

Club Happenings

Apr 4 (Tue) Tuesday-Thursday A Rides Begin

Meet at the GRU facility at NW 43rd St and 53rd Ave at 6:30 pm *sharp*. We'll start out this month with the Chestnut Hill loop.

Apr 30 (Sun) Adopt-A-Road 4 pm

See page 3 for an article with more details. Meet across from the Pearl station in Micanopy. Long pants and gloves are recommended. The board has voted to increase the feed allotment for adopt-a-road workers to \$50 or \$6 per person if fewer than 9 people show up. We're looking for good alternate choices for feed locations; don't fail to speak up with your choice; majority rules. Also, we have some new pick sticks!

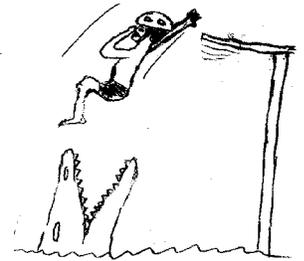
May 6 (Sat) Standard Ride Start Times Move to 8 am

But watch your email for renegade groups who may switch earlier or later!

May 29 (Mon) Memorial Day Picnic at Ichetucknee Springs State Park

Ride the back roads of Suwannee and Columbia counties to work up an appetite for *Sonny's* Barbeque and a need to jump in a cool spring.

To partake, you must be at the ride start **not later than 9:15 am** to place your order with the Grand Poobah; plan on arriving by 9 am. **WARNING!! IF YOU ARRIVE AFTER 9 YOU CAN COUNT ON WAITING IN A LONG LINE OF TUBERS IN ORDER TO GET INTO THE PARK!!** Depending on where you are coming from in Gainesville, it can take up to an hour to drive to the north entrance to the Ichetucknee Springs State Park on CR 238 (from US 27 at Ft White take SR 47 north and turn left onto CR 238). It costs \$3.25 to get a car into the park (bikes \$1) so get some buddies together and carpool. Park in the area past the little fence on the far end of the parking lot; the regular lot will see lots of coming and going by tubers, and your car could be damaged (tubers will be long gone by the time we finish riding).



You must be a club member to participate in the feast. We will sign you up on the spot if you're not a member (\$10, family members of members don't cost extra, they just must join). Bring deserts and salads to complement the

Sonny's fare.



**NOW
AVAILABLE**



President's Message



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

President
Rob Wilt
380-0561
afn09010@afn.org

Vice President
Jan Brush
378-5003
janbikes@cs.com

**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**
Carl Brush
378-5003
carlbikes667@cs.com

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

**Adopt-A-Road
Director**
Diann Dimitri
462-4580
diannidi@hotmail.com

Off Road Director
Brian Raisler
338-4594
braisler@ufl.edu

Members At Large
Linda McMahon
331-4089
lindamcm@atlantic.net
Carol Glavin
371-8695
glavin@gator.net
GCC Web Page

Get Ready to Ride

It's Spring! Time to start riding hot and heavy.

I've noticed that every Spring when we start riding, someone has a flat or some other simple bike problem and suddenly they discover that they forgot to put in a replacement inner tube or something else needed to make the bike go, forgotten from the previous ride season. It is kind of embarrassing to be an experienced cyclist and find yourself apologizing for having to borrow someone else's stuff because you forgot to have your own up to snuff. Well it doesn't have to happen to you and the solution is simple.

Now is the time to pull that pack of items off your bike that you so carefully put together so long ago. Put together to give yourself the assurance that you could ride off in to the hinterland and know you could get back; no matter what went wrong with your bike, you could fix it and ride home.

Some things to check, assuming you have these items.

