

## Club Happenings

### February 13 (Sun) Adopt-A-Road Clean Up Party

Meet near the Pearl station in Micanopy on US 441 and CR 234 (Angle Road) at **3 PM**. Park across the street from Pearl. Work up an appetite for dinner after the cleanup.

### March 18 (Sat) Picnic at Boulware Springs

Rides will start at 9:00, food will start at noon. Boulware Springs is the trailhead of the Gainesville/Hawthorne Rail Trail.

Chandler will be happy to bring and cook the traditional hamburgers and hot dogs, however, if anyone else is interested in being the Club-Chef-for-a-day, please let him know. If you are interested in preparing a main dish to feed the famished cyclists, let Chandler know. The club will pay for the materials.

Boulware Springs is at the start of the Gainesville/Hawthorne Rail Trail. This is the perfect place for a family bike ride, or to bring friends to introduce them to the fun of bike riding. Club members may want to bring friends for the food, fun and fellowship.

Group ride leaders may want to organize rides, either on the road or the rail-trail. Let your group know what ride you have planned.

### March 25 (Sat) Annual Swap Meet, Dinner, and Meeting

North West Boys Club gym at 2700 NW 51<sup>st</sup> Street. If the weather is cold, dress warmly as the gym is not heated.

**5 PM - Swap Meet** gets underway in the North West Boys Club gym

**6 PM - Lasagna dinner** served (no charge for club members, \$5 for guests).

**7 PM - Annual meeting and election of new officers.**

**RSVP** to 378-7063 (leave a message) or RCPBIKE@aol.com. We will buy lasagna for those who have RSVPed. You are welcome to come without an RSVP and wait to see if there are leftovers, or just attend the meeting.



Coming to a roadway near you...

**"THE RIDE"**

**The 25<sup>th</sup> Annual Cross Florida Bicycle Ride**

*170 mile bicycle ride one day coast to coast*

*Cocoa Beach to Pine Island Florida*

*May 7<sup>th</sup>*

*Billed as one of the most difficult one day rides in the country*

**IN YOUR HEART YOU KNOW YOU CAN DO IT**

**Spacecoast Freewheelers Bicycle Club**

PO Box 320622 Cocoa Beach FL 32932

(407)784-4686 SCFWBikes@aol.com





# President's Message



**Come out and Vote for the cyclist of your choice**

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

**President**

Rob Wilt  
380-0561  
afn09010@afn.org

**Vice President**

Linda McMahon  
331-4089  
lindamcm@atlantic.net

**Membership  
Secretary**

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

**Treasurer**

Bill Cochran  
371-4118  
wdc26176@aol.com

**Grand Poobah**

Chandler Otis  
377-1728  
Chanbike@aol.com

**Recording  
Secretary**

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

**Adopt-A-Road  
Director**

Diann Dimitri  
462-4580  
dianndi@hotmail.com

**Off Road Director**

Brian Raisler  
338-4594  
braisler@ufl.edu

**Members At Large**

Jan & Carl Brush  
378-5003  
janbikes@cs.com  
carlbikes667@cs.com

The Gainesville Cycling Club has scheduled its Annual Meeting for March 25<sup>th</sup> this year. Among other things that will take place besides a bike gear trade - sale session and the usual mass eating demonstrations, is the annual board election.

This year our slate of nominees is:

Rob Wilt – President  
Roger Pierce – Membership Secretary  
Chandler Otis – Grand Pooh-Bah  
Brian Raisler – Off Road Director  
Linda McMahon – Member at large

Jan Brush – Vice President  
Bill Cochran – Treasurer  
Diann Dimitri – Adopt A Road Coordinator  
Carl Brush – Recording Secretary  
Maureen Petersen – Club

Our club is a democratic institution (without all the fighting and name calling so prevalent in other such claimed institutions). As such all of these positions are open to competition to anyone who is a club member. That means if you have someone you want to nominate who you think can do a better job than one of the people above (who repeatedly stand uncontested year after year), then you should put their name forward to me for a vote. You can nominate someone or have someone nominate you. Then we will put any contested positions to a vote at the Annual Meeting.

We also can make more Member At Large positions if you want to participate but don't feel that you have the experience at this time to take a specific titled role. You will, assuming you are elected, then be privileged to attend the board meetings once a month, help make decisions and vote on club matters, participate in consuming the meal that precedes the meeting, and host the meal when your turn comes round (we put you on the far end of the list when you start). In this way you can get a feel for how the whole board thing works and get some experience at participant democracy (won't your mother be proud)! Also if you have a titled position that you think the club should have and you feel you are the person to fill it, I would also be interested in hearing about that (but please, no Emperor of the Bike Universe for Life type stuff).

And no, you don't have to be one of the fast lycra clad hammerheads to be a board member, most of us are rolling stones (just fast enough not to gather moss). Even if you don't ride much you can still be on the board, so don't let that stop you either.

And even if you don't want to participate in the board, do come to the meeting and eat and vote. Assuming that everyone in the club showed up it would still only be 375 people voting. So I guarantee that this is a situation where your vote WILL count, so it's not like some of those 1 in 100 million type votes.

Hope to see you at the Annual Meeting.

Following Winds, My Friends

**Rob Wilt**

GCC (Not For Life) President



GCC Web Page  
<http://www.afn.org/~bike/>

## GCC HELPS GPD FIX BIKES FOR CHRISTMAS

Members of the Gainesville Cycling Club took a day off from riding to help the Gainesville Police department fix up 60 bikes to give to underprivileged children. The bikes had been repainted and overhauled by inmates at the Gainesville Work Camp, and bike club members did a final tune-up and check over of the bikes.

