

Club Happenings

December 9 (Sat) Holiday Party

See full details on page 10. Pot luck dinner at the Merkner's, 6 to 10 pm. The club will provide a couple of **turkeys!** 2401 NW 27th Lane. From Glen Springs Road (NW 23rd Blvd between NW 13th St and NW 34th St) take either 23rd Terr or 24th Terr south to 27th Lane.

December 26 (Tue) Memorial Ride

During the Holiday season, it might be good to pause and reflect on the dear friends we have known in our bike club, and remember the many good folks we have ridden with.

The day after Christmas, Tuesday, December 26 is the fourth anniversary of the terrible accident that took our dear friends, Doug Hill and Margaret Raynal from us. In their memory, the Gainesville Cycling Club will have a Memorial Bike Ride to remember our friends, with a little sadness, but more with the joy that bike riding with good friends brings.

Please meet at 9:00 a.m. at the Bike Memorial on Depot Avenue, near Main Street. We will organize into several groups, based on speed and distance (note: group leaders may want to be thinking of a route). At about 9:15-9:20, we will have a moment of silence, followed by lots of fun riding.

Chandler will lead a Family oriented group that will ride the Gainesville Hawthorne Trail. Families may want to meet us at the Memorial, and then drive their car (with bikes) to the Rail Trail, so as to avoid riding bikes on city streets with cars.

If you have questions, please contact Chandler at chanbike@aol.com.

January 1 (Mon) New Year's Day Ride 10 AM

Meet at GRU, note the later starting time to allow more time for recovery from a late night.

January 13 (Sat) Oleno Chilly Chili Picnic and Rides

Rides meet at 9 a.m. in the Park, food at about noon. Chandler will bring his infamous Fowl Flesh Chili, and might be persuaded to bring some jumpin' Jambalaya if requested. Club members are requested to bring real food for healthy people.

Road Group leaders may want to organize rides from the Park. There are many quiet country roads in the area and the top portion of the Santa Fe Century is nearby, still well marked.

Off road riding is available in the Park, with 13 miles of trails. Trails lead to various sinkholes and archeological sites. The first Federal Highway in Florida, the Bellamy Road, goes through the Park. Built in 1824, the road is still in original condition (no cars) and has four informational kiosks along the route.

To get to Oleno State Park, go north on US 441, through Alachua and High Springs, Oleno is 8 miles north of High Springs on US 441. Entry fee is \$3.25 for a car full of people or \$1 if you are on a bike.



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GCC Web Page

President's Message

Upcoming Board Elections

At this time in history, probably the last thing you want to hear about is elections. Nonetheless, coming up early next year we will again have the board elections for this club.

Some of the troops who have been tirelessly leading the board for many years are showing some tatters around the edges. Like anyone who has worked hard for years without a pause, they could use some relief. And our club could use some fresh ideas and some fresh blood.

I, for example, have been President now for more years than seems reasonable. Term limits are in order here too. Isn't there someone else in our club who would like to lead the club for a year? Someone who would like to spearhead some new directions, perhaps make the club a more political entity for bicycling advocacy in our community? I am not the right person for this role, I don't even like to talk to reporters (forgive me Gary) or be on television or the radio, but I feel that is where our club should head now.

The other troops on the board also could use some rest. They haven't indicated a desire to leave their roles, but if someone with a decent amount of energy came forward to fill their shoes, I think they would graciously step aside and let others run things for a while.

This is your club, it can become whatever you want it to be, but it won't get there just by wishing. In my experience, movements to betterment are usually led by a few single-minded individuals with vision and energy and the will to make it happen. The people smart enough to see who is visionary and hook their star to that dreamer bring about the rest. Our club is full of some of the smartest, most energetic people I have had the pleasure to know in my entire life, I can't believe that there isn't another person willing to share their wisdom and strength with our club.

A lot of positive change has occurred since I became President, and in a lot of cases I have had something to do with it. But like any well I think that I have come to the bottom of the water table. I came to the office with a wellspring of new ideas and most of those ideas have now become reality. It is time for new leadership.

