

CLUB HAPPENINGS

May 31 (Mon) Ichetucknee Springs Picnic

Be at the north entrance by 9 am. New entry fees are \$4 for single occupant car, \$5 up to 8 in a car, \$1 for bikes/peds. Bring a salad or dessert to complement Sonny's meat and beans. RSVP to Chandler with cow/sow/cluck choice (chanbike@aol.com).

June 5 (Sat) Off-Road Trip to Santos

Details will be posted on GCCMail (listserv).

June 6 (Sun) Adopt-A-Road Cleanup and Pig Out

Meet at 4 pm to get organized for a 4:15 pm sharp deployment. Please don't be late; it's hard to get you supplied and assigned after we have started. We need about 14 people for an optimal crew. Please RSVP to diann@piercepapes.com or call Diann at 378-7063. The club will help pay for dinner after the cleanup.

July 4 (Sun) POOL PARTY!

Rides in the morning, jump in the Pres's pool in the afternoon. Bring a covered dish. Ride schedules and final details will be posted on GCCMail (email list) in late June.

July 17 (Sat) Fanning Springs Rides and Picnic, 9 am

It's picnic time again! Bring your bike, swim suit and your appetite to Fanning Springs State Park. Chandler will serve gourmet grilled food. Please bring a covered dish so there is healthy food.

Fanning Springs is next to the Nature Coast Trail, a rail-trail that goes in three directions to Cross City, Chiefland, and Trenton. Visit the Dairy Queen (next to the trail!) in Cross City, and enjoy crossing the Suwannee River on the old railroad bridge.

Fanning Springs is perfect for family recreation, with excellent swimming and a safe and scenic paved bike trail.

Fanning Springs is 42 miles west of Gainesville on State Road 26. Take SR 26 until you reach US 19. Go west (turn right) and Fanning Springs Park will be ½ mile on your left. The park entry fees are \$3 for a single occupant car, \$4 for 2 to 8 persons in a car, \$1 on bike or on foot.



GainesvilleCycling Club Inc.
Board of Directors

President

George Edwards 333-3184
gedwards@atlantic.net

Vice President

Rob Wilt 380-0561
afn09010@afn.org

Membership Secretary

Newsletter Editor, Webmaster, List Manager
Roger Pierce 378-7063
roger@piercepages.com

Treasurer

Lee Edwards 333-3184
ledwards@gru.net

Lantern Rouge

Chandler Otis 377-1728
Chanbike@aol.com

Recording Secretary

Bob Newman 378-8229
bobnewman@att.net

Adopt-A-Road Director

Diann Dimitri 378-7063
diann@piercepages.com

Off Road Director

Leslie Folkerth 367-3856
lesliefolkerth@hotmail.com

Ride Leader Coordinator

George Hecht 374-0647
hecht801@yahoo.com

Regional Brevet Administrator

Jim Wilson 373-0023
wilson@afn.org

Member At Large

Bud Jones 335-3857
jonesbud@bellsouth.net

Non-elected Support Persons

University of Florida Liaison

Ben Fein
jocko@ufl.edu

Santa Fe Community College

Jon Keener
angelfish55_2000@yahoo.com

Jersey Coordinator

Greg Grooms 367-3143
ggrooms@davismonk.com

Membership Card Lamination

Diann Dimitri 378-7063
diann@piercepages.com

GCC Web Page

www.floridabicycle.org/gcc

GCC To Affiliate with USA Cycling

Racing Team Being Formed

Good news for all the present or future racers out there! Our GCC Board has recently given the green light to apply for membership with USA Cycling.

USA Cycling is the "official cycling organization recognized by the USOC (United States Olympic Committee) and is responsible for identifying, training and selecting cyclists to represent the United States in international competitions. USA Cycling, doing business as the USCF (United States Cycling Federation), NORBA (National Off-Road Bicycle Association) and USPRO, controls nearly two dozen major events each year and issues permits for up to 3,000 more."

This in turn paves the way for a formal race 'team' to be formed within our GCC family. These efforts are as yet in their larval stage and we welcome any interested riders to become involved. Further information will be forthcoming in newsletters and via our listserv regarding upcoming meetings and general information as it develops.

Please join me in thanking our GCC Board for allowing us this opportunity to represent our local club when competing.

Contact Alex Price [drew the short straw] at H:) 352.591.9895 cell:)352.494.6998 or pricera@shands.ufl.edu with any questions or interest.