- 1) Roll out that spare inner tube and inflate it. Being rubber these guys tend to age and rot even when they don't get used, so that brand new spare inner tube you put in there two years ago may no longer be any good. If it is still good, douse it with talcum powder and roll it back up.
- 2) Do you have enough tire levers to do the job? My tires take three, some people need two or none. Make sure you have enough.
- 3) Is that tire patch cement tube sealed? If you had to use it to fix a tire last year, chances are that that little tube is now rock hard and useless. Replace it with a sealed tube of cement.
- 4) Do you still have some tube patches in the kit or did they all get used up last year? Carry at least three.
- 5) Do you remember how to change a flat, maybe a practice session is in order? Much better at home at your convenience, than trying to remember when you're tired from your ride and that summer sun is baking your brain and sweat is dripping in to your eyes.
- 6) Check that mini-pump and make sure it still works, use it to actually inflate a tire. Sometimes the seals on these dry or crack. If you use a CO2 inflator, check and make sure you replaced the cartridge after the last time you had to fix a tire.
- 7) Remember too, that if your bike uses odd items, then you have to be all the more sure of having the proper stuff for *your* bike. Example: If your tires have schrader valves, you probably will have a tough time borrowing and using a presta valve inner tube, which is what everyone else will have.
- 8) At least a cursory check is in order to make sure you have onboard those other items that you think you have. The tools, the maps, money, suntan lotion, chapstick and whatever.
- 9) Is your Emergency Information up to date, with the name of someone to call in an emergency, your allergies and medical problems. The club has a Resource Sheet* available on the club website that you can print, fill out and carry on your bike.

Ok, so now you're ready to ride and with all that out of the way, you can just ride and 'forgetaboutit'.

Following winds my friends,

Rob Wilt



*Go to the website at www.afn.org/~bike and click on the 'Search' choice from the menu in the screen's left pane. Search for 'resource list'.

Adopt-A-Road Report

For those of you who missed the annual GCC meeting on Saturday, March 25 at the Boys Club, I'd like to give a brief summary on the Adopt-A-Road program. At the annual meeting in 1994, a majority of the members present voted to participate in Alachua County's litter control program a.k.a. the Adopt-A-County-Road program. With the support of many of the club's members over the last six years we have kept a two mile stretch of road "relatively" clean due to our efforts four times a year. This stretch of road to those not familiar with our club cleanup is S.E. CR 234 from US 441 in Micanopy to two miles northeast of US 441. This road is also known locally as Angle Road. It's a beautiful road to ride, one that GCC members are apt to be found riding on any given weekend.

For those of you who haven't made it out to one of our club cleanups yet....consider coming out for one sometime....the next cleanup is on April 30, Sunday at 4pm. Afterwards we go to a local eatery, chow down and generally enjoy each other's company.

Considering we have approximately 360 members and if 15 people showed up 4 times a year, each club member would only have to do a cleanup once every six years!!!!!! Now that doesn't sound too bad does it? So consider giving up part of an afternoon for a worthwhile cause and as a bonus spending some time with some great people to boot.

For those of you who are not on the club's group email and would like me to give you a phone call reminder for the cleanup, call me either at home (462-4580) or at work (376-8246, ext. 290) and I'll be glad to call you before each cleanup date.

A final thank you to everyone who has helped out over the years..... it couldn't have happened without you.

Diann Dimitri, Director of Adopt-A-Road for the GCC

Do You Want To Be In Pictures?

The allure of a career in film is great for some people. But in Gainesville it is easy. Just "go" behind the dumpster at the GRU Facility (where the security CAMERA is aimed at). Who knows, you may debut in the Alachua County Courthouse in just a few weeks!

Perry McGriff Wins Larry Frederick Award

GCC member Perry McGriff has won the America's Blood Centers' highest volunteer award – the Larry Frederick Award. It was presented for Perry's idea of creating the first national awareness campaign that focuses on the spectrum of donations an individual can make. Dubbed the "Five Points of Life," the campaign's goal is to bring national attention to the need for blood, bone marrow, cord blood, platelets and organ and tissue donations. The campaign is conducted by volunteers who ride from town to town by bicycle. Perry has participated in two transcontinental rides in support of the campaign.



KISH & KREW'S
SPIRIT OF CYCLING CENTURY



May 14, 2000 20, 35, 50, 100 Miles Palm

"BICYCLING"

by Virgil Gelormino ©

Riding my bike,
I break restraints
of mind and space.

One spin of the pedals,
the driveway gives way.
I'm breaking free
down a tree-lined street.

On a grade,
falling-
standing-
I face into
the quickening breeze.

As I coast,
lulled by the humming
of tires and road,
I see drifting above me
the billowy tops of trees.

