

Club Happenings

Apr 3 (Tue) **Tuesday-Thursday A Rides Began**

Meet at the GRU facility at NW 43rd St and 53rd Ave at 6:30 pm *sharp*. We're doing the 23 mile Chestnut Hill loop now, and will eventually move to the longer Krishna-Alachua-Chestnut loop.

May 5 (Sat) **Standard Ride Start Times Move to 8 am**

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

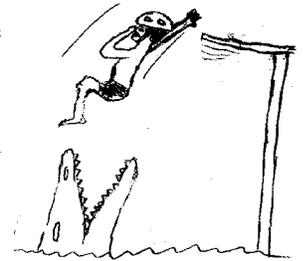
May 20 (Sun) **Adopt-A-Road 4 pm**

Meet across from the Pearl station in Micanopy. Long pants and gloves are recommended. Club subsidized feed afterwards!

May 28 (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.

HELP WANTED

LAYOUT EDITOR – Accepts editorial input from the Editor of The Gainesville Cyclist and formats it into a newsletter using word processing or desktop publishing software. General guidance on editorial placement is provided by the Editor, but the look and feel, and filler material, is the responsibility of the Layout Editor. After approval of the final product by the Editor, transfers or transmits the newsletter to the printer.

PUBLISHER – Picks up the finished The Gainesville Cyclist from (see page 10)



**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

Treasurers

George Edwards
Lee Edwards
333-3184
gedwards@atlantic.net
ledwards@gru.net

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
378-7063
DiannVDimitri@aol.com

Off Road Director

Brian Raisler
338-4594
braisler@ufl.edu

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

Bicycle/Pedestrian Advisory Board

NOTES

by George Edwards

B/PAB Activities

The Bicycle/Pedestrian Advisory Board is a twelve-person board charged with studying and making recommendation to the City Commission and the County Commission on all matters concerning planning, implementation and maintenance of polices programs, and facilities for the safe and efficient integration of bicycle and pedestrian transportation into the Gainesville metropolitan Area and Alachua County transportation systems. GCC member on the Board include Maggi Davison, Chandler Otis, Tim Strauser. Lauri Triulzi, and George Edwards. The Board meets monthly in the Grace Knight Conference Room of the Alachua County Administration Building, 12 E. 1st Street. Members of the Public may attend these meetings (if they are sufficiently immune to boredom), and have an opportunity to express their concerns at a specific time during the meeting. The next meeting May 22nd, at 7:30 PM.

Recent meetings have included presentations on the Main Street Project, the Depot Avenue Project, the Waldo Greenway Extension proposal, and the Countywide Bicycle Master Plan, as well as discussion of safety issues on US 441 through Paynes Prairie.

The B/PAB is a good channel for expressing the needs of the bicycling community to our civic leaders. It might surprise you, but they do listen to us and seek our opinions on cycling and pedestrian issues. They may not always do exactly as we might want, but we are not ignored.

Metropolitan Transportation Planning Organization Activities

Among other things, the Metropolitan Transportation Planning Organization (MTPO) is responsible for integrating the needs for all kinds of transportation into the Livable Communities Reinvestment Plan, part of our comprehensive county and city plans. The B/PAB frequently sends representatives to MTPO meetings to speak about specific recommendations.

Bicycle Master Plan

The Bicycle Master Plan has been underway for about a year in support of MTPO planning, and is now bearing fruit in terms of consultant reports providing data on the level of service our road and trail system actually provides, compared to what is called the "Latent Demand" for bicycle facilities. This has produced a large (staggering) pile of data which are being chewed over in a series of meetings of the Master Plan Steering Committee. The County road system has been broken down into some 900-odd road segments, some quite short, for analysis. From this (with much more effort) will come recommendations for new and improved bicycle facilities.

President's Message

Gone Digital

As you may have noticed, a lot of links/invitations to view pictures, on the Zing web site, related to cycling, have appeared in your GCC group mail recently. This is turning out to be the best way for club members to see the pictures of recent bike events. The club so rarely has a sit down event where cyclists can share pictures on a broad scale, about the only event that qualifies is the Annual meeting. Even then, with everything else to get ready for the event, you have to remember to put together the photos and bring them to the meeting, then let everyone know they're available, then everyone has to wait to take a turn looking at them. These disadvantages are overcome by a mass media like the Zing site.