Off Road



by Leslie Folkerth

Summer riding is in full swing now, and more and more people have been out on the trails. Currently our regular rides are Sundays at 8:00 am at the San Felasco bike trailhead, just south of Alachua. We've been getting a great turnout, beginners and experts alike. All are welcome, and there is always someone to ride with.

There will be some other fun rides later this summer. We're planning a June 5 trip to Santos (watch the listserv for time and other details, but the outing WILL involve food!). Plans are in the works for a July or August trip to Razorback as well, for those of you who love the steep descents and lung-busting climbs. I'll also be posting a few evening rides now and then. So stay tuned!

See you on the trails,

Leslie

President's Letter



Dear Friends:

On April 17th we held the second annual running of the NatureFest Bike Tour, with great success. We had nearly 100 entries on a weekend full of conflicting events, including two major arts festivals, and big bike rides to our North and South. Somewhat surprisingly, about 30 paid entrants failed to show, so we ended up with their money and a lot of left over water. And the weather was really great.

The Office of Greenways and Trails, who recently took charge of bike trails in the State (with the I think sole exception of the Gainesville-Hawthorne Trail, which stayed with Paynes Prairie Preserve State Park) supported the event extensively, with several of their staff members entering, and others volunteering to work. They sent us a big bunch of water bottles to hand out. The enthusiasm by the OG&T folks for our trails speaks well of the future of dedicated bicycle facilities in Florida.

We also received a lot of participation by the City of Trenton, who provided bottled water and special T-shirts. The Olde Boarding House Restaurant helped us out financially. And down in Chiefland, the Greenway Sub Shop generously provided bottled water to thirsty riders.

The bad news is that this is the last year for this ride in this format. At the NatureFest we got the word that there will be no more NatureFests: The event is just too much work for the limited Fanning Springs State Park staff, in terms of the return the Park



receives. If we want a ride on the Nature Coast Trail next Spring, we need to find another event to use as an anchor. Mayor Pete Randolph of Trenton has asked us to have a ride during their Pioneer Days, and we will be working on that. With the new Trail management by Chris McKendree of the OG&T, we may be able to pull something together. But it will have to be done with other management from GCC, as I am not going to be able to carry the load next year.

In other news, the addition of a wide shoulder for bicycles along US 441 through Paynes Prairie is nearly complete. By the time you read this the contractor should have finished work and be off the site.

Also relating to 44 and the adjacent loop and spur roads which constitute the Old Florida Heritage Highway designation, the Council which manages this corridor has asked for a study to determine bicycle facility needs so that they can approach FDOT and the Alachua County

Commission for support. We will be working on this, and will keep you informed.

A recent meeting in Newberry found a lot of interest in acquiring the right-of-way of the old Florida West Coast Railroad between Newberry and Trenton for a multi-use trail. There are problems ahead with this (there always are), but the Trust for Public Land and the Office of Greenways and Trails are pushing ahead with the concept. We will keep you informed.

Cheers,

George H. Edwards



T-Shirt Design Contest

Design a T-Shirt for the Horse Farm Hundred and win two of the shirts and free entry to the Horse Farm Hundred. Designs should incorporate both cycling and horse themes. The words "Gainesville Cycling Club" and "Horse Farm Hundred" must be included or space accounted for to accommodate them. We may alter the font to substitute our event signature fonts. "2004" and "24th Annual" should also be used. Designs must fit within an 11-inch box, and must be original work.



The optimal design will be a black on white drawing with fully enclosed areas to which we can apply up to three colors. Submit a copy of the drawing without colors or required wording, and a second copy with suggested colors and word placement. If possible, submit the black and white design as a vector graphics computer file (email to roger@piercepages.com).

All entries become the sole property of the Gainesville Cycling Club, Inc. The Club may use the entries in any manner that will further the purposes of the Club without further compensation. This contest is open to all GCC members.

The submission deadline is June 30th. Mail to the club address or deliver to Roger Pierce.

Gainesville Receives Bicycle Friendly Community Award

The League of American Bicyclists kicks off National Bike Month™ by awarding 11 communities its prestigious Bicycle Friendly Community (BFC) designation. Among the communities receiving the BFC designation, the standouts are Boulder, Colorado—which was granted the League's gold-level BFC award—and silver-level award winners Gainesville, Florida; Olympia, Washington; and Tucson, Arizona. The League has yet to bestow its highest-level platinum award to any communities. Bronze level awards went to Ashland, Oregon; Auburn, Alabama; Carrboro, North Carolina; Longmont, Colorado; Mountain View, California; Portage, Michigan; and Rockville, Maryland. An Honorary Mention was given to Milpitas, California.