Club members who helped included Danny Dresdner, Cindy Dresdner, Marty Todd, Chandler Otis, Leo Sandgren, Thang Dihn, Drew Amery, Ed Lederman, Siscily Lederman, Neal Crandle, Fran Watts, Chet Ozeck, Land Wilson, Courtney Wilson and Jim Merkner.

GPD Officer Henry Langston has been the officer in charge of the Christmas Bike Program for more than 10 years. He sends his thanks to the Club for our help. Club members may remember Officer Langston because he organizes the police escort that leads the Horse Farm Hundred out of town. For more than 10 years, Officer Langston has lead the pack, stopping traffic at intersections so the 300 rider pack can get through town safely. Thank you, Henry!

Thanks to all the club members who help with this worthy project. This partnership between the GCC and the GPD is an excellent example how helping each other can make Christmas happier for some deserving kids, and make a community event more exciting for the many cyclists who come to Gainesville for the Horse Farm Hundred.

## ***GCC-FLA Mail List Tops in Florida***

Our internet mail list has the most subscribers of any Florida list. In fact, we beat out the League of American Bicyclists national list and come in just behind the International Mountain Bicycle Association.

The list keeps you informed of upcoming rides and club events, and happenings of interest in Gainesville and around the state.

## Cross-country cyclists save lives by inspiring new donors to give the Five Points of Life

In 1997, 15 individuals crossed the United States on a mission to save lives by promoting the importance of sharing life with others through donation. That was the first in a series of cross-country Five Points of Life Rides. Our own Perry McGriff, Jr., has participated in the first two of these rides. The third ride is now in its planning phase and team applications are available. On August 26, 2000 the Five Points of Life team will depart Bar Harbor, Maine arriving October 14 in Key West, Florida. Each team member will have a close, personal connection with one or more of the five points as a donor, recipient or close family member. The Five Points of Life are whole blood, apheresis, bone marrow, cord blood and organs & tissues.

Five Points of Life Ride 2000 team applications may be completed on the web at [www.lifesouth.org](http://www.lifesouth.org) or will be mailed on request. Call LifeSouth Community Blood Centers toll-free at 1-877-5POINTS for your application or more information.

## **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.

1974 Buick Gran Sport, 350, 4 barrel, classic 70's muscle car, fully operational (all maintenance up-to-date). Most useful to hobbyist for restoration as show car. \$1450, Roger Pierce 378-7063.

Tandem Autobike, brand new. It has a six-speed automatic transmission although it can be switched manually. Tools, manual, and accessory catalog included. Burgundy color. Those interested are welcome to come take a test drive. I am asking \$250 or best offer. Call Virginia at (352) 376-6910.

The following items are offered by Chuck Broward, 352-392-1051 (w) 352-475-1014 (h)

Girls GCC club jersey, still has tags, never worn, size MD. Daughter decided she hates bicycles! Cost: Club cost less \$5.00 (I cannot remember what I paid for it!)

Girls short sleeve wet suit size youth Medium. Made by Stearns. Again

almost brand new. \$25

Giant road bike for young person. Daughter outgrew it! \$125 includes new tires, tubes.

# Off Road



by **Brian Raisler**

This newsletter I will be taking a brief respite from my articles featuring great locations to ride around the area. Instead I would like to highlight some very important work that is being done right in our backyard that may provide us with great riding for years to come. I am referring to the efforts for trail building at the San Felasco State Preserve. For those of you who are not familiar with the project, the trail development is to take place on a newly acquired 1000 acre parcel of land just south of 441 and Alachua. Organized largely through the labors of Brian McAllister, interested trail-builders are meeting (often twice a week) to push ahead a loop of single track trail. I am sure that many others deserve mention for their efforts here as well. This project has long been in the planning stages. We are all very enthusiastic to be able to get our hands dirty with the actual manual labor phase of the project.

I had the pleasure of participating in the trail building on a Saturday earlier this month. About twelve of us showed up. Tools and gloves in hand, bikes and helmets prepared for the trip out to the work site. Yes, that is how the day starts, with a ride out to the work site. The work can be strenuous. I would not tell you any different. On the day that I worked, we hacked through waist high brambles and cut down thorny wild orange trees. The work is also tremendously rewarding. After spending two or three hours working away at a section of trail you can head back to your bike and give the new trail a try. You have the privilege of being one of the very first people to ever ride that particular section. I can only imagine what it will be like to revisit the sections that I help build when the trail as a whole is complete. As of the writing of this article, I would estimate that 3.5 miles of the first 5 mile loop has been built. At the pace the work is progressing, it is possible that the first loop is complete by the time you are reading this newsletter. But there is certainly more work to be done. Plans are in place for additional riding loops to work

off the far end of the primary loop so that riders can enjoy as short or long of a ride as they like.

This is a call to all interested riders in this club and throughout the area. We are looking at a great opportunity. We can build this trail. We can make a difference. Are you tired of seeing your favorite trails being developed into apartment complexes? Are you interested in making a statement about the responsibility of mountain bikers to the land they ride? Would you like to look back years from now and know that you had a hand in building this trail? Come out and help us build!

