

Club Happenings

December 3 (Fri) Decorating Party

Help decorate the Merkner's for the Holiday Party, 5 pm, directions next item. The club will have food and sodas at dinner time.

December 11 (Sat) Holiday Party

See full details on page 4. Pot luck dinner at the Merkner's, 6 to 10 pm. The club will provide a couple of **turkeys!** 2401 NW 27th Lane. From Glen Springs Road (NW 23rd Blvd between NW 13th St and NW 34th St) take either 23rd Terr or 24th Terr south to 27th Lane.

December 26 (Sun) Bike Memorial Cleanup

9 am. See page 4 for details.

January 1 (Sat) New Year's Day Ride 10 AM

Meet at the NW Chevron, note the later starting time to allow more time for recovery from a late night.

January 8 (Sat) Tour de Felasco

Fifty mile off-road event (shorter options available). This ride has reached it's 300 rider registration limit. See page 3 for more details.

January 15 (Sat) Oleno Chilly Chili Picnic and Rides

Is this event more about eating or riding? You'll just have to come out and see. See page 5 for details.

January 29 (Sat) 200 Kilometer Brevet

See the GCC web site for full details and registration forms.

March 6 (Sun) GCC Annual Meeting and Gala Brunch

Put this on your calendar. Brunch at the Hilton. Details next newsletter.

Gorgeous Weather, Good Turnout for Gainesville Cycling Festival

The hurricanes took a small toll in registrants this year, but we still had a near record 633 persons sign up for the Festival. 583 of those actually got on a bike and rode, 23 did not show up (???), and 27 were volunteers who preferred to help others ride for this particular weekend.

252 signed up for the Santa Fe, 160 for the full century. 454 signed up for the Horse Farm, with 315 of those doing the Hundred, and 101 starting in Flemington. We gave out a record 76 volunteer t-shirts this year!



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GCC Web Page

gainesvillecyclingclub.org
gainesvillecc.org
gccfla.org

President's Letter



Dear Friends:

The 2004 Gainesville Cycling Festival was another resounding success for GCC, and the delay in the timing occasioned by the UF home-game schedule turned out to be a blessing in disguise, because it gave us time to recover from Frances and Jeanne, and it brought us the very best in Florida weather. If we had held the event on the traditional weekend, much of both routes would have been either underwater or impassable due to fallen limbs and trees. As it was, most of both routes were in fine shape, although we had to re-route part of the Horse Farm due to persistent flooding.

And there was still storm debris to contend with in a few places. We are grateful to Carl and Jan Brush for leading a clean-up effort on Millhopper Road, where several long stretches had so much rubbish in the bike lane as to force riders out into the fast lane. That is legal of course (if you do it single-file, according to Florida Statute 316), but with the big groups typical of the early part of any ride, there were safety concerns. The Brushes, with a little other help, did a grand job of clearing up the bike lane by the application of a lot of hard, sweaty work. We all owe them a big vote of thanks.

And about that weather: We could not have ordered better weather if we had tried. Clear blue skies, balmy temperatures, and a bothersome wind only part of the time.

We received many emails thanking GCC for putting on an enjoyable event. It seems we do organize rides that people like, and provide them with rest stops chock full of the goodies they want. They ate so many peanut butter and jelly sandwich we had to send out for a ton of extra bread. By my observation, everyone was having a good time.

We can probably thank hurricane fatigue for the fact that we didn't set a new record, but the ridership in the Horse Farm was only a few riders less than last year's all-time record entry.

My thanks to all the many volunteers who worked so hard to pull this event together, particularly Roger Pierce, who was doing at least three jobs. We had lots of willing workers this year, but we were really short of crew chiefs. Next year we need more Chiefs, while keeping the same number of Indians.

Cheers,

George H. Edwards



Off Road



GAINESVILLE CYCLING CLUB

ELECTION OF BOARD AND OFFICERS FOR 2005

by Leslie Folkerth

Well, if you haven't heard already, the Tour de Felasco, sponsored by the Friends of San Felasco CSO, is full! We've reached our 300 rider limit, so are now in the final preparations for the ride on January 8. For those of you who registered, I hope we can provide warmer weather this year! We are planning a lunchtime bonfire, so maybe that will guarantee the temperature will be 80 degrees!



Thanks also to all our sponsors who are making this possible: Villin Cycle Works, Bike Route, Chain Reaction, Gainesville Sports and Organizing Committee, Gator Cycle, Harvest Thyme, Mr. Goodbike, Spin Cycle, Busby Cabinets, and SunState Credit Union. And it goes without saying that we couldn't do it without the support of the GCC, from the many volunteers who help us as well as use of tables, coolers, and other equipment.



I look forward to seeing many of you on January 8 for the Tour! In the meantime, we're still having our regular Sunday rides, 9 am, out at San Felasco. Everyone is welcome, and rides are for all levels and abilities. The bike trails are in good shape, despite the hurricanes (again, thanks to our many volunteers who helped and continue to help with ongoing workdays), so come on out and ride!

Thanks, and see ya on the trails!

Leslie

The end of the year is approaching, and with it the election of Officers and Directors for the coming year. Every member is invited to run for any office they wish. Please send your nomination to George Edwards (gedwards@atlantic.net), along with a brief résumé and a statement of why you want to do that particular job. We will vote on all nominations at the January Board of Directors meeting, as stipulated in the By-Laws.

We hold our Board meetings at the homes of individual Directors, so one of the requirements of Board membership (besides the obvious one of coming to Board meetings) is to serve dinner to the entire Board once a year or so. The rest of the year you get to sample the cuisine of the other Directors. The Club subsidizes the cost of these meals up to \$50, which helps a lot.