Digital photography has many advantages over film photography, not the least of these advantages is COST. Once the initial expense of buying the digital camera and accessories is done, that is the end of the costs. There is no continued purchase of film, no development, no driving to the photo lab back and forth. Once you've made your purchase, that's it. Your camera puts your images on an infinitely reusable media (smart cards, flash cards or memory sticks), then you transfer the images to your computer, then you can use the media again... and again... and again.....for nothing. Once the images are on the computer you can do anything with them that you can do with regular photos, and more. You can have prints made, give slide shows, make blowups, send them to friends with email or put them up on a free website (like Zing) where anyone can be invited to view them. Prints can be made at Zing, or you can put them on a floppy and take them to Harmons or Kinkos and have them make prints for you. Club members can copy the images to their hard drive right off the Zing site for free, view them, modify them and if desired, print them out on their own printers. The possibilities are limitless.

Anyway, with all of this in mind, and to promote the taking of biking related club pictures, the club has purchased an Olympus 360L digital camera. The intent being to allow it to be used to take images of club picnics, meetings, events and rides, and make it easy for all the club members to see them afterwards.

It will be evident in the future at all GCC scheduled picnics and events.

While a board member will hold the camera for safe keeping and maintenance, it will also be available to official GCC ride leaders to use on their scheduled rides on a first come-first served basis. As a ride leader, will you be required to learn how to put the images on to the computer and then process them to get them up to the Zing site to make them available to the club? The answer is NO. All you have to do is take the pictures; the club is going to take care of the rest of the process. We will give you some brief training to allow you to use the camera properly, you take the pictures, then we take it from there.

If you are thinking about a personal digital camera to buy for the road (to carry on your bike), the Olympus 360L is a good choice. With an 8 MB smart card it will take about 120 pictures at low resolution and about 30 at high resolution. It is fairly small and light and is ready to take pictures as soon as you open the shutter door. It is easy to use and relatively cheap, and has been highly rated. Other good choices, though much more expensive, include the tiny Canon Elph (about the size of a pack of cigarettes) and the Sony DSC-P1 (similarly tiny and bike portable). A good place to compare digital cameras and check reviews and internet prices is www.cnet.com.

The demise of film may take a few more years to close out, as the rising cost of film processing slowly chokes it and digital surpasses its remaining qualities, but it is happening. Now might be a good time to start thinking about selling your film camera (while there is still a market for it).

Hope to see you on the road, and take your picture.

Following winds, my friends

Rob Wilt



Suwannee Bicycle Festival 2001

to Feature Many Activities in Addition to Bicycling

by Lys Burden

In response to a number of requests for activities for family members who may not wish to spend all their time bicycling at the fest, this year's event will be offering a full complement of canoe and kayaking trips, hikes, and even tubing and snorkeling trips at Ichetucknee and Troy Springs.

Bicycling still remains at the heart of the event, with a full schedule of backroad and mountain bike rides. Old favorites, both on and off-road, will be joined by new routes and trails. Several new back road rides and destinations are being mapped and cued, and two new mountain bike ride areas are slated to be introduced. San Felasco State Preserve has 12 miles of brand new singletrack, which is not yet open to the public; and negotiations are underway to develop seven miles of trail at Camp Weed and adjoining properties. Both of these new ride areas offer a surprising amount of hilly terrain and beautiful naturescapes.

In addition to the traditional pedal and paddle trips on the Suwannee River, local canoe and kayak outfitters will be leading special trips along the springs section of the Suwannee River and down the Ichetucknee and Santa Fe Rivers. John Webb of Branford has agreed to lead "Spring Hop Canoe and Kayak" trips to visit one of the most spectacular sections of the river. Lars Andersen, author and naturalist from High Springs, will be leading groups down the Ichetucknee Spring run and Santa Fe. These trips will be run with special event discounts.

The Florida Trail Association has agreed to lead hikes during the festival to scenic spots in the region such as Big Shoals, Holton Creek and Camp Branch. In addition, early morning bird hikes and afternoon wildflower hikes may be on the schedule.

The traditional festival chef, Charles Thomas, is making plans for mouth-watering menus. The community of Live Oak is planning special open house hospitality at local art studios. Festival organizers are putting together a Florida Wildlife and Adventure Fair; and it has finally been raining, so wildflowers should bloom yet again at this year's rendition of SBA's largest bicycle event. Be sure to mark your calendars on May 3-4-5-6th for one of the best bike festivals around!