Wheels-a-whirl,
I round the turns
that lead to savannahs
of land and sky-
the open countryside.

While climbing high hills,
bathed in the sun's
warm tingling rays,
I hear the chirps and trills
of birds-on the wing or perched.

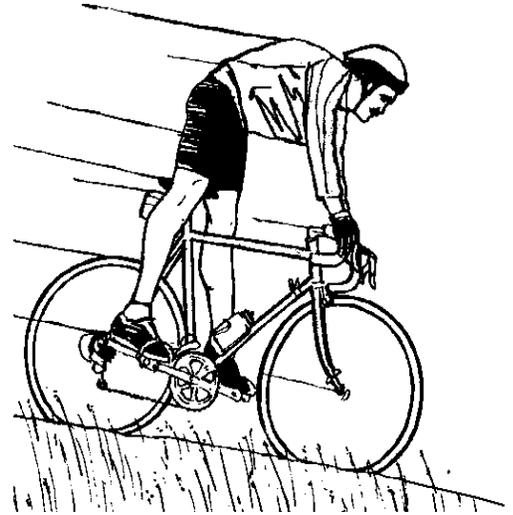
I feel a special presence.
I thrill in the harmony
of the natural world.

At the edge of tall inclines
I drop like an eagle
swooping on prey.
Quickly I'm swallowed
by onrushing slopes.
Exhilarated,
I ride the crest
of gathered force
from one hill
into the adjoining other.

In the buffeting wind
I glimpse racing by me
fields-
some green, others tawny brown.

On even terrain,
homeward bound,
I rest my eyes skyward
on towering cumuli
rising and traversing the blue.
My heart is at rest.
I am refreshed.
My being is full!

Originally published in the "Spoke 'N' Link", the monthly publication of the Dayton Ohio Bicycle Club (July 1996). Used by permission.



Coming to a roadway near you...
"THE RIDE"
The 25th Annual Cross Florida Bicycle Ride
170 mile bicycle ride one day coast to coast
Cocoa Beach to Pine Island Florida
May 7th

Billed as one of the most difficult one day rides in the country
IN YOUR HEART YOU KNOW YOU CAN DO IT



BICYCLES



The Home Town Favorite

STREIT'S SCHWINN CYCLERY
The 2000's Are Here
See Why Schwinn is Having a Record Year!
Value - Features - Price

Jeanne Streit (352) 377-2453
1614 NW 13th Street
Hours 9:00 - 6:00

April - May 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.

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.

HiBees. Not yet an official group, but usually go off the front of the LoBees.

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

SATURDAY

All groups meet at 9 am (8 am in May)
unless otherwise announced in email.

TUESDAY AND THURSDAY

A Riders 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 (8 am in May)
unless otherwise announced in email.

FT CLARKE MIDDLE SCHOOL

(9301 NW 23rd Ave)

SUNDAY

Off Roaders meet at 9 am.

BOULWARE SPRINGS

(3300 block of SE 15th Street, second entrance)

SUNDAY

G-H Trail Riders meet at 9 am (8 am May).





Florida

Bicycle Touring Calendar

(VERY ABRIDGED)



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

April 14-16 **BRAG Spring Tune-Up Ride**
Monticello GA Bike Ride Across Georgia (BRAG),
 PO Box 87111, Stone Mtn. GA
 30087-0028. (770)921-6166 fax
 (770)935-1918.

April 15 (Sat) **3rd Annl Baxley Tree Fest PAAC
 Bicycle Ride**
Baxley GA (Pedaling Across Appling County)
 For information contact Tommy
 Jordan 912-367-2738 or Robert
 Lightsey 912-367-6041.

April 15-16 **19th Annual TOSRV South**
Quincy FL Tour of Southern Rural Vistas.
 TOSRV South Director, Capital City
 Cyclists, P.O. Box 16546,
 Tallahassee, Florida 32317-6546.

April 15-16 **MS 150 Bike Tour 2000**
Howey-in-the Hills FL

1(888)950-9080

April 15-20 **Y2K Florida Bicycle Safari**
Live Oak FL Florida Freewheelers.