We have the following positions open:

Ride Leader Coordinator - Ensures that Group Captains are appointed to cover riding groups for a wide range of group riding styles, speeds, and distances. Assists the Group Captains in finding ride leaders and scheduling rides. Loosely coordinates the activities of the various riding groups.

Equipment Coordinator - Keeps track of the club equipment. Maintains the rest stop kits, replacing lost items and used up supplies after each use. Maintains the picnic supplies, bringing them to each club picnic.

The club wishes to express its thanks to outgoing board members Bud Jones and George Hecht. Due to other life commitments, they are no longer able to continue board service, but plan to remain active in Gainesville cycling.

Bike Memorial Cleanup on December 26 to Remember Our Friends

December 26 is the eighth anniversary of the tragic accident in which a pick-up truck hit six GCC riders. Two riders, Margaret Raynal and Doug Hill, were killed and the other four were seriously injured.

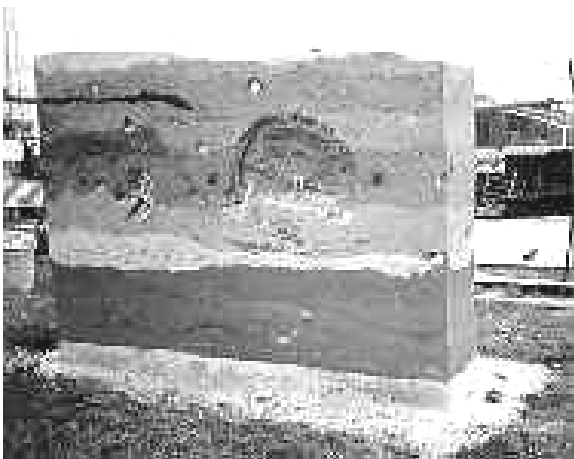
The Bike Memorial, just south of downtown Gainesville on Depot Road, is in memory of our friends. The six sculptures, representing the six cyclists, contain the actual bicycles they were riding at the time of the crash.

To remember our friends, there will be a clean-up of the Memorial on Saturday, December 26 starting at 9 a.m. Bring gloves, pic-sticks, rakes and if you are ambitious, a lawn mower. Chandler will be there with tools and refreshments, so just show up and spend an hour picking up litter or raking leaves. Following the clean-up, we will find some local establishment to get snacks and tell stories.

Ride leaders may want to route their rides past the Memorial and pause for a moment of silence. You could even start your ride from the Memorial.

The Bike Memorial is on Depot Road and SE 3rd Street, just east of South Main Street.

If you have questions, please E-mail me, Chandler Otis at Chanbike@aol.com, or call (352)256-7932.



Christmas Bike Fix-up Gives Bikes to Needy Children

For more than 15 years the GCC has helped the Gainesville police Department and the Florida Department of Corrections with the final touches on bikes given to kids at Christmas. Each year the Gainesville Police give 60-70 bikes to kids in need.

If you recall the excellent police protection we receive during the Gainesville Cycling Festival, that is the result of GCC's efforts with the Christmas bike fix-up.

Bikes Needed

This year, for logistical reasons, the bikes will be picked up at the prison by the Police, so GCC members won't have an opportunity to fix bikes, but we can still help.

We need bikes, especially kid's bikes. If you have a bike to donate, let Chandler know and he will come pick it up, or take it to Bikes and More on NW 6th Street, with a tag on it "for Christmas Bikes."

Another donation idea, purchase a bike at a yard sale or a thrift store for the Christmas Bike program. Goodwill always has a bunch of children's bikes for \$2-5.

If you have questions or bikes to donate, please E-mail me, Chandler Otis at Chanbike@aol.com, or call (352)256-7932.



January Picnic Features the Famous "Chilly Chili" Contest

GCC will have its world famous "Chilly Chili" picnic on Saturday, January 15 at Oleno State Park. Bike rides start at 9 a.m., food starts about noon.



The picnic features a Chili Cookoff, and everyone is invited to bring their best chili.

For those who don't like spicy chili, The Club will provide the famous "Fowl Flesh Chili", a mild chili made with ground turkey, guaranteed to offend no one. On the other end of the spectrum, we expect the return of George Edwards' mouth watering "Five Alarm Chili" with its accompanying antidote.



All chilis are welcome, including vegetarian recipes, hot or mild chilis and other variations. Prizes and praise will be awarded to the best chili's including vegetarian chili, mammal flesh (cow, swine, squirrel)



chili, and fowl flesh (chicken, turkey, ostrich) chili. Insect and seafood based chilis are also welcome.

The Club will provide soft drinks and a big pot of rice to accompany the chili. All picnic participants are asked to bring either a chili or a side dish, such as a salad or



desert.

Bike rides will include both road rides and off-road rides. Road ride leaders may want to organize road rides for the Oleno area. the top half of the Santa Fe Century route is near Oleno.



Oleno has 13 miles of gentle off-road trails, including the historic Bellamy Road, Florida's first Federal road built in 1826. Chandler will lead a history ride to the Bellamy Road, which will include the Old Spanish Trace and Wire Road, which have been in use for more than 300 years.

Directions to Oleno State Park: Oleno is 35 miles north of Gainesville on US 441. Take US 441 north through Alachua and High springs. Oleno is eight miles

north of High springs on US 441. Riders and picnickers should meet at the picnic area in Oleno, which is next to the Santa Fe River.



