

CLUB HAPPENINGS

February 23 (Sunday) Ronald McDonald House Benefit Rides

Gainesville Raceway, Fairbanks, Florida. Start at 8 am. Choose from 100, 60, 30 or 15 miles. Aid stations along route. \$45 entry fee. For every team raising \$500 for the Ronald McDonald House, 10 people can ride free on Sunday. Checks should be made to RMHouse. A pledge form will also be available on line. For anyone willing to give a \$500 sponsorship, they will receive media coverage and 10 people can ride for free on Sunday. Anyone interested in volunteering should contact Jamie Webster at 374-4404 x229.

March 2 (Sunday) Stray Cats

Meet up at Ravine Gardens State Park parking lot, in Palatka, at 10 am for a 30 mile ride at a sedate pace of about 12 miles per hour. The ride will be lead by Elizabeth Gill (NFBC member) and the back up leader will be Palatka GCC member Barbara Bates. The ride will be to the vicinity of Hastings and back. On the ride we will be joined by other members of the North Florida Bike Club, who will be riding down from Jax. After the ride, anyone interested can join in a picnic lunch at Ravine Gardens. Bring your own lunch.

March 9 (Sunday) GCC Annual Meeting

Sheraton Gainesville Hotel, sumptuous buffet, \$19. Reservations required by March 5. Swap Meet at 4:30, dinner at 6, Annual Meeting at 7:15. See page 5 for full details.

March 22 (Saturday) NatureFest Bike Tour

VOLUNTEERS NEEDED!

As part of NatureFest, the Gainesville Cycling Club will be hosting the first annual NatureFest Bike Tour to be held on the Nature Coast Trail, with the starting point at Fanning Springs State Park. GCC is sponsoring the ride and we need volunteers to help at rest stops and as SAG drivers. Please contact George Edwards at: gedwards@atlantic.net or call 333-3184.

The Nature Coast Trail is "Y" shaped with Fanning Springs in the middle of the "Y." There will be rest stops at each trailhead (at the ends of the Y) and restaurants close by, including ice cream shops in Trenton and Cross City. The Nature Coast Trail runs through rural Florida farmland and the highlight of the Trail is the old railroad bridge across the Suwannee River, which has been converted into a bike/pedestrian bridge and offers a beautiful view of the Suwannee.

Entry fee for the ride is only \$7. You can pre-register with forms available at local bike shops or on-line at: www.floridabicycle.org/gcc/. On-site registration is from 7:30 to 10 a.m. at Fanning Springs, and you can start at anytime. GCC members may want to help chaperone family riders, with a family oriented group starting at 9 a.m. from Fanning Springs.



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GCC Web Page
www.floridabicycle.org/gcc

President's Message



BICYCLES AND NATURE

Some things seem to have an inherent association with bicycling, and we have expanded on the relationship between cycling and food in the past. Other associations come to mind with a little reflection, one being an appreciation of the natural world. I used to call such appreciation "environmentalism", but in the last few years that word has acquired an initial capital letter and a huge load of political baggage, not to mention a very high charge of emotional miscomprehension. So I guess I have regressed to being a naturalist, which is where I started out as a Boy Scout a few eons ago when the World was young.

Bicyclists by necessity tend to be naturalists, in tune with their surroundings, at least to some degree. This must follow naturally (obvious intentional pun) from the fact that, one way or another, we get exposed to a lot of environmental influences while riding - wind, rain, ambient temperature, beautiful views, interesting plants, birds, and so forth. You are out there in it - look around and learn from it. There are some other influences in the environment that we wish were not, such as cultural detritus and exhaust fumes, and we should notice these and ponder how they can be reduced.

If you cycle through mountainous terrain you cannot help but notice that the substrate isn't the same everywhere, and if you have even an ounce of intellectual curiosity you will ponder why those rocks over there seem to be bent into

fold, while the ones a few miles back were straight and level. There are reasons for these differences, and they do impact human life directly, even if we don't notice sometimes. For instance, people tend to build their cities on rivers or other bodies of water. Rivers follow courses which are largely dictated by the underlying geology: The Mississippi follows the trace of a major (major as in tectonic plates) fault zone. So where folks live is guided by geologic factors.