I will do my best to keep the club informed of upcoming trail building opportunities by email. If you want to help, but don't have email please contact me by phone and I will give you the latest information that I have. Saturday at 9:00 AM has been the running time for trail building but that could change easily. I will edit in some information from Brian McAllister's email to provide some details regarding how to participate.

## PLACE

Behind ECHELON (the former PROGRESS CENTER) just south of Alachua on Highway 441. Go in the main entrance (Progress Blvd) and drive through to the end of the road.

## WHAT TO BRING

Something in case you get thirsty or hungry. A "CamelBak" of water/sports beverage is most convenient. Rakes are the primary tool, pruning loppers, small bow saws, shovels, swing blade, GLOVES, Bike (it is a long walk to the work site and the ride helps pack the trail) and Helmet. Don't worry about having to carry your tools on your bike. Brian has a trailer for the heavier and more awkward tools. Also don't let a lack of tools stop you from coming. There are usually more tools than there are hands to use them. So come on out and build some trail.



**Bike Florida!**  
**Springs Training**  
**April 1-6, 2000**  
<http://www.bikeflorida.org>

# ACTION ALERT

**BICYCLING ON AMERICA'S ROADS IS FACING AN INCREASING DANGER!  
THE LEAGUE NEEDS YOUR HELP TO PROTECT OUR RIGHTS TO THE ROAD**

## **THE PROBLEM**

Rumble strips are increasingly being installed on roads around the country, including rural roads and bicycle routes frequently used by cyclists. Rumble strips are gouges ground into the shoulders of roads, of various widths and depths, designed to arouse sleepy drivers.

While these strips may reduce the frequency of run-off-the-road accidents for motorists, they are an increasing safety hazard for cyclists and are depriving cyclists of roads and shoulders they need and want to ride on. Shoulders with rumble strips are often unridable, forcing cyclists out into traffic, and the strips frequently appear with no warning to the cyclist coming downhill or around a bend. A number of cyclists have already been injured, some seriously, and an increasing number of roads frequented by cyclists are becoming dangerous or unpleasant to ride on.

Within the past few years, the Federal Highway Administration (FHWA) has started aggressively pushing states to install rumble strips on their roads. The type and design -- how deep, how much of the shoulder to take up, which roads to install them on -- is left up to each state. Some states' designs and applications create less of a danger for cyclists than others.

While we recognize that rumble strips can be an important safety device for motorists, it is also important to develop a design standard for strips that do not injure or kill cyclists. In addition, rumble strips should be installed only in places where they are needed -- and not in places where there is little or no run-off-the-road crash problem.

Although there has been research done on the effect of rumble strips on motorists, there has been very little research on the impact on cyclists. We believe that the FHWA should stop promoting the installation of rumble strips on roads that cyclists use until further research has been done, and until a design standard that is good for both motorists and cyclists has been developed.

## **WHAT YOU CAN DO**

The League of American Bicyclists has been actively working on this problem, meeting with the head of the FHWA and Congressional leaders, and working with FHWA staff to encourage further research and a safer

design standard for cyclists. But we need your help and backing to strengthen our efforts.

Please write a letter (not e-mail) TODAY to the Federal Highway Administrator, with a copy to Congressman James L. Oberstar, ranking member of the Transportation Committee, who is assisting the League with our efforts.

Your letter can be brief, but personal letters are more effective than form letters. If possible, include reasons you are concerned, your background in cycling, and any problems you have encountered with rumble strips. Be sure to include your address so that you get a reply.

Please urge the FHWA to:

1. Conduct research on a design standard for rumble strips that is bicycle-friendly
2. Limit installation to interstates until a bicycle-friendly design is developed

Send a copy of your letter to the League, and we will make sure that it is circulated to other key people at FHWA and in Congress. If possible, send copies to your own Senators and member of Congress.

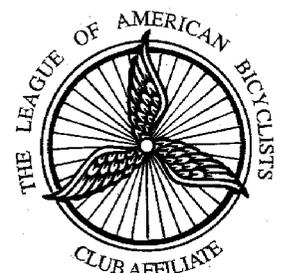
Addresses are as follows:

Kenneth R. Wykle  
Administrator, FHWA  
400 7th Street SW  
Washington, DC 20590

Congressman James L. Oberstar  
2366 Rayburn  
US House of Representatives  
Washington, DC 20515

League of American Bicyclists  
1612 K St. NW #401  
Washington, DC 20006

Thank you for your help and support. We will keep you informed about the progress of the campaign, and the results of our efforts. We know that when you enjoy smooth, rumble-strip-free shoulders and great bicycle rides, you will be happy you took a few minutes to write these letters!



## THOUSANDS OF BICYCLISTS GETTING READY

<http://www.bikeroute.com/NBG2000/>

The National Bicycle Greenway is orchestrating a rally that will bring countless bicyclists converging on Washington, DC on August 20th. The rally is called 'Cycle America 2000' and will consist of cyclists that have started their journeys from dozens of anchor points all across the nation. Nationwide discussions are expected to ensue regarding the importance of building an infrastructure that connects all of the states with what will in time become a contiguous labyrinth of people friendly pathways and bicycle tolerant roads.

"Each rider will make the ride his or her own with the help of information we have provided on our website" said organizer Martin Kreig, author of "Awake Again". "We have been building this database on the web since March of 1998. We have interactive maps and data bases giving riders suggestions on where they can eat, sleep and play, we have ride partner classifieds, even an on-line book using a coast-to-coast ride as a model."

