

Club Happenings

Dec 7 (Sat) Holiday Party 6 PM

Location: Roger Pierce's residence, 5015 NW 19th Place (access 19th Place from NW 46th St, via NW 23rd Ave, or via 19th Ave from NW 43rd St).

RSVP: Call 378-7063 or email RCPBIKE@aol.com.

Food: The club will provide **pizza**, sodas, and a few beers.

Bring (1): Your favorite side dish or hors d'oeuvres.

Bring (2): A wrapped "white elephant" gift — something lying around the house that you think would make an "interesting" gift (one per person).

Bring (3): Photos to pass around.

Dec 14 (Sat) Annual Kids Bike Fixup Day

Once a year we get together to do the final fix up on the bikes the Gainesville Police Department will give to kids on Christmas. All year prisoners, under the watchful eye of Chandler Otis, have been reconditioning unclaimed bikes. Our job is to do the final QC and adjustments before they go to the kids. Meet at the miniwarehouse on NE 4th St (turn south from NW 39th Ave WEST of Main Street). This is how we say "Thanks" to the GPD for their help on the Horse Farm Hundred. For more info leave a message for Chandler at 377-1728.

Dec 14 (Sat) McIntosh Ride 9 AM

Hunter's Crossing December away ride. Interested riders should meet in the parking lot of the Cottage Cafe on US 441 (about 2 miles north of McIntosh) by 8:45 am. Plan to be underway on the ride at 9 am sharp. A ride of about 30 miles over some of the most scenic roads in the McIntosh area will lead us back to the Cottage Cafe for lunch. Any other questions email, Rob Wilt (afn09010@afn.org) or call 380-0561.

Jan 1 (Wed) New Year's Day Ride 10 AM

Meet at the Plaza of the Americas. Note the later starting time to allow more time for recovery from a late night.

Jan 11 (Sat) Historic Bellamy Road Ride 9 AM

Meet in Traxler (CR 236 & I-75, north of Alachua) for a 20 mile lime rock road ride. Bellamy Road is Florida's first federal highway, built in 1826. Bring mountain bikes, hybrids, or touring bikes. Lunch afterwards in High Springs. Call Chandler Otis at 377-1728 (leave a message) for more info.

Time To Renew

During the last year, the Gainesville Cycling Club transitioned to memberships that run from the time you join the club for one year. However, most of our long time members joined when all memberships expired on January 1st, and therefore they will be receiving a renewal form in the mail before the end of the year.

In order to receive any 1997 newsletters, you **must** rejoin the club by returning the renewal form with your dues. Don't forget the other club benefits, which include the Annual Meeting and Swap Meet in February, insurance on club rides, discount on the Horse Farm Hundred, picnics throughout the spring and summer, and the Holiday Party.



President's Message

The Gainesville Cycling Clubs 16th Horse Farm Hundred was a great success due to the efforts of the following people.

