

## Club Happenings

### **December 6 (Sat) Holiday Party**

6 to 10 PM at 5015 NW 19<sup>th</sup> Place. Pot luck dinner, bring a “white elephant” to exchange. See details on page 4.

### **December 7 (Sun) Adopt-A-Road Cleanup Party**

3 PM. Meet at the Pearl station on US 441 in Micanopy at Angle Road. Followed by pizza at Tony & Pats.

### **December 13 (Sat) Hunters Crossing Pedalers Ride Palatka**

Meet at Ravine Gardens (bike entry \$1, vehicle entry \$3). Several different possible ride distances, each using Ravine Gardens as the central locus for the start and return. The rides will begin with a ride through the Ravine Gardens area itself (about 2 miles). Next, a scenic ride through residential and SW Palatka to Silver Lake (about 25 miles). And options for a subsequent 10 mile ride and/or a 5 mile ride for those desiring additional mileage. Average speed will be about 12 miles an hour. Post ride we will hit a local eatery for chow or buy sandwiches in a local shop and eat outdoors in a picnic area. We also expect to have members of the Jacksonville Cycling Club on hand for this ride. Should be lots of fun. Set up with the assistance of Barbara Bates (904-328-6048) of the Putnam Bike Club. For additional information contact Rob Wilt 380-0561 or afn09010@afn.org.

### **December 14 (Sun) Christmas Bike Fix Up**

Each year the Gainesville Cycling Club helps the Gainesville Police Department with the final check-over of the bikes they give away to needy children at Christmas. Come anytime between 10 am and 3 pm to the mini-warehouse at 3600 North Main Street, across from the Saturn dealership (please note that this is different from the warehouse we worked at in past years). We can use your help. Even if you aren't mechanical, there are plenty of tasks for everyone. Bring pumps, patch kits, and basic tools. Any parts are also appreciated. The Gainesville Police Department really appreciates our help with Christmas Bikes, and GPD helps us with traffic control during the Horse Farm Hundred. If you have any questions, please call Chandler Otis at 377-1728 (answering machine) or 376-6729 (work).

### **December 26 (Fri) YOYO Memorial Ride**

A Your On Your Own Memorial Ride for Margaret Raynal and Doug Hill. See the article on page 6 for details.

### **January 1 (Thur) 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.

### **January 17 (Sat) Belamy Road Limerock Ride**

This is the “away” ride for January for the Hunters Crossing Pedalers, but any club member interested is welcome to join in. Meet in Traxler at 9 am with a bike suitable for use on unpaved limerock roads (mountain, hybrid, large tire touring). For more details see the article on page 3.



# President's Message



**Gainesville  
Cycling Club Inc.  
1997 Board  
of Directors**

**President**

Rob Wilt  
380-0561  
afn09010@afn.org

**Vice President**

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**Grand Poobah**

Chandler Otis  
377-1728

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**Off Road  
Director**

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**Member At Large**

Barry Gibbons  
372-1145  
barry@afn.org

<http://www.afn.org/~bike>

## Credit Due, Credit Given

The Gainesville Cycling Club goes whirring along, wheels spinning endlessly, effortlessly, operating in what must seem to most members like complete autonomy. Without any effort on the part of the member, other than the \$10 annual membership contribution; picnics, insurance, ride groups, the Horse Farm, the annual meeting, the newsletter and everything else just appears out of nowhere and falls in place. In reality, nothing could be farther from the truth. No single event that takes place in our club happens without the dedicated efforts of individuals with the drive to MAKE them happen. Now that I have been on the GCC board for several years I feel qualified to identify some of the people whose selfless dedication has made our club what it is today.

First, some long term Board members.

Bill Cochran, the long time Treasurer, has served the club faithfully for many years. Not only is he the Treasurer, but he is the man primarily responsible for coordinating many aspects of the Horse Farm Hundred, assuring its successful outcome. He seeks out vendors for good prices on our refreshments, secures transportation for materials, obtains permission for setup sites along the route and any number of other things that have to be done to make it all go down. Its an unenviable and tiring job, but he does it well and he does it year after year. From his efforts arise the largest part of the funds that make our club solvent. No bucks, no Buck Rogers! If you check out the video in the public library titled "Florida Crossroads - Pedal Power" you will see Bill interviewed at the November 1989 Horse Farm event. He was

involved in the Horse Farm way back then.