The new BFCs join 27 others previously given the designation to recognize their commitment to providing safe accommodation and facilities for bicyclists, and for their efforts to encourage bicycling for fun, fitness and transportation. Please visit <http://www.bicyclefriendlycommunity.org> to learn more about the awards process and view the recently published highlights on the 2003 award-winning communities, as well as the results of the League's recent International Symposium on Bicycle Friendly Communities.

R I D E S

Virtually all GCC rides are announced on our email list GCCMail (currently gcc-fla@topica.com). If you are not a subscriber, you can currently view the list archive by clicking through from the club web site (one place to do so is the Ride Schedule page).

The starting locations for the Gliders and A Riders are relatively standardized. These groups meet at the Chevron station on NW 43rd Street at 53rd Ave, or at the Citgo station on Williston Road at SW 34th Street. The locations rotate each weekend; the Chevron will be the Saturday meeting point on one weekend, and the Sunday point on the next weekend. Sometimes special events will change the rotation, so access to the actual email postings is advised.

The LoBees and Pedalers also post rides fairly regularly, but times and locations vary considerably. Access to email is crucial if you plan on attending these rides.

How to Hold Your Own on Fast Club Rides

By Fred Matheny of www.RoadBikeRider.com

The major activity of any cycling club, racing or touring, is the group ride. As a result, it's important to know how to hang tough on a given ride and make yourself welcome on the next one. Success is often due to more than fitness.

Here's a club cycling primer!

Know the group's traditions.

Some clubs like to start all rides, no matter how fast they'll eventually become, with 20 or 30 minutes of easy warm-up. If you're impatient early, you can cause hard feelings by chafing at the bit to go faster. When you know the pattern, it's easier to be patient.

Know what kind of ride is planned.

Will it be a fast training ride? A leisurely spin? Paceline practice? It's disruptive when most of the group is thinking one thing while one or two cyclists are on a different agenda. If an easy recovery ride is scheduled, but you're out for hard training, people are going to get angry. Be certain of the ride's goal before the start.

Don't be a loco locomotive.

If you're having trouble taking your pulls at the front, get off quickly and slide back to get maximum draft in the paceline. It's far better to sit on the back and let others do the work than to slow everyone with valiant but sluggish turns at the front.

Use a racing trick if you often get dropped on climbs.

As a climb begins, be nestled in the front third of the bunch. Get as much draft as possible. If you can't hold the pace, don't blow up trying. Let yourself slide back through the group but still be in contact at the top.

Accept help on hills.

Stronger cyclists may give you a helpful push as they ride by. Don't be embarrassed by their help. They probably got towed up climbs when they were starting, too. A short push often allows you to regain your breathing and climbing rhythm so you can continue on your own.

Pick a strong rider to follow.

If you're really having difficulty keeping the pace, get on

the wheel of a good rider and mirror his (or her) technique. Use the same gear, stand when he does, take a drink as soon as he reaches for his bottle, and so on. This teaches you good cycling habits. Plus, emulating his movements takes your mind off your own effort and helps you past the hard spots.

Don't be afraid to say the pace is too hard.

It's a good bet that other cyclists feel the same way but are reticent to speak up—or can't, because they're breathing too hard to talk! Perhaps even the riders who are setting the pace are having difficulty, but they continue to go hard out of vanity or because they think everyone else expects them to. A little communication goes a long way in making a group ride a more pleasant and productive experience.

If you always have trouble holding the pace, look for different group.

Find one closer to your ability level. There's no shame in rationally assessing your strength and choosing cyclists who share it. You'll actually improve faster if you ride with a group that you are on equal terms with. You'll be able to practice paceline cycling, following a wheel, riding in close quarters, cornering in a group, and other important skills.

Don't let group cycling hurt your progress.

Frequently riding with a too-fast group will make you tired. You won't improve as rapidly as you might with more rest. A pace that's too fast will hurt you mentally, too. You'll begin to associate cycling with pain, misery and disappointment. Don't let your ego overpower your better judgment. An appropriate dose of humility now will pay dividends later.





