

## Club Happenings

### Oct 5-6 Gainesville Cycling Festival

If you haven't sent in your registration for one of the following rides, you can still register on the day of the ride, but it will cost an extra \$5. Don't forget to use your Gainesville Cycling Festival Entry Certificate from your August newsletter.

### Oct 5 (Sat) Saturn Santa Fe Century

A ride to the north from the North West Boys Club. Departs at 8:30 am, registration and breakfast opens at 7 am.

### Oct 6 (Sun) Horse Farm Hundred

A ride to the south through the horse farms of north Marion county from Morningside Nature Center. Departs at 8:30 am, registration opens at 7 am.

### Oct 6 (Sun) Horse Farm Tours

Starting at the Calawood Campground in north Marion county, a ride through the horse farms. Departs at 8:30 am, registration opens at 7 am.

### MOST RIDES NOW MEET AT 9 AM

### Oct 20 (Sun) Cycling For Peace Crusade

The Newnans Lake Riders will meet at 8:30 am to ride to the Downtown Plaza and join the rally in support of Miami Police Department officers riding to Tallahassee. After the rally ends (at about 10 am), the ride will accompany the officers as they head out of town. See article on page 4.

### Oct 28 (Mon) Women in Cycling Workshop

Basic Maintenance & Flat Tire Clinic. Meet at 6:30 pm in room 131 in the basement of the U of F Architecture Bldg (north side of Inner Dr). Parking is available in the garage at Museum Road and Newell Drive. Bring your bike and helmet, rags, spare tube, patch kit, and chain lube. Wear dark colored work clothes. Call Margaret Raynal at 392-8192 if you need help finding the room.

### Nov 2 (Sat) Women in Cycling Workshop

Traffic handling skills, how to use gears, bike fit. Meet at 2 pm in the parking lot of the downtown Library. This is an on-bike workshop--bring your bike and helmet. This will not be a strenuous ride. Margaret Raynal 376-6319.

### Nov 9 (Sat) Hunters Crossing Out Of Town Ride

We will meet **Sharply** at 9 am in Lake City. Take Interstate 75 to US 90. Go two miles east from I-75 to a large parking lot on the North side of US 90. Look for an ABC Liquor Store or HRS sign. We will be doing a 50 mile loop. Meeting later for lunch at one of the local restaurants. Bill Boyett will be leading this ride. Call 331-4089 for more information.

### Nov 17 (Sun) Adopt-A-Road Cleanup

Meet at the Pearl station in Micanopy on US 441 at CR 234. See page 3.





# President's Message

**Gainesville  
Cycling Club Inc.  
1996 Board  
of Directors**

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**O**ur Gainesville Cycling Horse Farm 100 is just around the corner as I write this message.

A group of us preparing for the event rode the latter part of the course this past weekend. We were testing our hill climbing skills, myself I was just checking out the granny gear to see if it was still operational. It worked perfectly, no skips, or grinding noises, slow as molasses though, or was that me? As we rode that portion we were reminded why we call it the Horse Farm Hundred. We are very fortunate to have that countryside so close at hand. A fifteen minute ride from our city and we can experience some of the best cycling in Florida.

It seems before any riding event there is always a prithree of advice on how to prepare for the ride. Everyone seems to have their own secret which they share unabashedly to any listener within shouting distance.

Changing anything on your bicycle the week before the event is a big no no. This includes trying a new piece of equipment the day of the ride. Having your bicycle tuned up two days before the ride is not a good idea either. Four weeks yes, two days no.

Food advice is big on the list too. High carbo yes, fat no, salt yes, and above all read the label before ingesting. On one ride I saw someone trying to squeeze down their chain lube. Always always read the label.

What to drink, and how much is another important factor. It's probably me (not too keen on algebraic problem solving puzzles) i.e., if I drink 4 ounces every half hour...and I ride 57 miles in 74 minutes, and bring 2 bottles that hold 14 ounces, one I filled once and the other has 1/4 liquid left (evaporation factor not included), Question? have I consumed the correct amount of liquid to keep hydrated. Answer? If you can still ask the question something must be working?

