the club, you will meet friendly people who like what you like - cycling!

Group rides occur almost every day of the week and are posted in the members' area of the website. The club has rides for every level of cyclist, from newbie to those who like to ride fast and long. We have several specialty rides throughout the year that benefit local nonprofits. Our biggest annual event is the fall two-day

Gainesville Cycling Festival featuring ride distances for every level of rider, as well as two century rides. Finally, our picnics are legendary for great food and Chandler Otis' burger flipping skills.

So, if you have questions about the club, want to get connected with a riding group, want to come to a picnic but don't know anybody, or need help finding a place to ride, give me a call at 352-318-9727 or send an email through the club's website at [gccfla.org](http://gccfla.org) (Contact page).





**Gainesville Cycling Club, Inc.  
Income Statement June 30, 2016**

**General Club Operations**

Revenues	12,124.95	
Expenses	11,639.25	
Surplus		485.70

**Gainesville Cycling Festival**

Revenues	38,032.00	
Expenses	30,178.44	
Surplus		7,853.56

**Brevet Series**

Revenues	905.00	
Expenses	398.98	
Surplus		506.02

**Heartbreaker**

Revenues	1,775.00	
Expenses	1,796.05	
Loss		(21.05)

**GCC Jerseys**

Revenues	3,277.31	
Expenses	3,277.31	
Surplus		0.00

**Merchandise**

Revenues	1,718.00	
Expenses	1,458.00	
Surplus		260.00

**Major Donations**

Florida Bicycle Association	2,000.00	
League of American Bicyclists	1,000.00	
Loss		(3,000.00)

**Special Event Support**

Active Streets	111.38	
Biking Thru Addiction	169.20	
Pink Pumpkin Pedal Off	815.34	
Poker Run	158.00	
Ride To Remember	406.83	
Loss		(1,660.75)

**Overall Surplus 4,423.48**

**Statement Notes**

The GCC had a good financial year in FY2016 (July 1, 2015 - June 30, 2016). We elected to run an overall surplus for the fiscal year to increase our Accumulated Surplus to \$31,851.97. Since we run an event that generates over \$38k of revenue, we want to have sufficient assets to survive in the case of a circumstance that causes cancellation of the Festival.

The biggest impact on our bottom line is how well we do at the Gainesville Cycling Festival. Our current pricing is in line with other similar events, but I don't believe we have any headroom to go higher right now. As a lot of our Festival expenses are fixed, increasing participation adds a lot to the bottom line.



The Saddle Tramps are an spin-off of the Pedalers, (no pun intended), riding between 12 and 15 miles per hour, emphasizing longer routes between 25 and 50 miles in length. This group will include hill work and preparation for longer rides such as the Ride to Remember, MS-150 and the GCC cycling weekend rides of 50 plus miles. These longer rides can also be preparation for bicycle touring, including information on getting started touring, optimal gear, bicycle friendly routes, and other resources.

We are a friendly, no-drop group, who welcome Newbies, who like to visit natural settings, enjoy being outdoors on bikes, who usually ride low traffic roads, and occasionally stop and take pictures.

*This is from one of our regular riders:*

## Why I love the Saddle Tramps . . . Let me Count the Ways!

1. We bike east and west and north and south. We have regular rides of course, but there is a lot of diversity in where we ride and where we start. As a relative newcomer to Gainesville, the Saddle Tramps played an important role in me getting to know the backroads of our region
2. It's an easy pace. I think of the Saddle Tramps as a good workout on my bike, but also a social ride . . . we often stop at a park or for coffee, which gives us a change to actually get to know the people we ride with.
3. And, you can go as slow or fast as you want. Although the speed is 12 - 15 average, there are occasionally break away groups who decide to ride a few miles at 16 - 18. We leave no one behind, stopping at key turns to wait for "laggards" to catch up. Sometimes we break into faster and slower groups.
4. For this reason, this is a great group to ride with as a beginner on the road. The Saddle Tramps are a good move from the Trail to the road, especially once you've ridden the

Trail over and over again in your early days of riding.