While riding through the less dramatic geology of North Florida you may not find the bones of the world you are riding on so obviously set out for view, but the rocks under your wheels are no less interesting. Everyone has seen those Chinese pictures of a river winding through a rather improbable-looking landscape of nearly vertical-sided mountains with rounded tops. Improbable but real - that's the Li River Valley, and it really does look like that. It is karst topography (just like North Florida), uplifted and eroded, from which the loose soil has been stripped away to expose the solution-excavated limestone substrate. Those pictures are what this area would look like if some deep-seated tectonic force uplifted North Florida a few hundred feet and exposed it to rapid erosion. Neat to think about, eh?

But more immediately in the cyclist's view is the living world of North Florida. Wildflowers abound, in great variety. So do birds and other animals, and we see them frequently on our rides, more so on trails than on highways due

to the noise of the motor vehicles. A friend once sent me a map contouring species diversity in North America, because he observed that the Alachua County area formed a notable high point on this map - a species-diversity promontory. Alachua County is a remarkably rich area in terms of the number and kinds of plants and animals living here.

Did you know, for example, that the type locality of one sub-species of orchid is along our Adopt-A-Road section of CR 234? The Spring clean-up, particularly, is a time to find this and many other small orchids along that road, not to mention blue-eyed grass, star rushes, coreopsis, and many others.

So on your next ride look around and wonder. Don't be so fixated on your cadence, pulse rate, caloric burn, and all that stuff that you can't stop to find out what the hell that funny-looking plant is. If you are in the natural world but not aware of it, you might just as well be down at a fitness center churning away on one of those stationary bikes while watching Judge Judy until your brains turn to mucous and run out your ears.

This is a wonderful part of the World, friends. We bicyclists get out in it more than the great majority of the population, so we a greater opportunity to appreciate it. Look around as you ride, and wonder at what you see.

Cheers,

George Edwards



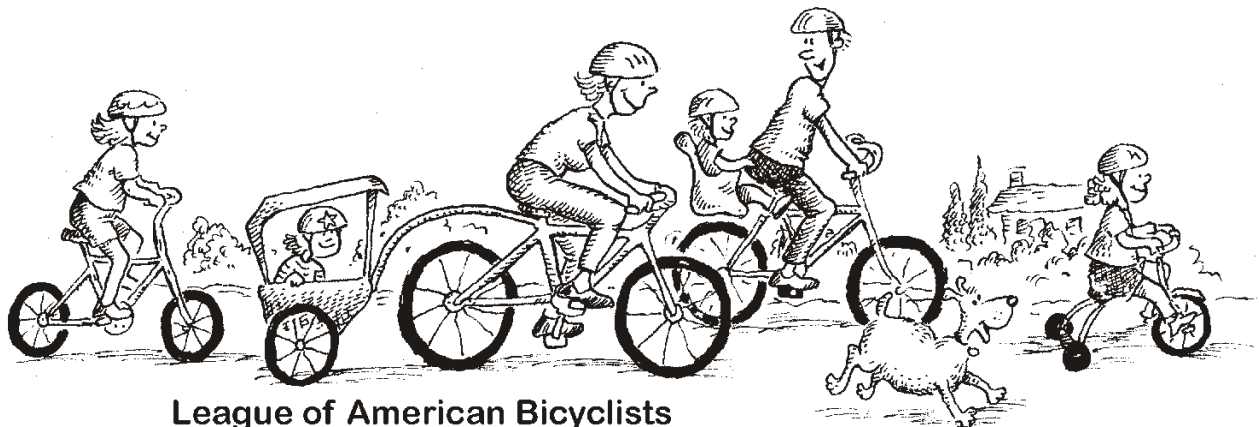
National Rally Comes To Florida

The League of American Bicyclists and Bike Florida present BIKE FEST 2003: THE NATIONAL RALLY FOR CYCLISTS Madison, Florida, October 16-19, 2003. The League of American Bicyclists has named Bike Florida's "Share the Road Rally and Summit" in Madison, Florida as the site for our National Rally in the fall of 2003.

The Share the Road Rally and Summit is a chance to ride under the vast sky of North Florida, enjoying the beautiful and diverse landscapes along the winding country roads of scenic Madison County as well as attend a variety of educational workshops, clinics and meetings on bicycling. This recreational and educational event is a chance to catch up with old friends as well as meet fellow cyclists from around the country. With recreational bicycle rides ranging in distances from 15-100 miles, there is sure to be a ride for everyone.