Gainesville Cycling Club Inc.
1996 Board of Directors

President
Linda McMahon
331-4089
lindamcm@aol.com

Vice President
Rob Wilt
380-0561
afn09010@afn.org

Membership Secretary
Roger Pierce
378-7063
375-8930 fax
RCPBIKE@aol.com

Treasurer
Bill Cochran
371-4118

Information Director
Chandler Otis
377-1728

Recording Secretary
Maureen Petersen
372-8045
MAPE@gnv.ifas.ufl.edu

Adopt-A-Road Director
Diann Dimitri
462-4580

Webmaster
Andrew Gill
338-9205
apgill@gnv.fdt.net

Member At Large
Barry Gibbons
372-1145
barry@afn.org

Registrar: Roger Pierce. **Aid Director:** Diann Dimitri and assistant Bill Cochran. **Course Marshall:** Barry Gibbons. **Sag Drivers:** Marty Tod, Margaret Raynal, Chandler Otis, and Barry Gibbons. **Pace Car:** Kevin Jones. **Pavement Markers:** Barry Gibbons and Chandler Otis. **Rest Stop Workers:** *Lunch crew:* Dianne Dimitri, Suzanne McDowell, Chris Bowman, Robin Ellison, Carolyn Hufty. *Calawood Crew:* Debra and Minta Akin, Sarah Price, Tom Tucker, Julie Baker, Chris Cochran, Marlene Browning. *Morningside Crew:* Dave Thomas, Kim Gabel. **Registration Workers:** Jessica Green, Janis Mara, Rob Wilt, Mary Lou Merkner, Jeanne Repetto, Jan Lautner, Jimi Morris, Roger Pierce, Karelisa Hartigan, Rocke Hill, Dianne Dimitri, Maureen Peterson, Chandler Otis, Richard Brinckmann. **T-Shirt Designer:** Perry Bain. **Photographer:** Maureen Peterson. Additional thanks go to the Gainesville Police Department, Alltel Mobile for use of their cellular phones, Dan Ominski and his masseuse crew, and the Ham Radio Operators.

The Coordinator: Roger Pierce. Roger definitely coordinated and I still don't know how he did it. (the weekend prior to our event he crashed in the mountains of Georgia doing the Six Gap Century. Mostly from a wheel chair he managed to keep track of the applications for both events and coordinate all the above. Roger I really think our Bylaws should include a clause that you are never ever allowed out of your house the month of The Gainesville Cycling Festival.

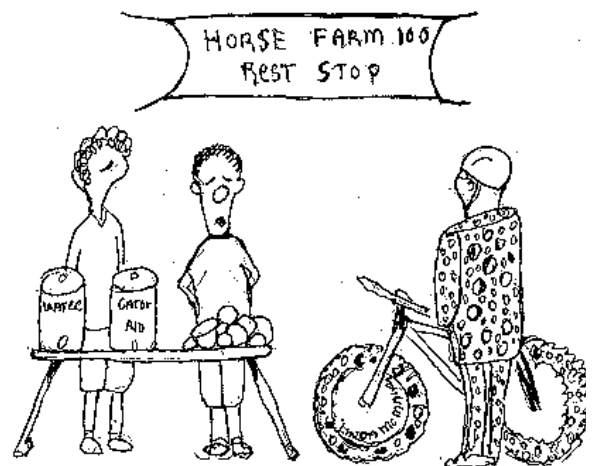
As you can see there were many people involved to make The Horse Farm Hundred a success. Our members also helped with the Sante Fe Century. Assisting me (*Linda was the Santa Fe Course Marshall, ed.*) as SAG drivers were Mary Lou Merkner, Chandler Otis, Bill Boyette, and Sharon Woodruff. Sam Sullivan hit the road early to sign the course, and Chandler Otis did the arrow painting. Rob Wilt directed the pace car. And Bear Bryan was the overall coordinator. As a member of GCC I would like to thank them all for their most valuable help.

See you cycling,
Linda C. McMahon



TOONS by McMahon

"The Sponges!" I'm afraid you'll find them at every event.



Gainesville Cycling Festival

Saturn Santa Fe Century

The most successful of the four Santa Fe Centuries saw 345 riders (on the rolls) take to the street behind the Saturn pace vehicles. For the most part, the rain stayed away or was just spotty, so the biggest problem for the day was the mildly blustery winds. New this year, the GCC supported the ride with five SAG vehicles that were in addition to the two pace cars supplied by title sponsor Saturn of Gainesville. And as always, the GCC handled registration for the entire weekend.

GCC member and Boys and Girls Club board member Bear Bryan did a yeoman job coordinating the entire event, assisted by Boys Club director Jerry Lane. They set up all of the rest stops, obtaining food and manpower. In addition, they negotiated, cajoled, and weaseled to get support from local vendors for the pancake breakfast (kudos to IHOP) and spaghetti dinner (best left unsaid). Due to family commitments, Bear will not be the overall coordinator next year. If you are interested in helping with this worthy fund raiser for the Boys Club call Jerry Lane at 372-5342.