The National Bicycle Greenway idea was conceived when Kreig was rehabilitating from an automobile accident where he was pronounced clinically dead but miraculously recovered from a coma and paralysis. As his therapy, Kreig rode a bicycle from California to the eastern seaboard on what was to become his first of several Transamerica bicycle rides. During his Transamerica rides it became clear that the American infrastructure is not tolerant to any form of unmotorized transportation even when faced with increasing pollution and overcrowding in American cities. "Instead of being just tolerant to non-polluting forms of transportation, people powered mobility should be seen as good citizenship", said Kreig, "But many people are afraid to get out of their automobiles and move under their own power in spite of the health benefits."

Kreig sees the mission of the National Bicycle Greenway to be one of fear reduction. According to Kreig, people feel safer walking and bicycling on multi-use trails and paths than they do on many city streets. Consequentially, if more paths existed (also called linear parks), more people would be willing to leave their car parked and commute under their own power. As a side benefit, those who use the linear parks, even occasionally, would then also become sympathetic to the plight of on-road bicycle commuters where a trail does not exist, an idea referred to by the Florida Bicycle Association as "Share the Road".

(831) 426-8830

NBG@BikeRoute.com

# Highlands Bicycle Festival

The first annual Highlands Bicycle Festival, held December 10-12, was a great success all around. The great routes in Highlands County, the great weather in December, and the great hospitality of the Kenilworth Lodge were responsible for drawing 143 riders from all around the state to Sebring. A special draw was the new Highlands County Century, which took advantage of newly paved country roads with very little traffic. After their rides, cyclists who've visited the area in warmer months commented on how nice it was "not to have to worry about heat stroke and dehydration." December temperatures rarely go above the low 80s. Riders enjoyed three days of metrics and half-metrics, along with the one century, as well as the easy and lovely ride around Lake Jackson and new off-road trails at The Preserve. A police-escorted parade Friday evening to see the downtown Holiday Lights display and a prize-packed holiday party the next evening rounded out the weekend, along with afternoons free for holiday shopping. Event organizer Linda Leeds was very pleased with how smoothly everything ran all weekend. Many participants said they were "so pleased to have a break in all the holiday craziness." Mark your calendars now for December 8-10, 2000, and call the Kenilworth Lodge, 800-423-5939, for your reservations.



*"Life is like riding a bicycle. You don't fall off unless you plan to stop pedaling."*

Claude Pepper (courtesy of Andrew Gill)

# February - March Ride Schedule

## RIDING GROUPS

**A Riders.** (no Group Captain). Fast paced rides from two to five hours. There is often a group that will do a shorter ride. The ride may become very fast for some periods. Team Florida frequently joins the group on Sundays.

**Gliders.** Andrew Gill, 338-9205, apgill@gnv.fdt.net. Fast (18-19 mph), steady paced rides, normally from 50 to 70 miles in length

**Spinners.** Larry Bowman, 495-2305, jjrider@hotmail.com. Moderate (16-17 mph) rides on Saturdays.

**LoBees.** Paul Zimpfer, 462-5003 evenings, Z-MAN2@prodigy.net. Rides in the 15-16 mph range on Saturdays. Meeting times and places are posted via email

**Hunters Crossing Pedalers.** Linda McMahon, 331-4089. Meets most Saturdays for a slower paced ride. This group also meets on some Sundays.

**Newnans Lake Riders.** Chandler Otis, 377-1728 (leave a message). A family and beginners group that meets Sundays to do a 15 to 35 mile ride.

**Off Roaders.** Brian Raisler, braisler@ufl.edu or 338-4594. Meets most Sundays. Special rides announced via email.

**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

**Feet First.** Bruce Bush, bruce@musician.org. Recumbent bicyclists group. May do one or two rides a month.

**Stray Cats.** Rob Wilt, 380-0561, afn09010@afn.org. Slower paced rides at out of town locations, announced via email

**Fireflies.** Rob Wilt, 380-0561, afn09010@afn.org. Tuesday and Thursday rides out and back on Millhopper. Lights required. Call the leader before joining this group.

**G-H Trail Riders.** Carol Glavin, 371-8695, glavin@gator.net. Sunday rides on the rail trail

**Centurians.** Roger Pierce, 378-7063. Hundred mile rides and up, usually at out of town events

**EZ Riders.** George Edwards 372-8974, gedwards@atlantic.net. Leisurely rides (well, glacially slow) with frequent stops to look at the flora, fauna, rocks, what have you, usually out of town and often on mix of pavement and forest trails. Announced via e-mail.

## REGULAR STARTING TIMES AND PLACES

*Always check your email for time and place updates.*

### GRU FACILITY RIDES

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

#### **SATURDAY**

All groups meet at 9 am unless otherwise announced in email.

#### **TUESDAY AND THURSDAY**

Fireflies meet at 6:30 pm.

### PLAZA OF THE AMERICAS RIDES

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

#### **SUNDAY**

All groups meet at 9 am unless otherwise announced in email.

### FT CLARKE MIDDLE SCHOOL

(9301 NW 23<sup>rd</sup> Ave)

#### **SUNDAY**

Off Roaders meet at 10 am.

### BOULWARE SPRINGS

(3300 block of SE 15<sup>th</sup> Street, second entrance)

#### **SUNDAY**

G-H Trail Riders meets at 9 or 10 am (email announced start time).