I will run again this year and if unopposed will serve another year as President, but the time has come to start thinking about who will be the leader of the club in 2002. And you still have until March 2001 to consider running for the coming year.

Following winds my friends

Rob Wilt

GCC President,
but not for life!



BIKES WIN ELECTION IN ALACHUA COUNTY

by Chandler Otis

The cycling community won big in the recent local election.

Gainesville Cycling Club member PERRY MCGRUFF was elected to the Florida House of Representatives, district 22. An avid cyclist who has ridden across the United States several times, Perry will bring his knowledge of cycling and transportation issues to Tallahassee. Congratulations Perry!

Bike shop owner JIM GABRIEL {Santa Fe Bicycle Outfitters in High Springs) won a seat on the High Springs City Commission. Jim was the top vote getter in a four way race with 34%. Congratulations Jim!

In Alachua County Commission contests MIKE BYERLY, RODNEY LONG and PENNY WHEAT were elected. All three are bike friendly, especially Byerly, who has been active in transportation planning. They join current commission members ROBERT HUTCHINSON and DAVE NEWPORT. Hutchinson was one of the driving forces in building the Gainesville/Hawthorne Trail and Newport has ridden in both the Horse Farm Hundred and most recently in the Santa Fe Century.

The Alachua County Commission is particularly important because they decide on the building and design of county roads, and they have major input on placement and design of State Roads and on how state and federal money is spent on bike and pedestrian projects.



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CHRISTMAS BIKE REPAIR

by Chandler Otis

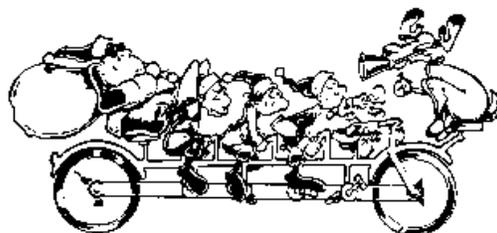
GCC's annual community service project, the Christmas Bike Repair, may be different this year. In the past, GCC'ers have gathered in early December to spend a day checking and tuning bikes that are given to needy kids by the Gainesville Police Department.

This year, the bikes will be taken directly from prison (where inmates have been repairing them) to the schools. In the past, the bikes have been taken from prison to a warehouse where the GCC checked them before the Police gave them to kids at the central police Headquarters. This year, the bikes will be presented to kids at each of the schools.

You can still help! **We need more bikes,** especially kids bikes in any condition. Normally we get about 350-450 bikes from donations or Police, and are able to make 250-300 working bikes. This year we received only 200-250 bikes and have been able to make 146 working bikes.

If you have any bikes to donate, kid or adult, please let me know. If you are at yard sales, buy a kid bike for the cause. Thrift stores often have bikes, especially kid bikes at good prices. The Goodwill Store at Archer and 34th Street has a bunch of kid bikes, many for \$5. We will take any bike or any bike parts in any condition. Call me and I will come pick them up, or drop them off at Campus Cycle where I work.

Stay tuned if you would like to help fix bikes. If a repair day is scheduled, I will broadcast it via E-mail. If you have questions, call me at the bike shop, 376-6729 or E-mail me at Chanbike@aol.com.



LEAGUE'S BIKE ED UPDATES CONTENT AND BROADENS REACH OF EDUCATIONAL PROGRAM

by Patrick J. McCormick, Communications Director,
League of American Bicyclists

The League of American Bicyclists, in cooperation with the National Highway Traffic Safety Administration (NHTSA), is updating the content and broadening the scope of its national cyclist education program. The course offerings of Bike Ed, the new, more flexible program, will be taught by League Cycling Instructors (LCI), the new name for the League's cycling educators. Bikes Ed will use more effective marketing and coordination strategies to greatly increase the number of students enrolling in the League's program and to attract and retain a large influx of LCIs. The League is also planning to sponsor a national cycling education conference in 2002

"We are changing the way we deliver instructor training and the student courses to allow a greater penetration into the general public," said League Executive Director Elissa Margolin. "We are responding to the requests of both League instructors and educators not directly affiliated with the League that we offer a more flexible and attractive program."