Check local bike shops for festival brochures or contact 800-428-4147 or e-mail bikesba@aol.com.

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.

Brand new Woman's Pearl Izumi riding shorts with GCC logo. Bought to fit my 120 lb daughter who wouldn't be caught dead in them. \$25. Call Chuck 392-1051 days 475-1014 evenings or email Broward@afn.org

2000 Waterford 2200. 56 cm. Immaculate condition. Full Ultegra components. Open Pro rims. Hate to sell it, but need money for bar exam course. email marco_randazza@yahoo.com or call 336-5367.

Size 10 Nike Gabuche Due road shoes. Never worn. \$40 or trade for a pair of touring shoes in like new condition. email marco_randazza@yahoo.com or call 336-5367.

Chevrolet Van-1989 V6 - Auto - AC -Alloy Wheels. Doesn't burn or leak oil - No Dents - No Rust - Good Tires - Everything Works - Clean. Set up for Camping with inside Bicycle Rack and Couch/Sleeper. \$3100.00 Call Jim at 372-6379 for more details.

Chamberlain Sky Bag, padded bike bag with caster wheels. Free to good home. Roger Pierce 378-7063.

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

JC Penneys Compact Zoom Strobe Thyristor Flash Adjustable flash head, active hot shoe with carrying bag \$25.

Camera bag, padded blue nylon with adjustable internal compartments \$15

Nikonos IVA dive camera. Leaked recently during a dive and is no longer functional. May be good for spare parts or a fixer up project. \$50

Airwalk Chaos walking shoes. Black, dark gray, light gray. Very clean, worn only a couple of times. Size 10, but fits more like a 9D. \$20

Books on tape, many titles, used once, \$2.50 - 5.00. For list please email me and I will forward you the list.

Dive Mask - Tusa Liberator - quality low volume all crystal silicon mask - in excellent condition \$25.



BICYCLES



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April-May Ride Schedule

RIDING GROUPS

A Riders. (no Group Captain). Fast paced rides from two to five hours. The ride may become very fast for some periods.

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. Meeting times and places are posted via email.

Honey Bees. (no Group Captain). Sometimes follow the Killer Bees at 15-16 mph.

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

Hunters Crossing Pedalers. Linda McMahan, 331-4089. Slower paced rides.

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. 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.

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 9/8 am

SUNDAY

LoBees meet at 8:45 am.

TUESDAY AND THURSDAY

A Riders 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 9/8 am.

PLAZA OF THE AMERICAS RIDES

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

SUNDAY

A Riders meet at 9/8 am.

FT CLARKE MIDDLE SCHOOL

(9301 NW 23rd Ave)

SUNDAY

Off Roaders meet at 9 am.





Florida

Bicycle Touring Calendar

(VERY ABRIDGED)



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

April 27-29 **Sebring Spring Break**
Sebring FL Roland Mazzotti (305)666-8109.
 Everglades Bicycle Club, PO Box 430282,
 South Miami, FL 33243-0282.

Apr 28-29 **Breakaway to Key Largo MS 150**
Miami FL National MS Society, South Florida
 Chapter, 5450 NW 33rd Avenue, Ft.
 Lauderdale, Fl. 33309. Phone 1-800-FIGHT
 MS, fax (954)739-1398.

Apr 29 (Sun) **Tour de Forts**
Jacksonville Beach FL
 100, 87,74, and 37 miles. Tour de Fort, P.
 O. Box 4994, Jacksonville, FL 32201-4994
 (904)721-5870

May 3-6 **Suwannee Bicycle Festival**
Live Oak FL 5-100 miles. SBA Registration Coordinator,
 PO Box 456, Live Oak FL 32064-0456.
 (386)454-3304.

May 5 (Sat) **Sweet Onion Century**
Vidalia GA 25, 50, 62 and 100 miles. Libby Kimball
 912-538-0270 or Lamar Martin
 912-526-9179.

May 5-6 **Athens To Lake Hartwell**
Athens GA 706-227-0774.

May 6 (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 6 (Sun) **Cheaha Challenge Century+**
Piedmont AL 110 miles of pleasant country, good roads
 and killer steeps if you want them.