Next there is Chandler Otis, Grand Poobah for the club and maybe the Grandfather to the club as well. I'm sure that he has long ago lost count of all the people he has drawn in to our club (yours truly for example). He is a familiar face in our community in relation to ANY bicycling event. He actively works in the political arena outside our club to bring about needed change for the betterment of bicycling for us all. Chandler in person is so low key that you can hardly imagine the clout and respect that he wields within our community. I doubt that there is a member of our city government who does not know his face and name. He works to collect old bikes for refurbishment to be given to disadvantaged children. He paints the course markings that you see when you ride the Horse Farm or the Santa Fe. He does the bike repair for these rides and for the Bike Florida. He fires the hamburgers and hot dogs at picnics and always brings the sodas. He does anything needed, whenever and wherever needed. And he faithfully leads the Newnans Lake ride to offer a slow option for those who are speed challenged. When I think "bicycle" in Gainesville, I think of Chandler. And you are more likely to see him quoted on TV or in the paper, about biking, than anyone else in our community. Chandler's efforts reflect well on himself and our club.

Now to the man I think of as "Mr. GCC". He has been with the club forever and it would certainly not be the club it is without him. I'm talking about Roger

Pierce, our Membership Secretary, who might be better titled General Business Manager. He does so many things that make our club run that for me to attempt to list them all would be utterly impossible, but here is an attempt. He.... maintains the data base for the membership, coordinates the Horse Farm and Santa Fe events, edits the Newsletter, writes most of the newsletter that has no specified author, updates the AllTel Ride Line, sends out the weekly email ride schedule, maintains our Web Home Page, maintains the Florida Bicycle Touring Calendar (check out how many other bike club sites have linked to this page), sets up meetings to get club events organized, provides his home for board meetings (for members with homes that aren't big enough for the purpose) and for the Christmas Party; takes care of fees collection and tabulation for the club, the Horse Farm event and the Santa Fe, acts as our liaison with the Boys Club for the Santa Fe, takes care of all the correspondence and administrative outfall from the club's activities, trains the volunteers for the Horse Farm and Santa Fe, provides a leadership role at all board meetings, and does any other miscellaneous thing that needs to be done. And I'm sure I missed something here. You may be able to imagine my and the other board members horror when we heard that Roger had been injured in a bike accident shortly before last years Horse Farm Hundred. Aside from our natural concern for his physical welfare we feared that we would have to somehow pick up all those tasks for him. But trooper that he is, we hardly even needed to lend a hand.

And the next time you use one of the maps from the reference guide, note the name on each map. Yep, Roger Pierce drew it up. And you can be sure I have missed something important that Roger does for the club. Yes, Mr. GCC, thanks for dedicating so much of your time and effort for the benefit of the Gainesville Cycling Club. How do you still find time to ride all of those centuries?

Now I must also mention some people who help make things happen even further behind the scene, but who are easily identified. Look at the last inside page of this newsletter at the names of the people in the box. These are the people who play various roles that make sure your newsletters arrive in your

mailbox. Now look at the first inside page, there you find the names of the other board members who work tirelessly, without compensation, for the clubs benefit.

Also deserving of mention are those club members, who regularly go unnoticed, that work independently in the community to bring about various sorts of change in the political environment that promote bike awareness and increase every bicyclist's safety.

Last, but certainly not least, are the volunteers who serve so faithfully at the Horse Farm and the Santa Fe, the Ride Group Leaders who take it upon themselves to set up and lead rides on a regular basis for the club, and the members who write and/or edit articles for the newsletter.

When you see one of these faithful unpaid workers out on a ride or at some other club event, tell them how much you appreciate their efforts. It won't cost you a penny, but you will be giving them the small treasure that they seek - your acknowledgment.

Following winds, my friends,



**Rob Wilt**

### ***Hunters Crossing Pedalers to ride on Florida's first Federal Road on January 17th***

Meet at Traxler at 9 am for a ride on Belamy Road, Florida's first Federal Road built in 1824. Most of Belamy Road is still unpaved, so mountain bikes or hybrid bikes are recommended for this ride.

Meet at the Chevron tourist shop at the I-75 interchange with CR 236. From Gainesville, head north on I-75 and get off at the CR 236 exit. For those heading north on US 441, go to High Springs and turn right (north) at the traffic light onto CR 236.