# Florida

## Bicycle Touring Calendar

(VERY ABRIDGED)



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

- February 12-13  
*Ft Myers FL*  
February 13 (Sun)  
*Gainesville FL*
- February 13 (Sun)  
*White Springs FL*
- February 13 (Sun)  
*Boca Raton FL*
- February 19-20  
*Brooksville FL*  
February 27 (Sun)  
*Miami FL*
- March 4-5  
*Mount Dora FL*  
March 12 (Sun)  
*Weirsdale FL*
- Mar 12 (Sun)  
*Boca Raton FL*
- March 18 (Sat)  
*Anniston, AL*  
March 18-19  
*Vero Beach FL*
- March 19 (Sun)  
*Fort Myers FL*
- March 31 - April 2  
*Orlando FL*
- Apr 1-6  
*Gainesville FL*
- April 2 (Sun)  
*Palmetto FL*  
April 8 (Sat)  
*Brooksville FL*
- April 8-9  
*Gainesville FL*  
April 9 (Sun)  
*Plant City FL*  
April 14-16  
*Monticello GA*
- Apr 15-16  
*Quincy FL*
- April 15-20  
*Live Oak FL*
- April 22 (Sat)  
*West Palm Beach FL*  
Apr 29-30  
*Miami FL*
- Apr 30 (Sun)  
*Jacksonville Beach FL*
- May 4-7  
*Live Oak FL*
- May 6 (Sat)  
*Vidalia GA*
- May 7 (Sun)  
*Cocoa Beach FL*  
May 7 (Sun)  
*Piedmont AL*  
May 13-14  
*West Palm Beach FL*  
May 20 (Sat)  
*Spartanburg SC*  
June 2-8  
*Tallahassee, FL*  
June 3 (Sat)  
*Birmingham AL*
- June 9-15  
*Floralda AL*
- June 11 (Sun)  
*Carrollton GA*
- June 16-22  
*Eufala AL*
- June 23-30  
*Savannah GA*  
July 15 to August 20  
*Miami FL*  
July 29 to August 20  
*Tampa FL*  
Sep 3 (Sun)  
*Savannah GA*
- Sep 30 (Sat)
- Oct 1 (Sun)
- Tallahassee, Florida 32317-6546.  
**Y2K Florida Bicycle Safari**  
Florida Freewheelers. PO Box 916524, Longwood FL 32791. (407)788-BIKE fax (407)788-RIDE.  
**Brevet Series 2000: Fleche**  
24 hours. Jim Solanick, (561)433-8796.  
**Breakaway to Key Largo MS 150**  
2 day ride to benefit the National Multiple Sclerosis Society, from Miami to Key Largo and back. Monica at the South Florida Chapter. National MS Society, South Florida Chapter, 7933 NW 53 St., Miami, FL. 33166.(305)599-0299 fax (305)592-6674  
**Tour de Forts**  
To Fort Clinch (Fernandina Beach). Tour de Fort, P. O. Box 550963, Jacksonville, FL 32255-0963 (904)721-5870  
**Suwannee Bicycle Festival**  
5-100 miles. SBF, PO Box 2944, High Springs FL 32655. (904) 454-3304 (Lys)  
**Sweet Onion Century**  
25, 50, 63 or 100 miles. Dan Brown (912)537-2155 or Lamar Martin (912)526-9179.  
**Cross Florida**  
See ad on page 1.  
**Cheaha Challenge Century+**  
Up to 110 miles. Northeast Alabama Bicycle Club.  
**Brevet Series 2000: 1000 km**  
620 miles. Jim Solanick, (561)433-8796.  
**24th Annual Assault on Mt Mitchell**  
102 miles, extremely challenging.  
**Bike Florida**  
To Floralda, AL.  
**Mental Health Association Metric Century**  
PO Box 55283 Birmingham, AL 35255. (205) 933-9393 (205) 664-3669.  
**Bicycle Across Magnificent Alabama (BAMA)**  
To Eufala. BAMA, P.O. Box 2286, Anniston, AL 36202-2286.  
**West Georgia 100**  
12/25/50/66/100 miles. Allen Griffin, Perpetual Motion Bicycles Inc., 1002 Maple Street, Carrollton GA 30117. (770)834-3278, fax (770)832-9578.  
**Bike Ride Across Georgia (BRAG)**  
Seven day ride to Savannah. Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. Phone (770)921-6166, fax (770)935-1918.  
**Cycle South Carolina and North Carolina**  
**National Bicycle Greenway's NBG2000**  
Ride to Washington, DC. Dale Lally 831-426-8830.  
**National Bicycle Greenway's NBG2000**  
Ride to Washington, DC. Mark Brunson, 831-426-8830.  
**18th Annual Historic Savannah Century**  
25, 50, 100 miles. Coastal Bicycle Touring Club, PO Box 14531, Savannah GA 31416.  
**Saturn Santa Fe Century**  
**Horse Farm Hundred**  
*Gainesville FL* Gainesville Cycling Club
- Brevet Series 2000: 300 km**  
186 miles. Jim Solanick, (561)433-8796.
- 20th Battle of Olustee**  
120 miles, one stop, race last 40 miles. Dan Larson (352)380-9831.
- Suwannee Sweetheart Cycling Weekend**  
27, 50, 64, and 100 miles. Call Jeanne at (904)264-7168 or (904)260-1126.
- Tour of Boca**  
A police-escorted tour of Boca. (561)416-3410 BRBC hotline.
- SWAMP Romp '00**  
Croom Mountain Bike Trails.
- Snowbird Century**  
25, 62 & 100 miles. Everglades Bicycle Club, PO Box 430282, South Miami FL 33243-0282.
- Brevet Series 2000: 400 km**  
248 miles. Jim Solanick, (561)433-8796.
- Lake Weir Kiwanis Tri-County Tour**  
20, 40, 60, or 100 mile routes through the rolling hills of Marion, Lake, and Sumter counties.
- Tour of Boca**  
A police-escorted tour of Boca. (561)416-3410 BRBC hotline.
- Woodland-Calhoun Century Challenge**  
25, 50, and 100 miles. (256)236-8221.
- The Second Annual Breast Cancer Ride for Life**  
135 miles to Daytona Beach with a stop in Cocoa Beach. Hotel Rooms Provided. \$500 minimum funds raised. Breast Cancer Ride For Life, PO Box 442, Goldenrod FL 32733. (407)677-4728.
- Second Annual Royal Palm Classic**  
100/62/45/15 miles. Caloosa Riders, PO Box 870, Fort Myers, FL 33902. (941)549-1366.
- Walgreens Ride 2000**  
A three-day, 275 mile journey from Orlando to South Florida to support the Florida AIDS Consortium. Fundraising goal for each rider is \$1250. (888)658-BIKE.
- Bike Florida 2000 "Springs Training"**  
Between 40-65 miles/day with longer options available. 4 or 6 day fully-supported bicycle tour. Overnight stays in Gainesville, Branford, and Chiefland. Late fee after March 15. BIKE FLORIDA, 8 Broadway, Suite A, Kissimmee, Florida 34741. (407)943-7995 FAX: (407)943-7931.
- 12th Annual Spring Classic Bicycle Ride**  
19, 32, or 62 mile distances. St. Petersburg Bicycle Club.
- Clean Air Bike Ride**  
Withlacoochee State Trail. 7-9 am, (no mass start) 12, 20, 48, and 100 mile routes. Clean Air Bike Ride, 6170 Central Avenue, St Petersburg FL 33707. (800)771-5863. Fax (813)345-0287.
- Brevet Series 2000: 600 km**  
372 miles. Jim Solanick, (561)433-8796.
- 18th Annual Strawberry Century**  
See ad on page
- BRAG Spring Tune-Up Ride**  
Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. fax (770)935-1918.
- 19th Annual TOSRV South**  
Tour of Southern Rural Vistas. 200/126/56 miles in two days to Albany, Georgia and back. TOSRV South Director, Capital City Cyclists, P.O. Box 16546,

