

The Gainesville Cyclist

August 2001

The bi-monthly newsletter of the Gainesville Cycling Club, Inc.

Club Happenings

August 18 (Sat) Horse Farm Hundred Volunteer Party, 5 pm

Meet at 5015 NW 19th Place (from NW 43rd St, take 19th Ave west to 46th St, then cut over to 19th Place at the circle). The club will have hot dogs and sodas, bring a side dish. We'll find a place for you to help out at the Horse Farm Hundred or Santa Fe Century.

August 26 (Sun) Adopt-A-Road Cleanup and Pigout, 4 pm

Meet at the Pearl station in Micanopy (please park along CR 234 or across the street). Long pants and sturdy shoes recommended. Afterwards, pig out at a local eatery.

August 25 (Sat) 4th Annual Gliders Training Century, 7 am

Meet at the GRU Facility for a run over the Santa Fe Century course. Stops in High Springs, Myrtis, and Worthington Springs. This is a regular club ride – no sag support.

September 3 (Mon) Labor Day Rides and Picnic at Boulware Springs

Meet at Boulware at 8:00-8:15, rides start at 8:30. There will be a variety of road rides and a group may go to Gum Root Swamp city park for off-road adventures. A picnic is featured at noon, please bring a healthy and delicious side dish to complement the mystery meats and sodas that the club provides. The Gainesville Hawthorne Rail Trail is located at Boulware Springs, so rides will be safe and scenic. Boulware is on SE 15th Street in southeast Gainesville.

October 6-7 (Sat-Sun) Gainesville Cycling Festival



Two Centuries in Two Days! The Saturn Santa Fe Century, and our own Horse Farm Hundred. Look for full details soon in the mail, including your *personal* Gainesville Cycling Festival Entry Certificate. This certificate is worth \$5 off on the entry fee for the Horse Farm Hundred. *Use this certificate when registering*, either by mail or on the day of the ride, to get your \$5 discount.



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*"You can't despair for the human race when you see somebody riding a bicycle."
Stewart Parker*



Bicycle/Pedestrian Advisory Board

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GCC Web Page
www.floridabicycle.org/gcc

by **George Edwards**, Chairman



Gainesville's annual Bike, Hike, and Bus Week will be held September 10th to 15th as part of the State of Florida celebration called BBOPP, for Bus, Bike, (car) Pool or Pedestrian, sponsored by the State to encourage alternative modes of travel. The week coincides with National Try Transit Week, so the RTS will offer a Fare-Free Tuesday - ride the bus for free all day Tuesday, September 11th, and take your bike with you.

There will be a big rally at the Community Plaza Downtown at mid-Day on Friday, September 14, featuring a Celebrity Bike vs. Car Race to demonstrate the superiority of bicycles over cars for getting around town.

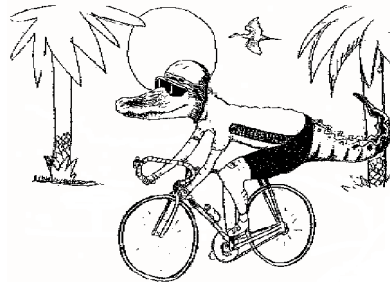
You will be able to get a free safety check of your bike at any bike shop all week, and there will be other activities, including a Bike Rodeo for kids at Boulware Springs Park early Saturday morning September 15th, followed by a Family Ride at 9:00 AM on the Gainesville-Hawthorne Trail.

Watch the SUN for more details, or call Dekova Batey, the Coordinator of the Bike/Pedestrian Program for the City of Gainesville at 334-5074 or email at bateydt@ci.gainesville.fl.us

Call me with any other questions.

JERSEY DEADLINE NOW!

We must have all orders in our hands not later than August 4. Call Lee Edwards (333-3184) if you need to make arrangements to hand deliver an order. It may be too late to trust the mail to make it on time.



extras; there may not be many (and they will cost more!).

If you have lost your order form, there is one you can print on our web site.

Jersey Sponsors:



PERRY C. McGRUFF, JR.
AGENT



We expect to order a few extra unisex jerseys in common sizes. If you need something other than the common sizes (M, L, XL), need a women's cut, a sleeveless jersey, a jacket, shorts or knickers you MUST order to get them. And don't count on getting one of those

President's Message

The GCC bike club needs you

Now is the time for all good cyclists to come to the aid of their bike club.

Did you ever wonder how the Gainesville Cycling Club manages to pay for the burgers, dogs, drinks, reservations and all the other stuff that makes our club picnics so great? Your dues? Ha, don't make me laugh! Think about it. For \$15 you eat like a prince at the picnics, get coverage for insurance, a \$5 discount on the club's big ride event (the Horse Farm Hundred), a first rate bi-monthly newsletter and I could go on. Can you really imagine that all of that costs the club only \$15 ? Then you need to get a Nobel prize for imaginative economics.



No the sad fact of the matter is that the driving force behind all the dollars it takes to generate all of these benefits is the profits we manage to make from the Horse Farm Hundred, our annual club sponsored ride. We rely on the service of volunteers recruited from among our club ranks to perform the myriad functions that make this all possible. And they work without pay, for the sheer knowledge that the work that they do makes our club the great club that it is. There are some small perks for volunteers; a free Horse Farm T-shirt, the camaraderie of the volunteer work and the pride in knowing that they have made a real contribution to the excellence of our club.

If you would like to consider being a volunteer at the Horse Farm this year, or the Santa Fe, you should call Roger Pierce and talk to him about the various volunteer positions available. There are a lot of different jobs that make the Horse Farm happen every year and there is probably something that you can do for us that you will enjoy. Remember too that the early bird catches the worm, also that the earliest bird gets to choose the choicest worms, so give Roger a call. And if you don't ride much this is a great chance for you to meet a lot of the other members of your club and talk to people who can help you reach whatever goals you would like to achieve from cycling. Its also a great chance to ogle a lot of different bikes. And volunteering doesn't necessarily preclude you from being able to get in a ride yourself that day. The Horse Farm Hundred can't happen without the help of people like you.

Roger's phone number and email address follow in this newsletter and are listed in the club officers.

Hope we'll see you on the ride or in a volunteer role at the Horse Farm this year, or maybe both.