Photos by Craig Lee and Rob Wilt



HEROS

Many club members worked to make the Gainesville Cycling Festival a tremendous success this year. A few stood out as true “Heros” of the Festival. Here are some of their stories:

Steve Grosteffon is a quiet-spoken math professor, and a tireless supporter of the Gainesville Cycling Festival. He started off by taking on the most difficult job at the Packet Stuffing Party, putting all of the packets into boxes. He worked a full Registrar schedule, starting with early registration on Friday evening at Saturn, Saturday morning at the Boys Club, and Sunday morning at Morningside. In between, he helped load trucks Saturday evening at Club HQ, and unload trucks on Sunday evening. All of that was a full weekend, but he was also one of the first finishers of the Horse Farm Hundred, riding non-stop in four hours thirty nine minutes!



Jan and Carl Brush arrived back in town after summering in Iowa just in time for us to put them to work. They inventoried and arranged all of the rest stop equipment and supplies so that we knew what we needed to purchase, and then the Friday before the event they set up everything so that the trucks could be loaded (a massive job!). And in between riding in both events, they put up directional signs for the Horse Farm Hundred.



Lee Edwards, the Festival Registrar, spent many hours before and after the event putting all of the registration information into the computer. In addition, she helped get the communications list together, helped at the Packet Stuffing Party, and conducted Registration on Friday, Saturday, and Sunday.



Though stepping back this year from Course Marshal duties, George Edwards still put in plenty of hours, painting the Santa Fe Century course, working Packet Stuffing, and driving SAG for both events.



When we needed a Course Marshal for the Horse Farm Hundred, Dave Burr stepped up to the plate. He got into the green paint helping to mark the Horse Farm course, and did an outstanding job getting his people lined up to do their SAG assignments.



Chandler Otis jumped back into the big picture this year as the Course Marshal for the Santa Fe Century. He started by writing a gazillion letters to police departments in several counties, rest stop hosts, and emergency medical outfits to get people notified and lined up to give us support. Despite having out-of-town work commitments, he was able to help paint both the Santa Fe and Horse Farm routes. And then after a stint at the Packet Stuffing Party, he carried out the Santa Fe Course Marshal duties.



Our Engineering Crew of Bud Jones and John Parker constructed new water distribution units, registration signs, and a registration box that improved our efficiency this year.



Diann Dimitri had the unenviable task of living with the Gainesville Cycling Festival Director. This meant eating and breathing Festival for the better part of two months. She did a lot of work cleaning up and staging equipment, assisted in the main shopping trip to Sam’s Club (imagine \$850 worth of snacks and drinks!), helped host the SAG meeting, Packet Stuffing Party, Friday loading, Saturday loading, and Sunday unloading. She made six gallons of coffee, one automatic drip pot at a time. And she drove the truck to Flemington and spent Sunday handing out cookies and hot dogs. Somehow, Diann also managed to ride the Millhopper Ramble!



We also want to give special thanks to our Rest Stop Supervisors and Crew Chiefs: Linda Crabtree, Ralph Giro, Lee Ross, Carol Glavin, Andrew Gill, John Parker, Gary Greenberg, and Mark Schweder.

Gainesville Cycling Festival Volunteers

Many thanks to the record number of volunteers that made the Festival a success this year!

Course Marshals

Santa Fe Century: Chandler Otis
Horse Farm Hundred: Dave Burr

SAG Drivers

Joy Mains
George Edwards
Jim Merkner
Gwen Creel/Neal Adams
Matt Harris
Bob Newman
Greg Wilson
Dave Burr
Bob Howland
Marty Tod
Danny Muehlschlegel
Chandler Otis
George McKenzie
Mary Lou Merkner

Painting Crew

George Edwards
Dave Burr
Chandler Otis

Signing Crews

Barb Bergin
Andrew Gill
George Edwards
Thomas Idoyaga
Carl Brush
Jan Brush

Pace Vehicles

George Hecht, driver
Rob Wilt, navigator
Jim Wilson, driver

Set Up, Load, and Clean Up

Carl and Jan Brush
Bob Newman
Ralph Giro
Lee Ross

Wendy Leavens
Diann Dimitri
Andrew Gill
John Parker
Gary Greenberg
Mark Schweder
Steve Grosteffon
Jennifer Stevens
Krin Cosner

Jennifer Segraves
Gary Greenberg, Crew Chief
Raven Moondance
Wendy Leavens
Lena Crabtree
John Bonds
Lisa Atkinson
Anne Noble
Mark Schweder, Crew Chief
Karelisa Hartigan
Leonard Cohen
Mosetta Cohen

Registration

Registrar: Lee Edwards
Mary Lou Merkner
Leslie Folkerth
Brian Hetz
Suzanne Newman
Richard Colbert
Jan Pfaff
JulieAnne Tabone
Steve Grosteffon
Fred Ross

Photos

Rob Wilt



Gary Greenberg, helper, and Mark Schweder

Rest Stops

Ralph Giro, Crew Chief
Ellie Grosteffon
Roger Sessler
John Stokes
Lee Ross, Supervisor
Carol Glavin, Supervisor
Lena Crabtree, Supervisor
Andrew Gill, Crew Chief
Dennis Guttman
Jennifer Shelamer
Jim Merkner
John Parker, Crew Chief
Diann Dimitri
Bud Jones
Clare Jones
Gloria Agosto
Dawn McKenzie
Savannah McKenzie
Gary Segraves



Dennis Guttman & Andrew Gill

Congratulations, Twin Centurians!