The League will produce the "League of American Bicyclists' Guide to Safe Cycling", a book written to communicate the message of safe cycling to a wide audience. In addition, Bike Ed's flexibility will allow LCIs more freedom to address a wider variety of audiences.

The new name of the program reflects the League's renewed commitment to bicycling education. The principles of vehicular cycling will still be the cornerstone of the new Bike Ed program. "Our thanks go out to NHTSA for recognizing the leadership that the League has shown in cycling education over the last 20 years," said Margolin. "Our goal is safer and more enjoyable riding for cyclists everywhere."

The League of American Bicyclists, the national membership organization of cyclists, promotes cycling for fun, fitness and transportation, and works through advocacy and education for a bicycle-friendly America. The League represents the interests of 42.4 million American cyclists including its 300,000 members and affiliates. For more information, visit www.bikeleague.org

Adopt-A-Road Update

by Diann Dimitri

A hardy band of GCC volunteers showed up for the last cleanup of the year on Nov. 19th. The day had turned grey, cold, and drizzly with the temperature at 50 degrees. Thanks to Ralph Giro, Maureen Peterson, Chandler Otis, Brian Raisler and Roger Pierce, a good section of our road got cleaned up before the rain really started to come down. The hardy band headed for shelter, food and warmth at Tony and Pats where they weren't disappointed.

Our next cleanup will be in Feb. with the exact date to be announced. This will be the first of our four cleanups for the year 2001. If your name isn't in the following list of people who did the cleanups for this year, consider volunteering for one of the cleanups in 2001.

The year 2000 Adopt-A-Road volunteers were Cheryl Baker, Julie Baker, Purvis Bedenbaugh, Roger Blinn, George & Lee Edwards, Leslie & Doug Folkerth, Barry Gibbons, Ralph Giro, George Hecht, Suzanne McDowell, Bob Newman, Chandler Otis, Maureen Peterson, Roger Pierce, Brian Raisler and Rob Wilt. Thanks for everyone's efforts to keep one of the more beautiful roads around just a little bit better. For anyone who hasn't ridden this road (CR 234), give it a spin. From the Boulware Springs trail head to the Pearl Station at 441 & CR 234 and back is just under 28 miles.

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.

Chamberlain Sky Bag. '80's technology sky bag, soft sided, no need to remove/turn handlebars. Sky blue color, four wheels allow bag to be rolled through the terminal. Some mildew, otherwise in original condition. \$20 or best offer. Roger Pierce, 378-7063.



December-January 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.

Killer Bees. Elliott Jacobson, snake2@ufl.edu. Rides in the 16-17 mph range on Saturdays. Meeting times and places are posted via email.

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, 376-6729. A family and beginners group that meets Sundays at Boulware Springs (Gainesville/Hawthorne Trailhead). The slow-paced group does 10-15 mile rides on the Trail or to Newnans Lake.

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

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.

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

TUESDAY AND THURSDAY

Fireflies meet at 6:30 pm.

BOULWARE SPRINGS

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

SUNDAY

G-H Trail Riders and Newnans Lake Riders meet at 9 am.

PLAZA OF THE AMERICAS RIDES

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

SUNDAY

A Riders meet at 9 am unless otherwise announced in email.

FT CLARKE MIDDLE SCHOOL

(9301 NW 23rd Ave)

SUNDAY

Off Roaders meet at 10 am.