Following winds, my friends

Rob Wilt



**BEFORE AUGUST 15, EMAIL ROGER AT
roger@piercepages.com.
THEREAFTER, YOU CAN ALSO CALL
378-7063.**

*"All creatures who have ever walked have wished that they might fly. With highwheelers a flesh and blood man can hitch wings to his feet."
Karl Kron, Ten Thousand Miles on a Bicycle*

Race Across America

2001 Results

by John Hughes

Andrea Clavadetscher won the 20th annual Race Across America. Clavadetscher, 40, from Vaduz, Liechtenstein, raced 2,980 miles from Portland, OR to Gulf Breeze, FL in 9 days and 7 minutes. During that time he got only 14 hour sleep and was off his bike a total of 21 hours.

Race Director Lon Haldeman said "Clavadetscher had a good race. He gave it his all — he was still hobbling around three days after he finished. I like a winner who is toast!"

Cassie Lowe repeated as the women's winner, with a time of 10d 7h 42m. Lowe, 37, from Whitefish, MT, finished fourth overall this year, moving up from seventh last year. Lowe said that "This year we had more headwinds the first few days. Last year we had great tailwinds. We didn't have any rain this year, but it was very cold the first night — 26 degrees!"

The beautiful, but tough course was laid out by Race Directors (and RAAM legends) Lon Haldeman and Susan Notorangelo. There were more than 100,000 feet of climbing, most of it coming in the first half of the race. The most notable climbs were a 36-mile climb out of Ogden, UT to the 9,000-foot summit of the Monte Cristo mountains and a 17-mile climb up Tennessee Pass in Colorado, which at 10,424 feet, was the highest point on the route. Racers encountered a wide range of temperatures as they made their way across the country, from lows in the 30s in the Colorado mountains, to highs in the 90s (with 90% humidity) in the southeastern states of Mississippi and Alabama. The route was as challenging as any RAAM route in history.

Peter Lekisch, from Anchorage, AK became the first 60 year old to ever finish RAAM, with a time of 12d 20h 50m. Haldeman said that "Peter had a very good ride! When I did my first transcontinental in 1981, I finished in 12 -1/2 days and I was toast! I was in my 20s and very fit. Peter's ride is a terrific accomplishment!"

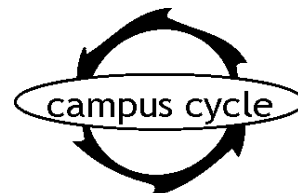
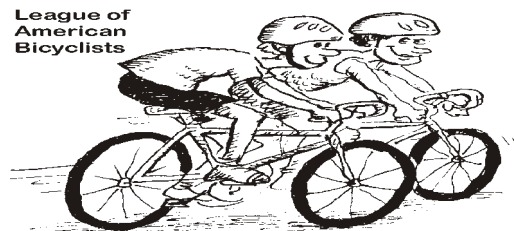
Eighteen solo riders left Portland on June 17. Twelve of them finished this toughest of races. Rob Kish finished his 16th RAAM, taking second in 9d 21h 18m. Kish holds the RAAM record of 8d 3h 11m and has won three times (1992, 1994, and 1995). Danny Chew took third in 10d 3h 7m, finishing his 8th RAAM. Chew won in 1996 and 1999. Veteran Mark Patten was fourth in 10d 13h 18m. Rainer Klaus was fifth and Rookie of the Year in 10d 14h 14 m. Klaus holds the course records at the tough Furnace Creek 508 and Adirondack 540 RAAM qualifiers.

Two days after the solo riders started, eight two-person relay teams and two four-person relay teams left Portland. Team Discover Ceara'/Powerbar (Michel Bogli, 31 & Jose Pinto

Filho, 35, from Brazil) was the first two-person team to finish in 7d 1h 5m, a new RAAM record. The Twin Team (Dr. Barbara Warren, 59 & Angelika Castaneda, 58, San Diego, CA) set a women's RAAM record of 9d 13h.


Haldeman said: "I was very pleased with the two-person race this year. That format has plenty of potential. It's not quite as hard as solo RAAM, but the riders thought it was plenty difficult. Only five of eight two-person teams, Nancy McElwain, 36, Louisville, & Christina Norris, 45, Prospect, KY.

For some riders, there was much more to the race than just finishing. Wayne Greenway of Moraga, CA rode to raise money for breast cancer research and awareness. At the finish line, breast cancer survivor Grace Geniusz, who crewed for Wayne, was overcome with emotion as it was announced: more than \$17,800 was raised! Team RB4/BIAK rode for the "Brain Injury Association of Kentucky" (BIAK). Jose Pinto Filho, part of the winning Team Discover Ceara'/Powerbar, dedicated his race to raising awareness for Spinal Muscular Atrophy, a disease which affects his four-year-old son Tiago.



<http://campuscycle.com>

"Nicest Bike Shop in Town"
New Sunday Hours: 10-5
We Have Moved Off Campus to
43rd St. & 53rd Ave. • 271-3000
In the Chevron Plaza Near You in the NW!



Repairs • Air • Repair Parts • Sales & Service

August Classes
7th Nitrox • 16th Rescue • 11th Basic
20th Advanced • 24th Basic

Sept. 1 Keys Trip

720 NW 13th Street • Gainesville • 377-2822 • <http://www.h2oworld.com>

Horse Farm Hundred

CALL FOR VOLUNTEERS

An activity that many of our members enjoy is going to the special events put on by other bicycle clubs throughout Florida and the southeast. Our contribution to other area bicyclists is our event, the Gainesville Cycling Festival, which incorporates our own Horse Farm Hundred and the Saturn Santa Fe Century put on by the Boys and Girls Club.

To successfully pull off a major two day event such as this we need a significant number of volunteers to pitch in and help. Most of those are needed on the actual weekend of the event, but there are a few jobs that will need doing in the days prior.

You will receive an Entry Certificate soon that has entries on it for volunteers to fill in. CALL Roger Pierce (378-7063) to get a volunteer slot BEFORE sending in the Certificate to volunteer (Roger will be out of town until August 15). The Certificate reserves your volunteer T-shirt and ensures that you are covered by our liability insurance. All day-of ride volunteers will receive a ride T-shirt, and those working multiple or long shifts will also be eligible to ride the Horse Farm for free (or get a reduced rate on the Santa Fe if your shift is during the Horse Farm).