The following persons registered for both the Santa Fe Century and the Horse Farm Hundred (full centuries).

| | |
|-------------------------|-----------------------|
| Albrecht, Eric | Keystone Hgts, FL |
| Albrecht, Sherry | Tarpon Springs, FL |
| Allen, Ken | Spring Hill, FL |
| Ashbaugh, James | Clearwater, FL |
| Bargnesi, Thomas | Oviedo, FL |
| Becchetti, Joseph | Palm Harbor, FL |
| Beeckler, Sharon | Ponte Vedra, FL |
| Bennett, Arnold J. | Orlando, FL |
| Bennett, Linda | Orlando, FL |
| Blixt, Lisa | Tampa, FL |
| Bone, Ellen | Orlando, FL |
| Browne, Kevin | Titusville, FL |
| Bussey, Bruce | Clearwater, FL |
| Cabrera, Len | Gainesville, FL |
| Caldwell, Andrew | Titusville, FL |
| Copp, Jay M. | Seminole, FL |
| Crawford, Michael | Dunedin, FL |
| Dagen, Ben | Gainesville, FL |
| Danielson, Barbara | Oldsmar, FL |
| Danielson, Kevin | Oldsmar, FL |
| Davis, Nancy | Gainesville, FL |
| DeVries, Judith | Ponte Vedra, FL |
| Delie, Jeff | Palm Harbor, FL |
| Delie, Mary | Palm Harbor, FL |
| Detzner, Bill | Miami, FL |
| Doherty, Sean | Longwood, FL |
| DuPuis, Linda | Tampa, FL |
| Dunn, John | Tallahassee, FL |
| Emerick, Jack | Winter Haven, FL |
| Floyd, Jeremy | Tallahassee, FL |
| Folkerth, Doug | Gainesville, FL |
| Freyman, Mark | Jacksonville, FL |
| Fry, Charlie | Ponte Vedra, FL |
| Gies, Larry | Orlando, FL |
| Gonzalez, Art | Jacksonville, FL |
| Gabiak, Larry | Fort Myers, FL |
| Gross, Rachel | Tallahassee, FL |
| Grosteffon, Steve | Alachua, FL |
| Grussemeyer, Michael E. | Cape Coral, FL |
| Hannigan, Michael J. | Jacksonville, FL |
| Hart, John | Greenwood Village, CO |

| | |
|-----------------------|-----------------------|
| Hudspith, Theodore O. | Winter Park, FL |
| Jacobson, Elliott | Gainesville, FL |
| Johnson, Robert | Ponte Vedra Beach, FL |
| Keech, Steven | Dunedin, FL |
| Kostenbauder, Mary | Orlando, FL |
| Lachnicht, Daryl | Gainesville, FL |
| Laurenzano, Katherine | Newberry, FL |
| Leavitt, Zachary | Longwood, FL |
| Lenihan, Eugene | Dover, FL |
| Martinez, Carmen | Ponte Vedra, FL |
| Maso, Maurizo J. | Winter Park, FL |
| McGee, Charlie | Gainesville, FL |
| McNeal, Barbara | Havana, FL |
| Muddle, William | Cpe Canaveral, FL |
| Munnis, James | Titusville, FL |
| O'Mahoney, Jayson | Gainesville, FL |
| Omer, Richard | Gainesville, FL |
| Orthoefer, Joe | Tampa, FL |
| Orthoefer, John C. | Gainesville, FL |
| Ossa, James | Gainesville, FL |
| Pfaff, Scott | Alachua, FL |
| Powe, Joshua | Gainesville, FL |
| Price, Alex | Mc Intosh, FL |
| Ross, Frederick | Gainesville, FL |
| Rushing, Larry | Mims, FL |
| Saranko, John | Plant City, FL |
| Schmelz, Eric | Gainesville, FL |
| Scott, Rhonda | St Petersburg, FL |
| Solley, Tom | Wilmington, NC |
| Steene, Erik | Gainesville, FL |
| Stevens, Danny | Dunnellon, FL |
| Stevens, Jennifer | Gainesville, FL |
| Stevens, Robert | Dunnellon, FL |
| Tabor, Christine | Clearwater, FL |
| VanNostrand, Candice | Fort Myers, FL |
| Waters, David | Crawfordville, FL |
| Wells, Tom. | Gainesville, FL |
| Woods, Jerry | DeLand, FL |





Horse Farm Hundred on University Avenue



Team VetMed raised over \$26,000 for scholarships



Registration at Morningside



Trail Stop volunteers Leonard and Moseeta Cohen



Serving up the food at Flemington



Chowing down at Flemington

Festival Photos by Rob Wilt



Parking at Flemington



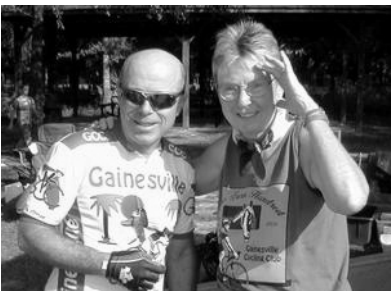
McKenzie Family volunteers



Flemington Registrar Mary Lou Merkner



Course Marshal Dave Burr



Festival Director Roger Pierce and wife Diann Dimitri



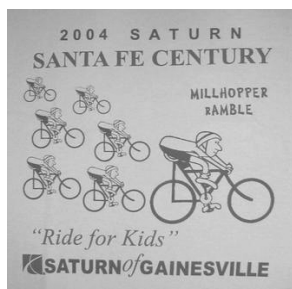
Crowded Trail Rest Stop



Clare's curtains



Horse Farm Hundred T-shirt by Jeff Dofing



Santa Fe T-shirt by Roger Pierce



Santa Fe Century rolls out behind Saturn Vue pace car



Next Generation

Holiday Party Activities

Eating

The club will provide a couple of turkeys. Bring side dishes to complement the birds.