April 22 (Sat) **Brevet Series 2000: Fleche**
West Palm Beach FL

24 hours. Jim Solanick,
 (561)433-8796.

April 28-30 **Sebring Spring Break**
Sebring FL Three days of riding and eating
 sponsored by the Everglade Bicycle
 Club. Roland Mazzotti
 (305)666-8109. Everglades Bicycle
 Club, PO Box 430282, South Miami,
 FL 33242-0282.

Apr 29-30 **Breakaway to Key Largo MS 150**
Miami FL Monica at the South Florida Chapter.
 National MS Society, South Florida
 Chapter, 7933 NW 53 St., Miami, FL.
 33166. Phone (305)599-0299 fax
 (305)592-6674

Apr 30 (Sun) **Tour de Forts**
Jacksonville Beach FL
 New route on new day to Fort Clinch
 (Fernandina Beach). Tour de Fort, P.

O. Box 550963, Jacksonville, FL
 32255-0963 (904)721-5870

May 4-7 **Suwannee Bicycle Festival**
Live Oak FL Registration deadline is April 17,
 2000, SBF, PO Box 2944, High
 Springs FL 32655. (904) 454-3304
 (Lys)

May 6 (Sat) **Sweet Onion Century**
Vidalia GA 25, 50, 63 or 100 mile loops. Dan
 Brown (912)537-2155 or Lamar
 Martin (912)526-9179.

May 7 (Sun) **Cross Florida**
Cocoa Beach FL
 170 mile one way course.
 Spacecoast Freewheelers, PO Box
 320622, Cocoa Beach FL
 32932-0622. (407)784-4686.

May 7 (Sun) **Cheaha Challenge Century+**
Piedmont AL Climbs four "mountains," one of
 which is Mount Cheaha, the tallest in
 Alabama, then reverses course to do
 it all again. Sponsored by the
 Northeast Alabama Bicycle Club.

May 13-14 **Brevet Series 2000: 1000 km**
West Palm Beach FL

620 miles. Jim Solanick,
 (561)433-8796.

May 14 (Sun) **Kish & Krew's Spirit of Cycling
 Century**

Palm Coast FL
 8:30 AM, Daytona Beach
 Community College, Flagler - Palm
 Coast Campus, 3000 Palm Coast
 Parkway. 20, 35, 50, and 100 miles.
 Kish & Krew's Spirit of Cycling, P.
 O. Box 290044, Port Orange, FL
 32129-0044. (904)767-4526.

May 20 (Sat) **Covered Bridge Century Bike Ride**
Remlap AL and famous Pine Mountain Volunteer
 Fire & Rescue Barbeque/Spaghetti
 Dinner. PMVFR Century, 932 Valley