Following the ride, we'll reassemble at a local restaurant to participate in our second favorite sport, competition eating.

If you have questions please call Chandler Otis at  
377-1728 (answering machine) or 376-6729 (work).

# 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.

TREK 2300 Road/racing bike. Carbon Fiber 53cm (21") frame; full Ultegra, STI shifting, 8 speed. Look pedals. Scott LeMond bars. Never wrecked. Superb condition!!! Just replaced chain and cassette. \$595--This is a steal for this bike!!! Call Clint at 331-7625 (Day) or 332-4304 (Evening).

Bike rack for car roof — holds 3 bikes. Call 378-5003

Greentyre airless tires — cannot be flatted. Best used for utility/commuting bikes, may be good on off road bikes (not for racing). Clearance, \$5 each. Roger Pierce, 378-7063.

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

CYCLO-CROSS TIRES - AVOCET Cross 700c x 35c, \$ 30 for pair

WET SUIT - BAILEY nitrogen blown neoprene, 5 mm, black and red, long sleeve. Plush nylon inside & out. Spine pad, key pocket, clean, medium, fits man or woman \$ 60

BEDSPREAD - Crown Crafts Inc.(Antionette), Queen size, all natural cotton, natural color, heavyweight matelasse type with sculpted center medallion and coordinating fringe, excellent condition, still in zippered protector \$ 60

WICKER CHAIR - Natural wicker, with two pale green pillows with bamboo leaves and small flower blossom pattern, good condition. \$ 25

COMPUTER SYSTEM - Commodore 64, 5.25 inch and 3.5 inch drives, Sears 2000 printer, handmade wooden stand, 2 modems, 3 joysticks, mouse and pad, lots of manuals, books and software. Great game machine. Fully operational and in excellent condition \$ 225

INDUCTIVE AMPLIFIER - Progressive Electronics Inc. Model 200B. Hand held model with speaker. \$ 25.

## □□ *Road Watch* □□

□ Newberry Road from the end of the four lane to Jonesville

□ CR 225

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y, DEC 6<sup>th</sup>, 6pm

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

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

**Bring (1):** Food for a pot luck dinner.

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

You never know who will show up at our gatherings. Last year a close study of name tags revealed such luminaries as Greg LeMond, Bill Clinton, and Djamolodine Abdujaperov. Be there to see who comes this year!

## Bicyclopedia

If you want to know anything about bicycling, check out this site on the World Wide Web:

<http://homepage.interaccess.com/~opcc/bc>

This months samples:

**Century:** A 100 mile ride. Cycling 100 miles in ten hours or less has been the mark of an accomplished cyclist since the late 19th century and is still considered a rite of passage. In 1871, to demonstrate the efficiency of their groundbreaking Ariel highwheeler, its designers, James Starley and William Hillman, rode them from London to Coventry -- about 100 miles -- in one day.

The first US century was run on Sept. 6, 1882 from Worcester, Massachusetts to Boston, Massachusetts. It lasted from 4:38 AM to 9:30 PM, and seven riders finished. The trip was actually 102.5 miles. During the course of a century, the cyclist will push about 9,600 lbs. of air out of the way.

**Double century:** Two hundred miles. Some cyclists hold that with improved equipment, roads, and nutrition that this is closer to the challenge of going 100 miles in the early days of cycling. It is a tough challenge even for a good rider.

# Off Road



by **Brian Raisler**

I suppose a short introduction is in order. Since Melanie Pfautz has moved on to bigger and better things in Atlanta, I have assumed her position as the Off-road Director for the GCC. I hope that I will have a chance to meet with all of the members of the club who are interested in riding off-road and maybe even recruit some new members. Most mountain bikers who are serious about improving their condition and stamina incorporate road cycling into their training routine. Getting on a road bike and pounding out some longer distances can build endurance. Working slightly different muscles in road riding improves overall performance for off-road riding. Many riders do not realize that the benefits work in both directions. Road riders can also benefit from some off-road training. Off-road training can improve your bike handling skills and your overall physical strength on your road bike. That sudden burst of spin that gets you up that short, steep hill builds your muscles. Reacting to that log or tree that seems to pop out of nowhere on the trail may translate into helping you avoid that pot-hole on your next road ride. Still skeptical? You might be surprised if you give it a try. You also might find that you have a lot of fun doing it.