We will need people to help with four basic functions during the rides:

REST STOPS. Hand out food and water during the Horse Farm Hundred at Morningside Nature Center, Irvine, the lunch stop, or the trail stop.

REGISTRATION. We will be open Friday evening at Saturn, Saturday morning and afternoon at the Boys Club, and Sunday morning at Morningside and in Irvine.

SAG. Drivers will be needed for both the Santa Fe and Horse Farm.

COURSE. We need people to put out directional signs and paint the roads.

You can call to volunteer after August 15, or you can wait and sign up at our gala Volunteer Party to be held on August 18th (see front page for details).

You can check on exactly which jobs are available by going to our web site and checking the Festival Volunteers page in the Members Area.



T-Shirt Design Contest

Design a T-Shirt for the Horse Farm Hundred and win two of the shirts and free entry to the Horse Farm Hundred. Designs should incorporate both cycling and horse themes. The words "Gainesville Cycling Club" and "Horse Farm Hundred" must be included or space accounted for to accommodate them. We may alter the font to substitute our event signature fonts. "2001" and "21st Annual" may also be used. Designs must be in full color (maximum of five colors), and must fit within an 11-inch box, and must be original work.



All entries become the sole property of the Gainesville Cycling Club, Inc. The Club may use the entries in any manner that will further the purposes of the Club without further compensation. This contest is open to all GCC members.

The submission deadline is August 27th. Mail to the club address or deliver to Roger Pierce.

"Be creative, it's the spice of life and stretches your mind"

FAMILY AND BEGINNER RIDE CANCELED UNTIL MID OCTOBER

The GCC's Family and Beginner Ride will be suspended until mid-October. The usual (or unusual) ride leader, Chandler, will be out of town, working for a bike touring company.

The Family Ride meets every Sunday at 9 a.m. at Boulware Springs, at the Gainesville/Hawthorne Trail trailhead. The ride is designed to introduce new riders to the fun of bike touring.

LABOR DAY PICNIC NEEDS A CHEF!

Traditionally the GCC has a picnic on Labor Day, the first Monday in September. Picnics are a chance for riders of different speeds to meet each other, and the Labor Day picnic is also a good time to meet to organize the Gainesville Cycling Festival and to recruit volunteers for the event.

Chef Chandler will be out of town, so this is your chance to serve the bike club some good food for a change. You can treat the club to healthy and delicious food, and the club pays for it!

Please let Rob Wilt, the Prez, know that you are willing to organize the food for the GCC picnic, and club members will praise your name, thankful that they won't be subjected to the usual burgers and dogs.

Classified

Trek Mountain Bike for Sale: Millenium Model (based on a Trek 800 mountain bike), 16.5 cm chromoly frame (would fit rider with a 28" inseam), blue with silver decals, shimano components (grip shifters), rear rack, gear bag, odometer, mirror, headlight, rear flashing light, Continental Town & Country tires. Asking \$175 If interested call Kim at 352-381-8554.

All of the following items are offered by Rob Wilt, 380-0561, afn09010@afn.org.

GCC club jersey. Original first club issue Pearl Izumi. Men's XL, fits like other manufacturer's large. Excellent condition, clean \$35.

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.

Club members, call (378-7063), mail (club address on back page), or email (classified@piercepages.com) 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.



RIDING GROUPS

(All speeds are "trip" average, i.e. distance/actual time on bike)

A Riders (no group captain) Fast paced rides (20 mph+) From two to five hours in length. Ride can become very fast and competitive for some periods. Ride will not stop for flats or mechanical problems.

Gliders Andrew Gill, 338-9205, centurycyclist@yahoo.com Fast (18-19 mph) steady paced rides normally from 50 to 70 miles in length. Ride will not stop for flats or mechanical problems, but some individuals may drop back.

Killer Bees Elliott Jacobson, snake2@ufl.edu Steady paced rides in the 16-18 mph range, with distances of 40-50 miles. Group often meets @ remote locations. Meeting time and place are posted via email. Group will stop for flats and mechanical problems.

LoBee Riders Paul Zimpfer, 462-5003, Z-MAN2@prodigy.net Steady paced, conversational rides in the 15-16 mph range with distances of 40-50 miles. Group sometimes meets for remote starts. Meeting time and place are posted via email. Group will stop for flats and mechanical problems.

Honey Bees (no group captain) Have been sighted following the Killer Bees @ 15-16 mph and often join the LoBee Riders. As the name implies, these are bees of the fairer gender.

Hunters Crossing Pedalers (Need A Group Captain) Slower paced rides in the 12-13 mph range with distances of 20-35 miles with frequent stops. Group will stop for flats and mechanical problems.

Family-Beginner Ride Chandler Otis, Chanbike@aol.com Slow paced rides in the 10-12 mph range with distances of 10-20 miles. This is our "introductory" group. Group is currently on hiatus as the ride leader is off to the great American west working for a bike tour company. Does anyone have the time to lead this ride while Chandler is away??

Off-Roaders Brian Raisler, 338-4594, braisler@ufl.edu Off-road rides on local trails and area mountain bike parks. Regular ride meets @ UF Plaza of the Americas on Saturdays @ 9am. Other rides and locations announced via email.

Bee Line Bill Cochran, 371-4118, or Dave Wagner 375-4496 Meets at varying locations and times on weekdays and weekends usually starting very early. Civil rides at a good pace with rest stops. Contact ride leaders for participation.

Stray Cats Rob Wilt, 380-0561, afn09010@afn.org Moderate paced rides in the 12-14 mph range with distances of 30-40 miles. Stray Cats are riders who are proficient enough to ride alone but sometimes prefer the fun and safety of a group. Group will stop for flats and mechanical

problems.

EZ Riders George Edwards, 372-8974, gedwards@atlantic.net Leisurely rides (well, glacially slow) with frequent stops to look at flora, fauna, rocks and what have you. Distance varies with the seasons and the whims of the group. Rides are usually out of town and often on a mix of pavement and forest trails. Rides are announced via email.