Food Contest

When you arrive you will be given a food label and a food ballot. The label will have a number on it. Write your name and a



description of your dish on the label and make sure that it is placed so that everyone can tell that it goes with your dish. When you decide to vote for a dish as “best”, write the number that is on it’s label on your ballot, and place it in the ballot box. Prizes will be awarded for best dish and best desert.

What Am I?

When you arrive at the Holiday Party, be sure and put your name on a name tag and stick it on your chest; with nearly 500 club members, there’s bound to be someone who doesn’t quite remember your name! While you are doing this, the greeter will place another name tag on your back with what you will be for the evening. It is your task to determine what you are. Now, of course, every one else will know, since they can see your back. But no one is allowed to actually tell you what you are. But they can answer questions that you pose to them about what you are. A sample dialog (for an easy one) follows:

Can I move? NO
Am I man-made? NO
Do I grow? YES
Do I have leaves? YES
Am I a grass? NO
Am I a flower? NO
Am I a tree? YES
Am I an oak? YES

Costume Contest

We may award a prize to



someone who wears a particularly interesting costume. The decision of the judges will be final!

Competitive Gift Exchange

Everyone coming to the party should bring a wrapped gift. Select something that you think may be sufficiently desirable that people might want to fight over it. But you do not need to spend a huge amount of money; a box of ten power bars might do the trick if you cannot come up with something more original!



All of the gifts go under the tree. We will then call an item for the evening (see What Am I?) and the person who is that item will select a gift from under the tree and open it (quickly). Subsequent persons called will have a choice: select a gift from under the tree or take one that someone else already has. If your gift is taken, you have the choice of selecting one from under the tree, or taking one someone else has (you cannot take back the one you just lost).

You are limited to three “takes” during the evening; after that, if you are the victim, you must select a gift from under the tree. The game ends when the last person selects a gift from under the tree.



Bicycle Lighting for the Long Distance Cyclist

by Jim Wilson

Introduction

One concern that must be faced by the randonneur is riding at night. To the uninitiated, such an activity seems more than a little insane. But riding with a randonneur on her well-equipped machine will calm your fears a little. If cycling at night is more dangerous, it's not because you can't be seen. And, the perceived risk of encountering an impaired driver at 2 AM is offset somewhat by the common experience of riding 40 miles *without seeing anyone else on the road*.

To make night riding as safe as possible, randonneurs use a variety of strategies, the most technical of which is bicycle lighting. You may find some of these techniques useful for commuting or shorter recreational rides.

Rear Lighting

To ride safely at night, you should choose your tail light system carefully and install it properly. Fortunately, red light-emitting diode (LED) technology is quite advanced, and there are numerous off-the-shelf solutions from Cateye, Vistalite, NiteRider and others.

Typically these lights mount to your seat post, seat stay or rear rack and are powered by two AA or AAA cells. Expect the AA-powered lights to run twice as long as ones using the smaller cells.

These lights get dangerously dim toward the end of their advertised run times. If you use an AAA-powered light claiming a 30-hour run time, be prepared to replace the alkaline batteries after each night of riding. In contrast, you can nurse an AA-powered light through all four nights of a 1200 km ride by replacing its alkaline batteries with LiFeS cells meant for digital cameras. (These long-lasting cells aren't made in the smaller AAA

size.)

The minimum system I've used is the Vistalite *Nebula 5*. Properly aimed, it's adequately bright. If you have two, one can blink, the second can run continuously, and each will serve as a backup for the other. The *Nebula 5* uses two AA cells. Vistalite's *Total Eclipse* is essentially the same light powered by smaller AAA cells.

Cateye's *LD600* is slightly brighter, but you're condemned to using AAAs. Cateye have recently introduced the AA-powered *LD1000* to rave reviews (see <http://topica.com/lists/bikecurrent/>), but it may not be available in the United States in time for the 2005 rides.



Clockwise from bottom: LD600, NiteRider, LD1000

The ultimate commercial tail light is made by NiteRider, but it requires an external battery pack. Its 15 LEDs command a driver's attention, even in the daytime. If you use a NiteRider headlight, it is certainly worth considering. It is very bright.

No matter what tail light you choose, it's critically important to aim it correctly. LED tail lights achieve most of their brightness by focusing their output into a very narrow beam. Mount your tail lights rigidly to your frame or rack, and aim them so their beam is exactly horizontal and exactly behind you.

Test your installation by shining your tail lights onto a wall or the garage door. The brightest spot should be at the level of the light and directly behind your

bike. You want to be obvious to the driver of an overtaking vehicle a mile behind you.

Don't aim the beam sideways for the benefit of a car 20 yards behind you passing on your left. If the driver hasn't seen you by then, it's too late anyway. Don't aim it upwards either, even if a poorly designed seatstay mount seems to demand it. You have little to fear from overflying aircraft.

Don't depend on a light clipped to your bag or jersey. It won't stay aimed properly. Finally, check that your other paraphernalia (seat bag, rack bag, panniers, etc.) don't block your light. The brightest tail light in the world doesn't do much good shining on the front of your brand new rack bag.

Reflective Gear

To augment active lighting, passive (reflective) gear helps drivers identify you. The brighter you appear, the more room they're likely to give you. Reflective gear is what you use for the car 20 yards behind you and passing on your left.

A *Sam Browne belt* has two straps: one goes around your waist; the other over your shoulder. Reflective versions of this belt are preferred by European riders, but they are hard to find in the US. They are light and roll up into a very small package.

A suitable replacement is the cyclist's reflective vest -- a lightweight version of the garment worn by road workers. Your local bike shop should have these or be able to order them for you.