High tech stuff is in too. Clipless peddles, odometers, heart rate monitors, lighter than light color coordinated helmet and glasses, tires that are filled precisely at 110 psi back and precisely 100 psi front that will give us that extra 1.2 mph to carry us over the course in record time. Has anyone thought of carrying a gyroscopic horizon indicator? That way we could really see if our curve turning is at the correct pitch. I like the old method--if you find yourself on the tarmac, most likely you leaned just a bit too far.

I think Bill Boyett said it best during our tryout ride this past weekend. He was telling us that while riding to his in-laws (64 miles) he was getting a little grumpy and thinking as he looked down at his odometer that he had another 15 miles to go. When he looked up, coming down the hill was a young man on a one speed, beat up, fat tire Sears special with a grin on his face as wide as the sky...for he was having fun. You're right Bill, we sometimes loose sight of why we're out here. We get too busy reading the high tech info, and worry too much about our tire pressure or which direction the wind may be coming from rather than listening to that little child in all of us that says it's just fun! So have fun and hope to see you on the Horse Farm Hundred.

See you cycling,  
Linda C. McMahon



P.S. Does anyone know where I can buy an odometer that includes gyroscopic horizon readings?

# Adopt-A-County-Road Program

by Diann Dimitri

The August 25 cleanup for CR 234 (Angle Road) had 14 people show up, the largest turn out since we began volunteering in April of 1994.

In less than two hours, the following people did a terrific job of clearing our 2 mile stretch of road: Barry Gibbons, Janis Mara, Mark Koletzke, Jim Adams, Caroline Hufty, Diann Dimitri, Gary Kirkland, Susan Kirkland, J.D. Manion, Rocke Hill, Evelyn Hill, Jennifer Cobb, Linda McMahon, and Melanie Pfautz.

For the most unusual find, I'd have to vote for the abandoned car hood. Jim Adams and Jennifer Cobb sighted an armadillo (live!), a rarity on our cleanups.

For anyone who couldn't make this cleanup, our next one is on Nov 17 at 3 pm. It will be a lot cooler and, who knows what we'll happen upon this next time.

Last, but not least, we go to Tony and Pat's for all the pizza, soup & salad you could possibly eat.

## Quiz

Which color doesn't belong:  
Black, Red, Orange,  
Yellow, Green, Blue

## THE FIRST ANNUAL (HOPEFULLY) BEAT-THE-GAINESVILLE-HEAT BLUE RIDGE PARKWAY RIDE

By Shannon Woodruff

The ride actually consists of two roads, Skyline Drive-a 105 mile segment from Front Royal Virginia, through the Shenandoah National Park, to Afton Virginia, and the Blue Ridge Parkway-a 469 mile long road from the southern end of Skyline Drive to Cherokee N.C. Together, they constitute what must be one of the greatest cycling roads in existence, nearly 600 miles of no red lights, stop signs, or cross streets, low speed limits, and light traffic that doesn't seem to be in a hurry to get anyplace, and no big trucks (except motor homes). The road surface was better than could reasonably be expected, smooth pavement, very little debris (occasional gravel and medium rocks). Can you imagine what it's like to ride for a week and see only one broken bottle? Both roads have innumerable paved pulloffs for scenic overlooks, which were an ideal place for rest breaks.

The only thing the roads did not have was flat terrain. It was all either uphill or downhill. I don't think the transitions even had any level ground longer than a bicycle. Nothing was very steep. The usual climbing speeds (comfortable) on the steep parts were 7 to 8 mph, and the descents were in the mid-40's (48.8 mph max). There were times, however, when we would go uphill for well over an hour. I did not obtain elevation changes for Skyline Drive, but it was equivalent to the Parkway, which had 48,601 feet of climbing, plus 1,390 feet for Mt. Mitchell.

The second Blue Ridge Parkway is provisionally scheduled for August 2-10, 1997. Please contact either Roger Pierce or myself well in advance of that date if you are interested in joining us. Shannon Woodruff (352) 378-0378; Roger Pierce (352) 378-7063.