2003 marks Bike Florida's 5th Annual Share the Road Rally, as well as the first co-sponsored League of American Bicyclists Event. BikeFest 2003 is presented by Bike Florida, the League of American Bicyclists, the Florida Bicycle Association, the Florida Traffic & Bicycle Safety Education Program and the Madison County Tourism and Development Council.

For more details on last year's "Share the Road Rally", please visit <http://www.bikeflorida.org/>.



League of American Bicyclists

TOUR DE FELASCO

Off Road



by Leslie Folkerth

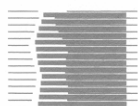
Well, the First Annual Tour de Felasco is now over, but the excitement still remains! Over 400 people, including riders, sponsors, course marshals, volunteers, and park staff enjoyed this inaugural 50 mile off road biking event. We heard very many positive comments, about the friendliness and helpfulness of the park staff and volunteers, the trails, the sag and lunch stops, and the Tour in general. Many were surprised and pleased to learn we had such a wonderful preserve, and just about everyone is ready to sign up again for 2004!

Although a lot of the Tour route (horse and hiking trails, jeep and dirt roads) was open for biking on that day only, there are still 20+ miles of singletrack bike trails to be enjoyed on a daily basis. Entry fee for the park is only \$2 per car, and annual passes are also available. Check out www.sanfelasco.net for more information about the park and various activities, from workdays to night rides to joining the Friends of San Felasco and giving something back to this wonderful area.

The Friends of San Felasco Citizens Support Organization wishes to give a big thanks to all our sponsors and supporters, without whom the Tour would not have been possible. Thanks also go to the many volunteers and park staff who gave of their time and effort to make the Tour a rousing success. Last but not least a special thanks to the GCC of course, for our newsletter articles, supplies, encouragement and support!

Don't forget our regular rides, Sundays at 9 am!

Leslie



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Gala Annual Meeting

The Annual Meeting of the Gainesville Cycling Club will be held at Sheraton Gainesville Hotel, 2900 SW 113th Street, on Sunday March 9th, 2003. The Swap Meet will start at 4:30 with a cash bar and hors d'ouerves. Dinner will be at 6:00 PM, and the brief business meeting will begin at 7:15 PM.

The Swap Meet will be held on the balcony overlooking Bivens Arm Lake.

The menu will be a buffet consisting of:

Carved Watermelon Basket with Fresh Fruits and Berries

Petite Quiches

Stuffed Mushrooms

The Grand Salad Bar

Chicken Cordon Bleu

Sliced London Broil in a Burgundy Thyme Sauce

Pan Seared North Atlantic Salmon with a Lemon Dill Cream Sauce

Sun-Dried Tomato Rissoto

Oven Roasted Red Potatoes

Spoon-dropped Buttermilk Biscuits

Assortment of Gourmet Desserts

Coffee, Decaf Coffee, Tea, and Iced Tea

Send reservations to:

**Gainesville Cycling Club
6706 NW 18th Avenue
Gainesville FL 32605**

The cost to Members is \$19 per person, and payment in full must accompany reservations. The GCC will subsidize the rest of the cost of each Member's dinner. Reservations must be received by March 5th.

Gainesville Cycling Club Annual Meeting Reservation

Sheraton Gainesville Hotel, Swap Meet at 4:30, Dinner at 6 PM.

Name(s): _____

Total Enclosed (\$19 per person): \$_____

Candid Camera

Dear Friends:

For several years GRU has been gracious in letting us park our cars in their parking lot at Hunters Crossing, and to gather there to start rides. We may lose this privilege, and that parking lot may become off-limits to cyclists due to our misbehavior.

I had a long talk with the Manager of that facility in early January, and what he told me is disturbing. It seems that at several times when GCC cyclists have been gathering to start rides, GRU staff have not been able to move their service vehicles through the parking lot because cyclists are standing in their way. They feel we have been slow and reluctant to get out of their way, and that we have been rude about it. GRU staff say our actions have hindered them in performing emergency services.

Second, and even more disturbing, some of our members have been using the space behind the dumpster as a urinal. The other day one of our members was confronted by a GRU manager about doing this, and he was rude and abusive to her.