Florida

Bicycle Touring Calendar

(VERY ABRIDGED)

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



- June 5 (Sat) **4th Annual Trinity Rescue Ride**
Baldwin FL 64/28/14 miles on the Jacksonville/Baldwin Trail. (904)355-1205.
- June 5-6 **Yulee Railroad Days Bicycle Ride**
Fernandina FL 3 stages: June 5 am - Fernandina to Baldwin, June 5 pm - Baldwin to Gainesville, June 6 - Gainesville to Cedar Key.
- June 5-12 **Bicycle Across Magnificent Alabama (BAMA)** (256)658-5189
Meridian MS
- June 6 (Sun) **West Georgia 100**
Carrollton GA 12, 25, 50, 66 and 100 miles.
- June 12-19 **Bike Ride Across Georgia (BRAG)**
Toccoa GA Toccoa to Tybee Island. (770)921-6166.
- June 13 (Sun) **Alabama Sports Festival Metric Century**
Huntsville AL (256)705-2822.
- June 19 (Sat) **Century of the Month Ride Series**
Bonifay FL 40, 60, 100, and 200 miles. Joe Arnold (850)547-5196.
- June 26 (Sat) **Populaire: 100/150 km**
Satellite Beach FL Peter Noris (321)779-8601.
- June 26 (Sat) **Cartersville Century**
Cartersville GA 15-30-55-100 miles. 770-382-5500.
- June 27 (Sun) **The Lauren Katzenstein Celebration Ride**
Lake Worth FL 10,22,40,62 miles.
- June 27 (Sun) **The Gulf Coast Cycling Classic**
Dunedin FL 35/65/100 miles. Cheryl (727)734-5976.
- July 11 (Sun) **2nd Annual Share the Road Ride**
St Petersburg FL (727)582-1910 SHORT MESSAGE ONLY.
- July 16-18 **Brasstown Bald Buster**
north GA 21 to 70 miles each day. Jerry Cheek 770-967-2252.
- July 18 (Sun) **15th Annual Frank Stark Celebration Ride**
Boca Raton FL 16, 29, 62, or 100 miles. (561)391-6109.
- July 24 (Sat) **Century of the Month Ride Series**
Bonifay FL 40, 60, 100, and 200 miles. Joe Arnold (850)547-5196.
- July 25-31 **RAGBRAI**
Onawa IA
- July 30 - Aug 1 **Dog Days Open House**
Suwannee River State Park, FL
Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096.
- July 31 (Sat) **Tour of Waccasassa: The Ride for Josh**
High Springs FL 24, 40, 60 miles. 352-371-8218.
- July 31 (Sat) **Populaire: 100/150 km**
Satellite Beach FL Peter Noris (321)779-8601.
- July 31 (Sat) **Orlando Midnight Ramble**
Orlando FL 11:00 pm. (407) 896-6879.
- August 1 (Sun) **16th Annual Covington Century**
Covington GA
- August 6 (Fri) **Summer Sun Century**
Athens AL 256-233-9355.
- August 7 (Sat) **Brevet Series: 200 km**
Satellite Beach FL 124 miles. Peter Noris (321)779-8601.
- August 21 (Sat) **Century of the Month Ride Series**
Bonifay FL 40, 60, 100, and 200 miles. Joe Arnold (850)547-5196.
- August 21 (Sat) **Franklin County Watermelon Ride**
Russellville AL 50K (32 Miles) and 100K (62 Miles) Rides. 256-332-3892.
- Sep 4 (Sat) **Brevet Series: 300 km**
Satellite Beach FL
- Sep 4 (Sat) **Jim Glassner Memorial Autumn Challenge**
Montgomery AL
- Sep 4-6 **Tour of Sebring**
Sebring FL
- Sep 4-5 **Savannah Cardiology Historic Savannah Bikefest**
Savannah GA
- Sep 5 (Sun) **Tour De Reddick**
Reddick FL
- Sep 11 (Sat) **Tristates 100**
Dothan AL
- Sep 18 (Sat) **Century of the Month Ride Series**
Bonifay FL
- Sep 18 (Sat) **Nut Roll**
Albany GA
- Sep 23 (Sun) **2004 Seacoast Century**
Indialantic FL
- Oct 1-3 **CycleFest 2004**
West Palm Beach FL
- Oct 3 (Sun) **Rails to Trails of the Withlacoochee Bike Ride**
Inverness FL
- Oct 23 (Sat) **Saturn Santa Fe Century**
Gainesville FL
- Oct 24 (Sun) **Horse Farm Hundred**
Gainesville FL
- Oct 24 (Sun) **O'Town Bike Ride Und Rundfahrt**
Orlando FL
- Oct 31 (Sun) **Intracoastal Waterway Century**
Cocoa Beach FL
- Nov 5-7 **Florida Fat Tire Festival**
White Springs FL
- Nov 7 (Sun) **Sarasota-Manatee Bike Club Gulf Coast Cycle Fest**
Sarasota FL
- Nov 12-14 **The Bike-A-Thon in Marathon and Key West Century Ride**
Marathon FL
- Dec 12 (Sun) **Secret Santa Century Ride**
White Springs FL