# 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.

WANT TO BUY Suntour Superb Pro components. Turn those dust collectors into cash. Please contact Bill Boyett 338-2945 or E-mail wdbest@aol.com.

FOR SALE. Yakima bike rack, set up for one bike. \$60. Shannon Woodruff 378-0378.

Airless bicycle tires for when you absolutely cannot afford a flat. Recommended for commuter bikes. Many sizes and styles. \$5. Roger Pierce 378-7063, RCPBIKE@aol.com

BIKE - Ross 6 spd. Cruiser, Blue with black fenders and accessories, in very good condition, with rack & pack, bottle cages & two 28 oz. water bottles, computer, pedal clips and straps, new tires, new chain and sprockets, original pedals also included. Would be a good general purpose or commuter bike. The Cadillac of cruisers, with a big spring seat and a gel cover. \$150

TIRES - Avocet Cross 700c (27 inch) x 35c, inverted tread, good touring or hybrid tire or slightly fat road tire, less than 100 miles of use, pair will cost \$ 60 retail, these \$30.

SHOES - Nashbar bike shoes, size 43 (9.5) Red and Gray leather and nylon, for casual biking, have firm sole, but easy to walk in. In good condition and clean. Orig. \$35. now \$10.

ZEFAL FENDERS - Snap-on, Snap-off, high impact black plastic fenders for 27" road or hybrid. \$10.

COMPUTER SYSTEM - Commodore 64, 5.25 inch and 3.5 inch drives, Sears 2000 printer, handmade wooden printer stand, 2 modems, 3 joysticks, mouse and pad, lots of manuals, books and software. Great game machine. \$300 Fully operational and in excellent condition.

WET SUIT TOP - Bailey Suit (the best), Medium, Black with red trim, yellow interior. Long sleeve. Plush inside & out. Spine pad, key pocket, clean and in excellent condition. \$60.

BEDSPREAD - 100% quality heavy cotton, Queen size, natural color, excellent condition, used once, still in zippered protector, \$60.

CHEST OF DRAWERS - 28"w x 17"d x 44"h, , 4 drawers, all wood, not particle board, \$60.

DINING ROOM CHAIRS - Four straight back wooden chairs, Hunter green with natural wicker seats \$60 for the set.

COMPUTER CHAIR - Gray cloth, black and silver \$15.

Call Rob, 380-0561, leave a message.

## □□ **Road Watch** □□

□ CR 232 (NW 78th Ave) from CR 241 (NW 143 ST) to US 27/41 is being widened and repaved. The final layer is down on at least the east end.

□ Construction continues on SW 34th St. Bikelanes continue to be available but have tended to collect a lot of washout gravel. Watch out for construction debris that may pop up overnight at any point.

□ Dunganvin Road is closed at I-75 due to interstate bridge construction. There is a large pile of scrap concrete blocking the road.

□ SR 100 in Bradford and Putnam counties is getting shoulders.

## **Cycling for Peace Crusade**

The City of Miami Police Department is conducting a week-long ride from Miami to Tallahassee to generate attention to the problem of gang and juvenile violence, and to promote legislative and community efforts to identify alternative safe activities and programs for youths throughout the State of Florida.

The Gainesville Police Department, which has been a long-time advocate of positive alternatives for at-risk youth, will join the Miami Police Department's statewide campaign by conducting a Youth Rally as the Miami officers pass through our area. The rally will be held at Gainesville's Downtown Plaza on Sunday, October 20, from 9 to 10 am.

After the rally, we are inviting everyone who wants to join local law enforcement officers as we escort the Miami police cyclists from the Downtown Plaza to the FHP station on US 441 North.

## **Florida Trails and Greenways Conference**

by Marcie Stenmark - Rails-to-Trails Host Committee Member

The 1996 Florida Trails and Greenways Conference will be held in Gainesville this year November 7-9. The conference will be held at the University Centre Hotel and will include off-site events in Downtown Gainesville and the Hawthorne trail head for the Gainesville-Hawthorne rail-trail. There are a variety of topics that will be addressed. Some of the conference highlights will include presentations on Florida's Statewide Greenways plan, trail design and development, and building partnerships for successful greenways. If you are interested in attending the conference, send in the registration form in this newsletter. If you have any questions, please call 334-2107.