League of American Bicyclists'  
**National Rallies of Cyclists**  
Summer 2000

**Covered Bridge Rally**  
**Bloomsburg, Pennsylvania**  
**June 2-5, 2000**

A four-day cycling extravaganza based at Bloomsburg University in Bloomsburg, Penn. Explore rolling hills, soaring mountains, quiet country roads, and, of course, many of Columbia County's 22 covered bridges. Visit the state's oldest amusement park. Road rides ranging from 15-100 miles, mountain biking from novice to advanced, educational sessions, feature presentations, special guests from the world of bicycling, including Trek President John Burke, the Trek Demo Van, and Klein Bikes founder Gary Klein, ice cream social. Arrowed routes, maps & cue sheets, rides escorted or accompanied by roving sag. On-campus lodging and meal packages available. Cost varies based upon options selected. Hosted by the Susquehanna Bicycle Racing Team. Information: League of American Bicyclists, 202-822-1333; bikeleague@bikeleague.org; www.bikeleague.org.

**Minnesota Lakes & Rivers Rally**  
**St. Paul, Minnesota**  
**June 30-July 3, 2000**

Four-day cycling extravaganza based at the University of St. Thomas in St. Paul, Minn. Find out why Minnesota is called the Lane of 10,000 Lakes by cycling to 25 lakes in 35 miles; explore historic sites & fountains, rivers & bluffs, lakes & beaches, and gracious neighborhoods. Attend a "Mountain Biking for Absolute Beginners" Clinic, tour Quality Bicycle Products and visit the Mall of America. Arrowed routes, maps & cue sheets, rides escorted or accompanied by a roving sag. Road rides ranging from 15-100 miles, mountain biking from novice to advanced, educational sessions, feature presentations, special guests, including Interbike advocacy director Mike Greehan and U.S. Congressman James Oberstar; ice cream social. On-campus lodging and meal packages available.

Cost varies with options selected. Hosted by the Twin Cities Bicycling Club. Information: League of American Bicyclists, 202-822-1333; bikeleague@bikeleague.org; www.bikeleague.org.

**Cascades to the Coast Rally**  
**Bellingham, Washington**  
**August 18-21, 2000**

Four-day cycling extravaganza based at Western Washington University in Bellingham, Washington. Pedal through miles and miles of spectacular scenery under the watchful eye of snow-capped Mount Baker. Routes will lead to the Dutch farm community of Lynden, the coastal town of LaConner, the pioneer heritage sites of Ferndale, and scenic Chuckanut Drive. Road rides ranging from 15-100 miles, mountain biking from novice to advanced, educational sessions, feature presentations, including adventure cyclist Willie Weir; special guests from the world of bicycling, including Klein Bikes founder Gary Klein; ice cream social. Arrowed routes, maps & cue sheets, rides escorted or accompanied by roving sag. On-campus lodging and meal packages available. Cost varies with options selected. Hosted by the Mt. Baker and Skagit Bicycle Clubs. Information: 202-822-1333; bikeleague@bikeleague.org; www.bikeleague.org.