Reflective ankle bands that fasten with velcro can be quite effective. Their reciprocal motion helps identify you as a cyclist. Finally, you can buy reflective tape or fabric at your local auto parts store and use it liberally to festoon your bike, your clothing, your hydration pack, your helmet, etc.

TO BE CONTINUED IN THE FEBRUARY 2005
ISSUE OF **The Gainesville Cyclist**

Are you a newcomer to road cycling?

Returning to the sport after years away?

Loving riding and wanting to turn a friend or spouse onto it, too?

Roadbikerider.com offers an essential new book for entry-level riders, *The League Guide to Safe and Enjoyable Cycling*.

It's from the League of American Bicyclists, the national advocacy organization for cycling.

This \$14.95 paperback is LAB's successful attempt to provide start-right advice on topics all new cyclists need to know. Included are choosing a bike, shifting and braking, riding in traffic, improving fitness, basic bike care, and much more. All with a glossary that demystifies the lingo.

Ten experts have contributed information, making *The League Guide* a well-rounded primer. To give you a taste, we're printing an excerpt below on a key riding skill. To read another passage, see the table of contents and place an order for Priority Mail shipment within 24 hours, go to www.roadbikerider.com/lg_page.htm

From chapter 4, "Bicycle Handling Skills and Maneuvers"

Instant Turn

This emergency maneuver can help steer you out of harm's way if there is insufficient time and space to stop.

In the event of a near-collision with a car that turns into your path of travel, you may need to make an instant turn.

Preparing to make a normal turn would take too long, so you need to initiate the turn with a counter-steering movement by first turning your handlebar quickly in the opposite direction of the turn, then quickly turning it back in the direction of your turn.

The counter-steer movement forces your bike to lean quickly toward the desired turn and sets you up to make the turn rapidly. Turning your handlebar back into the turn allows you to make a sharper, straighter turn.

Steering toward the hazard will feel counter intuitive and require practice to master. It is important that you work on this skill because it could prevent a serious crash.

This and other skills are taught as part of the Bike Ed program of the League of American Bicyclists. Visit www.bikeleague.org to contact a League Cycling Instructor in your area to take a course.



Florida

Bicycle Touring Calendar

(VERY ABRIDGED)

See the complete calendar on the World Wide Web at <http://www.floridabicycle.org/fbtc/>



BREVETS

North - Gainesville FL, Jim Wilson, (352)373-0023
South - Clermont FL, Michael Grussemeyer, (239)549-7459
West - Bonifay FL, Joe Arnold, (850)622-1165

January 1 (Sat) **Brevet Series West: 200 km**
 January 8 (Sat) **Brevet Series South: 200 km**
 January 29 (Sat) **Brevet Series North: 200 km**
 January 29 (Sat) **Brevet Series West: 200 km**
 February 5 (Sat) **Brevet Series South: 300km**
 February 19 (Sat) **Brevet Series West: 200/300 km**
 February 26 (Sat) **Brevet Series North: 300 km**
 March 5-6 **Brevet Series South: 400km**
 March 19-20 **Brevet Series North: 400 km**
 March 19-20 **Brevet Series West: 300/400 km**
 March 26 (Sat) **Brevet Series North: Fleche**
 April 2-3 **Brevet Series South: 600 km**
 April 9-10 **Brevet Series North: 600 km**
 April 16-17 **Brevet Series West: 400/600 km**

OTHER EVENTS

December 4 (Sat) **Everyone Rides Charity Fun Ride**
Estero FL 12 hour charity fun ride.
 December 5 (Sun) **Boys & Girls Clubs of Central Florida Century**
Sanford FL CENTURY RIDE, Boys & Girls Clubs of Central Florida, P. O. Box 2987, Orlando, Florida 32802.
 December 5 (Sun) **Kid's In Distress Inlet Challenge**
Ft Lauderdale FL 100, 62, 31, 20 miles. 954-745-2521.
 December 11 (Sat) **A Bicycle Ride Through Christmas Fantasy Land**
Casselberry FL Registration and entertainment will start at 4 PM, the ride will start at 6 PM sharp. 407-599-0909.
 December 10-12 **Secret Santa Weekend**
White Springs FL Both on-road and off-road rides will be conducted each day. Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 386-397-2347.
 December 10-12 **Highlands Bicycle Festival**
Sebring FL Daily 62, 30 and 12 mile rides, plus Highlands County Century on Saturday. 561-683-2851.
 December 18 (Sat) **Century of the Month Ride Series**
Bonifay FL 40, 60, 100, and 200 miles. Joe Arnold (850)547-5196.
 January 1-2 **Tour de Reddick**
Reddick FL Sunday Road Ride (28 & 50 mile loops)
 January 8 (Sat) **Tour de Felasco**
Alachua FL Florida's Premier 50-mile Off-Road Ecotour! Full.
 January 8 (Sat) **14th Annual News-Press Tour de Cape**
Cape Coral FL 100, 62, 31 and 15 miles. Wendie Hauck (239)573-3122.
 January 15-17 **Sebring Tandem Rally**
Sebring FL Daily 62 and 31 mile rides. 561-683-2851.
 January 15-16 **Middle Georgia Mountain Bike Festival**
Jackson GA Presented by Ocmulgee Mountain Bike Association (OMBA) at Dauset Trails. (478)318-4467.
 January 24 (Sat) **IDIDARIDE**
White Springs FL Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 352-367-4512.
 February 5 (Sat) **Celebrate Florida Century**
Windermere FL 120 miles – 8:00 AM; 100 miles – 8:15 AM; 60 miles – 8:30 AM; 30 miles – 8:45 AM; 15 miles – 9:00 AM. Cathy Styles (407)788-3244.
 February 5 (Sat) **Croom 35/50 Singletrack Challenge**
Brooksville FL 35 or 50 miles of great single-track.