Such behavior will not be tolerated.

In the first place, there are clean, well-maintained rest rooms available for your use just across the street. There is no excuse for urinating in public because you are so bone-lazy you can't cross the street to use the bathroom. In the second place, the person who did this is so stupid he did not realize that his actions were recorded on GRU's security video system.

GRU will call the police in the event of such behavior, and the persons committing these offences will be prosecuted. This includes both public urination on GRU property and interference with the passage of GRU service vehicles through the parking lot.

I apologized to the Facility Manager and his staff on

behalf of GCC, and he was very gracious and cordial. For the time being, we can continue to use their parking lot with the restrictions noted above - that those people who do not behave will be arrested and fined. If offences are repeated, we will need to find another place to gather to start rides.

Sincerely,
Gainesville Cycling Club, Inc.
George H. Edwards, President

RAAM UPDATE

Release: Jan 31, 2003
Race Across America 2003 Update

Have you ever wondered how far you can push yourself physically and mentally? Well we have prepared just the opportunity for you. Race Across America (RAAM) - the World's toughest endurance bicycle race begins this year (new route) from San Diego, California, and proceed 3000 miles to Kennedy Plaza on the Famous Boardwalk in Atlantic City "America's Favorite Playground" in New Jersey. The legendary RAAM with its mystique is now in its 22nd year and is waiting for you.

Solo RAAM presents the unbelievable challenge of 22 hours and 350 miles per day for more than 8 days to finish. For those of us in the realm of mortals, 2 and 4 person teams are done as relay teams breaking the ride up into manageable pieces for any well trained cyclist. Expect 6 hours per day on a four person team doing 100 miles or so. The Corporate Team Division has up to 8 team members so 3 hours per day for 50 to 60 miles is the target. Prize money of \$40,000 is to be divided between the winners of the Solo, 2 and 4 person divisions, plus several \$10,000 bonus awards to the first to beat certain existing records.

Checkout the RAAM website www.raceacrossamerica.org for Route, Award details and more, and sign up for the ride of your lifetime. You will be televised on Outdoor Life Network (OLN-TV)

from the Ride Coordinator

Allow me to introduce myself. I am 42, employed at the Florida Museum of Natural History, a bike commuter as well as a recreational road cyclist. I've lived in Gainesville for 4 years, have been a GCC member for three and have taken over the duties of Ride Coordinator.

The first question I had to ask myself was what is my interest in the GCC and what is the purpose of GCC to its members? Do we pay dues for the newsletter, the social events, the sponsor discounts? One or more may be true but in the final analysis we are brought together with our interest in riding. It may be off road or on road, distance or family outings, beginners to advanced, but all of us are united in our love of cycling.

So how can the GCC enhance our riding needs? One way is the supported rides like the Horse Farm 100, and the Saturn Santa Fe Century. Unless we have our own personal army it is impossible to arrange a full SAG supported ride. The work involved in securing the sponsors, picking and marking the route, preparing and stuffing the rider packets, procuring the food and drinks, and finally recruiting and organizing the army of volunteers that work before, during, and after the event so that you as the rider can focus on nothing but having a good time and finishing the ride. During the rest of the year we train, enjoy the sunshine, and pedal our legs off and this is where the GCC is critical.

Many times a week there are rides of all shapes and sizes, some on weekends, others on weekdays, off road and on road, fast paced and slow, structured and loose. Group rides provide the fellowship of riders with similar goals, what better way to meet new friends or rekindle old friendships. You can see new parts of Central Florida as you ride different routes. There is the challenge of riding with a faster group or putting in that extra mile when you might have otherwise given up. There is safety in numbers and it reassuring to know you won't be alone when that flat tire occurs and your patch kit is empty.

But something you might not be aware of is that GCC members participating in GCC sanctioned rides are covered by a GCC insurance policy. It is not enough to have all club members in a group. The ride must be posted in the newsletter and/or be posted on the GCC email list. It is these rides that I want to focus on as Ride Coordinator.