May 12 (Sat) **Up the Creek Without A Pedal**
Rome GA 15/30/60/100 miles. Coosa Valley Cycling
 Association PO Box 2764, Rome, GA
 30164-2764. Day phone is
 706-291-1501(Bob's Cycle Shop)

May 18-20 **Brevet Series 2000: 1000 km**
West Palm Beach FL
 620 miles. Jim Solanick, (561)433-8796.

May 18-20 **Georgia Tandem Rally**
Madison GA Roger Strauss 770-565-4150.

May 19 (Sat) **MS50 Toast the Coast Bike Tour**
Panama City Beach FL
 To Seaside.

May 19 (Sat) **25th Annual Assault on Mt Mitchell**
Spartanburg SC Spartanburg Freewheelers, PO Box 6171,
 Spartanburg SC 29304.

May 26 (Sat) **Jim Kruse Century**
Statesboro GA 15-25-50-100 miles. Southern Cyclists, PO

Box 2554, Statesboro GA 30459,
 (912)871-7905 (day) or (912)871-7905.

June 9-16 **Bicycle Across Magnificent Alabama**
(BAMA)
Florence AL Seven day ride to Chattanooga. A. Morton
 Archibald, Jr., P.E., Executive Director,
 2117 Rothmore Drive SW, Huntsville, AL
 35803-1431 (256)658-5189 Fax:
 256-881-8032.

June 16-23 **Bike Ride Across Georgia (BRAG)**
Hartwell GA Seven day ride to St Simons Island. Bike
 Ride Across Georgia (BRAG), PO Box
 87111, Stone Mtn. GA 30087-0028. Phone
 (770)921-6166, fax (770)935-1918.

July 9 **Frank Stark Celebration Ride**
Boca Raton FL 16, 29, 62, or 100 miles. BRBC, PO Box
 810744, Boca Raton FL 33481-0744.
 (561)391-6109.

It's not too late to sign up for the

Suwannee Bicycle Festival

to be held in Live Oak (only one hour away)
 on May 3-6 (or any individual days you select).

A number of GCC members are planning on
 attending and forming a camping group on the
 grounds of the Suwannee County Fairgrounds.

Applications are on the front porch at the GCC
 Office (5015 NW 19th Place), in local bike
 shops, or at www.suwanneebike.org.



Wannabe

Sage advice from the decidedly amateur ranks of cycling

"No, sir, I'm sorry. Mr. Armstrong already has a team."

Chances are you're at least moderately familiar with banner ads. They're those little ads - usually animated - that pop up when you click onto a commercial website then try to tempt you to position the cursor accordingly, and promptly leave the site. What you may not realize is just how important those little ads can be to the long-term survival of the site. Until the recent NASDAQ down-turn it was very common practice for internet business plans to aim to generate the majority of their revenue from sale of advertising space. Problem is, it's recently been discovered that when folks log onto a site one of the last things they want to do is click through a banner ad and leave. Well no *kim-chee*, Sherlock.

The fact is, most people don't even notice a banner ad unless it's as catchy as ebola, leaving the website with a potential revenue problem and the advertiser with wasted ad dollars. To compensate, many dot-coms have gone terrestrial and are now spending huge sums on more conventional advertising. In fact, so many online companies are now trying to buy media space they've significantly hiked the price for everyone. Last year's Super Bowl featured more dot-coms than bricks-and-mortar companies and a 30-second spot cost them a record-setting \$3 million just for air time, not that it did Pets.com a whole lotta good. But it does rather beg the question: what does everyone else back in reality have to do to advertise at a reasonable price?

The answer, of course, depends on who and where you are and how much you've got to play with. However, chances are good that some clever thinking is needed. So how about this? Go and get yourself a bike team. I don't mean try to buy Deutsche Telekom or Saturn - unless your last name rhymes with Bates or Grump. I mean go find a local team and bung them a few hundred greenbacks so they can get jerseys made with your company's name

splashed all over them.

Let's take a quick look at the economics of the situation. If you bother to look closely you'll probably notice that - surprise, surprise - bike shops are often major sponsors of local cycling teams. If you do some more detective work you'll probably also find these sponsors tend to donate in kind - discounts on parts and perhaps some donated frames - and only sponsor with cash when absolutely forced to. If you come along with, say, a grand to lay on the table, many bike teams will let you have the major say in what their kit is going to look like. And this is exactly what you need from an advertiser's perspective.