Pavelka Rolls

The first official finisher of both the Santa Fe Century and the Horse Farm Hundred was Ed Pavelka of Alburdis, Pennsylvania. Ed is a graduate of Gainesville High School and is the former executive editor of Bicycling Magazine. This past summer he was a member of the Race Across America team that set a new record for riders over 50. We can always count on him to join our rides during his visit at Christmas; it was good to see him make a special trip to do the Gainesville Cycling Festival. His finishing time of 4:14 was a new record for the Santa Fe Century, and his time of 4:31 in the Horse Farm was 15 minutes better than the best last year (the first HFH finisher was unofficial at 4:24).

Horse Farm Hundred

Despite iffy weather, 304 riders turned out for the Horse Farm Hundred and Tours. Two hundred and two started from Morningside Nature Center, 181 of those signed up for the century. As the Saturn pace vehicle turned onto US 441, the first of the morning showers cooled off the riders. Some decided to do shorter rides in the Gainesville area, but most pressed on and completed the full ride. They were rewarded with improved conditions during the central part of the ride in the Horse Farm territory of northern Marion county. The faster riders made it back to Gainesville with little additional rain, but the later arrivals had their shower on the road. Meanwhile, 92 riders started their ride at the Calawood RV Park, choosing to enjoy the horse farms without the thrill of doing a full century.

Linda recognizes the 36 GCC members on our volunteer rolls in the President's Message. We also need to thank the Gainesville Police Department, the Amateur Radio people, and Saturn of Gainesville for volunteer labor support. Despite a number of our past volunteers being out of town this year, we were able to fill most of the jobs and put on a quality event. There is not another event that provides the quality of rest stops as the Horse Farm Hundred. Before the ride, we have bagels and muffins. Our rest stops have top notch snacks, Gatorade, and canned Coca Cola products. The lunch stop has peanut butter and jelly in addition to the snacks, and at the end of the ride we have Healthy Choice hot dogs in addition to the other snacks. If you can think of anything we missed, tell any board member and we may add it next year!

Publicity Support

A lot of the credit for the improved turnout for the Gainesville Cycling Festival this year goes to the improved Century Challenge program that we

continued on page 6

Bicycle/Pedestrian Advisory Board *Happenings*

by Jim Leary, B/PAB Chairman

The Bicycle/Pedestrian Advisory Board (B/PAB) reviews transportation planning proposals and programs affecting bicycle and pedestrian transportation within the Gainesville Metropolitan Area. The BPAB makes recommendations to the Metropolitan Transportation Planning Organization (MTPO), the City Commission, and the County Commission on all matters concerning planning, implementation, and maintenance of policies, programs, and facilities for safe and efficient pedestrian and bicyclist activities.

Most recently, the B/PAB has been involved in discussing the improvement of the bicycle/pedestrian path which lies on the south side of State Road 26A and extends from SW 34th Street to West University. The pathway is narrow and in disrepair in several locations making it a potential safety hazard for those who use it. The B/PAB is working with the Florida Department of Transportation to make this a priority project.

In May, the Gainesville City Commission requested that the B/PAB outline "Traffic Calming Strategies and Bicycle Safety Operational Improvements for the College Park/University Heights Special Districts. In June, several B/PAB members attended the Community Redevelopment Agency Advisory Board meeting to discuss preliminary recommendations. As a result, the B/PAB developed several specific recommendations which fall into one of six broad categories:

1. Intersection Improvements
2. Roadway Improvements
3. Sidewalk Improvements
4. Trail Improvements
5. Enforcement
6. Maintenance

These recommendations were presented to the City Commission on Monday, November 25th.

Other issues:

The B/PAB is aware of the concern over the increased speed limit on intrastate highways (U.S. 441, U.S. 301 & Waldo Road) around the Gainesville area. We have voiced our concern to the state DOT but at the current time, they are unlikely to return the speed limit to 55 mph.