The Florida Trails and Greenways Conference is sponsored by the Rails-To-Trails Conservancy Florida Chapter, the Department of Environmental Protection's Office of Greenways and Trails, and the National Park Service's Rivers and Trails Convention Assistance Program.

# October-November Ride Schedule

FOR CURRENT INFO, Call The GCC RIDELINE 538-8100 (courtesy of ALLTEL Mobile)

## RIDING GROUPS

**A Riders.** (no Group Captain). Will usually choose a middle or long distance ride. The route may change without notice at any time. The group will frequently split into two or more groups. These rides can be very fast, and do not necessarily make rest stops. On the weekends, these rides are usually joined by riders from the Revolution Sports Society racing team, and frequently by Team Florida and other miscellaneous racers.

**Gliders.** Barry Gibbons, 372-1145. Rides with ride leaders in the upper B range (17-19 mph average). Meeting times and places vary; see the schedule on this page. Rides will normally be around 50 miles in length.

**Roadies.** Sam Sullivan 371-8218. Rides with ride leaders in the lower B range (15-16 mph average). Meeting times and places vary; call the RideLine. Rides will normally be around 40 miles in length.

**Hunters Crossing Pedalers.** Linda McMahon, 331-4089. Meets at the GRU facility on NW 43d St just north of NW 53d Ave, most Saturdays for a slower paced ride. On one Saturday of most months the group meets at an out-of-town starting location--see newsletter articles announcing locations or call the RideLine. This group also meets at the Plaza of the Americas on some Sundays.

**Newnans Lake Riders.** Chandler Otis, 377-1728 (leave a message). A family and beginners group that meets Sundays at the Plaza of the Americas to do a 15 to 25 mile ride usually going out to Lakeshore Drive along Newnans Lake. See the Near East ride map.

## REGULAR STARTING TIMES AND PLACES

### GRU FACILITY RIDES

(On NW 43rd Ave, west side, just north of NW 53rd St)

#### **SATURDAYS**

Hunters Crossing Pedalers meet at 9 am.

### STEAK N SHAKE

(SW 13th St at 16th Ave)

#### **TUESDAYS & THURSDAYS**

A Riders meet at 4:45 pm in October.

### PLAZA OF THE AMERICAS RIDES

(University of Florida campus in front of Library West under the walkway)

Rides meet at 9 am leaving after 9:15.

#### **SATURDAY**

A Riders meet at 9am.

#### **SUNDAY**

A Riders, Newnans Lake Riders, and Hunters Crossing Pedalers meet at 9 am.

**Centurians.** Roger Pierce, 378-7063. Hundred mile rides and up. We do many out-of-town invitational centuries.

**Bee Line.** Bill Cochran, 371-4118 or Dave Wagner, 375-4496. Meets at various locations and times on weekends and weekdays, usually starting very early. Civil rides at a good pace with rest stops.