Obviously, it is going to be easier to take my fat tire bike on the road than it would be for you to take your thin tire bike on the trails. But I know that many of you have a mountain bike as well. Maybe it is behind the lawn mower in the garage. Maybe it is the bike you use to get around town or to bike to campus. Maybe it is time give it some real good riding. Now, to help you get out there and enjoy yourselves, I am going to try to organize a semi-regular time for interested riders to go out and get into it. Since things are getting so dark so early now, we are no longer riding on Wednesdays at 5PM. Our rides will meet at 9AM every Saturday at the UF Plaza of the Americas. This is the same location as the A-riders and Gliders. Who knows, maybe some of them will join us in the weeks to come. December 13 will be a special road trip ride

in Ocala at HardRock Mountain Bike Park. Please contact me early if you are interested in joining this ride. I will not be riding Dec. 27 or Jan. 3 as I will be out of town. The group may still ride without me. Hopefully, that will be resolved on some of the rides before those dates. I urge any of you road riders to come out for a couple of rides with us. You may see the difference that it makes in your on-road performance. You will definitely have a good time. If you have any questions or suggestions or just want to go for a ride, you can always reach me at braisler@ufl.edu or 338-4594. Until next time... ride on.

## ***Goodby, Mel***

Melanie Pfautz, who broke ground as our first Off-Road Director, has joined the real world by taking a full-time job in the Atlanta area. We wish her luck and warm toes as she deals with the rigors of a north Georgia winter!

*"I use the road bike more to do recovery-type rides, high repetition spinning, and sprinting. It's good to have your legs experience the rapid turnover and reduced rolling resistance. In comparison to riding your mountain bike, road bikes give you the feeling that the wind is always at your back."*

**--Daryl Price, mountain bike racer**

Standard Ad

# ***Informal Ride To Remember Our Friends Set For December 26***

There will be an informal memorial ride on Friday, December 26<sup>th</sup> starting at 9:30 am. The ride is to remember our friends Margaret and Doug who were killed in a car/bike crash one year ago.

The ride will be a YOYO ride (you're on your own). There will be maps of the route and informal groups riding short, medium, and long routes, however there will be no support vehicles, no rest stops, no tee-shirts, and no fees (hence the term YOYO). Since there will be no Sag vehicles, riders should choose a route appropriate to their riding ability and carry spare inner tubes and tools. This is a ride for experienced, self reliant cyclists.

Tentative plans are to meet at P.K. Younge School parking lot at 9:30 am. There will be three routes. A short route of 15-25 miles will go to the Gainesville Hawthorne State Trail and back. This route is recommended for the least experienced bikers. Since the route will go on city streets for two miles, some riders may want to meet at Boulware Springs to avoid all cars.

There will be two longer routes, one 45 miles and another 75-90 miles that will go south through Micanopy and McIntosh and return through Evinston (home of a large flock of Sandhill cranes) and come back to Gainesville via CR 356 to CR 325 to the Gainesville Hawthorne State Trail. These routes are for more experienced riders.

There will be no official rest stops; however, if you or your group wants to set up a refreshment stop, we would encourage you to do so and collect donations for a scholarship fund in Margaret's memory. Please contact Chandler Otis for route information and suggestions.

Some of the details are tentative, so please check the Gainesville Cycling Club web site, RideLine, or call Chandler Otis at (352)376-6729 (work) or (352)377-1728 (home).



# Cycling and Health

by Roger Pierce

Cycling is one of the best exercises you can do to stay healthy for the long term. It can provide you with a high level of cardiovascular fitness and all of the benefits that brings. But as good as cycling is, it is only part of the equation.

Another very important part of that equation is one very closely allied with cycling: what and how much we eat. Cyclists are well known for eating mass quantities of food. Organizers of bike rallies on college campuses have to really pound into the cafeteria staff what is about to happen to them; first time hosts are still shocked at their bare larders. While we are riding, it is good and necessary to eat a lot. Our problem comes during the week on those days when we are *not* riding; we've learned too well how to eat mass quantities, and cutting back to "normal" levels is difficult if not nearly impossible for some of us. But continuing to eat at cycling levels on days we are not cycling must inevitably lead to weight gain (not good). This is a difficult fact to accept, but once you do, doing your "pushaways" will become easier.