The B/PAB is supporting the "Presidential Task Force on Transportation and Parking." A letter written to President Lombardi praised the bicycle/pedestrian-friendly nature of the report and the initiative taken by UF. The letter also included suggestions for increasing lighting for pedestrian walkways, especially at access points to campus, and for the expansion of SNAP (night time on-campus escort service). Better linkages to the transit system for bicycling and walking, including the installation of bicycle racks and benches at all major bus stops on and off campus, were recommended.

Roadway design projects - Potential improvements for the Glen Springs Road and NE 16th Avenue corridors are being considered.

Sports Massage
Injury Recovery
Reiki / Energy Balancing
Stress Relief / Management
DAN OMINSKI, LMT
Sliding Scale Rates
Event Availability

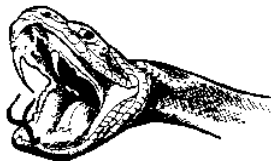


Rattlesnake!

Adopt-A-Road Report by Diann Dimitri

The November 17 Adopt-A-County Road cleanup met at 3 pm and had finished our two mile section by 4:30. We are really getting good at this job or there's less trash because this cleanup was done with seven people: Rob Wilt, Diann Dimitri, Barry Gibbons, Bill Boyette, Ralph Schlieff, and Julie Baker. Once again, we filled six large bags plus one tire.

Rob Wilt had the most interesting encounter with wildlife. He spotted what appeared to be a sleeping or dead snake coiled up on a sheet of newspaper. Rob picked up the newspaper with his pointed stick. The snake didn't move. Brazenly, Rob decided to touch the snake with the stick. We then discovered that the snake was indeed alive (a rattlesnake at that), but it quickly slithered off into the underbrush. I have to say this is only the second sighting I've had of a snake in the almost three years of road cleanup. I worry more about the sticker burrs on my socks.



The other find of interest was the outside packaging of "Ms. Perfection, the perfect replica of a real woman." However, Ms. Perfection was long gone by the time we happened along.

So, everyone who would like to share in these exciting adventures will now have to wait for our next clean-up, sometime in the latter part of February. Look in your next newsletter for the exact date.

WARNING!

Due to the high postage costs that the club was paying, we have gotten a bulk mailing permit. As a result, the cost to get this newsletter to you is around 20¢ instead of 55¢ or even 78¢. With over 200 copies in the mail, the savings are significant.

However, this means that the newsletter *will not be forwarded* if you move and do not tell us your new address! In that case you will not hear from us again until we send you your renewal notice (which will be forwarded since it is first class, unless your forwarding order has expired).

Don't forget us when making out those new address cards. Keep your **Gainesville Cyclist** coming!

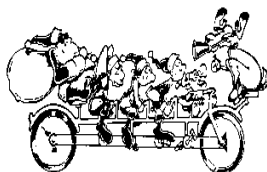
Quiz

What is the only thread on a bike that tightens in a counter-clockwise direction?

Answer on page 11

"When the cyclist roams freely on his steely steed in the godly world of Nature . . . his heart rises and he bewonders the splendor of Creation."

--Wilhelm Wolf (1890)



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.

Bike rack for van with rain gutters, holds 3 bikes/wheels, very good condition. \$70. Call Jan 378-5003.

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

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. \$7.

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.

Call Rob, 380-0561, leave a message.

□□ **Road Watch** □□

□ CR 232 (NW 78th Ave) from CR 241 (NW 143 ST) to US 27/41 has been widened and repaved.

□ Construction is starting on SR 26 (Newberry Road) from the current end of the 4-lane out through Jonesville. When complete, there will be paved shoulders and 4 lanes.

□ Dungarvin 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.



Gainesville Cycling Festival Publicity Support

continued from page 3

participate in with Bicycling Magazine and the League of American Bicyclists. In addition to having our centuries featured in articles in Bicycling Magazine and Bicycle USA, we were provided with the names of all Bicycling Magazine subscribers living within three hours of Gainesville. In return, we provided Bicycling with the names of the riders in the GCF.