## Gliders Ride Schedule

| <i>Date</i> | <i>Time</i> | <i>Ride Leader</i> | <i>Phone</i> | <i>Start Location</i>                          |
|-------------|-------------|--------------------|--------------|--|
| Oct 12 Sat  | 8 am        | Andrew Gill        | 338-9205     | Office Environment Center, 4805 SW 34th St     |
| Oct 13 Sun  | 8 am        | Mark Koletzke      | 337-0030     | GRU Facility, NW 43rd St and 53rd Ave          |
| Oct 19 Sat  | 8 am        | Mark Koletzke      | 337-0030     | Roadside park in Hague on US 441 (DeSoto park) |
| Oct 20 Sun  | 8 am        | Mark Koletzke      | 337-0030     | GRU Facility, NW 43rd St and 53rd Ave          |
| Oct 26 Sat  | 8 am        | Evelyn Hinson      | 331-3549     | GRU Facility, NW 43rd St and 53rd Ave          |
| Oct 27 Sun  | 8 am        | Tim Strauser       | 375-3612     | Office Environment Center, 4805 SW 34th St     |
| Nov 2 Sat   | 8 am        | Evelyn Hinson      | 331-3549     | Publix at Tower Road and Archer Road           |
| Nov 9 Sat   | 8 am        | Andrew Gill        | 338-9205     | Publix at Tower Road and Archer Road           |
| Nov 10 Sun  | 8 am        | Tim Strauser       | 375-3612     | Office Environment Center, 4805 SW 34th St     |
| Nov 16 Sat  | 8 am        | Barry Gibbons      | 372-1145     | Roadside park in Hague on US 441 (DeSoto park) |
| Nov 24 Sun  | 8:30 am     | Margaret Raynal    | 376-6319     | Plaza of the Americas                          |
| Nov 30 Sat  | 8 am        | Andrew Gill        | 338-9205     | Plaza of the Americas                          |

Watch the email list for additional rides **HELMETS ARE REQUIRED ON THESE RIDES**

## Roadies Ride Schedule

|  |   |
|--|---|
| SATURDAY RIDES (All)<br>Meet at Office Environment Center, 4805 SW 34th St, at 9 am<br>Ride Leader Bill Boyette 338-2945   | SUNDAY RIDES (Oct 13 & 20, Nov 17 & 24)<br>Meet at Plaza of the Americas at 9 am<br>Ride Leader Sam Sullivan 371-8218 |
| Watch the email list or check the RideLine for possible changes in times or meeting places, and possible additional rides. |   |



FLORIDA

# Florida

## Bicycle Touring Calendar

(ABRIDGED)



See the complete calendar on the World Wide Web at <http://www.afn.org/~bike/fltours.html>

**Oct 5 (Sat) Biking for T.I.M.E.**  
*Orlando FL* A 14-mile family fun ride. Start at 7:30 am at Showalter Field at Winter Park High School. Pace 10-12 mph. Race Headquarters, Track Shack, 1104 North Mills Avenue, Orlando FL 32803. (407)898-1313 or (407)896-5473.

**Oct 5 (Sat) Pedal Into Fall Century**  
*Pensacola FL* **CANCELLED**

### Gainesville Cycling Festival

**Oct 5 (Sat) Santa Fe Century**  
*Gainesville FL*  
 4th Annual

**Oct 6 (Sun) Horse Farm Hundred**  
*Gainesville FL*  
 16th Annual. 5015 NW 19 Pl, Gainesville FL 32605.  
 RCPBIKE@aol.com. Info on web page.

**Oct 6 (Sun) Skip Jarrett Memorial Century**  
*Coral Gables FL*  
 SASE Everglades Bicycle Club, POB 430282, South Miami FL 33243-0282.

**Oct 6 (Sun) 2nd Annual Rails to Trails Bike Ride**  
*Inverness FL* (352)726-2251. Rails to Trails of the Withlacoochee, PO Box 807, Inverness FL 34451-0807.

**Oct 7-11 Florida Cruiser**  
*Ft Myers FL* An Adventure Cycling Association loaded camping tour to Orlando. Adventure Cycling, PO Box 8308, Missoula MT 59807-8308 Email: acabike@aol.com.

**Oct 10-13 18th Annual Southern Tandem Rally**  
*Sebring FL* STR-96, 224 SW 180th Ave, Pembroke Pines FL 33029. Email: Joshua@polaris.ncs.nova.edu.

**Oct 11-14 BRAG Georgia Bikefest**  
*Metter GA* "Everything's Better in Metter." Bike

Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. Phone (770)921-6166.

**Oct 12 (Sat) 6th Annual Tour De Swamp**  
*Folkston GA* Okefenokee Festival. 10 mile fun ride. Ride starts at 7:45. T-shirts and participation ribbons. (There is also a 32 mile race.) Okefenokee Chamber of Commerce, PO Box 756, Folkston GA 31537. (912)496-2536.