Florida

Bicycle Touring Calendar

(VERY ABRIDGED)



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

- Dec 2-3 **Secret Santa Weekend**
White Springs FL Saturday: forty mile ride into Live Oak to visit the Christmas Festival. Sunday: century ride (35, 50, 64, or 101 miles). Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. Call (904)397-2347.
- Dec 8-10 **Highlands Bicycle Festival**
Sebring FL Linda Leeds, (561)683-2851, 913 Sumter Road East, West Palm Beach FL 33415.
- Dec 10 (Sun) **Tour of Boca**
Boca Raton FL Warren Pollans (561)395-7338.
- Dec 21 (Thur) **8th Annual Winter Solstice Century**
Tallahassee FL 8 am St. Marks Trailhead, unsupported. Usually fewer than a dozen riders, so call ahead to confirm. Chris Sands (850)224-7453.
- Jan 1 (Mon) **N. FL. Bicycle Club's New Year's Day YO-YO Century**
Jacksonville FL 8am, from FCCJ, Kent Campus, in Jacksonville. 103, 60, 50, and 25 mile rides. Jerry (904)781-3701, or Cecilia (904)908-0934.
- Jan 6 (Sat) **The First Century of the New Millennium**
Albany GA Hosted by the Pecan City Pedalers.
- Jan 13-14 **Sunshine Ride For Children**
Orlando FL 2 day, 150 mile bicycle ride. Raise a minimum of \$250. 1-877-501-BIKE.
- Jan 14 (Sun) **Tour of Boca**
Boca Raton FL Warren Pollans (561)395-7338.
- Jan 20 (Sat) **IDIDARIDE**
White Springs FL ENTRY DEADLINE JAN 2. Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 904-454-3304.
- Jan 20 (Sat) **Boca Raton News Boca Bike Festival**
Boca Raton FL 20 mile police escorted Family Ride, 30 miles, 62 miles, and 100 miles. Fax contact 1-954-462-4607 attn: Ed for Registration
- Jan 28 (Sun) **Brevet Series 2001: 200 km**
West Palm Beach FL 124 miles. Jim Solanick, (561)433-8796.
- February 4 (Sun) **21st Battle of Olustee**
Gainesville FL 9am at Holiday Inn on the corner of 13th St. and Univ. Ave. 120 miles, one stop, race last 40 miles, first one back wins. Maps for those prone to getting lost or dropped, or who want to tour. No entry fee. This aint no wimpdermere. Dan Larson (352)380-9831.
- February 10-11 **Brevet Series 2001: 300 km**
West Palm Beach FL 186 miles. Jim Solanick, (561)433-8796.
- February 11 **Suwannee Sweetheart Cycling Weekend**
White Springs FL 27, 50, 64, and 100 miles. Jeanne at (904)264-7168 or (904)260-1126.
- February 11 (Sun) **Tour of Boca**
Boca Raton FL Warren Pollans (561)395-7338.
- February 17 (Sat) **MS50 Bike Tour Gainesville**
Gainesville FL Route TBD
- February 23-25 **Tour of Highlands**
Sebring FL Darrel Smith at (863)382-6464.
- February 25 (Sun) **Snowbird Century**
Miami FL 25, 62 & 100 miles. Fifi or George Derby. (305)893-6322. Everglades Bicycle Club, PO Box 430282, South Miami FL 33243-0282.
- March 3-4 **Brevet Series 2001: 400 km**
Tavares FL 248 miles. Jim Solanick, (561)433-8796.
- March 10 (Sat) **Charity Ride**
Altamonte Springs FL The Altamonte Springs FOP Lodge 121 is hosting a charity bicycle ride for fallen officers of Central Florida.
- Mar 11 (Sun) **Tour of Boca**
Boca Raton FL Warren Pollans (561)395-7338
- March 18-19 **The 2nd Annual Breast Cancer Ride for Life**
Vero Beach FL 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.
- March 18 (Sun) **Third Annual Royal Palm Classic**
Fort Myers FL 62/45/15 miles. Caloosa Riders, PO Box 870, Fort Myers, FL 33902. (941)549-1366.
- March 24 (Sat) **Woodland-Calhoun Century Challenge**
Anniston, AL 25, 50 and 100 miles. Anniston Parks and Recreation Department (256)236-8221.
- March 25 (Sun) **Lake Weir Kiwanis Tri-County Tour**
Weirsdale FL 20, 40, 60, or 100 mile routes through the rolling hills of Marion, Lake, and Sumter counties. For a registration form, directions, or other information, directions, maps, schedule, please email or visit our web site. As a last resort call Glen (352-821-4653) or Julie (352-624-9237).
- March 25 (Sun) **Savannah Spring Metric Ride**
Savannah GA 25K, 50K, 80K and 100K. SASE to bicyclesavannah, 401 Willow Rod., Savannah, GA 31419. (912)351-RIDE.
- March 30 - April 1 **Walgreens Ride 2001**
Orlando FL A three-day, 275 mile journey from Orlando to South Florida to support the Florida AIDS Consortium. Fundraising goal for each rider is \$1350. (888)658-BIKE.
- March 31 (Sat) **Fourth Annual Suwannee River Birdfest**
Fanning Springs FL 9 AM Nature Coast Trail Ride 1 PM California Swamp Ride (352) 462-6144.
- March 31 (Sat) **Clean Air Bike Ride**
Brooksville FL Withlacochee State Trail 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.
- April 7-8 **Brevet Series 2001: 600 km**
Tavares FL 372 miles. Jim Solanick, (561)433-8796.
- April 7-12 **Bike Florida 2001 "A Space Odyssey"**
Titusville FL BIKE FLORIDA, 8 Broadway, Suite A, Kissimmee, Florida 34741. (407)943-7995 FAX: (407)943-7931.