League of American Bicyclists

Legally Speaking - with Bob Mionske

Ounces of prevention - worth pounds of legal advice

By Robert Mionske JD

This report filed June 19, 2003

Hi Bob, I have been following your column and appreciate the legal advice you offer to cyclists. Do you have any advice about avoiding accidents for cyclists? Ted G., Menasha, WI

Dear Ted;

That's a great question and one that I thought might best be answered by an expert. So, I went to forensic engineer James Green who specializes in reconstructing bicycle and pedestrian accidents. So here's James's list of the most effective steps you can take to avoid accident and injury:

Helmet - One of the absolutely dumbest things a cyclist can do is ride without a helmet. There is no excuse for not having one on your head. I know you see the riders in the grand tours without them, but even that is now changing. Even the best bike handlers in the world fall. The head can be subjected to up to 5000 pounds of instant force from a simple fall. The helmets that are currently on the market can dissipate the force down to 800 pounds or less. I have tested helmets and head forms in the laboratory for years. The data generated by other engineers also shows the same thing. Helmets work and no rider should ride without them. I hear the argument all the time that it is "my choice." Sometimes this comes from someone without adequate medical insurance who will have to be supported as a vegetable when the accident happens. Take a melon and drop it on the asphalt from head height and watch what happens. That's your head with out a helmet. Helmets also enable a cyclist to be seen.

Conspicuity - This term refers to the ability to be seen. Next to not wearing a helmet this is the main thing that cyclists can do to protect them selves. I was the Engineer for the defense in the famous Derby case. In that accident the cyclist was proceeding down the middle of a road on the double line at night dressed in black when he struck the rear end of a vehicle that turned in front of him. He had no lights on the bike. The Plaintiffs alleged that the bike industry was responsible for the accident by failing to force the plaintiff to put a light on his bike. They also alleged that the plaintiff was "fooled" into thinking the retro-reflectors on the bike would provide protection for him. Although this kind of pure junk science may occasionally prevail in the courtroom, the responsibility of being seen is the cyclist's, not the bike industry. No matter how much money you may get from prevailing in litigation it doesn't begin to compensate you for what a motor vehicle can do to flesh and bone.

Wear bright clothing during the day. Lime green and yellow are the best colors. At night always have a light on the bike both forward and to the rear. If possible avoid

riding at night. It is just a very dangerous time to be out there. The more lighting you have the better. I look like a Christmas tree when I am out there if I must ride at night.

Where to Ride - One thing that really good cyclists sometimes do that gets them injured is to assume because they are so fit they can just ride anywhere. While it is true that cyclists have a right to ride almost everywhere motorized vehicles do, there is a limit to the safe areas. If you are going down a road and tractor trailers are blowing by you six inches from your elbow, at 65mph, you are in the wrong spot. The data obtained by Dr. John Pucher's research at Rutgers give insight to where to safely ride. Find roads that are designated bike routes or have sufficient area to the right for riding. Whenever possible, find those roads where you do not impede traffic and where traffic can safely pass you. If you are in the middle of a lane and you have cars stacked up behind you, all you are doing is causing resentment and putting yourself at risk. Just because you have a right to be there doesn't mean it is a good idea.

Find good training loops where people get to know you and you can get help if you need it. It is during training, not racing, that most serious cycling injuries occur, so make friends out there, you may need them someday.

Avoid riding in large packs that occupy the entire roadway. A two-line pace line works just fine and cars can get around you. There is nothing gained from obstructing traffic in a big pack. Races, where motorized vehicle traffic is controlled, are the place to form up into a huge peloton.

Never race through town to get to your training loop. There is nothing gained by it and it puts you at risk. Cool it, and use it as a warm-up or warm-down. Many cycling accidents occur near home.