A priority of mine is getting input from the membership. Do you ride with a group regularly, occasionally, or never, and if you don't, why not? All it takes to form a ride group is an interested ride leader who is willing to take the responsibility of establishing a route and a set time on a regular basis. Don't think you can make the commitment to ride every week, then form a rotating group leader schedule. Can't seem to get up for a 7 am start on Saturdays, then start a group ride with a noon start. Don't like to drive to GRU, then form a group with a southern or eastern starting point. I am impressed with the organization of the existing group rides and know that we can cater to every members needs. I will say this again, email me with your wish list of rides with times, speeds, and routes. If enough people respond we can organize any ride you could imagine. Those of you, who are already riding in private groups, post them and get the insurance coverage and share the routes so that others can enjoy them if they can't make your specific ride. So now I want to hear from you.

George Hecht
zeke391@excite.com



League of American Bicyclists



Florida

Bicycle Touring Calendar

(VERY ABRIDGED)



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

- February 21-24 **Tour of Highlands and Bike Sebring 12 Hours**
Sebring FL Darrel Smith at (863)382-6464.
- February 23 (Sun) **Ronald McDonald House Benefit Rides**
Gainesville FL Gainesville Raceway, Fairbanks, Florida. 8 am. 100, 60, 30 or 15 miles. Jamie Webster 374-4404 x229.
- February 23 (Sun) **Snowbird Century**
Miami FL 30, 62, and 100 miles.(305)893-6322. Fifi Derby, Ride Coordinator. Everglades Bicycle Club, PO Box 430282, South Miami FL 33243-0282.
- March 1 (Sat) **Tour de Camden Metric Century**
St Marys GA 10, 30, metric. John Pritt (912) 673-6009 or Terry Landreth (912) 576-9696.
- March 8 (Sat) **1st Annual "Huff 'N Puff" Bike Fest**
The Villages/Lady Lake FL 15, 35, and 62 miles.
- March 8 (Sat) **The Rattlesnake Round-Up Ride**
Claxton GA No entry fee. 45, 35 miles. RSVP royces@bulloch.com
- March 9 (Sun) **5th Annual Royal Palm Classic**
Ft Myers FL Triple loop. Rich6050@aol.com.
- March 15 (Sat) **Clean Air Bike Ride**
Brooksville FL Withlacoochee State Trail. 12, 20, 48, and 100 miles. Clean Air Bike Ride, 110 N. Carillon Parkway, St Petersburg FL 33716. (800)771-5863.
- March 15 (Sat) **2003 Azalea Festival**
Valdosta GA 102.6, 63.9 and 33.6 miles. Eric Hahn (229)259-3507.
- March 15-21 **Bike Florida 2003: Beach Crusin'**
Amelia Island FL Amelia Island to New Smyrna Beach. BIKE FLORIDA, PO Box 451514, Kissimmee, Florida 34745. (407)343-1992
- March 15-16 **Green Leprechaun Tour 2003**
Kissimmee FL 36/65/125 miles Saturday, 36/65/110 miles Sunday. 407-831-5142
- March 15-16 **Brevet Series 2002: 400 km**
Tavares FL 248 miles. Jim Solanick (561)433-8796.
- March 22 (Sat) **NatureFest Bike Tour**
Fanning Springs FL Nature Coast Trail, up to 65 miles. gedwards@atlantic.net
- March 22 (Sat) **6th Tour De Pike Century**
Concord GA 8, 18, 34, 64, 100 miles. Don Collins 770-567-3033.
- March 23 (Sun) **St Patrick's Century**
Dublin GA 6/25/50/100 miles.(912)275-2790.
- March 29 (Sat) **Tour de Ranch**
Vernon FL 100, 62 and 25 miles. Henry Lawrence 850-763-7285.
- March 29 (Sat) **Peach Blossom Metric Century**
Byron GA 6, 15, 31 and 62 miles.(478)956-5717.
- March 30 (Sun) **15th Annual Spring Classic**
Bradenton FL 60, 35, or 25 miles. Pat McNulty (813) 839-7126
- April 5-10 **23rd Annual Florida Bicycle Safari**
Live Oak FL Florida Freewheelers. PO Box 916524, Longwood FL 32791. (407)788-BIKE.