Montreal to Quebec City

By Dave Wagner

GCC members Steve Scott and Dave Wagner joined eleven French Canadians on a six day bicycle ride from Montreal to Quebec City last July. A definite relaxed bicycle touring experience - both Dave and Steve plan to return to Canada again. Mileage per day averaged 45 miles - through the beautiful rural areas between these two superb Cities. Not only were the ride lengths each day planned to allow ample time for sightseeing activities, we rode with a tail wind the entire week. Seems like the summer weather in Canada "blows" West to East.

This is a fully supported bicycle touring ride. Lodging for six nights is provided in 2 & 3 star hotels or B&Bs. The tour includes breakfast each day and three evening meals. A tour guide hauls bags to the next location and keeps track of everyone's progress. Well marked maps are provided. We got lost only two times - on one occasion because Dave was drafting a "fancy" farm tractor (at about 17 mph). The tour guide arranges for an inside/locked storage area for your bikes each night. Now for the price - for all of the above \$705 Canadian - which worked out to about \$475 US. The price does not include airfare, dinner on those nights it is not provided, and "recreational" beverages.

The typical day starts with a nice breakfast (I think we had fresh juice each morning). At about 8:30 am - everyone was on the road. Patrick, our French Canadian tour leader (in his real life he is a school teacher) normally identified a nice place for everyone to meet for lunch - somewhere around the mid-point of the ride. After a light but leisurely lunch, we were back on the road for another two hours to our hotel/ B&B. This allowed plenty of time to "smell the roses". By the way the Quebec countryside is beautiful in Summer. Many people have flower gardens and you frequently see the Quebec flag flying above the Canadian flag. Upon arrival, we had time to shower, check out the local community and read a book or watch TV - before meeting everyone for dinner. On those days when

dinner was not provided, Patrick offered to make reservations at one of the better restaurant in our destination city. Indeed, we had our best dinner in a small city about 45 miles from Quebec City.

The route was from Montreal with overnight stops at Joliette, Louisville, Grand Mere, Deschambeault and Quebec City. We had a day off at Quebec City. On the last day - Saturday - we rode around the Ile de Orleans - during strawberry picking season. Excellent strawberries here. The tour provided van return (truck for our bikes) to Montreal on Saturday.

This is an excellent touring experience. The not for profit touring group (Les Voyages du Tour de Ile) also has other tours in Quebec and overseas. Visit their web site at

www.velo.qc.ca/tour/information-eng/.