Coordinators Corner:

If I've missed a currently functioning group, please let me know. I have tried to edit out the obsolete groups but I may have also omitted some. I will try to keep this page updated with every newsletter, so feed back is appreciated.

We NEED a group captain for the Hunters Crossing Pedalers. I have people who are willing to lead rides but I still need that one person who will step up and keep things organized. I could also use some help with info for the A rides. I realize this group is somewhat autonomous and free flowing but I am willing to pass along ride time/location/criteria if I can get updates.

Please remember that helmets are required on GCC rides. You have the responsibility as the ride leader and the right as a club member to ask for compliance. In the event someone insists on riding without a helmet inform them that they are not officially participating in a GCC ride and the club takes no responsibility for their actions. Please encourage club membership. Visitors and guest riders are always welcome, but if someone is riding regularly, they really should join the club. I will have applications with me anytime I'm at a ride.

STARTING TIMES AND PLACES

(check email for changes and updates)

GRU FACILITY RIDES:

(NW corner of the intersection of NW 43 st and NW 53 ave.)

Saturday

All groups meet @ 8am

Sunday

LoBee Riders meet @ 8am

Tuesday and Thursday

A Riders meet @ 6:30pm

BOULWARE SPRINGS PARK:

(3300 block of SE 15 st, second entrance)

Sunday

Family-Beginner ride meets @ 9am

(Ride on hiatus until we find a leader or Chandler returns)

UF PLAZA OF THE AMERICAS

(Under the walkway, in front of Library West)

Saturday

Off-Roaders meet @ 9am

Sunday

A Riders meet @ 8am



Florida

Bicycle Touring Calendar

(VERY ABRIDGED)



See the complete calendar on the World Wide Web at <http://www.floridabicycle.org/fbct/>

- August 4 **Bowdon Founder's Day**
Bowdon GA 10, 25, 50, 66, 100 mile options
Norman Padgett (770) 258-2451
- August 5 (Sun) **10th Annual Covington Century**
Covington GA 30, 50, 75, 100 mile options 95% flat terrain.
Al Strickland (770) 787-1229
- August 31-2 **Annual Historic Savannah Bikefest**
Savannah GA 25/50/100 miles. Savannah LLC,
PO Box 60533-0533 (912) 351-RIDE
- August 31-3 **Tour of Sebring**
Sebring FL W. Palm Bicycle Club, 5 Sheldrake Ln.,
Palm Beach Gardens, FL
James R. Corbitt (561) 622-9909
- Sept. 1 (Sat) **Autumn Challenge Century Ride**
Montgomery AL Double metric century & shorter options.
Montgomery Bicycle Club,
PO Box 23116, Montgomery AL 66123
- Sept. 8 (Sat) **BBC 28th Annual Century & Double Century**
Birmingham AL Rides from 30 to 200 miles
BBC, PO Box 55283, Birmingham, AL
35255. (205) 995-2013, (205) 991-6154
- Sept. 9 **Endless Summer Watermelon Ride**
Baldwin FL 27, 49, 73, 100 mile rides. N. Florida Bicycle
Club, PO Box 550963, Jacksonville, FL, 32255
(904) 721-5870
- Sept. 14-16 **Share the Road Rally & Bicycle Summit**
Haines City FL Grenelefe Golf and Tennis Resort.
Bike Florida, PO Box 451514, Kissimmee FL
34745. (407) 343-1992
- Sept. 15 (Sat) **17th Annual All You Can Eat Century**
Huntsville AL Spring City Cycling Club, PO Box 2231,
Huntsville, AL 35804 (256) 837-1545
- Sept. 22-23 **Georgia MS150**
Conyers GA Nation MS Society 12 Perimeter Center East
Ste. 1200, Atlanta, GA 30346-1398
- Sept. 22-23 **Alabama MS150**
Orange Beach AL 2 day / 150 miles, min. \$200 contribution
(800) 373-8881
- Sept. 29-30 **PGA Tour MS 150 Bike Tour**
St. Augustine FL Over 2,000 cyclists
Emily Wilcheck (904) 725-6800
- Sept. 29-30 **MS150**
Orlando FL Melody Horgan (407)896-3873 ext 29
- Sept. 30 (Sun) **Six Gap Century and Three Gap Fifty**
Dahlonega GA **Bike Ride**
100 miles Steep hills (800) 231-5543
- Sept. 30 (Sun) **Skip Jarrett Memorial Century**
Coral Gables FL 25, 62, 100 mile rides (305) 893-6322
- Oct. 5-7 **BRAGG Georgia Bikefest**
Newnan GA 60 miles. PO Box 87111, Stone Mtn. GA
- October 6 (Sat) **Saturn Santa Fe Century**
Gainesville FL 18, 28, 55, 100 mile rides.
Gainesville Cycling Club
- October 6 (Sat) **Covered Bridge Century**
Remlap AL PMVFR Century, 932 Valley Grove Rd.,
Remlap, AL 35133-3160 Ronnie
- October 6 (Sat) **Palm Beach Schwinn Tropic Island Century**
W Palm Bch FL Part of CycleFest.
- October 6 (Sat) **4th Annual Dr. Fenner McConnell – Matt**
Milton FL **Wantz Memorial Bike Ride**
25, 65, 100 mile rides Jim Wallace (850)-484-9832
- October 7 (Sun) **Horse Farm Hundred**
Gainesville FL 25, 30, 45, 55, 102 mile rides.
Gainesville Cycling Club
We have the best stocked rest stops
in Florida! Bagels and muffins will be
available before the start
- October 7 (Sun) **7th Annual Rails to Trails Bike Ride**
Inverness FL Rails to Trails of the Withlacoochee,
PO Box 807, Inverness, FL 34451-0807
- October 7 (Sun) **Ray Howland Memorial Metric Century**
W Palm Bch FL Part of CycleFest.
- October 12-14 **Mt. Dora Bicycle Festival**
Mt. Dora FL Rides 3 to 100 miles
Mt Dora Chamber of Commerce, PO Box
196, Mt Dora FL 32757
(352) 383-2165
- October 12-14 **Southern Tandem Rally**
Clemson SC Cliff & Lisa Davis (864) 944-2629
- October 20 (Sat) **18th Annual Spaghetti 100**
Miccosukee FL Road rides 100 mi., 100K, 50K Dirt ride 66 miles
Dick Durbin at (850)668-4336
- October 20 (Sat) **Brandon Ramble**
Brandon FL 12, 25, 47, 63 mile rides Charlie
- October 26-28 **Lake Wales Bikefest**
Lake Wales FL 6 different rides through some of Central
Florida's most spectacular terrain.
- October 28 (Sun) **Intracoastal Waterway Century**
Cocoa Beach FL 100, 50 miles.
Spacecoast Freewheelers, PO Box 320622,
Cocoa Beach FL 32932-0622.
(321)723-3435.
- Nov 2-4 **Alafia Grand Opening and Bikefest**
Plant City FL The registration fee includes two-nights tent
camping in the park and 5 meals
- Nov 3 (Sat) **5th Annual Diabetes Challenge 2001**
Tampa FL 100k, 50k, or 25 kilometers
No pledges required. Funds raised will be
used to support diabetes research.
Phone: (813) 855-5007.