- April 11-13 **BRAG Spring Tune-Up Ride**
GA Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. (770)921-6166.
- April 12 (Sat) **Savannah Cardiology Earth Day Ride 2003**
Savannah GA Dave Sanderson, POB 766, Rincon, GA 31326, 912-826-1843.
- April 12-13 **22nd Annual TOSRV South**
Quincy FL Standard century—200 miles in two days, metric century—126 miles in two days, or easy rider—70 miles in two days. Capital City Cyclists, TOSRV South Coordinator, 974 Park View Drive, Tallahassee, FL 32311. Larry Pushor (850)878-7473
- April 12-13 **Brevet Series 2002: 600 km**
Gainesville FL 372 miles. Jim Solanick (561)433-8796 or Jim Wilson (352)373-0023.
- April 13 (Sun) **Bike Across Florida (BAF)**
Cocoa Beach FL To Crystal River 170 miles. ROADCYCLINGCAL@CS.COM
- April 13 (Sun) **Halfway Across Florida**
Cocoa Beach FL Point to point almost Century (85 Miles) ROADCYCLINGCAL@CS.COM
- April 26 (Sat) **4th Annual "Ride for the Red" Cycling Tour**
Melbourne FL 100/62/33/10 miles. Joann or Kevin Gulliver 321-752-0618.
- April 26-27 **17th Annual MS 150 "Breakaway to Key Largo"**
Miami FL To John Pennekamp State Park in Key Largo..
- April 26 (Sat) **5th Annual Fenner McConnell-Matt Wantz Memorial Ride**
Loxley AL 30, 65 and 100 miles. West Florida Wheelmen Bicycle Club P.O. Box 9321 Pensacola, Florida 32513.
- April 27 (Sun) **Tour de Forts**
Neptune (Jacksonville) Beach FL 38, 49, 58, 76, 89, and 100 miles. Tour de Fort, P. O. Box 4994, Jacksonville, FL 32201-4994 (904)721-5870.
- May 1-4 **Suwannee Bicycle & Adventure Fest**
Live Oak FL 5-100 miles. SBAF Registration Coordinator, 2461 95th Drive, Live Oak FL 32060. (800)428-4147.
- May 3 (Sat) **Sweet Onion Century**
Vidalia GA 31, 50, 63, 100, 125 miles. Libby Kimball 912-538-0270 or Lamar Martin 912-526-9179.
- May 3-4 **Athens To Lake Hartwell Tour**
Athens GA (706)227-0774.
- May 4 (Sun) **Cheaha Challenge Century+**
Piedmont AL Up to 110 miles. mpoe1234@aol.com Mike Poe
- May 16-18 **Helen Fat Tire Festival**
Helen GA Woody by phone 706.878.3715
- May 16-18 **Georgia Tandem Rally**
Statesboro GA Roger Strauss (770)565-4150.
- May 17 (Sat) **Sarasota County's Fifth Annual Bicycle Street Fest 2003**
Venice FL Free safe bicycling information, view bicycle demonstrations and safety exhibits.
- May 17 (Sat) **26th Annual Assault on Mt Mitchell**
Spartanburg SC 102 miles, extremely challenging.
- May 17-18 **Jekyll Island Challenge Century and Sunset Ride**
Jekyll Island GA Casual rides on the island Saturday, Sunday rides of 25, 50, 64 and 100 miles. Bicycle Savannah LLC, PO Box 60533-0533, Savannah, GA 31420. (912) 351-RIDE.
- May 18 (Sun) **Tour De Cure**
Atlanta GA (404)320-7100
- May 24-25 **2nd Annual Sarasota Century/Tour**
Sarasota FL Century, metric century, a half metric century. ROADCYCLINGCAL@CS.COM.
- May 24 (Sat) **10th Annual Jim Kruse Century**
Statesboro GA 25, 50, 65 and a (continuous) 100 miles. Southern Cyclists, PO Box 2554, Statesboro GA 30459, (912)871-7905 (day) or (912)871-7905.

Florida Cycling Grand Prix Will Bring National Caliber Bicycle Racing to Gainesville, FL

On February 22-23, 2003, the Florida Cycling Grand Prix will be held in Gainesville, Florida. This 1st annual race is the kick-off race for the 2003 North American Racing Season. It will bring two days of national caliber bicycle racing to Gainesville and will include the best professional and amateur cycling teams from across North America. On Saturday and Sunday races will be held at the Gainesville Raceway, and Saturday night will feature a twilight criterium in historic downtown Gainesville.