The Ididaride Challenge

by Gary Kirkland

To road riders 50 miles is a nice morning jaunt, but when the route rolls off road, over sand, mud, rocks and tree stumps that distance becomes a challenge.

That's the idea behind the Suwannee Bicycle Association's Ididaride 2001. This annual ride follows 50-miles of single-track trails and wood roads that are linked together to form a challenging and scenic route on land along the upper Suwannee River.

This year's ride is Jan. 20, starting at 9 a.m. The entry fee is \$40, with a \$5 discount for SBA members. Deadline for entry is Jan. 5 and participation is limited to 200. (*This ride usually fills up early. Ed.*) The fee covers breakfast, a mid-ride lunch and a buffet dinner after the ride. There are sag stops with food, beverages and mechanical support and bail-out points. Participants also receive T-shirts.

The ride begins at the SBA headquarters in White Springs at 9 a.m. For additional information visit the SBA Website at: www.suwanneebike.org. You can also call (904) 454-3306 or by e-mail at sba@cyclng.org

Florida International Mountain Bike Association Representative Report

by Bob Michaels, IMBA representative, Apopka FL

The state of Florida has 15 million residents, the vast majority clustered into large metropolitan areas leaving much lesser populated space. The state is large, stretching 866 miles from one end to the other. The climate is suitable for riding year round. Bicycling is second to only beach activities in resource based recreation. Bicycling user occasions exceed hiking and equestrian use combined.

Off road cycling is popular everywhere in the state. One State Park in Miami Beach will have 100,000 cycling visitors this year.

Florida now has four annual off road cycling festivals held around the state. While there is some rider overlap, the five million residents in the southern part of the state (Miami, Ft. Lauderdale, and West Palm Beach) are pretty much isolated from the central portion of the state as is the entire lesser-populated panhandle.

There is no dominant land manager. Off road bicycling opportunities are provided on lands managed by the State Park Service, State Office of Trails and Greenways, various counties and municipalities, five independent Water Management Districts, State Forests and National Forests. (in approximate order of significance)

The State of Florida has been aggressively buying environmentally sensitive land for ten years. This is doled out to various state agencies for management. There has been very little money available for improvement or recreational infrastructure thus creating an ideal situation for off road trail development.

There are many (wish I knew just how many) independent off road clubs that build and maintain trails within the state. There is a state organization that represents cyclists at the state level. This organization covers off-road issues at the state level but focuses more on on-road issues. I am an active Board member of the Florida Bicycle Association.

The political climate towards off road trails is generally very positive. We have had no significant

trail closures and an overall positive response to new trail construction. Trail sharing with hikers is the exception rather than the norm. Most bicycling activities are on trails constructed by cyclists. Fortunately, trail construction and maintenance is relatively easy consisting mostly of clearing vegetation. There are few erosion problems due to the relatively flat terrain.

There currently are more requests for trail construction by land managers in rural areas than there are involved cyclists. The opposite is sometimes true close to the major population centers.

My primary function has been directed toward creating and maintaining a positive attitude towards bicycling trails at the top levels of the various land management agencies. I try to foster co-operation and coordination between the various clubs and serve as the "out of town expert" in specific problem situations.

My biggest challenge is to just get to each of the major ride areas and clubs around the state.



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Homemade GEL

by Doug Folkert

For the past several years I have been attempting to perfect the definitive carbo supplement (GEL) for use on long rides. Finally after 4 years of trial and error, I think I have found a pretty good product. Of course I won't tell you what Leslie (my spouse) and others said about my first trials, as they are unprintable in a family newsletter, but let's just say I got to admit that they were pretty yucky!!!

The nice part of the following recipe is that all of the ingredients are already in your home or at least can be purchased here in Gainesville.