- Grove Road, Reamlap AL
35133-3160. 800-393-7856 Ronnie.
- May 20-21 **American Lung Association of Alabama Bike Trek**
Gulf Shores AL
(205)933-8821.
- May 20 (Sat) **24th Annual Assault on Mt Mitchell**
Spartanburg SC
102 miles, extremely challenging, FULL. Spartanburg Freewheelers, PO Box 6171, Spartanburg SC 29304.
- May 21 (Sun) **Deland Poor Mans Century Ride**
Deland FL
The Daytona Bike Club wishes to invite all interested to participate in the Deland poor mans century ride. Rides will be 20 miles, 33 miles, and a century ride. The century ride will have Handy Ways every 20 miles or so for rest stops. Please contact Cindy Ernest at (904)738-3777 for details. 8:00 am at the Sperling Sports Center.
- May 27 (Sat) **Jim Kruse Century**
Statesboro GA 7th Annual. 15-25-50-100 miles. A flatlanders delight. Southern Cyclists, PO Box 2554, Statesboro GA 30459, (912)871-7905 (day) or (912)871-7905
- June 2-8 **Bike Florida**
Tallahassee, FL
To Florala, AL.
- June 3 (Sat) **2nd Annual Mental Health Assn Metric Century**
Birmingham AL
PO Box 55283 Birmingham, Al 35255. (205) 933-9393 (205) 664-3669.
- June 9-16 **Bicycle Across Magnificent Alabama (BAMA)**
Florala AL
To Eufala. A. Morton Archibald, Jr., P.E., Executive Director, 2117 Rothmore Drive SW, Huntsville, AL 35803-1431 (256)658-5189
- June 11 (Sun) **West Georgia 100**
Carrolton GA 12/25/50/66/100 miles. Allen Griffin, Perpetual Motion Bicycles Inc., 1002
- Maple Street, Carrolton GA 30117. (770)834-3278, fax (770)832-9578.
- June 16-22 **Bike Ride Across Georgia (BRAG)**
Eufala AL
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.
- June 17 (Sat) **Clean Air Bike Challenge**
Winter Garden FL
On the West Orange Bike Trail. (407) 425-5864.
- June 23-30 **Cycle South Carolina and North Carolina**
Savannah GA
- July 8 (Sat) **Cartersville Century**
Cartersville GA
30, 62, and 100 miles. Marianne Gilliam 404-724-9917.
- July 9 (Sun) **11th Annual Frank Stark Celebration Ride**
Boca Raton FL
18,33,62 and 100 miles. Boca Raton Bicycle Club, PO Box 810744, Boca Raton FL 33481-0744. (561)883-9961
- July 15 to August 20 **National Bicycle Greenway's NBG2000**
Miami FL
Ride to Washington, DC. Dale Lally 831-426-8830.
- July 29 to August 20 **National Bicycle Greenway's NBG2000**
Tampa FL
Ride to Washington, DC. Mark Brunson, 831-426-8830.
- Aug 5 (Sat) **Bowdon Founder's Day**
Bowdon GA
10, 25, 50, 66(100k), and 100 miles. Tommy Messer D:(770)258-3378 E:(770)258-9240. Norman Padgett (770)258-2451. Bowdon Sertoma Club, P.O. Box 313, Bowdon GA 30108.
- Aug 6 (Sun) **9th Annual Covington Century**
Covington GA 30/50/75/100 mile options. Covington Cycle Club. Al Strickland 770-787-1229 or 770-787-8193.

Testimonial

I and many other Davis Bike Club distance riders swear by Bag Balm. I've never heard of it ruining a chamois and have used it for about 6 years. It does put quite a shine on your bike seat though when used in copious amounts. For a lovely consistency and great results, whisk it up approximately 3 parts bag balm, 2 parts monistat (yeast killer), 1 part cortisone cream (pain killer). It is known in these parts as Mary's mixture after the woman who devised and promoted the recipe and it works wonders.

Ann, Davis CA

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.

Pair of Shimano Mountain Bike shoes size 43. Barely used, with SPD clips. Paid \$90. Looking for \$30 or trade. email marco_randazza@yahoo.com.

I am looking for a driver to pick me up at the end of the cross Florida ride which is May 7. I will be driving up on Saturday for Sundays ride. I will need some to drive my van to the end. My van will be needed as I will be transporting my tandem. Call Don at 561-220-7597 or e-mail me at donald_roseman@hotmail.com.

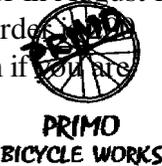
GCC Club Jerseys from the first order. Men's Medium, Ladies Large. \$25 each. '94 Bell Helmet, Large, Blue/White/Yellow, make an offer. Jim 372-6379.



Jersey Update

There are a few Ladies jerseys left at Primo in sizes Small and Medium. Shorts available at the last look were Ladies Large and Men's Small, Large, and XL. All are in limited quantities, so don't tarry if you want one.

We are considering doing an order in August if there is enough interest (minimum order 100 pieces). Email primobike@primobike.com if you are interested.



"There's something about getting grimy and sweaty with the gals. You feel like you're breaking the rules. You're not made of sugar and spice and everything nice. You're not someone's girlfriend and you're not someone's mother. For that moment, at least, all you have to be is a cyclist."
--Kimberly Grob--

Women Cyclists Banned In Caspian Seaside Resort

TEHRAN (Reuters) Women cyclists outlawed at a northern seaside resort as an affront to Islamic morality.

The district governor in charge of Ramsar, formerly a plush holiday resort on Iran's northern Caspian coast, said women cyclists would be prosecuted even if they were covered from head to toe as required by Iran's Islamic laws. "Women cyclists cannot protect their chastity even if they are fully covered, so they should avoid this altogether or they will be dealt with," the governor said.