What you eat is also vitally important to your continued health. You can still drop dead at an early age while cycling a lot and not eating too much if your diet results in clogged arteries or runaway cancer cells. There are many sources where you can learn about what to eat, and what you should eat is not the same for everyone. But for most, just because you ride a lot doesn't mean you can safely eat a gallon of full-up ice cream every week. Check with your doctor, get the facts, stay healthy--we want you cycling for a long time to come!

## 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 distance ride. may change



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long The route 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.** Andrew Gill, 338-9205, apgill@gnv.fdt.net. Rides in the upper B range (18-19 mph average). Rides meet at the Plaza of the Americas. Rides will normally be around 50 miles in length.

**Sliders.** Bill Boyette, 338-2945, tteyob@aol.com. Rides in the lower B range (16-17 mph average) on Saturdays. Meeting times and places are sent to group members by email about a week before the ride. Call Bill or email to join the group.

**Hunters Crossing Pedalers.** Linda McMahon, 331-4089. Meets at the GRU facility on NW 43<sup>rd</sup> St just north of NW 53<sup>rd</sup> 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.

**Centurians.** Roger Pierce, 378-7063. Hundred mile rides and up. We do many out-of-town invitational centuries. Group members usually ride with the A Riders on weekends.

**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.

**off road group.** Brian Raisler, braisler@ufl.edu or 338-4594. This group is just getting started; come on out and get in on the ground floor! While you're at it, suggest a name for the group.

## REGULAR STARTING TIMES AND PLACES

### GRU FACILITY RIDES

(On NW 43<sup>rd</sup> Ave, west side, just north of NW 53<sup>rd</sup> St)

### **SATURDAYS**

Hunters Crossing Pedalers meet at 8 am.

### PLAZA OF THE AMERICAS RIDES

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

Rides meet at 9 am and leave at 9:15.

### **SATURDAY**

A Riders, Gliders, and off road group meet.

### **SUNDAY**

A Riders, Gliders, Newnans Lake Riders, and Hunters Crossing Pedalers meet.

## ***Jersey Update***

We're in the process of nailing down the final details on the jersey. They will be Pearl Izumi jerseys with Ultrasensor fabric (the very best), with a 20" hidden zipper. There are separate cuts for men and women. We have obtained and are still in the process of obtaining sponsorships to bring the price down; we expect the final cost to be either \$45 or \$50 plus tax, an outstanding price for a jersey of this quality. Jerry at Primo is doing the interface work for us with Pearl Izumi for no markup. Once the order is in, it will take awhile as this is the busy season for jersey production, so don't count on Christmas gifts. If you haven't seen the artwork, go to our homepage on the internet (<http://www.afn.org/~bike>) and click on the jersey page. When the cost is nailed down, we'll send instructions to those who have ordered.

Standard Ad



FLORIDA

# Florida Bicycle Touring Calendar (VERY ABRIDGED)



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

**Dec 5-8 Secret Santa Weekend**

*White Springs FL*

Suwanee Bicycle Association, PO Box 247, White Springs FL 32096. 904-397-2347.

**Dec 6-7 LASERRRally! !!**

*Tallahassee FL*

LOCATION CHANGE! The Loose Assemblage of SouthEast Recumbent Riders (LASERR) is pleased to announce its fourth recumbent bicycle rally. Ed Deaton, Fools Crow Cycles (850)224-4767.

**Dec 14 (Sun) Tour of Boca**

*Boca Raton FL*

A police-escorted tour of Boca (run monthly through the winter). Boca Bicycle Club Hotline (561)362-0244 or Jill Smithson (561)360-0030.

**Dec 21 (Sun) 6th Annual Winter Solstice Century CANCELLED**

**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.

**Jan 1 (Thur) YO-YO Century**

*Orange Park FL*

The annual You're On Your Own Century. 45/75/104 miles. 8am from Orange Park Schwinn on Park Avenue / US 17, at Campbell St., or 9am from the Winn/Dixie shopping center SOUTH of Green Cove Springs, on US 17, just south of SR 16 East. No fee, no sag stops, no T-shirts, but we will have maps. Fred at (904)278-1938, or Jeanne at (904)260-1126.

**Jan 1 (Thur) 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 11 (Sun) Tour of Boca**

*Boca Raton FL*

See Dec 14

**Jan 16-18 Sebring Tandem Weekend**

*Sebring FL*

Joshua Feingold, STW '98, 244 SW 180th Ave., Pembroke Pines, FL 33029.