Here is my basic recipe:

- 1 pound of maltodextrin (can be purchased at Bray's at 818 W. University for about \$2/Pound.) (376 calories/100 g, or 1707/pound)
- 1/2 Cup of White sugar (387 calories per 1/2 cup)
- Scant 1/4 teaspoon of salt (you can use lite salt as a source of potassium but it makes the gel bitter.)
- 1 packet of strawberry/starfruit Kool Aid® (grape also works well)
- 16 ounces of warm water.

Add all of the ingredients into a large mixing bowl, mix until all of the ingredients are smooth. Pour into large plastic container (I use an old Hammer Gel® flask 23 oz size.) You should end up with about 25 oz of gel with each ounce having about 100 calories.

I have used old toothpaste tubes in the past for rides, but my friends thought that was very gross, so I purchased several 5 serving gel flasks with pop tops so now I look like I know what I'm doing. On road rides I start taking about 1 oz at 15 miles, and

an additional ounce at each additional 10 miles, or when my stomach tells me I need more. For Mt. Bike rides I start taking 30 minutes into the ride

The best part is this stuff is cheap and easy to make, stores well in the refrigerator (if it gets a little thick when cold, pop in the microwave to soften it up.)

Don't be afraid to experiment with flavors, vanilla, chocolate/coffee should also work well .

Good luck and keep on riding strong with this carbo replacement.

PS: If you want to get really sophisticated here is an actual formulation from Grain Processing Corp of Muscatine, IA. This formula is really detailed so for you engineers out there here it is:

	Percent by weight
Maltrin ® M180 maltodextrin	54.00
Water (190 degrees F.)	31.13
Crystalline fructose	11.77
Maltrin ® M040 maltodextrin	1.50
Glycerine	1.00
Potassium Chloride	0.18
Sodium Chloride	0.15
Sodium Citrate	0.06
Vanilla flavor	0.06
Carrageenan	0.06
Citric acid	0.03
Malle acid	0.03
Sodium benzoate	0.02
Potassium sorbate	<u>0.02</u>
Total	100.00

Nutrition facts for the above:
Serving Size (32 g) 80 calories
Sodium 40 mg., total Carbo 21 g.
Sugars 5g., Protein 0g.

Holiday Party Activities

Who Am I?

When you arrive at the Holiday Party, be sure and put your name on a name tag and stick it on your chest; with over 350 club members, there's bound to be someone who doesn't quite remember your name! While you are doing this, the greeter will place another name tag on your back with your identity for the evening. It is your task to determine who you are. Now, of course, every one else will know, since they can see your back. But no one is allowed to actually tell you who you are. But they can answer questions that you pose to them about who you are. A sample dialog (for an easy one) follows:

Am I a bicycle racer? NO

Am I a politician? YES

Am I a local politician? NO

Am I a national politician? YES

Do I currently hold national office? NO

Did I run for President? YES

Am I George Bush? NO

Am I Al Gore? NO

Am I Ralph Nader? YES

We promise not to use Djamelodine Abdujaperov this year! (Famous sprinter in the Tour de France.)

Food Contest

When you arrive you will be given a food label and a food ballot. The label will have a number on it. Write your name and a description of your dish on the label and make sure that it is placed so that everyone can tell that it goes with your dish. When you decide to vote for a dish as "best", write the number that is on it's label on your ballot, and place it in the ballot box. Prizes will be awarded for best dish and best desert.

Costume Contest

We will award prizes in three costume categories: best dressed, most creatively dressed, and funniest or most entertaining costume. The decision of the judges will be final!

Competitive Gift Exchange

Everyone coming to the party should bring a wrapped gift. You shouldn't spend a lot of dough on this gift, in fact something lying around the garage may do just fine. On the other hand, if you are well off and want to have some fun, go for it.

All of the gifts go under the tree. We will then call a name for the evening (see Who Am I?) and that person will select a gift from under the tree and open it (quickly). Subsequent persons called will have a choice: select a gift from under the tree or take one that someone else already has. If your gift is taken, you have the choice of selecting one from under the tree, or taking one someone else has (you cannot take back the one you just lost). You are limited to three "takes" during the evening; after that, if you are the victim, you must select a gift from under the tree. The game ends when the last person with an option selects a gift from under the tree.