The Horse Farm Hundred was designated a "Bicycling for Bicyclists" event. We contributed \$1 for each paid registrant to the League of American Bicyclists for use in their programs supporting bicycling. The L.A.B. is the primary advocate for bicycling issues in Washington DC.

Bandits!

As with many invitational century rides, the Santa Fe Century and Horse Farm Hundred attract riders who choose not to pay the entry fee. For the Santa Fe Century, those fees go directly to the Boys and Girls Club as a significant source of operating income to enable them to continue serving our community. Most Horse Farm Hundred fees are used to pay for the event (we collected \$6550 and spent over \$6000, we're still counting); what is left over is needed to keep our dues at the lowest level in the state. Those who ride but do not pay are stealing from the Boys Club and the GCC.

Most of the bandits are local riders who typically will start out with the ride and break off at some point to come back to town. But some will continue and actually take stuff at rest stops. This year the first person to finish the full Horse Farm, thus utilizing the pace car for the entire distance, did not show up on the registration rolls. The third finisher had registered for the Santa Fe, but not the Horse Farm. These were the obvious ones; there were others. We are considering using a rider identification system in the future.

December-January 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 in the lower B range (15-16 mph average). Meeting times and places may 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 43rd St just north of NW 53rd 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.

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 9 am.

SUNDAY

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

STEAK 'N SHAKE RIDES

(Corner of SW 13th St at 16th Ave)

TUESDAYS AND THURSDAYS

A Riders meet at 11:05 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

Date	Time	Ride Leader	Phone	Start Location
Dec 1 Sun	9 am	Margaret Raynal	376-6319	Albertsons on NW 13 th St
Dec 7 Sat	9 am	Andrew Gill	338-9205	Office Environment Center, 4805 SW 34th St
Dec 8 Sun	9 am	none		Plaza of the Americas
Dec 14 Sat	9 am	Margaret Raynal	376-6319	Plaza of the Americas
Dec 15 Sun	9 am	Tim Strauser	375-3612	Office Environment Center, 4805 SW 34th St
Dec 21 Sat	9 am	Barry Gibbons	372-1145	Roadside park in Hague on US 441 (DeSoto park)
Dec 22 Sun	9 am	none		Plaza of the Americas
Dec 28 Sat	9 am	Andrew Gill	338-9205	Plaza of the Americas
Dec 29 Sun	9 am	none		Plaza of the Americas
Jan 4 Sat	9 am	Barry Gibbons	372-1145	Roadside park in Hague on US 441 (DeSoto park)
Jan 5 Sun	9 am	Andrew Gill	338-9205	Office Environment Center, 4805 SW 34th St
Jan 11 Sat	9 am	none		GRU Facility, NW 43 rd St and NW 53 rd Ave
Jan 12 Sun	9 am	Tim Strauser	375-3612	Office Environment Center, 4805 SW 34th St
Jan 18 Sat	9 am	Barry Gibbons	372-1145	Plaza of the Americas
Jan 19 Sun	9 am	none		Plaza of the Americas
Jan 25 Sat	9 am	Andrew Gill	338-9205	Plaza of the Americas
Jan 26 Sun	9 am	none		Plaza of the Americas

HELMETS ARE REQUIRED ON THESE RIDES

Roadies Ride Schedule

SATURDAY RIDES (Selected days will have leaders) Meet at GRU Facility, NW 43 rd St and NW 53 rd Ave at 9 am Ride Leader Bill Boyette 338-2945	SUNDAY RIDES (Dec 8, 15, 29, Jan 5, 12, 19, 26) Meet at Plaza of the Americas at 9 am Ride Leader Sam Sullivan 371-8218
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Watch the email list or check the RideLine for dates when the rides will have leaders.



