

The Gainesville Cyclist

October 2009

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

happenings

October 3 (Sat) Standard Club Ride Meeting Time Now 9 AM

Check GCCMail ride announcements to ensure your group is using the standard time.

October 3 (Sat) Take A Kid Mountain Biking Day

9am at the San Felasco Mountain Bike Trailhead Pavilion off US 441 North of Gainesville. We will be having a picnic lunch for this event including hotdogs, vegetarian baked beans, and peanut butter and jelly along with drinks. Also, please feel free to bring along after-ride activities for the kids! If you have not already RSVPed, please check with Cathy Bester (cathybester@hotmail.com) to see if you can get in.

October 24 (Sat) Nationwide Santa Fe Century

Registration opens at 6:30 am (along with breakfast), ride departs at 8:30 am. See <http://gccfla.org/gcf/> for more details.



October 25 (Sun) Horse Farm Hundred

Registration opens at 7:15 am at Lofton High School and at Flemington Community Park. Rides depart at 8:30 am. See <http://gccfla.org/gcf/> for more details.

November 7 (Sat) Gainesville Winter Bike League

First ride in the eight ride series. See page 5 for details.

December 12 (Sat) Holiday Party

Put it on your calendar! We have a large room in the Social Hall at the Holy Faith Catholic Church on NW 43rd St (near 8th Ave). Watch for full details in the December newsletter.

Gainesville Cycling Festival Entry Procedure

See pages 8 and 9 for full details on how to enter the Gainesville Cycling Festival. This is the biggest cycling event in this part of Florida, and it's right here in Gainesville! If you're riding a bike in Gainesville, you should be participating in this great event! With your help, we will be able to continue to make a \$10,000 contribution to the Boys and Girls Club of Alachua County with proceeds from the weekend.

You can enter by clicking on the button in the Members Area on the club web site now. GCC members get a discount on ride fees, and can order special tank top and long sleeve T-shirts, which are not available to non-members. If you do not have internet access, use the form on page 9.

Volunteers, please wait until your job title is displayed in the Members Area before entering. Until it is there, the entry form won't know you are a volunteer and won't give you your free goodies!





From The Editor

Roger Pierce

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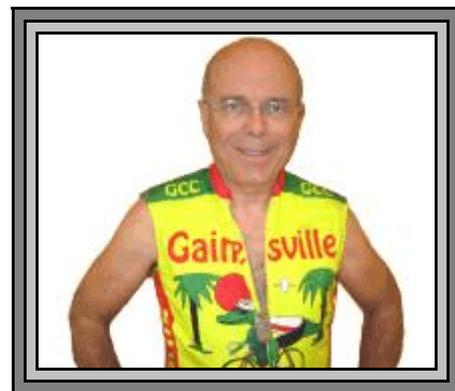
Barb Thomas

GCC Web Page

gainesvillecyclingclub.org
gainesvillecc.org
gccfla.org

I've been spending most of my time getting ready for the Gainesville Cycling Festival, so thanks to all of those of you who sent in stuff for this newsletter. Turns out we had just the right amount of stuff.

Don't forget to volunteer to work at the Festival. This is the one time each year that we ask for significant numbers of volunteers; we can't put on this huge event without your help.




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President's Letter

I wanted to thank all of you whom I saw at our Labor Day Picnic, the rides were great, the food was great, and the friends were great. I hope to see many more of you in the future, including the weekend of the Gainesville Cycling Festival (Oct. 24 & 25), either as a rider or a volunteer.

The last few weeks have brought at least one more serious cycling accident to Gainesville, this one caused by a cyclist running a stop sign. Even the Hawthorne Trail has it's perils. Please, let's try to exercise even more caution and obey all traffic laws. With many training rides and both the Santa Fe Century and Horse Farm Hundred coming up a lot of us will be spending even more time than usual on the road.



The club's Cycling Festival has grown over the years to become one of the premier cycling events in the state. This is due in large part to the fact that club members have been willing to donate their time and energy to the Festival's success over the years. It is good to see that again this year many of us have already expressed an interest in helping out. Any club members who have been thinking of volunteering but have yet to do so can sign up by contacting Roger Pierce (roger@gccfla.org) directly.

Be safe. Be happy.

Bob Newman 

Club "Clear" Policy

by Roger Pierce

It is the official policy of the Gainesville Cycling Club that the call "Clear" (or any of its synonyms) not be used. The **ONLY** reason to give this call is to allow other riders to proceed through an intersection **without looking**. Under no circumstances do we want you to enter an intersection without personally satisfying yourself that there is no danger in doing so.