February 5 (Sat) (813)689-5109.
St Marys GA **Tour de Camden Metric Century**
 John Pritt (912)673-6009, Chuck Walker (912)673-7299, or Terry Landreth (912)576-9696.
 February 6 (Sun) **23rd Battle of Olustee**
Gainesville FL 120 miles, one stop, race last 40 miles. Dan Larson (352)380-9831.
 February 12-13 **Suwannee Sweetheart Cycling Weekend**
White Springs FL On Sunday, there will be rides of 27, 50, 64, and 100 miles. At 10:00 AM on Saturday, there will be a 35 or 50 mile ride. Call Jeanne at (904)264-7168 or (904)260-1126.
 February 13 (Sun) **The Great Valentine Tour**
Sanford FL 407-324-5566.
 February 19-20 **Bike Sebring 12/24 Hours**
Sebring FL This event allows competitors to ride as many miles as they can in 12 hours. Mark Andrews (863)385-3936.
 February 26 (Sat) **Biking Bleckley**
Bleckley GA 62, 50, 30, or 15 miles. 478-934-2965.
 March 5 (Sat) **Clean Air Bike Ride**
Brooksville FL Withlacoochee State Trail, 1-800-LUNG-USA or (727)347-6133 for details.
 March 6 (Sun) **7th Annual Royal Palm Classic**
Ft Myers FL Loops of 15, 30, 45 and 54 miles. Up to 114 miles.
 March 11-12 **Cycle for Success!**
Ocala FL 200 miles to Lake City. Kelly Mahaffy, (904)791-7260.
 March 12 (Sat) **Alzheimer's Family Organization 'Rally to Remember 2005'**
New Port Richey FL 25K, 40K & 100K Bicycle Tours.
 March 12 (Sat) **Azalea Festival Century**
Valdosta GA 107, 77, 48 and 36 miles. (229)259-3507.
 March 12 (Sat) **Wheels O'Fire**
Hamilton GA 100, 68, 45, 26 miles. (800)381-4381 or (706)628-4381.
 March 13 (Sun) **Florida Police Unity Tour Benefit Ride**
Dade City FL 75 and 40 Mile Courses. (352)588-2453.
 March 18-22 **Bike The Loop**
Madison FL North Florida Community College.
 March 19 (Sat) **The Southern Pride Ag Ride**
Screven GA 23, 48, 62 and 100 miles. Heather Altman at 912-427-2028.
 March 19 (Sat) **Woodland-Calhoun Century Challenge**
Anniston, AL 25, 50 and 100 miles. City of Anniston Parks and Recreation Department, PO Box 2168, Anniston AL 36202. (256)236-8221.
 March 19-25 **2005 Bike Florida: Red Hills To The Sea**
Monticello FL 50-75 miles daily. (352)376-6044.

April

2 (Sat) *Orange Park FL* **Pedal for Lupus**
 3 (Sun) *Bradenton FL* **Spring Classic**
 9-10 *Tampa FL* **MS Bike Tour - Wheels, Whales & Tails**
 10 *Plant City FL* **Strawberry Century**
 16 (Sat) *Clermont FL* **Tour de Cure**
 16-17 *Quincy FL* **TOSRV South**
 16-17 *Miami FL* **Maroone MS 150 "Breakaway to Key Largo"**
 16-21 *Live Oak FL* **Florida Bike Safari**
 17 (Sun) *Cocoa Beach FL* **Bike Across Florida**
 17 (Sun) *Cocoa Beach FL* **Halfway Across Florida**
 17 (Sun) *Jacksonville FL* **Katie Ride For Life**

"RANDONNEUR" ?... "RANDONNEUSE" ?... "RANDONNEE" ?

"BREVET" ?

by Michael E. Grussemeier

There is no direct English translation of the French term "randonnee", loosely translated, "To go on a long trip on foot or bicycle". A person who goes on a "randonnee" is called a "randonneur" (male), "randonneuse" (female), but in America we tend to lump everything together and call both sexes "Randonneur". In cycling, it means a hard-riding enthusiast who is trying to complete a long randonnée within a certain time allotment. Note that a randonnée is not a race. It is not uncommon for the last finishers to get as much applause as the first. Indeed there is much camaraderie in randonneuring. One does it to test oneself against the clock, weather, and a challenging route, but not to beat the other riders.

Randonneuring stresses self-sufficiency. Help can only be given at checkpoints or controls along the route, however randonneurs are free to buy food, supplies, or bike repairs at any stores they encounter along the route.

Once riders have successfully completed a 200-kilometer "randonnee" or "BREVET", pronounced Brev vay, they are entitled to be called a "randonneur" or "randonneuse".

Brevet in French means a "certificate" or "diploma". Randonnee's are frequently called a "Brevet", which is typically a challenging 200km, 300km, 400km, 600km, 1000km, or 1200km (kilometer) ride, each with a specific time limit. The randonneur carries a Brevet card (certificate), which is signed and stamped at each checkpoint (control) along the way to prove they have successfully completed the distance. The shortest Brevet is a 200km (125 miles) and is an entry point for those looking for a challenge greater than our standard centuries, the longest is the 1200km (720 miles plus) done in 90 hours or less with little rest or time to waste. One must qualify for the longer 1000km and 1200km rides by doing a series of four brevets, a 200km, 300km, 400km, and a 600km all within one calendar year.