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# Fixed Gear on the Cheap

by James Thompson (Team Florida)

*A popular training methodology used by many racing cyclists and even some tourists is to ride a fixed gear bicycle during the winter months. This tome records one riders quest for a fixed gear ride.*

I recently asked about how to convert a road frame to a fixed gear. Answers ranged from the useful and precise to the absurd and deprecating. I settled on building up a bike from scratch, except for borrowing front wheel and pedals from my current ride (a hearty roadie "p@#! off!" and an MTB "get real!" to the rude naysayers who said this couldn't be done for less than \$400). Undaunted by certain negative voices, and assured by the others, I hopped about town piecing together a fixed gear bike which I rode for the first time this afternoon. The ride was sweet, and I can already tell I'm in for some smooth form after a few weeks on this recycled machine. With yet another race season having eluded me, I can at least comfort in surrounding myself with the accoutrements of the devotee.

With the "recipe" below, I hope to let others in on how easy and inexpensive this process can be, and also to thank my four favorite shops for all their assistance (Recycled Bikes, Primo, Spin, and Bikes 'N More).

## FIXED GEAR INGREDIENTS (BY SHOP):

### Recycled Bikes:

57 cm. Nishiki Olympic dbl-butted 4130 Chromoly lugged frame, circa late eighties--\$40 (OK, this was a deal, but they do have a 58cm? frame and fork hanging on the rack, begging to be fixed-gear up!)

Chrome-plated Sugino alloy crank (right arm), mutt left arm, 39 tooth chainring--\$15

Pink Peugeot laid back steel fork without those annoying safety ridges--(came with frame)

Headset (came with frame)

Alloy MTB stem, slightly rising angle, for long-armed roadie (new)--\$10

Sakae seatpost, alloy (came with frame)

Front brakeset, cheap and used, but works

great--\$5

Handlebars, alloy, used--@\$7

Bottom Bracket bearings/cups/spindle--\$7

Some labor charges for fitting and cutting and adjusting brought my total here to about \$97

### Primo:

Cog, 16 tooth, Old BMX size teeth spacing and a lock ring (old-school bottom bracket size) for freewheel spacing--\$9

(Primo couldn't help me with used parts, but the cool roadie guy was a big help, as always)

### Bikes N More:

Used 27" X 7/8" Rigida Rear Wheel (freewheel, of course) with Schwinn tire and tube attached, and a nice barely used straight block to boot (for reconversion to freewheel if desired!)--\$18

BMX chain, old-school size--\$6

### Spin Cycle:

Serfas fake cork handlebar tape (very nice!)--\$10

Headset lockring washer and regular washer--\$1

### Cool Biker Pals with Spare Parts:

Vetta white Vinyl seat--\$=maybe a drink or two at Soul House

Right brake lever (for hand rest, no rear brake used)--\$=maybe I'll pull you across the Prairie (hah!)

Look 235 Pedals are transferred from my normal road bike with minimal hassle, as is CXP-30 front wheel, but I do plan to get a front wheel (anyone got a spare to sell?) that is more expendable.

## GRAND TOTAL for FIXED GEAR

INGREDIENTS= a whopping, incredible \$141 + a five-pack of ale (I had one for breakfast) for the Recycled engineers.

## HOW TO PREPARE:

1. The main difficulty will be the rear wheel and chainring/rear cog alignment. The Primo expert (whose name I shamefully forget, once again) suggested the lockring go on the freewheel threads BEFORE the cog, but you might want to try it the other way if you need to move the cog in to be in line with the chainring. Some other things you

might try are moving the chainring to the other side of the bottom bracket, or reversing the surface of the cog that faces the wheel (cogs typically flare out on one side).

2. Another problem is the chain size issue. Again, Primo dude was helpful. He convinced me that a BMX cog and a road chainring would be compatible with a BMX chain. He was correct. Why didn't I just buy a fixed-gear road cog? None in town, and hey, that BMX chain looks TOUGH!

3. Wheels. Yeah, you may have noticed I mistakenly bought a 27" rear. But it looked like a 700c as it was so skinny, and the guy at Bikes N More couldn't tell either. It works. It was cheap. And since you don't need a rear brake (indeed I was advised against having a rear brake on the drive wheel of a fixed gear bike), clearance is not an issue. I remember from my bike shop days that there are usually plenty of 27" skinny rims around "the back of the shop" trying to get sold, as no one uses these much anymore. If you end up finding a deal on a 27", take the wheel and just carry an extra tube. If at first you get a rub on the rear brake stay (that ground-horizontal finger-long steel tube where your rear brake plugs in), just try adding a chain link and scooting your rear wheel back further. This takes the larger 27" wheel OFF of the center point closest to the stay. Mine barely clears, but it clears.

#### MYTHS OF FIXED GEARS DISPELLED:

1. "The myth of the track hub."

With respect to a certain favorite local mechanic of mine, you do not need a track hub or a specially engineered rig so that the cog doesn't come off when you "forget" about riding a fixed gear. Primo dude stomped on his pedals and could not get his cog to come off the freewheel, thus dispelling this myth. Granted, mine does come off when I stomp (real hard). However, I can't imagine this happening while I'm riding. I tried to do it in the parking lot and could not. If I do press that hard on the back of my pedals while riding, it's probably because I've been hit by a Mack Truck and am twitching my last twitch! At any rate, you won't lose your cog or wreck from it, as the chain and cog will simply ding around on the axle until you can slow down with

your front brake. I rode it after I stomped it off to discover this.