**Oct 13 (Sun) 23rd Annual Birmingham Bicycle Club Century**  
*Pell City, AL* Marked and mapped routes of 25, 50, 75, and 100 miles. Cookout following. "Doc" Wally Retan, 956 Montclair Road Suite 101, Birmingham, AL 35213, Ph (205)592-9221 (days) (205)967-2920 or (205)930-4077 (evenings) or Susan "Bulldog" Farmer, (205)934-1963 (days) (205)338-2906 (eve).

**Oct 18-20 Mt Dora Bicycle Festival**  
*Mt Dora FL* A major cycling event, limited to first 1500 applicants. Select one, two, or all three days to participate. Tent and RV camping available at Mt Dora High School; most area motels are booked; the brochure has many lodging options for you to explore. Rides range from 3 to 100 miles. All meals are included in the registration fee. Mt Dora Chamber of Commerce, PO Box 196, Mt Dora FL 32757. (352)383-2165.

**Oct 19 (Sat) Spaghetti 100**  
*Micosukee FL*  
 100 mile, 100 kilometer, 50 kilometer. Jim Mann (904)422-0302

**Oct 19 (Sat) See the Sea Metric Century**  
*Fairhope AL* 6:30 am, Fairhope Pier. Road, 30 & 62 miles, MTB 35 miles loop, rolling and moderately hilly terrain--moderate experience required, technically

challenging. Cadence 120 Bicycle Works, Azalea City Cyclists, PO Box 81592, Mobile AL 36689, (314)344-7435.

**Oct 20 (Sun) Intra-coastal Century**  
*Cocoa Beach FL*

Spacecoast Freewheelers, PO Box 320622, Cocoa Beach FL 32932-0622. (406)786-4686.

**Oct 27 (Sun) Sleepy Hollow Century**  
*Interlachen FL*

100/65/45/25 mile rides. Registration opens at 7 am, century leaves at 8 am, other rides at 10 minute intervals. Mail registrations must be postmarked by Oct 15 (\$18), day of ride \$20. Fee includes maps, sags, rest stops, T-shirt, and a spaghetti dinner. Putnam Bicycle Club, PO Box 1163, Palatka FL 32178. (904)325-3392.

**Nov 1-3 Florida Fat-Tire Festival**  
*White Springs FL*

Suwanee Bicycle Association, PO Box 247, White Springs FL 32096. (904)878-2042. Email Wpburden@aol.com.

**Nov 3 (Sun) Gulf Coast Cycle Fest**  
*Venice FL*

15/35/62 miles. Sarasota Manatee Bicycle Club PO Box 15023, Sarasota, FL 34277-1053. (941)497-6683 Email: Nhurley805@aol.com

**Nov 9 (Sat) Clean Air Bike Ride**  
*Brooksville FL*

7-9 am (no mass start). Ridge Manor Trail Head of the Withlacoochee State Trail one mile east of I-75 at State Road 50 (exit 61). Choose from 12, 20, 48, and 92 mile routes. Clean Air Bike Ride, 6160 Central Avenue, St Petersburg FL 33707. (800)771-5863. Fax (813)345-0287.

**Nov 9-11 Big 'O' Bike Tour**  
*Okeechobee FL*

A three-day ride on the 110 mile trail around Lake Okeechobee. Greater Lake Okeechobee Tourism Alliance (GLOTA), 55 South Parrott Ave, Okeechobee FL 34974.

(800)871-4403, fax (941)763-3531 or Linda Leeds (561)683-2851.

**Nov 10 (Sun) Bob Mohr's 8th Annual Lake Okeechobee Lark**  
*Belle Glade FL*

West Palm Beach Bicycle Club's 120 mile clockwise ride around the lake. Entry deadline is Nov 4 (no day of ride). Bruce or Betty Everard (561)622-6758, 2503 Aspen Way, Boynton Beach FL 33436.

**Nov 16 (Sat) Century**

*Pensacola FL* 100/50/25 miles. Sharon Silk, USO, (904)455-1064, Bob Kriegel (904)438-9860. USO, PO Box 4321, Pensacola FL 32507.