"Don't worry...Be happy."
Bobby McFerrin

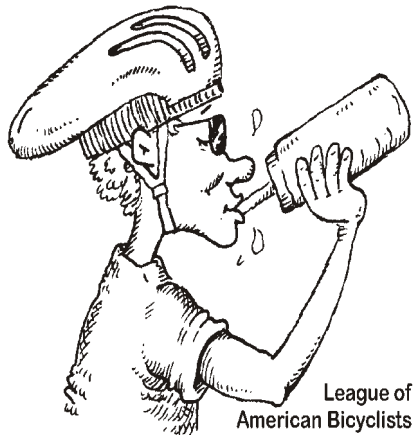
How to *Hydrate* for Better Performance

by Fred Matheny of www.RoadBikeRider.com

If it's the summer cycling season, it's probably hot where you live. Cyclists and other outdoor athletes are the first to notice rising temperatures. And the hotter it is, the faster you lose fluids when you ride.

Fluids are crucial to your performance and sense of well-being. We're really just big bags of fluid—our blood contains about 50 percent water. Because water helps keep us cool, a loss of only one percent of our bodyweight as sweat means a significant loss of speed and endurance.

I know you've heard it before—drink, drink, drink! But it's amazing how few cyclists heed this advice. They forget to drink because of the excitement of the ride, then they wilt before the end.



But proper hydration is easy. Here's how:

Ride Early or Late. You'll need to replace fewer fluids if you ride when it's cooler. One approach: commute by bike so you ride early in the morning and again in the evening when temperatures have moderated. Ralph Phillips, owner of Fairwheel Bikes in Tucson, beats summer temperatures above 100 degrees with dawn rides.

Practice Drinking On the Bike. If you aren't comfortable taking one hand off the bar to pull the bottle from the cage, practice while riding in an empty parking lot or lightly traveled road with a wide shoulder. Hold the bar with your other hand near the stem to limit swerving as you reach down. Pre-hydrate. Make sure you're well hydrated before the ride. Most people are chronically dehydrated because they simply don't drink enough water. Keep

a bottle on your desk and sip frequently all day. For an energy as well as fluid bonus, down 16 ounces of a sports drink about an hour before the ride.

Drink During the Ride. Because your body's sensation of thirst lags behind its need for liquid, always sip from your bottle before you get thirsty. When you feel thirsty, it's already too late. Make it a habit to reach for your bottle every 15 minutes and slug down a couple of big swallows. Most riders need one big bottle (about 28 ounces) per hour but it's highly variable depending on temperature, intensity of the ride, and other factors such as body size. Experience will help you judge your fluid needs.

Hydrate After the Ride. No matter how much fluid you drink while riding, in hot weather you'll finish the ride depleted. Your stomach doesn't empty fast enough to keep up with the demand. Weigh yourself before and after the ride. Compare the figures. If you've lost weight, drink 20 ounces of fluid for each pound of bodyweight you're down. Keep drinking until your weight has returned to normal and your urine is pale and plentiful.

Restore Sodium Levels. Those white stains on your clothing and helmet straps after a hot ride come from the salt that you sweat out. It needs to be replaced. Low sodium levels are associated with increased incidence of cramps. Heavy sodium losses lead to hyponatremia, a potentially life-threatening condition. Your sports drink should contain at least 100 mg of sodium per 8 ounces (check the label). It may also help to salt your food when you're riding frequently in hot weather.

We all have photographic memories. Some of us just don't develop the film.

Oh Gosh...

When we mount a vehicle with only two wheels and propel ourselves out into space, there is always the risk that we will at some time fall over (crash). More crashes than any other type involve only one rider, due to striking some obstacle or simply misjudging and losing balance.

The second most frequent cause is a collision with another bicycle. (Collision with a car is a distant third.) This is one of the risks that we take when we set out in a group, and one that we accept because there are many offsetting benefits to group riding.

Fortunately most bicycle crashes do not result in any significant injury. Sure, there will be bruises and "road rash," but broken bones, damaged joints, etc, are relatively rare.

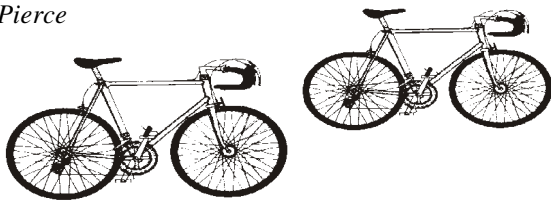
But they do happen. It is important to know what to do if you are on a group ride and a crash victim does not get right up. If a rider hits the deck and is not seriously hurt, they should be able to get up in under a minute, two minutes outside.

If they do not get up, do not delay calling 911. The EMT's are trained to respond to the situation, and we are not. In addition, they can get there relatively quickly. Do not be tempted to call your relative/friend in Gainesville to drive out into the countryside to pick up the rider; if the rider can't get right up, improper transport could add to the injury and subject you to liability. Also, do not move a fallen rider unless there is no option due to traffic conditions; broken ribs could puncture a lung during a move without backboards and such.

If the rider is able to get up, then they should make the decision as to whether they need immediate assistance, would like a ride back to Gainesville, or are able to continue with the ride.