FLORIDA

Florida Bicycle Touring Calendar (ABRIDGED)



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

Dec 6-8 Secret Santa Weekend

White Springs FL

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

Dec 8 (Sun) Tour of Boca

Boca Raton FL

A police-escorted tour of Boca (run monthly through the winter). Registration starts at 12:30 pm and the ride at 1 pm; fee is \$2. Start at Patch Reef Park (corner of Military Trail and Yamato Road), rest stop at Rutherford Park. Children must be 10; those under 14 must be accompanied by an adult. Call the Boca Bicycle Club Hotline (561)362-0244 or Janette Giddings (561)391-1093.

Dec 7-8 Volusia - Flagler County LASERRRally !!!

Daytona Beach FL

The Loose Assemblage of SouthEast Recumbent Riders (LASERR) is pleased to announce its third recumbent bicycle rally. Join your fellow recumbent riders in a scenic tour of the greater Daytona Beach area. Rides of 25-65 miles selected. Detailed maps provided. Light traffic, great roads, popular bike routes. Beautiful tree lined spins through Tomoka Park, along the Intracoastal Waterway and historic Ponce Inlet Lighthouse. All bicycle types welcomed and encouraged to attend. Saturday ride starts at Ormond Beach City Hall / Library at 8:00am Sunday ride starts at Daytona Beach Public Library at 8:00am No cost for the ride, get together after Saturday's ride for a Larry's Giant Subs snack and some

good fellowship. For more information, contact Fred Ungewitter at 904-767-5768 6pm to 9pm. Email: fredu@america.com

Dec 21 (Sat) 5th Annual Winter Solstice Century Tallahassee FL

Robbie Brunger (904)224-7729.

Dec 26-30 Chris x Cross Florida St Augustine FL

St Augustine to Cedar Key. Small group, camping or motels. Suwanee Bicycle Association, PO Box 247, White Springs FL 32096. (904)397-2347. Email: WPburden@aol.com

Jan 1 (Wed) YO-YO Century Orange Park FL

The annual You're On Your Own Century. 31/43/63/93/104 miles. 8 am at Clay Plaza in Orange Park, to Orange Springs. No fee, no sag stops, no T-shirts, but we will have maps. This area is a little hilly and daylight is short, so be in shape! Clay Plaza is on Blanding (SR21) just south of Knight Boxx Road, 6.5 miles south of I-295. Jeanne Hargrave (904)264-7168 or (904)260-1126 Email: BiknJeanne@aol.com

Jan 1 (Wed) Hangover 100K Lake Worth FL

Informal ride leaving from Bryant Park at 8 am, 62 or less. Joint ride of the West Palm Beach Bicycle Club, Treasure Coast Cycling Association, and Boca Raton Bicycle Club.

Jan 1 (Wed) Bill Carey New Year's Day Metric Auburndale FL

62 Miles from the park in downtown Auburndale FL (Close to Winter Haven). Ride starts 8:00 AM. No

fees, no sags, no shirts. Maps will be available. Sponsored by Polk Area Bicycling Ass'n. Contact Bill Flora (941)665-8686. Usually cold and a little wet. Great way to start the new year and forget the old one.... Tony Hopman Email: Pixtony@ AOL

Jan 12 (Sun) Tour of Boca

Boca Raton FL

See Dec 8 listing for details.

Jan 19 (Sun) 6th Annual Clean Air Ride on the Treasure Coast

Stuart?? FL

American Lung Association of South East Florida. Treasure Coast Cycling Association, PO Box 2559, Stuart FL 34995-2559. Interested corporate sponsors contact Ann Fahey-Widman (407)659-7644. Preliminary data from Oct 96 The Peleton.