He called on city police to stop offenders. Female cycling is a controversial issue in Iran. Moderate politicians such as MP Faezeh Hashemi, daughter of former president Akbar Hashemi Rafsanjani, have urged women to go out and play sports, including cycling. This has aroused the ire of Conservatives who feel this might lead to uncontrolled freedom and promiscuity.

Pain is weakness leaving the body.
USMC

You Might Be A Bike Weenie If...

You hear someone had a crash and your first question is "How's the bike?"

You have stopped even trying to explain to your husband why you need two bikes...you just go buy another one and figure it will all work out in the divorce settlement.

You convert your car's brake & gas pedals to clipless.

You see nothing wrong with discussing the connection between hydration and urine color.

You find your Shimano touring shoes to be more comfortable and stylish than your gunboat sneakers.

You refuse to buy a couch because that patch of wall space is taken up by the bike.

Biker chick means black spandex, not leather, and a Marinoni, not a Harley.

"Four cheeseburgers and four large French Fries" is for you.

You see a fit, tanned, Lycra-clad young woman ride by, and the first thing you check out is her bicycle.

Despite all that winter weight you put on, you'll skim weight by buying titanium components

You use wax on your chain, but not on your car.

Your bike bag consists of an outdated Power Bar, one tire lever, a questionable patch kit, a run-over spoke wrench, an all-in-one, a rusty allen wrench, change with god knows what stuck on it, a couple of tubes without a clue which one has a hole, and that peanut butter sandwich you swore you brought on the ride two weeks ago, all tucked into a bag the size of your fist.

Your first course when you eat out is a large banana split.

You yell "Hole!" when you see a pothole while driving your car.

Your bike has more miles on its computer than your car's odometer.

You wear your riding gloves when driving your car.

You wear your bike shorts swimming.

You wear Horse Farm Hundred T-shirts all the time, including under dress shirts.

Your bikes are worth more than your car.

When you move to a new area the first thing you look for is a bike shop.

You have more bike jerseys than dress shirts.

You take your bike along when you shop for a car – just to make sure the bike will fit inside.

You use the Yakima or Thule Fit catalog to pick your next new car instead of Consumer Reports.

You start yelling at cars to "hold your line."

You clean your bike(s) more often than your car.

You install bike mounts in the back of your van or pickup truck.

You're on the Board of Directors for a Bike Club.

You spend weeks during the summer spraying arrows on the sides of roads.

You and your significant other have and wear identical riding clothes.

You mount a \$600 cap, on a \$1,000 pickup truck, so your \$3,000 bike doesn't get wet.

You put your bike in your car and the value of the total package increases by a factor of 4 (or better).

You can't seem to get to work by 8:30 AM, even for important meetings, but you don't have any problems at all meeting your buddies at 5:30 AM for a hammerfest.

You can tell your wife, with a straight face that it's too hot to mow the lawn and then bike off for a century.

Your New Years resolution is to put more miles on your bike than your car, and you do it.

You know your cadence, but you have no idea what your speed is.

When driving your car you lean over the steering wheel, just like an aerobar.

Your car sits outside your garage because your garage is full of bikes and cycling gear.

You tailgate a semi-trailer to get the drafting effect.

You know your Bike Nashbar customer number by heart.

You have a four digit Bike Nashbar customer number.

There is no time like the present, for postponing what you ought to be doing, and go bicycling instead...

BUSINESS SPONSORS

These businesses provide discounts to club members who present their yellow membership card or the back page of their newsletter (with expiration date):

Bike Route	15%
Campus Cycle	15%
Chain Reaction	20%
Gator Cycle	10%
Gator Frame Painting	10%
Ominski Massage	\$10 off
Primo Bicycle Works	10%
Recycled Bicycles	10%
Respite Massage	10%
Streit's Schwinn Cyclery	10%
Water World	5%

Some restrictions apply, ask for details at the store.