Any club member requiring medical attention due to a crash that occurs on a GCC ride should contact a club officer to have insurance paperwork filed. Even if you have insurance that covers most of your expenses, our insurance might cover some of the deductibles/copays that you have to pay. If you don't have insurance, our insurance will cover up to \$10,000 after a deductible. **If you are not a club member, this is a good reason to join.** The last three riders to get a ride in the big red box had neglected to join the club.

Roger Pierce



Share The Road Safely

We have a tendency when out in a group on the road to ignore other road users. At times the way we do this puts us in danger. At least twice this year I have seen riders pull out of formation directly into the path of an overtaking motor vehicle, forcing the driver to take dramatic evasive action. This not only puts the individual rider at risk, but all of the other riders as well.

The offending riders were both very experienced and respected; they simply failed to check behind them before changing lanes, something they (hopefully) would not consider failing to do when driving a motor vehicle.

Here are a few tips that will help drive this point home.

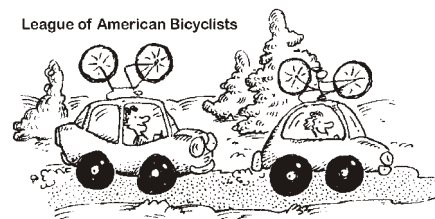
Never move over the center line. One of the above incidents occurred on a quiet country road when a pickup traveling at around 60 mph had all four wheels locked up while passing 20 riders when the lead rider pulled out into the passing lane. He might have thought this was necessary because the formation behind him had become a bit "sloppy;" a fast moving pace line needs to stay in line, this one was spreading out over the entire lane.

If you want to move forward from within a pace line (to go to the front and pick up the pace, to ride your own pace on a hill, etc) make sure the line isn't being passed by a motor vehicle before doing so. The other incident referred to above happened when one of our older, stronger riders suddenly pulled out of line on a slight uphill as a van was slowly (thankfully) passing by us. The van was no more than ten feet behind the rider when he pulled out, and had to take evasive action.

The law allows us to ride two abreast as long as we are not impeding traffic. Out on the country roads, we ARE the traffic in most situations; the occasional motor vehicle can usually move right around us so long as we are not "all over the road." But this lulls us into thinking that this is ok on more trafficked roads as well. We need to "single up" on roads like CR 241 (the north-south road at the end of Millhopper Road), and even when we have a bike lane on a four lane, consider riding in single file if there is a significant amount of traffic.

Most importantly, everyone in the group needs to be aware of what is going on out on the road. All it takes is one unaware rider who puts themselves in the wrong place to cause danger to everyone in the group.

Roger Pierce



...Write your Congressman!!

What follows is the letter sent - re: HR 1265, the bicycle commuter act. Edit, send it to your rep if you want, and please pass it on as you wish. SGP

=====

The Honorable Karen Thurman
201 Cannon House Office Building
Washington, DC 20515-0905

Dear Rep. Thurman,

I'm writing to urge you to co-sponsor or support HR 1265, the Bicycle Commuter Act. This bill was introduced back in March by Reps. Blumenauer and Foley, and now has 24 co-sponsors.

HR 1265 amends the Internal Revenue Code of 1986 to extend transportation fringe benefits to bicycle commuters. If passed, this bill will let employers give employees a \$65 per month tax benefit for cycling on their commute to work.

Consider the positive implications. In a time of rising oil scarcities that are only projected to worsen, here is a bill that supports a form of transportation that does not require petroleum consumption.

As we watch traffic congestion worsen, here is a bill that can help stem automobile gridlock and reduce (yes, reduce) travel times. Moreover, as US urban air pollution worsens due to automotive emissions, here is a bill that supports a clean mode of transportation. Finally, in a time of record levels of adult (as well as child) obesity, here is a bill that supports the practical application of regular exercise, something physicians and nutritionists agree is necessary for good health, to say nothing of reduced health care costs.

HR 1265 thus simultaneously contributes to energy conservation, reduced travel costs, mitigated urban air pollution, and public health. Given all this, and in light of the massive and wasteful subsidies this country currently devotes to fossil fuel energy and automotive transportation, HR 1265 comes as a godsend as well as a cry in the wilderness. Please co-sponsor or support this legislation as one step in the direction of a saner, wiser society that provides incentives, rather than disingenuous neglect, of commuter cycling.

Sincerely,

Stephen G. Perz



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Self Massage: On the road to recovery

by Josh Simonds

There I was, innocently sitting on my brother's living room floor in his California apartment, methodically massaging my frazzled legs. Joe and his wife had just finished torturing me on one of their favorite canyon rides and a good massage was just what I needed to help me recover and prepare for another hard bicycle ride tomorrow. Watching the surf pound warm beaches, kneading away sore spots using long strokes to pump new life into my calves...."What are you doing, ewwww?" my brother shrieked as he entered the room. "Gee, Joe I am just massaging my legs for crying out loud. Relax, let's go for sushi in a couple minutes after I finish, OK?"

Cycling and massage are natural partners. We all envy blissful bicycle riders draped across massage tables at cycling events. A spontaneous smile on their faces as we watch the caring touch of a therapist at work. Massage therapists are an important member of every serious bicycle racing team and a frequent part of many multi-day bicycling events.

The truth about massage

In this age of self-enlightenment and guilt free indulgences, massage has an enduring honest quality. You can approach it as an hobby or self-taught therapy or make an appointment with a certified practitioner. You'll learn that massage has benefits beyond better health and rapid recovery from hard rides. Taking charge of your health care is a decision each of us can make if we have the courage to ask questions, seek answers and explore new territory.

Some people perceive massage therapy as a profession practiced by people who have little training or education and might ask "what would a massage therapist know about lactic acid in my legs or how to deal with a re-occurring hamstring injury?" Most massage therapists are trained professionals who have studied anatomy, physiology, movement and are graduates of an accredited school. Many are certified by a national oversight board to practice massage.

Swedish massage therapy is a time honored practice. It involves manipulation of soft tissues by kneading, shaking, squeezing, tapping and using long gliding strokes to release tight muscles and promote movement of fluids to foster good health. Massage therapy is also unique because it is a "laying on of hands". A therapist brings love, warmth and compassion to each session. A therapist listens to what his or her clients say, feels changes in clients tissues and observes a client's heart rate, breath and facial expressions.