Do not ride on sidewalks. Most cities have ordinances against bikes on sidewalks but even where it is allowed, it is a bad idea. The risk that drivers will not look for your presence when crossing crosswalks and sidewalks is fairly high.

When you cut through all the engineering to reconstruct cycling accidents, avoidance comes down to doing all you can to protect yourself before you get injured. No matter how "right" you may be, if you are hit by a motor vehicle you will never be the same. Protect your self by using good common sense.

This report was posted on:

VELONNEWS .com

Gainesville Brevet Series Wrapup

by Jim Wilson

The 2004 Gainesville Cycling Club Brevet Series has been completed. It was the best of times and the worst of times.

A series of four brevets of increasing distance is required to qualify for the major randonneuring events, Boston-Montreal-Boston and Paris-Brest-Paris. The ride results are sent to Randonneurs Mondiaux, in Paris, France, where they are recorded for posterity.

The 200K is only a few miles longer than a century, and many riders attempt this distance to get a taste of endurance cycling. Gainesville attendance was swelled by a large contingent of Georgia riders willing to drive five hours south to escape the cold grasp of January on the Tropic of Atlanta. The threatened secret control never materialized, but a handful of riders managed to get lost anyway. Most managed to eventually locate the controls and completed the ride although three of them claimed to have ridden about 150 miles to do so.

The 300K is almost a double century, and fewer riders are prepared to test themselves at this distance. Attendance almost exactly met my expectation: Each time the distance increases, participation decreases by half. We received unexpected help at the controls from Laurent Chambard who had flown in from New Jersey only to have the airline misplace his bicycle. We suffered unexpected tragedy when two riders, Bill Cupples and Gus Antonini, were struck and killed between Newberry and High Springs. Needless to say, the end-of-ride celebrations were cut short as the arrivals were given the news.

The 400K is where it gets serious. The 4AM start and 27-hour time limit preclude sleeping, and demand quite a bit of night riding, even for the fastest cyclists. Routes must be sent to France for approval, and I had pieced together parts of the Sante Fe Century and some of Bike Florida's Jacksonville-to-Tallahassee route to come up with an out-and-back trip from Gainesville to Madison, FL. We served lunch at the turnaround control at North Florida Junior College.

Because of the flat terrain, Florida brevets are often derided as too easy. I was afraid this 400K would do nothing to dispell this reputation, but I was pleasantly surprised to discover the course was quite lumpy. A strong headwind for the last 20 miles into Madison actually made this ride pretty respectable.

A diabolically placed secret control caught two riders off course. Poor GCC member Joe Fritz, hoping to qualify for Boston-Montreal-Boston, had to repeat his effort a week later at the South Florida 400K! GCC member Michael Grussemeier, riding alone, suffered multiple light failures, but managed to limp in using his spare lights a few hours ahead of the time limit.

The final 600k event is generally regarded as somewhat easier than the shorter distance. The terrain was less demanding, and the 2 AM start allows plenty of time to ride 260 miles on Saturday, get a fair night's sleep, and finish up with a little 120-mile joyride on Sunday. Just before dawn, as the riders approached the first control at Branford, the temperatures bottomed out in the forties, but the weather warmed up nicely after sunrise. The quick early pace took its toll and several riders abandoned after the first day. But at least no one was fooled by the secret control near Keystone Heights.

The GCC Brevet Series seems to be a welcome addition to the Randonneuring calendar. Normally brevet attendance peaks every four years as cyclists try to qualify for Paris-Brest-Paris, but falls dramatically in non-PBP years. 2003 was a PBP year, but in Florida, brevets were offered only by the West Palm Beach Bicycle Club. In 2004, three organizations ran brevet series, so they were much more convenient to attend, and total ridership was up even though PBP won't happen again until 2007.

Several GCC members deserve my undying gratitude for their help in this year's series: My wife Meegan prepared meals for the riders, many of whom raved about the food; Barb Bergin worked at check in, helped at the controls, and loaned me her cell phone for emergency contacts; Andrew Gill helped scout the routes and did the heavy lifting at the 300K food control; Laurent Chambard was conscripted for the 300K; and GCC member Mark Wolff, who lives in Jacksonville, drove over to

spend long hours at controls on the 400K and 600K.