The Gainesville Cyclist

5015 NW 19th Place
Gainesville FL 32605-3435

EDITOR

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

EDITORIAL BOARD

Gary Kirkland

BIKE SHOP LIAISON

Jim Merkner 372-6379
jmerk@juno.com

AD GRAPHICS

Craig Lee 475-1825
thelees@atlantic.net

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

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

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

© 2000 Gainesville Cycling Club, Inc.

11TH ANNUAL FRANK STARK RIDE THE NEW MILLENIUM

July 9, 2000 Boca Raton, FL, 18,33,62, & 100 miles

REGISTRATION AND INFORMATION:

(561) 883-9961 OR ejliner@gate.net

Register online at activeusa.com Event ID 100487
Or Pick Up Registration Form at Sports Authority

· Sheriff Escorts · SAG · Lunch By Carrabba's Italian Grill
· O'Douls · Treats · Free Massages · Year 2000 Jersey



-ADVENTURE CYCLING



Water World

Repairs • Air • Repair Parts • Sales & Service
Upcoming Classes:

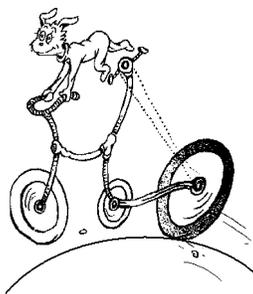
Entry Level Scuba – April 11, May 8

Entry Level Scuba (weekend) – April 28, May 26

Advanced Scuba Continuing Ed. – April 25, May 22

First Aid – April 26 • CPR – April 19

Ft. Lauderdale Trip – April 29 • Key Largo Trip – May 27
720 NW 13th Street • Gainesville • 377-2822 • <http://www.h2oworld.com>



GATOR CYCLE



"GATORS GO ON GATOR CYCLE"
This Year's Winner

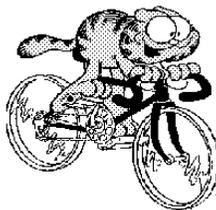
2K Trek 1000 Road Bike \$599

Aluminum Frame • Triple Chainring • STI Shifting

Trek STP Carbon MTB

In Stock Now

3321 S.W. Archer Road • Corner of SW 34th St. • Open 7 Days • 373-3962



Spring Specials

10% Off on Vision Recumbents

20% Off Selected

'99 GT & Giant Road Bikes

with your membership card

Chain Reaction Bicycles • 1630 W. Univ. Ave. • 373-4052



Boston Bill's Sunglasses

Exceptional Value

Low Price

Only at Primo



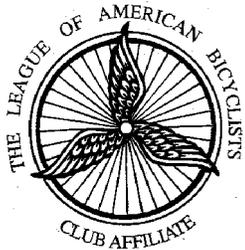
1124 W. University Ave. • (352) 371-9650



Gainesville Cycling Club
 5015 NW 19th Place
 Gainesville FL 32605-3435

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

ADDRESS SERVICE REQUESTED



APRIL 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 Neal Adams, Joe Beswick, Nathan Brewer, Bryan Denham, Metin Ebcioglu, Mark Heller, Harold Koplow, Cheryl Krauth, Brian Z. McAllister, Eric Steg, Sue Steg, and Gerald Zanussi of Gainesville, Rich Jordan of Hawthorne, Marie-Anne Lubber and Matthew Merkle of Tallahassee, Thomas Mohan of Ocala, and Ernest Sellers Jr. of Ft. White.

1 Due to work commitments, this newsletter is late, membership cards are late, and check depositing is late. Work ends soon! Everything should get caught up by sometime in May if I don't spend too much time riding!

"Cycling is a lifetime sport. I plan to ride the rest of my life. People who race have an inherent love of cycling; going fast, suffering on the climbs, the reward of the descent. When it's cold and I don't want to train, I just think about how much fun cycling is, and I'm out the door."
 --Jeanne Golay, Olympic Cyclist, UofF grad--

1702 W. University Ave. 376-6729
<http://campuscycle.com>

campus cycle **SPECIALIZED**
SMITH

'00 Specialized Allez aluminum road bikes, ONLY \$799
 '00 Jamis Aurora: A real touring bike w/STI, \$599

At Campus Cycle, we support the GCC by offering top notch service and a 15% discount to all members.

Jamis **MARIN**
 BICYCLES The Heart of Mountain Biking