Those interested in doing the brevets for

certification or awards will join RUSA, Randonneurs USA, a national organization whose goals are to promote randonneuring in the US and to provide services to randonneurs. You do not have to be a member of RUSA to participate in the brevets. Some just ride the first two or three distances to prepare for double centuries or 24 hours at Sebring. RUSA doesn't actually organize any rides, but rather coordinates the brevets of the Regional Brevet Administrators (RBAs) and clubs that sponsor them. RUSA acts as the interface between the Audax (pronounced Oh-docks) Club Parisien in France and the American riders and RBAs.

We ride at night on the longer brevets, and it is necessary to have two forms of headlights, a Primary Headlight bright enough to see the road ahead, and a Secondary smaller one used to be seen by motorists, and two taillights, one used as Primary, the other as backup. Many of you already have a headlight and taillight which would serve as secondary lights, so there would be a saved expense. The 200km brevet usually starts and finishes in daylight. If you are planning to ride the brevets do the 200km, bring what lighting you have, and come see the lighting systems of the seasoned riders before purchasing lights for the next brevet. All other distances require lighting. All bikes and lights are inspected the evening before the event.

*All information in this article is taken from the RUSA Handbook Frequently Asked Questions section and has been reorganized, paraphrased, and embellished by Michael E. Grussemeier, RBA South Central Florida.

My name is Michael E. Grussemeier, and I am a member of the club. I live in Cape Coral, Florida. I am a member of ten Florida bicycle clubs plus, FBA, The League and RUSA. I am a long distance rider called a Randonneur and participate in most of the century rides in Florida and Brevets (rides from 200km to 600km...125 miles to 375 miles). The brevets are sanctioned by RUSA (Randonneur's USA) a national organization which registers these rides in France for qualification of longer rides of 1200km, like The Boston-Montreal-Boston, held every year, and The Paris-Brest-Paris held every four years in France. Recently I was appointed RBA (Regional Brevet Administer) for South Central Florida, (from Tavares south). With this position I am charged with running a series of four brevets, 200km, 300km, 400km, and 600km in length for each year starting in 2005.

BUSINESS SPONSORS

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

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| Chain Reaction | 20% | 373-4052 |
| Gator Cycle | 10% | 373-3962 |
| Mr Goodbike | 10% | |
| Ominski Massage | \$10 off | |
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Some restrictions apply, ask for details at the store.

9th Annual

Sebring Tandem Rally

January 15-17, 2005

Rolling hills, citrus groves and lakes in scenic central Florida. Saturday evening banquet and daily continental breakfast. Fully supported with rest stops, sags, mechanics, breakfasts.

For riders of all abilities.

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The Gainesville Cyclist

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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.

FEBRUARY DEADLINES

Ad copy needing setup work Jan 14
Articles and classifieds Jan 17
Ads in GIF or TIFF format Jan 21

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CLASSIFIED

Club members, call, mail, email, or fax your stuff that you no longer need to the editor for inclusion in this column. Priority will be given to bicycling items; the number of items per member may be limited due to space considerations.

All of the following items are offered by Rob Wilt, 380-0561.

- Teac V2-RX cassette tape deck, 3-heads, In excellent condition, \$100
- 35 MM Flash - Compact Zoom Strobe with Thyristor Flash. Adjustable flash head for close and wide angle shots. Head changes angles for non-direct lighting shots. Active hot shoe type for 35mm. With carrying bag. \$20
- Airwalk Chaos casual shoes. Black, dark gray and light gray. Virtually new. Worn a couple of times, were a bit too small. Very clean. Would fit a 9D well. \$20
- Books on tape, many titles, murder mysteries, historical, comedy. In excellent condition with original packaging. Most used only once. For a list of titles and prices email me and I will forward you the complete listing of available tapes.
- Panasonic KX-P1123, 24 pin dot matrix printer. In good shape, with stand, manual, and extra ribbons. \$25
- Brand New GCC polo shirts: Quality Queensboro shirts (www.queensboro.com), featured logo is the sweaty pony on a penny farthing bike. One each: Yellow with green text and red horse, Yellow with black embroidery, White with gold text and red horse. All shirts Men's size Large \$20 each.



FOR SALE: 2001 Doge Grand Caravan Sport. You don't even need to take your bike apart to fit it in this large minivan. Also useful when several members want to travel to Georgia, Carolinas, or Florida events in one vehicle...White, Fleet maintained, New Tires, Recent Brakes and Suspension. 95K - Mostly highway miles as this was my company car. NADA/Blue book average retail cost \$10,900; Save at \$9,500/OBO. Call Eric or Ellen at (352) 331-5019.



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DECEMBER 2004 ISSUE Mailing label with expiration date identifies current member.


2005 Gainesville Cycling Festival - 1-2 Oct - Santa Fe Century - Horse Farm Hundred

Cycling Shorts



 Welcome new members Rachel Cornett, Larry Harrington, Lyn Little, Michelle Springer Llana, Anibal Manzo, Hans Seifert, and James & Laurel Selner of Gainesville, Linda Figini, Anne Noble, and Larry & Mary Pahman of Newberry, Lee Clinefelter of Archer, and David Caples of Fernandina Beach.

 Our own Jim Ossa, (AKA "Yoda"), is now on the Bachetta race team. Part of the inducement is the use of a brand spanking new Bachetta Aero. At 24 pounds out of the factory, this bike, (with Jim on board), may change some minds about recumbent performance.

 Over half of the 252 Santa Fe Century riders also signed up to ride a Sunday Horse Farm Hundred ride.

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Regards, John Devlin