**Nov 17 (Sun) 17th Annual Horrible Hundred**

*Clermont FL* 33/69/100 miles, Florida Freewheelers, (407)788-3446.

## BUSINESS SPONSORS

These businesses provide discounts to club members who present their yellow 1996 or 1996/7 membership card:

|                          |          |
|--------------------------|----------|
| Bike Route               | 15%      |
| Campus Cycle Works       | 15%      |
| Chain Reaction           | 10%      |
| Gator Cycle              | 10%      |
| Gator Frame Painting     | 10%      |
| Ominski Massage          | \$10 off |
| Primo Bicycle Works      | 10%      |
| Recycled Bicycles        | 10%      |
| Streit's Schwinn Cyclery | 10%      |
| Water World              | 5%       |

Some restrictions apply, ask for details at the store.

## The Gainesville Cyclist

5015 NW 19th Place  
Gainesville FL 32605-3435

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The Gainesville Cyclist is published bi-monthly with cover dates of even-numbered months. The deadline for new copy is the third Friday of the preceding month. All submissions are welcome.

Classified ads will be run free-of-charge for club members; call the editor.

Ads are \$5 per column inch or \$25 for six column inches (which may be broken into multiple ads in different issues); the standard ad is two column inches (2" x 3", a 1/2" narrower than a business card).

## Things you should know

**1** That area bike shops, with the GCC membership discount you will receive, can often beat the prices of mail order dealers like Nashbar, Performance, and Colorado Cyclist. Patronize your local bike shops.

**2** That the Gainesville-Pedestrian Coordinator offers a free newsletter concerning local bike activities and events. Call (334-2107) and ask to be placed on the mailing list.

**3** That they call it Gatorade because it was developed right here in Gainesville at UF.

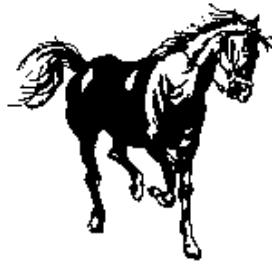
**4** That the telephone book has coupons in it that can be used to reduce your repair costs at local bike shops.

**5** That one of the best sun screens available is only \$6 for 16 oz. An SPF 45 lotion with almost no odor, which is waterproof, sweat proof and not as greasy as most others, is available at K-Mart and Publix. Look for NO-AD Solar Babies in a pink bottle with a purple top.

**6** That Gainesville has consistently been listed as one of the most bicycle friendly places on earth. (Quite possibly the universe!) If you're not biking, you're missing out!

**1997 Gainesville Cycling Festival - 27-28 September - Santa Fe Century - Horse Farm Hundred**

Quiz Answer  
The jersey worn by a cycling world champion is white with stripes of black, orange, yellow, green, and blue. Red does not belong.







## Gainesville Cycling Club

5015 NW 19th Place  
Gainesville FL 32605-3435

BULK RATE  
U.S. POSTAGE  
**PAID**  
GAINESVILLE FL  
PERMIT #687

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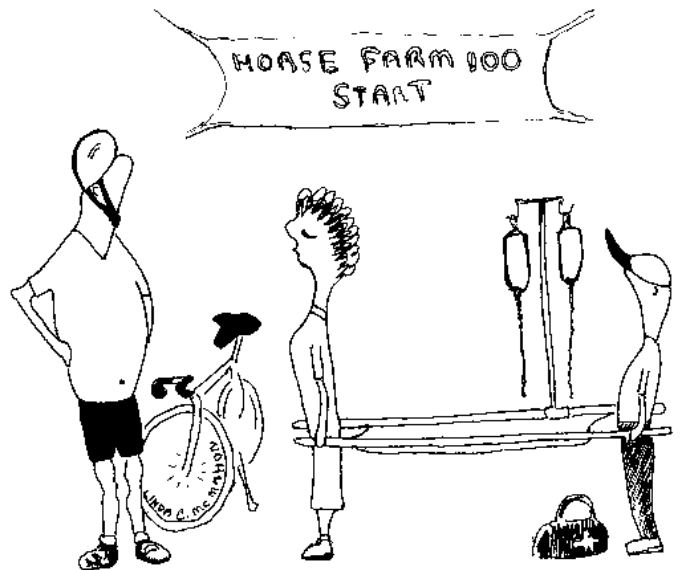
# Cycling Shorts