There are three additional considerations that can make the "Clear" call dangerous.

It may be clear when you say it, but it may not stay that way by the time everyone who is acting on your guarantee enters the intersection.

If someone is calling "Clear" when someone else is looking the other way and calling "Car", the "Clear" call may drown out the "Car" call.

When you are accustomed to hearing a call of "Clear" (and many intersections that we go through out in our sparsely populated countryside are clear), you may interpret a call of "Car", which has similar first and last sounds and inflection pattern, as a call of "Clear". Unless you are very near someone, in the noise environment of a ride, most calls have to be interpreted as much by context as by the actual word spoken.

Training tip of the Month

by Herb Kieklak, CSCS

Coach K Fitness

Weight Training

I can hear the screams already

First of all-you will not bulk up and look like Arnold if you do weight training..

Second- Even Lance does some serious weight training. (Look at the ads for FRS)

Third- RBR has talked about importance of weight training and offered DVD packages for cyclists.

Now that we have that out of the way! Cyclists should learn about to think of weight training as an efficient method to build both core stability and explosive leg power. Both of which are pretty nice things to have if you are a cyclist. Consider the fact that you are not dependent on weather, how close you live to any monster hills or getting home from work before dark.

A good program should take less than an hour per session and produce some noticeable results in 2-4 weeks.

Make sure to find a certified coach, who can teach you proper technique to avoid injury and develop a proper periodized program for your goals.

K

The 2010 GCC Brevets

by Jim Wilson

...and why you might want to ride them.

Proposed dates for GCC's four-ride series have been submitted. Subject to approval by Audax Club Parisien (ACP), our rides will start:

200Km Jan 16
300Km Feb 20
400Km Mar 13
600Km Apr 10

ACP sponsors Paris-Brest-Paris, the oldest organized bicycling event in the world. This quadrennial 90-hour, 1200Km ride spawned the Tour de France; the TdF was created after

continues to grow.

ACP have often threatened to limit participation, particularly by foreign riders. So far the threats have been empty -- if you qualified, you could ride. In 2011, they have at least outlined a mechanism to realize their objective.

First mentioned was a plan to prioritize entries *based on the longest ride done in 2010*. A rider completing a 400K would be able to register a week earlier than a one who only rode a 300K. The 300K rider would get a week head start over the 200Ker. Lowest on the totem pole would be the

schemes, including "priority will be based on the your *total brevet distance* in 2010."

If you're thinking about PBP 2011, you may be able to get away with just riding the series that year, but don't say I didn't warn you.

And besides, although the distances sound daunting, it's really a great deal of fun.

More information on brevets, randonneuring, and the GCC series is on the GCC website: <http://gccfla.org/brevets>.

To understand PBP: <http://www.carsstink.org/peterson/pbpstory.html>.



professional riders complained the original was simply too hard when run as a race. Lately, PBP is for amateurs only.

The next PBP will be held in August 2011. To qualify for entry, a rider must complete a four-ride series in that year. Despite the rigors of qualification and of the ride itself, participation

rider who skipped 2010 entirely and only rode the 2011 series.

Any limit on participation will likely be enforced by the various national organizations. In the US, we are under the dominion of Randonneurs USA (RUSA), and the RUSA administrators grapevine has been buzzing with alternate, more draconian

CLASSIFIED

Seat Repair

Is your favorite seat sidelined b/c of a separation or tear? I can fix 90% of the seats I see-----average cost \$5--\$10, depending on how bad the damage is. I am at: mrbbicycle1@yahoo.com or (352) 226-3138

Award

Congratulations to the top county for Share the Road license plate sales during calendar year 2008 based on total STR plates sold versus all specialty plates sold:

Honorable Von Fraser,
Alachua County Tax Collector

Presented by:
Florida Bicycle Association and
Bike Florida

And who got him this award?

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KERRY DUGGAN

611 N. Main Street
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Gainesville Winter Bike League

Come out and join us this fall for the inaugural season of the Gainesville Winter Bike League. It's an opportunity to come out and ride with your friends and see who can collect the most points by the end of the season and win some FABULOUS prizes. Everyone is encouraged to come out and participate. It's not about who's the fastest, consistency counts for more than speed in the GWBL. Riders will amass points from different challenges and by simply starting and finishing the ride, with the group.

The event will take place over 8 Saturdays starting on November 7 and ending on December 26.