In addition to the professional, collegiate and amateur USA Cycling-sanctioned races, there will be cycling tours for all ability levels of enthusiasts, including children. The Ronald McDonald House Benefit Ride will offer distances of 30, 60 and 100 miles, and all ages and abilities are encouraged to ride. As well, the USATF-sanctioned NIKE/Run Florida 5K Cross Country Race will be on Saturday at 8:30 am.

The financial beneficiary of this inaugural event is the Ronald McDonald House of Gainesville, a home-away-from-home for families of seriously ill children being treated at Shands Hospital, the University of Florida clinics and other area hospitals. In addition to the 30-bedroom house, the new Ronald McDonald Family Room next to the pediatric intensive care unit of Shands Children's Hospital provides comfort and respite to local families who do not need overnight accommodations and to out-of-town families who cannot leave the hospital due to the fragile conditions of their child.

This event is sponsored by the Gainesville Sports Organizing Committee, Inc. (GSOC), The Ronald McDonald House of Gainesville, The Bike Route, Run Florida, Team Florida Cycling, Kinko's and Nike.

For more information or to register for any of the events, contact the Gainesville Sports Organizing Committee at www.gsoc.com (click on EVENTS) or 352-338-9300. Registration forms for the 5K cross-country race may also be picked up at Run Florida (352-271-0268) on the website www.RunFlorida.com.

To volunteer to help at any of these events, contact Jamie Webster at The Ronald McDonald House at 352-374-4404 or Carah Lynn Billups at 352-336-3257.



**League
of
American
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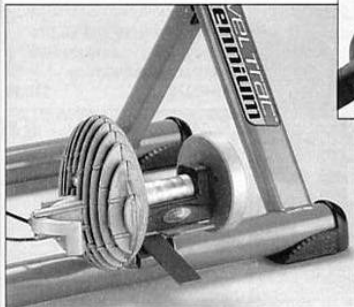
Now with added insults!



"Hey, lard ass! What's that pathetic wheezing sound? Are you sobbing? Shaddup and get that cadence up to a hundred or I'll give you something to cry about!"

- Abuse mode

Basic Obstacles resistance unit - does not include Random Flat feature



Handlebar mounted LCD data display and resistance control

M



Motivatron Personal Trainer

Newly Redesigned!

Is the winter weather preventing a proper training schedule? Don't go to spinning classes at the gym - your butt doesn't need toning, your legs need to get stronger! So get a jump on your cycling club buddies with the Motivatron™ personal trainer! The Motivatron has been completely redesigned for 2003 to provide a true road riding experience. Boredom is eliminated in the Conversation Mode with lively comments from the handlebar-mounted display/audio unit - it's just like being on a group ride! Need a little more help to achieve your goals? Select the Encouragement Mode to coax you through your workout. Select the Abuse Mode and the computer will have you working like a first year French pro. The computer analyzes your performance continuously and gives feedback in the form of helpful comments three times a minute!

We've also modified the Obstacles™ resistance unit to include several new True Road™ situations. The mechanism now incorporates a pivoting axle to allow you to swerve to avoid roadkill, potholes and other debris randomly thrown into your virtual path. Select the Pavé™ program for continuous bumps only a Belgian could love. And new for 2003, select the Random Flat™ feature and the resistance unit will cleanly and neatly insert a sterile metal chard into your rear tire once in every ten hours of use.*

GCC Members! Save \$100 \$399.99 ~~\$499.99~~

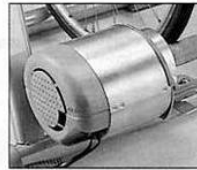
Offer expires on 12/31/02

(* Spare tubes not included.)

Two dynamic riding data displays



Easy to use handlebar controller



Obstacles resistance unit, now with Random Flat



Terrain selection screen



Data screen tracks performance, or lack thereof



Analysis screen shows when you've earned lunch

Still part of the Motivatron personal trainer are the old favorites: the Weekend Warrior™ and Tour Pro™ modules.** In Weekend Warrior mode the resistance level fluctuates randomly - whichever terrain profile you have selected in your program - from soft pedalling to hard sprinting and back. Alternatively, select the Tour Pro mode and you'll be hammering at 30 mph as you chase a simulated attacker out of town before you've even finished your warm up!