**Jan 23-25 Tour De Cape '98**

*Cape Coral FL*

15, 31, 62, and 100 mile through scenic Cape Coral. Well-marked routes with maps, emergency services with first aid supplies, sag and repair wagons, well-stocked rest stations, door prizes, coupons, T-shirt, waterbottle and goodie bag - plus continental breakfast to start you off and pasta dinner after your ride. Sunday morning enjoy a "Ride 'n Swim" ride. Cape Coral Parks & Recreation, Special Events Division, 4537 Coronado Parkway, Cape Coral, FL 33904 (941)574-0801.

**Feb 14 (Sat) IDIDARIDE**

*White Springs FL*

50 mile off-road challenge. This ride filled up in 1997; enter early. Suwanee Bicycle Association, PO Box 247, White Springs FL 32096. 904-397-2347.

**Feb 15 (Sun) Suwannee Sweetheart Ride**

*White Springs FL*

27/50/64/100 miles. Starts at 8:30am, from SBA HQ in White Springs. \$12 fee (if postmarked by Feb. 7, \$15 day of) includes continental breakfast,

after ride dinner, maps and marked route. No t-shirts. Call Jeanne at (904)264-7168 or (904)260-1126.

March 28 (Sat)

**Tour de Ranch**

*Vernon FL* The Panama City Flyers Cycling Club is hosting our fourth Tour de Ranch in the rolling hills of Northwest Florida. There will be a metric Century (62 miles) and a full 100 mile Century, plus a 25 mile ride. Cost: \$25.00, includes T-shirt, SAG, Rest Stops with great food! Panama City Flyers Cycling Club, P. O. Box 15966, Panama City, FL 32405. (850)872-8166 fax (850)769-8334.

March 29 (Sun)

**15th Annual Strawberry Century**

*Plant City FL* Wander through fragrant fields of strawberries and beautiful countryside around rural Plant City in the best ride in Central Florida! Susan Smith (813)251-1624 Tampa Bay Freewheelers, PO Box 291817, Tampa FL 33687-1817

April 4-9

**Florida Bicycle Safari**

*north central FL*

Florida Freewheelers. PO Box 916524, Longwood FL 32791. (407)788-3446 fax (407)788-7433.

Apr 12-18

**Bike Florida**

*Fernandina Beach FL*

To Tallahassee via Baldwin, Lake City, Live Oak, Madison, Monticello. Bike Florida c/o Sunshine State Games, 8 Broadway, Kissimmee FL 34741-5712 (Brochures in bike stores statewide).

Apr 18-19

**16th Annual TOSRV South**

*Quincy FL*

200/132/75 miles in two days. All rides overnight in Albany GA where you may elect to stay in a school gym or in a motel. The 200 starts in Quincy FL, the 132 in Cairo, GA, and the 75 in Sale City, GA. TOSRV South Director, 3211 Affirmed Court, Tallahassee FL 32308 (904)668-2531.

May 1 - May 3

**Suwannee Bicycle Festival**

*Live Oak FL* 5 to 100 miles. Seminars, food, on and off road. Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 904-397-2347.

May 2 (Sat)

**3rd Annual Dr. John Dwyer Memorial Bike Ride**

*Panama City FL*

2 pm. 20 mile community/family oriented ride. Panama City Flyers Cycling Club, P. O. Box 15966, Panama City, FL 32406. Land Line: (904) 234-8465.

May 3 (Sun)

**Cross Florida**

*Cocoa Beach FL*

The Cross Florida is one of the most challenging one-day rides in the country. This is not a ride for a novice. The terrain on the 170 mile one way course ranges from flat to moderately hilly. High temperatures and/or head winds are possible. You must complete the ride in 14 hours or less (all rides must be off the course by 8:30 PM). Spacecoast Freewheelers, PO Box 320622, Cocoa Beach FL 32932-0622.

# Florida Fall Century Reports

by Roger Pierce

## Endless Summer Watermelon Ride, Baldwin, Sep 7

Put on by Jacksonville's North Florida Bicycle Club, this century draws over 400 riders. Many do shorter routes, so the first arriving century riders find the parking lot significantly emptied on their return. The high school cafeteria staff provide a finishing spaghetti lunch, complete with watermelon. The century route is mostly flat, with a few rollers in Georgia between St George and Folkston. The large lead pack outran the support, arriving in Folkston before the food!