Jan 25 (Sat) Tour De Cape '97

Cape Coral FL

Now in it's 6th year, the Tour De Cape, a 62, 31, or 15 mile long bicycle ride throughout west and north Cape Coral, is one of the largest events of it's kind in Southwest Florida. The Tour affords all participants a scenic trip through Cape Coral, Florida. The Tour De Cape embarks from the Sun Splash Family Waterpark located at 400 Santa Barbara Blvd., Cape Coral, Fl. Just south of Pine Island Rd.(SR 78). The Tour supports riders with Route Markings and maps, emergency services with first-aid supplies, well-stocked rest stations, door prizes, coupons and much more! Entry Fees for the Tour De Cape '97 are \$12 before January 8, \$15 afterwards and \$20 on the day of the event. To pre-register for the Tour stop by the City of Cape Coral's Parks and Recreation Department located at 4537 Coronado Pkwy. Cape Coral, Fl. or call. This event is rain or shine and sorry, no refunds. Contact: Cape Coral Parks & Recreation, 4537 Coronado Parkway, Cape Coral FL 33904.

Phone (941)574-0801 Fax (941)574-0822. Special Events Division: Laura, Virginia, Chris, or Keith Locklin. Email: CapeEvents@aol.com

Feb 9 (Sun) Tour of Boca

Boca Raton FL

See Dec 8 listing.

Feb 15 (Sat) IDIDARIDE

White Springs FL

50 mile off-road challenge. Suwanee Bicycle Association, PO Box 247, White Springs FL 32096. (904)878-2042. Email: Wpburden@aol.com.

March 9 (Sun)

Tour of Boca

Boca Raton FL

See Dec 8 listing.

March 15 (Sat)

Metric Century Pasta Bash

North Port FL

Start at 8:30 AM from Butler Park on Price Blvd in North Port (shorter rides also). Ride is mapped, arrowed, sagged and includes a Prima Pasta lunch following. Contact Jack Spencer (941)624-4524. Email: edjlaw@i3.net (Dave Johnson)

Things You Should Know

1 The highest elevation in Fl is 345 ft above sea level near Lakewood (at the border of Florida and Alabama north of Ft. Walton Beach).

2 The second highest elevation in Fl is 325 ft above sea level at Iron Mountain (near Lake Wales). Bok Tower is located on top of this "mountain".

3 That a rubber band (such as the type that comes on broccoli) makes a good substitute for a kickstand. Just wrap it from the rear brake lever to the handlebar when stopped and you can lean your bike against anything upright and it will not roll away.

4 That Gatorade has twice the salt per unit of volume as Powerade or All Sport. Salt is one of the things you sweat out when you ride.

5 That bananas that get too ripe to eat can be peeled and frozen in freezer bags and used later in smoothies and recipes requiring bananas such as banana bread. (see Smoothie recipe on page 11)



Horse Farm Hundred peloton leaving Gainesville



Horse Farm Hundred SAG driver Marty Tod

In Memoriam

Jimi Morris
1945-1996

Long-time GCC member and Horse Farm Hundred volunteer Jimi Morris passed away on October 12 from a long-standing heart condition. The first person to volunteer this year, he worked Horse Farm Hundred registration, and fell ill while riding the Horse Farm Tours. An engineer with degrees in geology and anthropology, Jimi moved to Florida from Iowa seven years ago, obtaining an education degree from the University of Florida. He worked as a Special Education instructor in Ocala, specializing in Learning Disabilities. He was also an active lecturer for the Audubon Society. His last great adventure was his annual trip to do RAGBRAI, which you can read about in the last issue of The Gainesville Cyclist.



HFH Aid Director Diann Dimitri

Scorching Women of the 1890s

Just a hundred years ago, the 1890s bicycle craze hit its peak, with women's enthusiasm for cycling a target of comment and often criticism. Bicycles allowed women unprecedented freedom of movement no longer hampered by heavy clothing and a chaperone, middle class young women could ride off on their own, see new sights, have new adventures away from their families. Feminists were thrilled, and raved about the exciting new freedoms. Bicycling "has done more to emancipate women than anything else in the world," wrote suffragist and women's rights leader Susan B. Anthony. "I stand and rejoice every time I see a woman ride by on a wheel." Another suffragist, Frances Willard, took up bicycling at 53 so her example would "help women to a larger world."