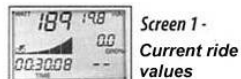
(** Weekend Warrior and Tour Pro modules can be used in combination with any of the Conversation, Encouragement or Abuse programs.)



"Say, isn't that one of those new carbon Force forks, bud? How's she ride? Any good in a turn...?"

- Conversation mode

Sample data screens



Screen 1 - Current ride values



Screen 2 - Average ride values



Screen 3 - Ride values needed to turn pro

Check our expanded selection @ www.wannabe-riding.com

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):

Bike Route	15%	374-4550
Chain Reaction	20%	373-4052
Gator Cycle	10%	373-3962
Ominski Massage	\$10 off	
Recycled Bicycles	10%	372-4890
Spin Cycle	22%	373-3355
Streit's Schwinn Cyclery	10%	377-2453
Water World	5%	377-2822

Some restrictions apply, ask for details at the store.

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.

APRIL DEADLINES

Ad copy needing setup work Mar 10
Articles and classifieds Mar 14
Ads in GIF or TIFF format Mar 17

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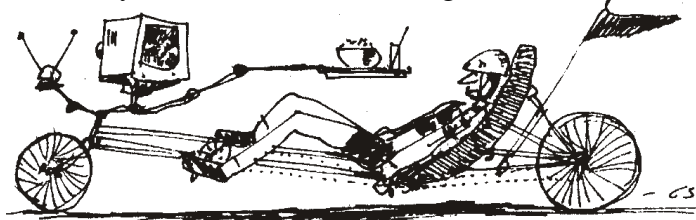
CLASSIFIED

GCC Club jersey . Original Third issue (the one before the most recent) of the club jersey. Mens's size Large. Clean and in Excellent condition. \$35

Bush Entertainment Center AV1375. Solidly built, attractive, in excellent condition Library Oak stain with solid Oak facing on all front surfaces Intended for 27 inch TV 5 shelves for stereo-video equipment 2 shelves beneath TV for accessories/ LPs Lightly tinted glass doors on both the stereo-video and accessories areas TV slot inside space is 26 1/4 " wide by 25 " high Stereo shelves are 20 " wide inside Overall dimensions 19 " deep x 49 " wide x 47 3/4 " high 12 large glides added to base to make moving easier on carpet Original manual and adjustment tool. Will sell for \$175, similar units now sell for \$300. Email if interested for picture.

Receiver - Hitch combination Type 1. Originally on 1988 Camry. Was told this will fit the 88-91 Camrys. Probably will attach easily to other fenders on other cars too. Mounting hardware included. In good shape. A bike rack on a hitch is a great way to carry bikes, makes the trunk always accessible, even when bikes are loaded \$25.

Email if interested for picture of any item: afn09010@afn.org Or call ROB WILT 380-0561, leave message.



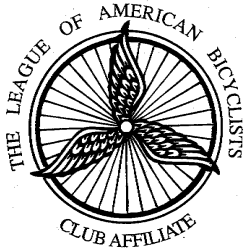
-ADVENTURE CYCLING



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FEBRUARY 2003 ISSUE Mailing label with expiration date identifies current member.
Memberships expiring on 1/23/2003 have been extended to 03/23/2003.

2003 Gainesville Cycling Festival - 27-28 Sep - Santa Fe Century - Horse Farm Hundred

Cycling Shorts



🚲 Welcome new members Leslie Jones, Marilyn Koletzke, Conchi and Jimmy Ossa, Jennifer Pfiffer, Mack Tyner, Tracy Walker of Gainesville, Todd Twist of Alachua, and Mary Libby and Elsa Rosenak of Lake City and Feeding Hills MA.

🚲 We have been advised that the Florida Welcome Center in Traxler (the Texaco and Chevron stations) is no longer interested in doing business with us (unless we park our bikes out of sight behind the stations). The Shell station still likes the color of our money.

🚲 GCC Member Brad Guy is running for the City Commission. For more information, see his web site at <http://www.electguy.org/>.

🚲 We have not yet sent out renewal notices for memberships that expired on January 23. So we're extending those memberships! Expect a renewal notice in the next few weeks.

🚲 We apologize for the lateness of this newsletter. The editor was working at his paying job way too many hours when he *should* have been doing the newsletter!