Symphonic Occurrence

Bring any instrument that you are (or were at sometime) proficient at, or just join in with your voice, to regale the assemblage.

BICYCLES

 **The Home Town Favorite**

STREIT'S SCHWINN CYCLERY
See Our Large BMX Inventory
Schwinn • Harro • GT
Harro Flip-Flop • Drive on Either Side - You Choose
Christmas Layaways • Sponsor of Gainesville's New BMX Track
Jeanne Streit 1614 NW 13th Street
(352) 377-2453 Hours 9:00 - 6:00

 **Water World**

Repairs • Air • Repair Parts • Sales & Service
Key Largo Trip • December 2, 2000
Snorkeling Package Special:
Fins - Mask - Boots - Snorkel
10% Off All Comero Equipment
Take a Diving Class this Winter
Winter is the Best Class Time
720 NW 13th Street • Gainesville • 377-2822 • <http://www.h2oworld.com>

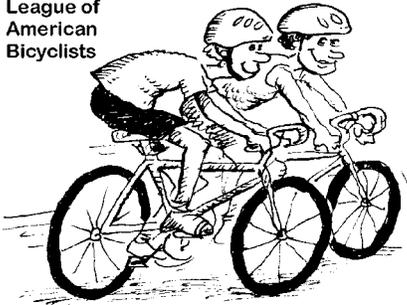
BUSINESS SPONSORS

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	10%
Gator Cycle	10%
Ominski Massage	\$10 off
Primo Bicycle Works	10%
Recycled Bicycles	10%
Spin Cycle	22%
Streit's Schwinn Cyclery	10%
Water World	5%

Some restrictions apply, ask for details at the store.

League of
American
Bicyclists



The Gainesville Cyclist

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

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

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Holiday Sale

We Have Product In Stock

- Over 160 Bikes Built to Choose From
- Over 30 Road Bikes (yes, Road Bikes) \$400 - \$3000
- 10% Off All New Bikes (GCC Members)
- Lifetime free adjustments on all New Bikes

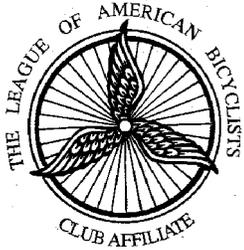
Chain Reaction Bicycles • 1630 W. Univ. Ave. • 373-4052



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ADDRESS SERVICE REQUESTED



DECEMBER 2000 ISSUE Mailing label with expiration date identifies current member.

2001 Gainesville Cycling Festival - 6 - 7 Oct - Santa Fe Century - Horse Farm Hundred

Cycling Shorts



1 Welcome new members Angela Adams, James Blythe, Mike Myers, Keith S. Pollman, Robert J. Siegel, Fred Townsend, and Toni Walker of Gainesville, and Thomas H. Singletary of Tampa.

1 A number of members have been removed from the gcc-fla@topica.com email list due to bad email addresses. If you are no longer receiving GCCMail and have changed your email address, send a message to RCPBIKE@aol.com from the account at which you want to receive your GCCMail asking to be put on the list.

At the end of the Gainesville Hawthorne Trail

P.J.'s

Café & Catering

Hwy 301, Hawthorne (352)481-4801
 In Miller's Plaza just north of SR 20

open 6 days
 to serve you
 7 am - 4 pm
 Closed
 Tuesday

**Breakfast is our
 Specialty**

serving
 breakfast &
 lunch

Kate's Fish Camp

Free Bike Trail Parking

Clean Restrooms • Pay Telephone • Tire Repair • Water
 Gatorade • Sodas • Chips • Pizza
 PowerBars • Peanuts • Candy • Beer
 Pool Table • Foosball • Pinball
 All in the Comfort of Air Conditioning
 Located at Hwy 20 and Prairie Creek