Cyclist	Hometown	200	300	400	600
<i>Gustavo A Antonini</i>	Gainesville, FL	x			
Todd Ashby	Dunwoody, GA	x	x	x	x
Rudy Behrend	Cocoa Beach, FL	x	x		
<i>Barb Bergin</i>	Gainesville, FL		x	x	x
Dan Bolton	Orange Park, FL	x			x
<i>David Buzzee</i>	Dublin, OH	x	x		
Tom Cayton	Nashville, TN	x	x	x	x
Dan Cochran	Titusville, FL	x	x		x
<i>Jay M Copp</i>	Seminole, FL	x			
Phil Creel	Columbia, SC	x	x		
William W Cupples	Jupiter, FL	x			
Kenneth C Davis	Atlanta, GA	x	x	x	x
Mike DeLong	Dunwoody, GA	x			
<i>Eric Dekold</i>	Gainesville, FL	x			
Daniel Dickinson	Augusta, GA	x	x	x	
Joan Donohue	Columbia, SC	x	x		
<i>Richard Elliott</i>	Macon, GA	x	x		
Jack Emerick	Winter Haven, FL	x			
George Ferebee	Stone Mtn, GA	x			
<i>Mark Freyman</i>	Jacksonville, FL	x	x		
<i>Joseph Fritz</i>	Panama City Beach, FL				x
<i>Mark A Gable</i>	Tampa, FL	x			
James Gains	Decatur, GA	x			
<i>Andrew Gill</i>	Gainesville, FL	x	x	x	x
Larry Grabiak	Ft Meyers, FL				x
Woody Graham	Columbia, SC		x	x	x
<i>Michael Grussemeyer</i>	Cape Coral, FL	x	x	x	
Adrian Hands	Raleigh, NC	x		x	
Keith Handy	Grayson, GA	x	x		
<i>Todd A Harmanson</i>	Atlanta, GA	x			
Ray Holzworth Jr	Gainesville, FL	x			
Lawrence Jennett	Lithonia, GA	x			
Doyce A Johnson	Grovetown, GA	x	x	x	x
Christopher Kaiser	McDonough, GA	x	x	x	
Kevin M Kaiser	Evans, GA	x			
Robert J Kelso	Sarasota, FL	x	x		
Joe Marchessault	Ocoee, FL	x	x		
C J Masaitis	Winterhaven, FL	x			
Gregory T Masterson	Stone Mtn, GA	x			
David W Morse	St Petersburg, FL	x	x		
Bob Neurath	Tucker, GA	x			
Sue Neurath	Tucker, GA	x			
<i>James Ossa</i>	Gainesville, FL	x	x		
John Pham	Orlando, FL	x			
Al Pless	Athens, GA	x	x		
Tom Prince	Longwood, FL	x			
Alma Pyne	Jacksonville, FL	x			
Patrick Reilly	Maitland, FL	x			
John Eric Richardson	Middlesex, England	x			
David B Roderick	Groveport, OH	x			
<i>Ryan Saylor</i>	Gainesville, FL	x			
Richard Seebode	Columbus, OH	x			
<i>Jim Smart</i>	Gainesville, FL	x			
Jim Solanick	West Palm Beach, FL		x		x
John M Upchurch	Jacksonville, FL	x			
Dan Wallace	Winter Park, FL	x	x	x	
John E Walters	St Petersburg, FL	x			x
<i>Tom Wells</i>	Gainesville, FL		x		
<i>Jim Wilson</i>	Gainesville, FL	x	x	x	x
Lou Wolff	Jacksonville, FL	x			
<i>Mark Wolff</i>	Jacksonville, FL	x	x		
<i>Kelli Young</i>	Orlando, FL	x			

(Riders in italics are GCC members)

Bike Route to Change Hands

Mike Gann is heading to Tennessee to take a position with Litespeed, and expects to complete the sale of the Bike Route by the end of May.



Doug Estok

"My bike was my freedom when I was a kid"

The new owner is Doug Estok, a UF grad who has come home to Gainesville. For the last nine years he has spent his time running his software consulting company, which gave him the opportunity to move back to Gainesville from Atlanta. He has long wanted to own a bike store, and Mike's new opportunity turned into Doug's as well.

Doug will be a busy man. Besides continuing with software consulting and running The Bike Route, he will continue to support his wife and her business, and his two kids. And he hopes to be able to add an occasional road ride in to complement his mountain bike riding.



The excellent support staff at The Bike Route continues in place, and Doug is planning on adding additional bicycle lines to better flesh out the middle ground between the entry level bikes and the high end ones. This will help him accomplish his goal of becoming a more family friendly store.