But conservatives mainly men objected. Bicycling turned women not only loose but fast. It would make women mannish (women bicyclists were caricatured smoking cigars), and bicycle seats would threaten their sexual purity. No, not for the reason you're thinking. Anti-bicycling doctors said it would be sexually stimulating and that was dangerous to good Victorian women and to their marriage prospects. One doctor warned that the saddle could "form a deep hammock-like concavity which would fit itself over the entire vulva and reach up in front, bring[ing] about constant friction over the clitoris and labia. The pressure would be much increased by stooping forward, and the warmth generated by vigorous exercise might further increase the feeling." He reported the case of an "overwrought, emaciated

girl of 15 ... who stooped forward noticeably in riding, and whose actions ... strongly suggested ... the indulgence of masturbation."

Well, the bicycle saddle may not have made a hit as a sex toy, but manufacturers worried that the controversy over women riding would cut into sales, so they rushed to solve the problem. They came up with crotchless designs that kept the genitals from pressing against the saddle. Manuals and catalogs instructed women to ride decorously: sitting upright (none of that pressing forward on the saddle), and not too fast.

But women broke the rules: they put on trousers, rode centuries, rode bent over in scorching position, and celebrated the escape and independence bicycling allowed them. A new book, Ellen Garvey's *THE ADMAN IN THE PARLOR: MAGAZINES AND THE GENDERING OF CONSUMER CULTURE, 1880s to 1910s* (Oxford University Press, \$17.95 paper), tells more about this controversy, saddles, and 1890s stories about women's cycling.

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If at first you don't succeed - so much for skydiving.

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Bike Route	15%
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Primo Bicycle Works	10%
Recycled Bicycles	10%
Streit's Schwinn Cyclery	10%
Water World	5%

Some restrictions apply, ask for details at the store.

CARBO CONNECTION

by Rob Wilt

Banana Smoothie

Combine in blender:

- 1 medium fresh or frozen banana
- 1 cup milk
- 1 cup of ice (about 8 cubes)
- 1 tsp vanilla
- 1 tbsp sugar or honey

Blend until smooth

For a variation, try peaches instead of, or in addition to, bananas. Also, cinnamon adds a nice touch to the basic banana smoothie recipe. Add chocolate syrup for a Bananas Foster smoothie.

Also available is a commercial smoothie mix at Kash N' Karry and Publix. Called Banana Frost or Banana Shake, it is found in the produce section near the bananas.



The Gainesville Cyclist

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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).

Quiz Answer
The left pedal.



Gainesville Cycling Club

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

Cycling Shorts

1 Welcome new members **Ed Box, Kim Gabel, Janet Galvez, James G. Green, Sharen L. Green, Robin S. Gren, Aline C. Gubrium, Karl Gugel, Paul Kariouk, Melinda Koken, Bob Mancuso, Richard E. "Rick" Smith, Nancy A. Weber, and Matt Westbrook** of Gainesville, **Minta Akin, Beth Bigelow, Chuck Bigelow** of Micanopy, **Rob Crawford** of Archer, **John K. Harlan, Kati Harlan, Sam Harlan** of Orange Lake.

1 Carolyn Hufty is looking for anyone interested in joining a slow to medium paced group to ride off road bikes in the Jonesville area or Saturdays or Sundays. There are many tree canopied roads to choose from; some are graded, others are just trails. Afterwards, we could pig out at Pappy Shea's Restaurant. Also consider riding on weekdays. Call Carolyn at 332-0944 or 472-2344, or fax 331-0317.

FOUND

Bike T-shirt left at Morningside Park. Call 380-0561 to identify and claim.

Avenir AV-100 cycle computer with AVS of 14.3 mph, MAX of 31.4, ETM of 3:58:52, TRP of 57.0, and ODO of 425.7. Left at Gainesville Cycling Festival event. Call 378-7063.