## Osceola Swampman Classic, Glen St Mary, Sep 13

A community sponsored ride, with over 115 volunteers spread over the scenic rural course. It seemed that there was a rest stop every ten miles (the 25 mile stop was the third on the route)! In their second year, turnout was near 150. There was cafeteria spaghetti at the end, plus showers were available in the gym. This is a good warmup ride for the Gainesville rides, being so well supported and so close to town.

## Freewheeling Hilly Hundred, Dade City, Sep 21

I didn't get to this one this year, but I can tell you from previous year's that "Hilly" is a very accurate description!

## Santa Fe Century, Gainesville, Sep 27

This was the fastest and the wettest century of the fall. The conditions did not slow down the lead pack, which used the tail winds to average over 23 mph over the first half century. A lead group, riding non-stop, then worked hard to finish the century in 4:24, several minutes faster than any of the other centuries in this list. This is probably the best century route of the bunch.

## Horse Farm Hundred, Gainesville, Sep 28

A traditionally fast ride, this year saw a slow start as few riders wanted to work into the moderate headwind during the first quarter century. The pace picked up after 40 miles, but by then the hills took

their toll on the speed of the lead riders (and everyone else). I took full advantage of the best overall rest stop spread available in Florida.

## The Shark's Scenic Century at the Mt Dora Bicycle Festival, Oct 18

This ride goes to the north of Mt Dora, up into the Ocala National Forest, and then winds through residential and farming areas, and some city bypasses. This year it was almost as wet as the Santa Fe, but loses because it wasn't raining when we started. The lead bunch settled into a moderate but not fast pace for the first 70 miles, even stopping en masse at a rest stop. Then the pace picked up and the attrition started. I was off when the pace went to a steady 28 mph. Mt Dora's biggest fast paced ride of the weekend is probably the Friday Battle of Buck Hill ride, which starts fast, and gets faster when it hits the hills.

## Intercoastal (or Intracoastal) Century, Cocoa, Oct 25

The patch has one spelling, the t-shirt the other. Put on by the Spacecoast Freewheelers, this is a good scenic ride if you are doing it in touring mode. But the traffic, stoplights, twists, and turns make it a nightmare for the fast group. The fast riders on the Spacecoast do not know the meaning of "right of way." Support for the ride was good, and there were sandwiches for lunch at the end of the ride.

## Horrible Hundred, Clermont, Nov 16

A production of Orlando's Florida Freewheelers, this challenging ride turns out over 400 riders. There are plenty of large hills to provide a challenge for the first 30 miles, before the terrain flattens out to allow you to rebuild your average speed. But the hills build toward the end of the century, culminating with a steep climb up to the Citrus Tower. This century wins the award for the best single rest stop in Florida. Around the 90 mile mark is the Oasis. For five miles previous, riders pass "Burma Shave" style signs enticing them to keep going as relief was just ahead. At the Oasis, they were greeted by waiters in formal attire with tablecloth covered pedestals sporting demitasse cookies and a champagne fountain, while being serenaded with violin music.

**Other** centuries for which we have no report were

the South Broward Wheelers Century, Assault on Sugarloaf, Spaghetti 100, Lake Okeechobee Lark, and the Sea Side Century. Florida is the place to be to ride fall centuries!

# Letter To The Editor

Bill Vander Werf

September 28, 1997

From: Bill Vander Werf

To: Gainesville Cycling Club

My son and I rode the Santa Fe Century yesterday. Nothing like a rainy day to make you want to get out and ride your bike! Although I've done a few metric centuries this was my first attempt at a full century.

My 13 year old son and I drove up from Jupiter on Friday evening. I woke to the sound of rain outside at 6:30 AM. I stalled. The start time came and went. After much discussion Aaron said, "You know, you're usually soaked with sweat after about a half hour anyway. What's a little rain going to hurt?" I said, "You know, you're right." So, now we were an hour late but I had a new attitude and we took off in the rain. I'm glad we did.