5. Mileage varies . . short and sweet and shady in the summer. Longer and hillier as we head into Horse Farm Hundred, or San Antonio metric century training.

6. Touring . . . This is a great way to be introduced to touring.

## April Tour

Last spring, the Saddle Tramps organized/sponsored a 4 day, completely self-supported tour. Folks new to touring got an equipment review from those more experienced. There was a "shakedown" overnight at Payne's Prairie to work out the bugs of any new gear and the logistics of touring and camping.

The April ride was awesome. Four days, four parks, 195 miles. We had adventures galore, and NO bike breakdowns. In no particular order, the highlights of the trip included . .

(a.) Ice cream for dinner at Myakka River State Park--fuel of champions!

(b.) Raccoon encounters at the same park later that night--a handlebar bag stolen by the critters off the picnic table, contents strewn throughout the woods, as they played handball with our sunglasses (not food), electrolytes (maybe food, better rip the bag open), toilet paper (not food) and Chinese herbs for sleep (yup, food . . but UGHHH, very bitter, discard that too!) . . They ran through our camp and screeched at us from a distance

(c.) When asked where should we put our food to prevent another nighttime attack, **helpful** park rangers replied . . "In the trunk of your car" . . We are on

bikes . . "Oh....well, put the food **back** in your car" . . No, we arrived here on bikes; "What? No car? . . . Oh." Our solution was to stow our food in the bathrooms.

(d.) Seventy-two-that's right, 72 miles on day 2, the last 40 miles of which had NO source of relief . . NO water, NO gas stations, NO convenience stores and never ending sun, plus 2½ miles of washboard dirt road at the end!

(e.) On arrival, generous, helpful campers at Highland Hammock brought us ICE, even before we had set up camp

(f.) We learn how to transport COLD BEER to camp . . first empty a panier . . second, fill with ice . . finally, top with Coke and Beer. Who says we aren't inventive?

(g.) Our last night at camp when we were too tired to ride to dinner, everyone emptied food bags in the middle of the table . .Voila, instant buffet! No one went hungry and interesting combos were created.

(h.) Burritos for breakfast at the place where the "locals" ate. Gastro distress, anyone?

(i.) Food deserts on some parts of our route reminded us to carry emergency food--always.

(j.) Wood Storks, Herons, Roseate Spoonbills, Caracaras, orange groves, huge trucks filled with oranges, farmland, nurseries, and lots and lots of COWS.

(k.) Last but not least, deepened friendships and appreciation for intrepid cycling partners, miles on the bike, and a truly unforgettable experience.

The self-SAG'd Saddle Tramp camping tours are not for the faint of heart, but for those looking for a challenge, they can't be beat. Panhandle . . . here we come! Unfortunately, our November Panhandle tour is full at the moment.





# Support your Local PINK!



Charity bike ride supporting treatment-resistant breast cancer research

**Saturday, October 1st, 8:30 am**

UF Cancer & Genetics Research Complex  
The University of Florida  
(Archer Rd at Gale Lemerand)

Register or Donate at:

**[Pinkpumpkinpedaloff.org](http://Pinkpumpkinpedaloff.org) or Call (352) 262-0310**

Choice of 3 tour routes: **22-, 40- or 62.5-miles**

Post-ride lunch provided by Chuy's Tex Mex!

**Raise \$500 for the cause and win a free custom cycling kit!**

**\$250 Fundraisers** are eligible for a VIP dinner!

*Power of 2* \*Power of 2, Inc. is a registered 501(c)3 organization

## Florida Bicycle Best Practices Workshop

**November 19, 2016**  
2:00-5:00pm

Clermont City Center  
Meeting Room E  
620 W. Montrose Street  
Clermont FL

Presented by [Florida Bicycle Association](http://Florida Bicycle Association) in conjunction with the [Florida Freewheelers 37th Annual Horrible Hundred](http://Florida Freewheelers 37th Annual Horrible Hundred).

This workshop is open to anyone who wishes to learn or share ideas with other bicycle enthusiasts to be part of the solution for Florida bicycling concerns. The workshop is FREE and those who register in advance will be eligible for a complimentary entry to the Horrible Hundred on November 20.