Let's look at things from the advertiser's perspective. What can you expect to get for your measly grand which is, I assure you, a paltry figure in media placement terms? Consider Once (Spanish pro racing team. Ed.). The most important factor is the overall look of the team's clothing, which screams Once. But the design can easily accommodate a few secondary sponsors such as bike shops and manufacturers. The key is to get a design which is immediately recognizable as your business, then fill in the spaces with other sponsors. Judging by the look of many local team jerseys you'd think this is an impossible proposition. It's not. You just need to use a good designer. Now here's a thought: given that we're calling this advertising, why not ask your ad agency to do it?

The other reason you want your design to be top notch is for maximum exposure. What cyclist in his/her right mind wants to head out on training rides - all over his/her/your local town - wearing something that looks like road rash? You want riders to wear your jersey ahead of all others in the drawer. Just as important, if you come up with a decent design and get the kit manufactured through a bike shop (one of those secondary sponsors only too keen to help out instead of giving cash) then same shop will likely want to carry said kit in an attempt to retail same and generate additional revenue. Keeping up? Oh yes, and the bike team has money in the bank to cover all or part of race entry fees, etc. Meaning you just might help to start a revolution in grass-roots cycling in this country. It's starting to look to me like an "everybody wins" situation. All for that measly grand.

Anonymous

The Inaugural National Bike Summit

Close to 200 bicycle advocates, enthusiasts, transportation professionals and representatives of the bicycle industry came out in full force and brought their bicycling messages and concerns to the nation's Capital during the first National Bike Summit.

Representative Earl Blumenauer (D-OR), Chairman of the Congressional Bike Caucus, opened the Summit by reiterating his strong commitment to the bicycling community. In addition, DC Mayor Anthony Williams and EPA Administrator Christine Whitman, both avid bicyclists, shared their enthusiastic support with the Summit crowd.

Attendees also heard on this first day from federal, state, and local experts on topics ranging from better roads, health benefits, trip chaining, livable communities, bicycling and trails, safe routes to schools and enhancements. The day ended with a bicycling issues overview and an advocacy preparation session in anticipation of the following day's Congressional meetings.

On Thursday, after a rousing pep talk from Congressman Jim Oberstar (D-MN), Ranking Member of the House Transportation and Infrastructure Committee, Summit participants worked Congress. Nearly 100 House Members and over a third of the Senate heard first-hand from their bicycling constituents on a variety of issues. In addition to promoting individual state and local items of importance, participants urged Congress to cosponsor bicycle commuting tax legislation, join the House or Senate Bike Caucus, approve full funding for the Land and Water Conservation Fund, maintain and enhance bicycling provisions during reauthorization of TEA-21, and support Safe Routes to Schools programs.

During the Summit, Congressman Blumenauer, along with Congressman Mark Foley (R-FL), introduced H.R. 1265, the Bicycle Commuting Act. As a direct result of Summit meetings, numerous members indicated that they would cosponsor the measure. Furthermore, several Senators indicated a desire to introduce and/or support similar legislation

in the Senate.

Prior to the National Bike Summit, the Congressional Bike Caucus had 39 members. Following the Summit meetings and the intense work and commitment of Congressman Blumenauer, the roster is quickly approaching 100 members.

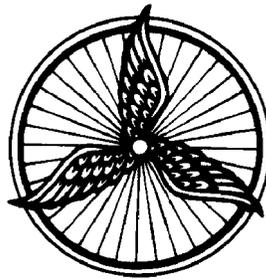
Our successful efforts on Thursday were amplified by the tremendous turnout of Congressional members and staff to our Capitol Hill reception on Thursday night, where the League awarded Congressman Blumenauer with the National Bicycle Advocate award and Congressman Oberstar with the National Bicycle Leadership award. In addition, the League highlighted the model progress of the state of Oregon by bestowing the State Bicycle Leadership award to the Bicycle Transportation Alliance of Portland, Oregon.

Friday wrap-up started with Representative Greg Ganske (R-IA), the League's newly appointed "doctor in Congress" and member of the Bike Caucus, and State Representative Rick Geist (R-PA) making supportive and constructive remarks. The Summit concluded with a "Tour de National Monuments" ride with the Congressional Bike Caucus, culminating with a group picture on the steps of the Capitol.

Follow-up work continues on legislative initiatives and policy topics introduced at the Summit. To keep abreast of our ongoing work, subscribe to the League's e-newsletter, at www.bikeleague.org.