For a while Doug will be the guy holed up in the back office. As he gets the paperwork under control, he hopes to get into the more "fun" aspects of running a bike shop. We wish him the best of luck.

G C C Spring Picnic

Photos by Rob Wilt, Jan Brush, Roger Pierce



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
Bikes & More	10%	373-6574
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

5015 NW 19th Place
Gainesville FL 32605-3435

EDITOR

Roger Pierce 378-7063
roger@piercepapes.com

ADVERTISING MANAGER

Bob Newman 378-8229
bobnewman@att.net

AD GRAPHICS

Craig Lee 475-1825
craig@craigdidit.com

The Gainesville Cyclist is published bi-monthly with cover dates of even-numbered months. All submissions are welcome.

Classified ads will be run free-of-charge for club members; email or mail to the editor.

Ads are \$20 for a standard size ad, \$40 for a quarter page ad, and \$80 for a half page ad. A one year (six issue) subscription for standard size ads is \$100.

AUGUST DEADLINES

Ad copy needing setup work Jul 12

Articles and classifieds Jul 19

Ads in GIF or TIFF format Jul 22

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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.

FOR SALE: Road bike; Romic (early 1990's era, Reynolds 531 lugged steel frame, Columbus dropouts) 54/55cm, Campagnolo Record/Chorus throughout, downtube index 8-speed, Mavic SUP wheels, Max Flite Gel saddle, Chris King headset, Cinelli bar & Grammo stem, beautiful blue & white fade paint, excellent condition, \$600 or best offer (OBO), call (352)339-1081, Pat Hare.

ROB WILT 380-0561 (leave message) or email at Klattu2051@aol.com:

Teac V2-RX cassette tape deck, 3-heads, In excellent condition, \$100

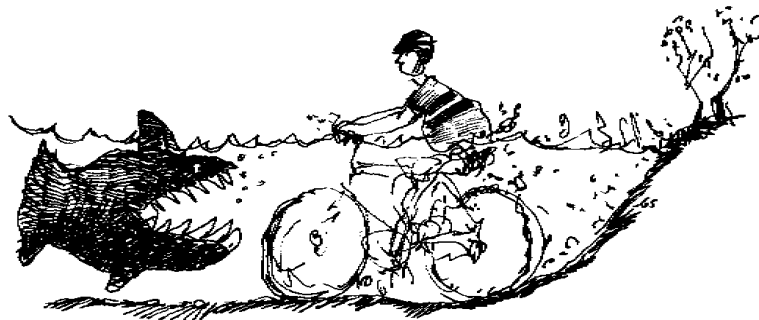
35 MM Flash - Compact Zoom Strobe with Thyristor Flash. Adjustable flash head for close and wide angle shots. Head changes angles for non-direct lighting shots. Active hot shoe type for 35mm. With carrying bag. \$20

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.



-ADVENTURE CYCLING



Gainesville Cycling Club
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 Gainesville FL 32605-3435

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

2004 Gainesville Cycling Festival - 23-24 Oct - Santa Fe Century - Horse Farm Hundred


Cycling Shorts



 Welcome new members Paul Archacki, Jackie Beane, Josh Bietenholz, Katie Bietenholz, John Daniel, Will Donnelly, Wesley Harrell, James Heaney, Wendy Leavens, Jose Pineda, Dennis Reed, Emily Sperling, and Barbara Taylor of Gainesville; Anne, Joseph, and Philip Irwin of Micanopy; Jackie Saide of Ocala; and Maggie Viele of Newberry.

 We anticipate moving GCCMail to a new server sometime soon. The Topica service has served us well for many years, but recently we have experienced difficulties with a number of different ISPs who have blocked our mail due to SPAM concerns. Also, as a business providing a free service, Topica felt that it had to introduce advertising into our messages in

order to generate a revenue stream to support mail lists like ours. We are currently testing other alternatives that will allow us to have ad free messages and will be less likely to be blocked by SPAM filters.

 The 2005 Gainesville Cycling Festival will be held October 1-2, 2005.

PJ's Cafe & Catering
Hitchcock's Square • US 301

Hawthorne, FL
(352) 481-4801
Owners: John & Lois

Weekday Lunch Specials • Breakfast Served All Day
 Hours: Wed. - Mon. 8 a.m. - 4 p.m. • Closed Tuesdays