Self massage is a practical approach we can use when it is not possible to get a session with your local therapist or have someone

Josh Simonds is a computer scientist who is also a licensed massage therapist in Maryland where he has had a private massage therapy practice since 1988. He is a past PAC tour rider and has completed PBP with his wife on tandem bicycle.

else to massage you. Massage is affordable and available to anyone who has determined that it will be a part of his or her training regime and lifestyle. Local rates for massage in the metropolitan Washington, DC area typically range from \$40 to \$65 per hour. Most therapists will negotiate a better rate for repeat clients. With increasing frequency insurance providers allow physicians to prescribe "soft tissue manipulation" for their patients, allowing their patients to visit a massage therapist on a regular basis. If you are fortunate to have a massage school in your area it is common for students to work at a reduced rate or for free. Caveat Emptor! You get what you pay for!

Self Massage

It can be hard to schedule an appointment for massage and even harder to find a really good massage therapist. Rejoice! Self massage is easy to learn and a practical way to care for yourself when and where you need it. Think of self massage as a valuable recovery tool that is always available to you. Despite a wave of new age morality and frequent affirmations in the press some people are suspicious of massage. They put massage in the same category as retirement land sales in Florida and snake oil. Let's talk about it some more, maybe we can get you out of the closet and on the road to recovery!

Basic self massage techniques are not hard to learn. In the summer of 1996 I trained volunteers how to massage bicycle riders for multi-day cycling events. Most had never given a massage. After one half day of lecture and practice all were ready to practice their new found craft on willing "victims". When students tell me that they are intimidated by their own lack of knowledge. I remind them of how valuable and effective the simple act of offering a gentle, calm and loving touch can be. Self massage is uncomplicated, simple and positive results are guaranteed.

Self-massage is as effective as a visit to your trusted massage therapist. You will begin to look forward to these personal sessions, motivation is its own reward. Massage after a bicycle ride will speed recovery by helping your circulatory system to flush by-products of exercise from tissues and to release tight muscles. Also, self-massage is an ideal way to identify potential problem areas before they develop into something more serious. Some folks may think that self-massage is indulgent or perhaps they are not qualified. To anyone thinking such idle thoughts, I say "the massage lamp is lit, you have my permission to be a hedonist just this once".

How to begin

When you begin your massage session, remember a few things: You are client centered, yes! you are your own client! Plan on finishing the job you started and do not rush. Be kind to yourself, listen to what those tired muscles are saying. Make a mental note for next time, what worked and how did you feel before massage and after? Location is not important, you can self-massage through clothes, you could be sitting, standing or laying down. The location is not nearly as critical as your resolve and intent to do something effective for your self. The following is a modified routine I teach to non-massage therapists who volunteer to support large athletic events, you can use this routine after any ride or indoor trainer session, it will take about 20 minutes.

Preparation:

Plan on at least 20 uninterrupted minutes for the complete routine. Use an exercise mat or sit on the edge of a chair or couch.

Apply massage oil, creme or unscented talcum powder. Have a towel

Warm-up:

The routine begins with a warm-up, I recommend you do not use massage oil for this part of the session since most of the warm-up motions do not involve gliding strokes.

(Quads) With your palms facing each other, use your hands and finger tips. Place a hand on either side of your upper thigh and rock your quadriceps (thigh). The motion is similar to brushing dirt off of your palms, if your thighs got in the way! Shake your quads until you feel some heat develop, about one minute. Continue the rocking motion, moving in the direction of your feet until you reach your knee.

(Knees) Begin with a quick rubbing motion on both sides of the joint for about one minute. Now, warm up the area just below the knee cap and extending about 1 inch beyond the tibial tuberosity (the bump one-half inch below the knee cap). Your goal is to gently soften the patellar ligament that covers your knee cap and ends just below the tibial tuberosity. Place both thumbs behind your knee and wrap your fingers around the front of your knee. Using firm pressure and finger tips to massage the entire area. Imagine trying to find a few grains of sand lost in the tissue. Use the skin to slide over muscle and tendon. In the soft areas your touch is deeper, in dense areas use more pressure and linger. The motion is generally up and down, moving slowly along the axis of your long leg bones. Continue about one minute.

(Lower Legs) Begin by placing your lower leg about 75 - 90 degrees to your thigh. You want your calf to "hang" free not taugth. Use both hands to rock your calves side to side for about one minute. The motion is similar to the quadriceps warm-up motion.

Stretch:

(Quads) Begin by placing your leg in a position so that there is no tension in your quads. Sitting upright, with your foot on the ground should do the trick. Starting in the middle of your thigh, place one hand on top of your leg and the other under your thigh with your palm facing the upper hand and directly underneath. Using firm pressure, press your hands together as if you were attempting to make your palms touch. Compress your thigh and begin to twist your thigh muscle as far as you can. Hold this for a few seconds and quickly release, letting your thigh "unwind". To perfect the twisting motion, imagine you are using your hands to "wrap" your thigh muscle around the bone. Practice will render better results. Repeat this as many times as you like, at least four times is recommended. Twist thigh muscles either direction, use this technique in both directions to enhance your routine, about three minutes for each leg.

(Lower Legs) Similar to the routine for Quads, place a hand above and below the middle of your calf muscle and twist until maximum resistance is felt. Repeat in each direction, about two minutes for each leg.

Flush:

(Quads) Now is a good time to use massage oil or talc. Begin with light strokes, using your entire hand, palm down. The speed of your hands will have different effects. Slow movement will tend to cause more friction and thus affect deeper tissue. Rapid movement with a light hand pressure will have an energizing effect. Begin by using both hands to trace a line from your knee joint to your hip joint. Divide your leg into four imaginary sections and cover each section at least six times before moving to the next section. When done, repeat the process using more

pressure and slower strokes in the opposite direction. About two minutes per leg.

(Lower Legs) Similar to the routine for Quads only you have much less area to cover, divide the lower leg into three imaginary sections, cover each section at least 6 times and repeat in the opposite direction. About a minute per leg.