Elissa D. Margolin
Executive Director
League of American Bicyclists
1612 K Street, NW
Suite 401
Washington, DC 20006
PH 202-822-1333
FX 202-822-1334
elissa@bikeleague.org
www.bikeleague.org

The League of American Bicyclists promotes bicycling for fun, fitness and transportation and works through advocacy and education for a bicycle-friendly America. With a current membership of 300,000 affiliated cyclists, including 40,000 individuals and 600 organizations, the League works to bring better bicycling to your community.



Eating For Two Hundred Miles

Whether you're going for a P.R. (personal record) or prefer to smell the roses, nutritional factors will be major determinants of how successfully you meet your goals for a double century.

by Susan I. Barr, PhD, RDN

Susan Barr, is on the faculty of University of British Columbia in nutrition. A veteran of PAC Tour and Pacific Crest Tour, she is training with a team of women for the Furnace Creek 508 in 2000.

Optimizing your performance from the nutrition perspective involves a three-pronged approach: 1) glycogen supercompensation (carbohydrate loading) the week before the event; 2) eating a meal the morning of the event; and 3) consuming foods and fluids during the event itself. Here's a countdown to help your preparation.

Months in advance

Contact the event organizers and find out what foods and beverages (if any) will be provided at checkpoints. If you haven't used the sports drink that's being provided, start using it in your training rides. Eating and drinking while riding moderately hard are learned behaviors and need to be practiced. You also need to learn what you tolerate best on long rides. Determine the rates of fluid and carbohydrate intake you'll need to maintain during the ride (see below), and aim for these intakes during training rides. If you have trouble remembering to eat and drink at regular intervals, set your watch to go off every 15-20 minutes. Although it may infuriate your training partners, it will help you learn to take in fluids and energy regularly.

The week before

Glycogen supercompensation, or carbohydrate loading, helps prolong endurance in events lasting over two hours. Estimates are that it can move the wall about 20% farther down the road. Clearly, it won't see you through a double, but it provides a good foundation for the two other strategies. To effectively carb-load, taper your training during the week before the event, ending with either a rest day or an easy spin. This will allow dietary carbohydrate to be stored as muscle glycogen rather than being

used as a fuel for cycling. In conjunction with backing off the mileage, you need to increase carbohydrate intake for the last 3-4 days of the week - aim for 8-10 grams of carbohydrate per kilogram body weight. You'll know things are working if you gain some weight. Each gram of glycogen is stored with 3 grams of water, so filling glycogen stores with an additional 300-500 grams should lead to a weight gain of up to 2 kg. Don't worry - most of this additional weight is water, and will actually be helpful during the ride.

A few days before

Optimal hydration is critical to endurance performance and can't be accomplished by drinking large amounts of fluid the morning of the event. The American College of Sports Medicine recommends increasing fluid above usual levels for at least 24 hours before an event. Aim for 2-3 water bottles of fluid on top of your normal intake. If you use caffeinated beverages, drink at least an equal volume of a non-caffeinated beverage for each cup of caffeine.

The morning of the ride

During an overnight fast, liver glycogen is used to maintain blood glucose levels. If liver glycogen isn't restored (by eating) before starting to ride, hypoglycemia can develop and will contribute to premature exhaustion. General guidelines for pre-event meals include the following:

1. Use foods that are familiar and that you know you'll tolerate. Liquid meal replacement beverages may be useful for those who don't tolerate solid foods.
2. The meal should be relatively low in fat so that stomach emptying isn't delayed.
3. It should provide carbohydrate (about 50 grams for each hour before the ride that the meal is eaten - so 100 grams for a meal 2 hours before, or 150 grams for a meal 3 hours before). As an example, eating a banana and a large bagel with jam will provide close to 100 grams of carbohydrate. Having a meal will mean getting up early...but it's worth it in terms of helping performance. Also, note that this guideline is intended to allow enough time for the food to leave the stomach, so you won't start the

ride feeling overly full. If you're not planning to ride hard, meals can be eaten in closer proximity to the start.

4. It should provide fluid. The American College of Sports Medicine recommends drinking 500 ml (about a water bottle) two hours before starting. This will allow enough time to excrete any excess fluid. If you can't survive without coffee, by all means have some - but be sure to include a non-caffeinated source of fluid as well.