1 Welcome new members **Lisa A. Balsamo, Lisa Braun, Jennifer Christopher, Kenneth Cline, Sharon M. DiFino, Allcia Finch, Monique Green, Denise Hamilton, Evelyn G. Hill, Carolyn Hufty, Janis Mara, Ralph Maurer, Susan Pundt, Nancy Saalfield, Barry F. Simpson,** and **Michelle Wileczek** of Gainesville, **Larry L. Bowman** of Archer, **Jim Fraser Jr** and **Robert R Grist** of Micanopy, **Jason E. Titus** of Newberry, **Lee A. Young** of Keystone Heights, and **Robert Harriss** of Orlando.

1 The Duggan's have number 2 on the way!

## TOONS by McMahon

Where do you want us to wait?



# Granddaddy Jimi will ride the Granddaddy, RAGBRAI 25 Wanna come along?

If you have ever considered riding the REGISTER'S ANNUAL GREAT BICYCLE RIDE ACROSS IOWA, next year may be one of the great ones. It will be the 25th annual cross state ride which is expected to include some very special events to mark the occasion of being the oldest cross state ride. The ride is limited to about 10,000 riders, with many of them selected by doing the normal entry registration and hoping your name is drawn in the lottery, which has been very high during some years. However, I can offer you a sure thing if you know for sure you want to ride next year. It involves you joining an Iowa bicycle club, THIS YEAR, which will make you eligible to purchase our bike club package deal for the ride next year. Only riders who are members this year can get the tickets when they go on sale next year. You would need to be in Iowa on Friday, July 18, 1997. The bus leaves Saturday morning, July 19th, and the ride begins on Sunday, July 20th and ends on Saturday, July 26th.

The details are: for about \$150-\$170 you would get a rider's pass, bus transportation from Marshalltown, Iowa, to the ride's start, transportation for your bike and gear to the ride's start. Then as you rode during the week your gear would be transported from overnight town to town and a campsite would be waiting for you. We have our own solar showers this year so we didn't have to fight for a cold shower each day. At the end of the ride you and all your stuff will be transported back to Marshalltown. The cost of membership in the Iowa Valley Bicycle Club is \$10 for individuals and \$15 for family membership.

If you have wanted to do the Rag but didn't know how to jump through the hoops, this may be the best way for you to be a part of the Granddaddy of all the state tours. If you would like more information, call me at 331-5296 or email to [afn08324@afn.org](mailto:afn08324@afn.org) and I would be happy to give you more info. If you just need the bike club's address, it's IVBC, PO Box 927, Marshalltown, Iowa 50158 and tell them Oh Captain, My Captain sent ya. Happy trails, Jimi Morris.

Support Your Local Independent Bicycle  
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They Support Your Bicycling Events

## RAGBRAI 24

July 21-27, 1996

by Jimi Morris

RAGBRAI XXIV, the Register's Annual Great Bike Ride Across Iowa, was called the best weather ever by the old timers who rode at least 20 of the rides. The temps were in the 70s and 80s with scattered cloud cover and cool nights for good sleeping.

The ride was shorter this year, under 500 miles, mainly due to the fact that the last three days took us through the part of Iowa called "Little Switzerland." Yes, the hills were plentiful, steep, and seemed to go on forever. But oh those views from the top. It really made the out-of-staters wonder if this was really Iowa. Like all good tours it was hard to see it end when we dipped our tires in the mighty Mississippi River, but we all know that another ride awaits next year. Happy Trails!

17th Annual  
**Horrible  
Hundred**  
Sunday, November 17th, 1996  
Clermont FL 33/69/100 miles  
Florida Freewheelers  
PO Box 916524



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