2. "The myth of the expert email mechanic."

Again with respect, the only real decent advice I got about fixed gear bikes was from people who have actually built and ridden them (except for Dave at Recycled, who was helpful whether he's built one or not!). Primo dude was especially helpful, and brought his bike out to show me "what he had done." It was at this point that the pieces came together. As I assembled my ride, I back-checked his knowledge with email responses from my first inquiry and discovered high correlation between "useful" info and info derived from riding/building experience.

3. "The myth of the just-in-case front derailleur."

At this point I see no reason to have a fixed-position front derailleur on my ride. If anyone can explain why I was told to do this, please write!

4. "The myth of the expensive fixed gear."  
\$141--'Nuff said.

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# Federal Support for Bicycling

by Andy Clarke

I just browsed the latest USDOT Performance Plan for FY2000.

<http://ostpxweb.dot.gov/budget/fy00pp/Perfplan.htm>

The 97-page document features an impressive array of strategies and actions across a wide variety of areas (from highway safety to fisheries management), including some very specific targets for highway fatality rates, transit ridership, etc.

Here's the one mention of bicycling and walking that I could find...

"FHWA will focus safety research to address run-off-the-road and pedestrian and bicyclist safety."

...and it comes under Highway Fatality and Injury Rates in a Safety chapter that fails even to mention reducing the 14% of fatalities made up by pedestrians. Bicycling and walking didn't warrant a mention in the Environment section of the plan, let alone the Mobility or Economic Development sections. Not even in support of the goals of the National Bicycling and Walking Study

I know you are all busy people and that local issues rightly have your full attention...but if you've ever wondered why there doesn't seem to be any national leadership or commitment to improving conditions for bicycling and walking trickling down to the local level, this document will give you a clue.

If you have a moment I'd encourage you to write a quick note expressing an appropriate emotion, and requesting a significantly enhanced commitment to bicycling and walking, to:

Rodney Slater  
Secretary of Transportation  
US Department of Transportation  
S-1, Room 10200  
400 Seventh Street SW  
Washington, DC 20590

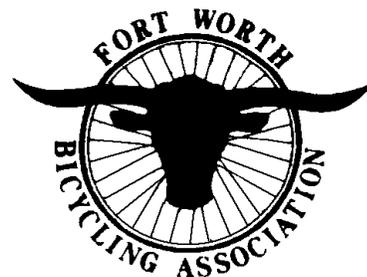
Irritating, isn't it?

## Trek President John Burke to Join League of American Bicyclists Rally

John Burke, President of Trek Bicycle Corporation, the world leader in bicycle products and accessories, will attend the League of American Bicyclists' Covered Bridge Rally in Bloomsburg, PA, June 2-5, 2000. Burke will be a featured speaker and an honorary ride leader at the event, expected to draw at least 1,000 League members and guests.

The Trek Demo Van, with nearly 50 Trek bikes, will also be on hand at the Bloomsburg Rally so participants can check out Trek's latest mountain and road bike technology.

Jody Newman, Executive Director of the League, said "I am delighted John Burke has accepted our invitation to the Rally. Trek and the League share a passion for cycling. John's involvement and support for the League underline the commitment Trek has made to moving cycling forward in the US and around the world."



### 18th Annual Strawberry Century

April 9 (Sun) 2000, Plant City FL

Day of ride registration 6 a.m. Ride start 7:15 a.m.

Strawberry Festival grounds - Reynolds St. @ Woodrow Wilson in Plant City

Exit 11 from I-4 onto Thonotosassa Rd., right on Woodrow Wilson

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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).

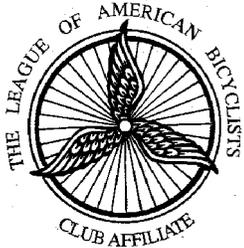
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**FEBRUARY 2000 ISSUE** Mailing label with expiration date identifies current member.

**2000 Gainesville Cycling Festival - 30 Sep - 1 Oct - Santa Fe Century - Horse Farm Hundred**

## Cycling Shorts



1 Welcome new members Pamela Barry, Arthur H. Bautista-Hardman, Linda Jagger, Jamie MacMahan, Eric H. Middlebrook, Rebecca D. Middlebrook, Richard Ritari, Daniel Rubin, Annette Scott, Thomas G. Scott, Jeff Shapiro, Rita Shapiro, John R. Thompson, John Toye, Deborah Wilbanks, and Kellie Wolk of Gainesville, Hanna Carroll of Valdosta GA, Clifford Gorman of Ft Lauderdale, Mark Miller of Fernandina Beach, and Don Roseman of Hobe Sound.

1 Jim Wilson and Barb Bergin completed the first in the series of brevets being offered by the West Palm Beach Club, a 200 kilometer ride (125 miles). Still to come are the 300, 400, and 600 kilometer brevets. The 600 k will be in the Gainesville area.

1 Team Florida will be hosting the Saturn Downtown Race Series the weekend of February 26 & 27. On Saturday there will be a road race on the old Ocala course, Saturday night will see street sprints downtown, and on Sunday there will be Kriteriums downtown.



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