During the ride

Begin to take in fluid and energy immediately. If you allow a deficit to develop, it's almost impossible to recover. You know the drill... "Eat before you're hungry; drink before you're thirsty". How much fluid? Ideally, fluid intake should match sweat losses. (This should be assessed before the ride by weighing yourself nude before and after a 2-3 hour training ride. The difference, to which you add the weight of any fluids consumed, represents your total sweat loss. Divide by the length of your training ride to obtain an hourly rate.) How much energy? You need a minimum of 0.6 grams of carbohydrate per kilogram body weight per hour, or 0.3 grams per pound of body weight (30-60 grams per hour for most people). This won't meet your energy needs completely, but that's not a serious issue for a 1-day event. It will help sustain performance. What form of energy? Solids (real food or energy bars), liquids and gels all work, so it's your choice. If it tastes good to you, chances are that you'll use it on a more regular basis. Some cyclists find solids are difficult to eat while riding moderately hard, and sport drinks containing 6-8% carbohydrate (gms / ml) have the advantage of meeting fluid and energy needs at the same time. A standard water bottle of sport drink provides about 37-50 grams and a large bottle about 45-60 grams. But after 8-10 hours, sports drinks may no longer be appealing, so getting some variety throughout the ride is advisable. Checkpoints are a good time to take in some solid food, if you plan to stop at them. Have fun! (and don't fall)!

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HELP WANTED – Continued from Page 1

(PUBLISHER) the printer. Picks up address labels from the Membership Secretary and applies them to the newsletters. Bundles the newsletters for bulk mailing and prepares the mailing form. Delivers the mailing to the Bulk Mail Processing Unit at the SW 34th Street Post Office, and picks up supplies for use in the next mailing.

ASSOCIATE EDITOR – Performs tasks necessary to produce content for The Gainesville Cyclist. Tasks may include formatting and abridging the Florida Bicycle Touring Calendar, compiling Classified Ads, and posting articles from the newsletter on the web site. Fills in for the Editor if that person is not available.

EDITORIAL BOARD MEMBERS – Produce or acquire original content for The Gainesville Cyclist. Advise the Editor and Associate Editor on newsletter content.

ASSOCIATE MEMBERSHIP SECRETARY – Be capable of performing the tasks of the Membership Secretary in the absence of this person.

Over the last few months it has become obvious that the club cannot continue to rely on one person (me) to perform most of the clerical functions necessary to keep us up and running. My work schedule during the winter has produced two newsletters that are nearly a month late, and I do go out of town on vacation on occasion. The newsletter jobs require some work during the last two weeks of odd numbered months. Once learned, the individual jobs should not take more than one or two evenings per newsletter to complete. Of course when they are all done by one person, the time investment is somewhat more.

If any of these tasks peaks your interest, give Roger Pierce a call at 378-7063, or email RCPBIKE@aol.com.

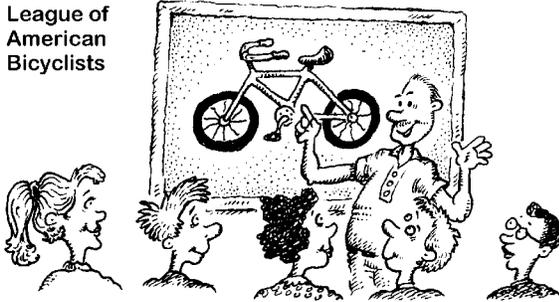
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League of American Bicyclists



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@gru.net

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).

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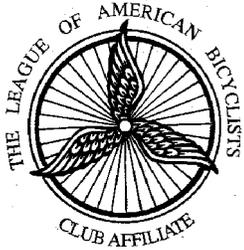
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1 Welcome new members Gerald Howe, Pam Rowland, Arika Ruder, Deborah Taube, and Ricardo Zschaeck of Gainesville, Tony La Rosa of Lansdowne PA, and Judith Clute of London England.

1 Renewal notices for memberships expiring in February, March, April, and May will be out in a couple of weeks. As the cost of supporting a membership for a year has now exceeded \$10, the board is considering raising the dues. This may be your last chance to renew at the \$10 rate.

GATOR CYCLE



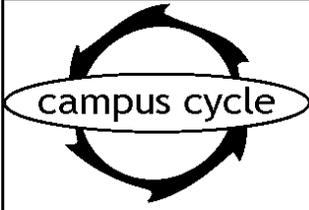
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