This event is FREE however [registration](#) is required.

For more information on any of these events, please contact Becky Afonso at [becky@floridabicycle.org](mailto:becky@floridabicycle.org) and feel free to share this Save the Date with other enthusiasts.





# Saddle Tramps Celebrate Five Years



**GCC's** Hokey Pokey group rides are for everyone. We go as slowly as necessary and never leave anyone behind. Our goal is to have fun, be safe and visit interesting sites along the way. Families are welcome, children under age 16 must have an adult guardian.

Our group captain always rides last to make sure no one is left behind and carries tools to fix any mechanical problems during the ride. We generally ride between 12 and 25 mile routes'

We try to ride on bike trails such as the Gainesville Hawthorne Trail (No cars) one week, and on quiet country roads the next week. On the road rides, we will visit sites such as the Zebra Farm, throughbred horse farms, the River Styx, the villages of Evinston and Micanopy, the Nettles Sausage Factory and a number of interesting cemeteries.

The Pokies will visit bike trails in our region such as the Nature Coast Trail, the Archer Trail, the Withlacoochee Trail, the Keystone Trail and the Baldwin Trail. All these trails are No Cars!

If you have any particular ride or destination along a ride that you would like to see, please e-mail Chandler at [chanbike@aol.com](mailto:chanbike@aol.com) and we will schedule that ride.

If you come on a Hokey Pokey ride, you may want to have a bike shop give your bike a safety check and check the air pressure in your tires. You should purchase a spare inner tube to carry in case you have a flat tire on a ride.

Our group motto: ***Why Hokey Pokey rides? Cause that's what it's all about!***

**Now we know where those green arrows come from!**



## BUSINESS SPONSORS

These businesses provide discounts to club members who present their yellow membership card:

Bike Works	10%	225-3585	2300 SW 34 <sup>th</sup> St	<a href="http://gobikeworks.com">http://gobikeworks.com</a>
Bikes & More	15%	373-6574	2113 NW 6 <sup>th</sup> Street	<a href="http://www.bikesandmoregainesville.com">www.bikesandmoregainesville.com</a>
Chain Reaction	10%	373-4052	1630 West University Avenue	<a href="http://www.chainreactionbikes.com">www.chainreactionbikes.com</a>
Coach K Fitness	20%	246-5514	519 NW 10th Ave Suite B	<a href="http://coachkfitness.net/">http://coachkfitness.net/</a>
G-DO REDO (plumbing)	10%	494-2695	8630 NW 35th Rd	<a href="http://plumbinggainesville.com/">http://plumbinggainesville.com/</a>
Gainesville Cycle	10%	374-2064	919 W University Ave	<a href="http://www.schwinnshop.com">www.schwinnshop.com</a>
Gainesville Eye	15%	333-1186	12921 SW 1 Road, Ste. 107	<a href="http://www.eyecare4all.com">http://www.eyecare4all.com</a>
Gator Cycle	10%	373-3962	3321 SW Archer Road	<a href="http://gatorcycle.com/">http://gatorcycle.com/</a>
Goodbike	10%	792-6600	425 NW 13 <sup>th</sup> Street	<a href="http://goodbikeshop.com/">http://goodbikeshop.com/</a>
Pedalers Pub & Grille	10%	353-8712	(Exotic cycling tours)	<a href="http://www.pedalerspubandgrille.com/?club=GCC&amp;prct=15">http://www.pedalerspubandgrille.com/?club=GCC&amp;prct=15</a>
Specialty Machining	10%	472-5130	25430 NW 8th Lane Suite 100	<a href="http://www.specialtymachining.net">http://www.specialtymachining.net</a>
Super Cool Bike Shop	15%	371-2453	3460 W University Ave	<a href="http://www.supercoolbikeshop.com">www.supercoolbikeshop.com</a>
VO2Max Tours L.L.C.	10%	(352)358-7150		<a href="http://www.vo2maxtours.com/">http://www.vo2maxtours.com/</a>

***Some restrictions apply, ask for details at the stores.***





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