I really want to commend the entire staff for the great job they did. It's amazing, I've done a few rides in sunny weather that I didn't seem to enjoy as much. From the pancakes to the pizza it was a blast. I could have followed the entire route without a map. I didn't take a single detour because I was unsure of the markings. The arrows were very clear and well placed for the rider to see. The route seemed to be very well thought out and the scenery was beautiful, even under a gray sky. The rest stops were just far enough apart to make you appreciate them without being too far.

At about 60 miles Aaron's legs were burning and he wasn't sure if he could go on. We stopped to rest and within minutes a member of the SAG team stopped to see if they could help. I guess my point is that everyone we encountered seemed genuine and honestly happy to be a part of the effort. I'm impressed.

My son and I both finished and in less time than I expected. I guess leaving late kind of puts a fire under your butt. I suppose some of our training rides paid off a little too.

Now someone tells me the Horse Farm Hundred has even prettier scenery. I guess there's only one way to find out. Next year we'll be ready for back to back centuries.

Keep up the good work. We'll be back.

## **League of American Bicyclists Status Report** **by June Thaden, President, League of American Bicyclists**

American Bicyclists.

The League of American Bicyclists office moved to Washington, DC on November 1, 1997. The new address is 1612 K Street NW, Suite #401, Washington DC 20006. Phone: (202)822-1333 Fax: (202) 822-1334.

The space costs will be considerably lower in DC, since it is less space and also includes utilities and housekeeping. We will also save by no longer supporting multiple offices.

I personally feel a major advantage of our new location is that members can actually visit our office! We will be within a couple of blocks of two Metro stops, and a few blocks walk of the Mall.

All important is the accessibility of Congress, the Departments of Transportation, EPA, and Justice, and the other cycling and non-profit organizations. The availability of non-profit services (database, direct mail, etc.), access to major media and staff experienced in working for non-profits will make it easier to function efficiently.

Our thanks go to those staff who will not be making the move. We appreciate everything each of them did for the League and for bicycling!

We are thankful that Donald Tighe (Communications), Jennifer Horan (International Police Mountain Bike Assoc -- IPMBA), Maureen Becker (Events), and Kalindi Joshi (Accounting) who lead important League programs are continuing, with our loyal part-timers Bob Carson and Dan Schaller, and CPA/Consultant, Bud Cavanaugh.

As soon as our financial situation allows, we will rebuild programs -- starting with Education and Government Relations, most likely. The Board retreat will help focus our mission, and guide our able Executive Director, Jody Newman, in the reorganization of the League.

Our financials are greatly improved, in part thanks to the generosity of the members response to our appeal, and very careful control of expenses, including cutbacks in staff. We are determined that our League will be financially strong. Our Treasurer, Earl Jones, will be reporting again soon.

Thank you again for your support -- both in ideas and money. The League is blessed with such a loyal membership, and the Board and Staff are doing our best to rebuild so that we can all be proud of the League of



## BUSINESS SPONSORS

These businesses provide discounts to club members who present their yellow 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.

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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).

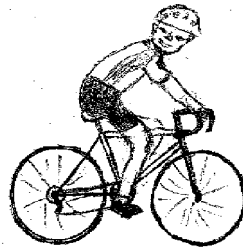
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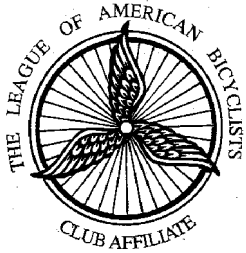
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**1998 Gainesville Cycling Festival - 3-4 October - Santa Fe Century - Horse Farm Hundred**

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## Cycling Shorts

1 Welcome new members Dave Bauerle, Paul S. Bell, Lauren Coleman, Linda Crawford, Pam Hill, Tiff Murphy, William M. Witt, all of Gainesville.

1 The new, 39 mile, paved Suncoast Bicycle Trail will go from the Veterans Expressway at Dale Mabry in Tampa to Brooksville with trailheads at SR50, SR54 and US98. Construction will begin late spring 1998 and is scheduled to be complete in late 2000. Imagine a 39 mile ride crossing the Withlacoochee State Rail-Trail with its 47 miles of separate paved corridor. It will probably add up to about 120 miles round trip without any miles shared with automobiles!

## Campus Humor

Moe: Hey, where'd you get the great new bike?

Curley: Well, I was just walking in to campus this morning and this beautiful girl pulled up on the bike, ripped off all her clothes, and told me I could have whatever I wanted.

Larry: Good choice! Her clothes would never have fit you.