Optional:

(All Parts) For extra credit! Use thumbs, finger tips and the heel of your hand to trace the edges of your long leg bones. Using deep, slow motion move the pressure point slowly along the entire length of each bone. When you find a sore spot, linger in that area. Apply pressure from different angles.

Not exactly self-massage:

o After a ride, lay on your back with your legs extended in the air and feet leaning against a wall. Shake each leg and use your hands to assist the motion. The elevation and movement and weight of your muscles will all work to release tight muscles and promote recovery.

o At end of a long hard ride try this in the parking lot. Make sure the coast is clear, pedal up to 5 mph on flat ground and now take both feet out of the pedals and use your legs to propel yourself forward. This is the same motion you use on a swing to "pump" yourself skyward! See how long you can continue the motion before you have to pedal. The weight of your muscles, shaking and movement will help promote fluid movement release tight muscles and promote recovery.

o Dunk your legs into an ice cold bath for 30 seconds, stand and rub, repeat three more times. Finish with warm shower. The thermal shock of the cold and warm will force rapid movement of blood to your legs facilitating recovery. I use this as "emergency" therapy for extremely sore legs.

o Aromatherapy sleep aide. On a cotton ball put a few drops each of: Chamomile, Sage, Rose Oil, and Orange, put the cotton ball in your pillow case before bed. Good sleep is essential for recovery. An alternate formula is Chamomile and lavender.

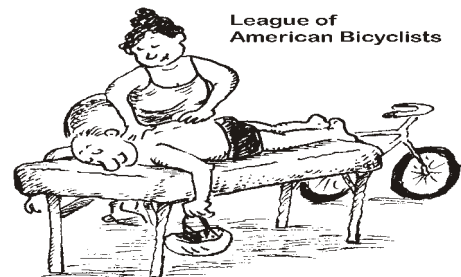
Knead Someone today

What is the best way to learn some basic techniques? Practice the basic leg routine described here on several people and ask for their feedback. Browse bookstores for literature on self-taught massage and don't be afraid to try new things.

Below are several suggested readings for beginners:

"101 Essential Tips: Massage" by Nitya Lacroix
"Massage (Teach Yourself Books)" by Dennise Whichello Brown
"The Complete Body Massage: A Hands-on Manual" by Fiona Harrold

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Creativity and Enjoyment

from Tim Lane of Iowa

For over 30 years now, Mihaly Csikszentmihalyi has been doing some fascinating research into creativity and enjoyment at the University of Chicago. He invented a new way to study enjoyment. It's called the Experience Sampling Method. Basically, subjects are given a pager and a booklet, and then they go about their normal lives. At random intervals, eight times each day the pager goes off. The subjects immediately stop what they're doing and fill out the questionnaire in the booklet.

Each questionnaire is identical. It asks what they're doing, where they are, and who they're with. Then it asks them to record how they are feeling on several scales of experience, such as by marking a rating from one to seven on a scale ranging from 1 for "happy" to 7 for "very sad."

After collecting over 100,000 of these samples, Csikszentmihalyi had a huge fund of raw information. Then he began to wonder, "Are people happier when they use more material resources in their leisure activities? Or are they happier when they invest more of themselves?" Or what is ultimately more enjoyable? Using energy outside yourself, or using your own energy?

What would you guess? To answer the question, Csikszentmihalyi and his colleagues went back through the data and sorted each experience sample by the amount of energy being used. They measured the material resources in units of energy called BTUs (British Thermal Units), the energy it takes to raise one pound of water one degree Fahrenheit) and sifted the data in search of an answer.

What they found surprised everyone. The fewer BTUs a person used in his leisure, the less he enjoyed it. Those time-off activities like watching TV, driving, boating, or anything that used electricity or expensive equipment were less enjoyable than self-powered activities like conversing with a friend, working on a hobby, training a dog, or gardening.

This goes against the prevailing notions of what's enjoyable. "Everybody knows" it would be more fun cruising on a yacht drinking margaritas than building a bookshelf in your basement. "Everybody knows" it would be more fun to go to the movies than it would to sit home and read a book. But according to the research, that's not the case. Certainly, those high-BTU activities are easier and more immediately appealing. But not more enjoyable.

When the pager went off and the participants stopped and checked how much they were enjoying what they were doing, they discovered something truly illuminating: The most fun things don't cost much.

Is this true for you? Test it. On your next two days off, do something that uses up material resources the first day and something powered by your own energy on the next.

"He dropped down the hills on his bicycle. The roads were greasy, so he had to let it go. He felt a pleasure as the machine plunged over the second, steeper drop in the hill....His bicycle seemed to fall beneath him, and he loved it."

D. H. Lawrence, Sons and Lovers

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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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Kate's Fish Camp

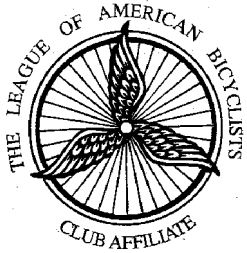
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2001 Gainesville Cycling Festival - 6 - 7 Oct - Santa Fe Century - *Horse Farm Hundred*

Cycling Shorts



Welcome new members.

Mary Saxe Aplin, Cathy Bester, Casey Burns, Sean Burns, Dave Burr, Lloyd Clarke, Darius Donorovich, Michael Hamley, Mary Samantha Hendrix, Carol Hone, Diana Kirkpatrick, Erica Knoblock, Daryl Lachnicht, Mikki McDougall, Peter McNiece, Tim Mentzer, Annette Merritt, Jessica Merritt, Michael Merritt, John Olters, Leta Phelps, Aimee Pricher, John Pricher, Jason Ross, Frederick Southwick, and Keith Tolson of Gainesville, Anna Lanza of Deltona, Carol Lavin of Old Town, Wendy Norman of Newberry, and Bill Pool of Jacksonville.

Congratulations

Jim Wilson, Jim Ossa, Barb Bergin & Donald Roseman completed the 200k, 300k, 400k & 600km brevet series organized by Jim Solanick and the West Palm Beach Bicycle Club. Completing this series qualifies a rider to enter Boston-Montreal-Boston and Paris-Brest-Paris.



-ADVENTURE CYCLING