November 7	2-1/2 hour ride	4 points available
November 14	3 hour ride	8 points available
November 21	3 hour ride	8 points available
November 28	3-1/2 hour ride	12 points available
December 5	3-1/2 hour ride	8 points available
December 12	4 hour ride	10 points available
December 19	4-1/2 hour ride	10 points available
December 26	5 hour ride	12 points available

The top 3 finishers will receive SPECIAL awards for their domination in the GWBL. Everyone who collects the maximum participation points will receive a souvenir to cherish for all time. This is an event you will not want to miss so mark your calendars and get ready for what I'm sure will be the smack talkiness ride you have ever participated in. More information on routes and challenges can be found at <http://www.gccfla.org> or get in touch with Scott Pfaff to get low down on the GWBL.

Windsor

Riders heading down 234 from Windsor may find it useful to be aware that Owens Illinois Park (about 1 mile south of Windsor, immediately on the West side of Newnans Lake), now has restrooms and a water fountain.

Please Help

with the Christmas Bike Program

For many years, GCC has helped with the Gainesville Police Department's Christmas Bike Program, that distributes bicycles to underprivileged children in the public schools.

The GCC has helped collect bikes for the program, and this year, you can actually help fix bikes for the program. With the opening of "The Kickstand" we now have a facility where we can fix children's bikes.

Even if you aren't mechanically inclined, you can help. We need people to help clean and paint bikes and to do general organizational tasks. Mechanical help is especially appreciated.

Chandler will be at "The Kickstand," 722 South Main Street, every Friday from 3 p.m. to 6 p.m. and will have bikes for the program that GCC members can help fix. Come and visit.

We need children's bikes, in particular bikes with 20" or 24" wheels. If you have bikes to donate to the program, either:

- 1) Take the bikes to "The Kickstand" on Friday 3 p.m. to 6 p.m.
- 2) Take the bike to "Bikes and More" at 2133 NW 6th Street, phone--373-6574 anytime. Please put a tag on the bike that says "Christmas Bike program."
- 3) E-mail or call Chandler at Chanbike@aol.com or 376-4963, and I can come and pick up the bike.

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The Cherokee Challenge--Brutal-/y Sweet!

by Brendan White

Nestled in the foothills of the Cherokee Skyway is the quaint little town of Tellico Plains, Tn. One would not associate severe pain and suffering with such a quiet, dainty, location. Pain and suffering, however, is exactly what Tellico Plains dealt to over 500 cyclists on Saturday, June 20th, 2009. The amazingly scenic 116 mile challenge consisted of 433,857 feet of climbing (okay, more like 11,000 feet but it sure seemed like much more). With temperatures soaring at over 100 degrees for most of the day the SAG vehicles were kept busy.

Arriving the previous evening and establishing my camp site in gorgeous Indian Boundary Campground, I ventured down to the nearby registration desk. Upon discovering that this was my first attempt at the Cherokee Challenge and that I resided in "the flatlands" of Florida, the kind, honest looking gentleman behind the desk assured me that the first fifty miles were flat. Then, he stated, there are two major climbs--one eight miles in length, the other sixteen miles. Having no reason to doubt this mild mannered trustworthy man I settled in for the night with renewed confidence that tomorrow would surely bring success

Proudly displaying my GCC cycling shirt we left the next morning at 7:00

a.m. from the visitors bureau in Tellico Plains and made our way into the beautiful countryside of Tennessee. The route twists through the Cherokee and Nantahala National Forests and climbs to 5,300 feet with over 11,000 feet of elevation gain. With less than twenty miles under my belt I came to the stark realization that the good people of Tennessee had their own version of the

English dictionary. In a "Florida dictionary" the term "flat" is defined as level, even, or without unevenness of surface, as land or tabletops. Either all 500 plus riders took a wrong turn or the "nice man" at the registration desk the previous evening had played a harsh cruel joke. We were most definitely not on flat ground. The relentless rolling hills were fun at first but as the milage and pace increased, and the hills continued to arrive, several muscle groups began to complain vehemently. Although I had not intended to stop at the first rest area I was glad when it came into view. After completing the first twenty two miles at an average speed of 20.1 m.p.h., I realized the importance of resting and eating as this was going to

be a much more strenuous ride than I had bargained for. Besides, I had to lose the group I was riding with or suffer an imminent and painful death. After fifteen minutes



of welcome rest I climbed back onto the bike, set out alone, and was quickly introduced to more of Tennessee's rolling terrain.

I found myself settling into a nice rhythm and before long I was starting the first of two long climbs. Wildly popular with motorcycle enthusiasts, Deals Gap, also known as the Dragon's Tail, has 318 curves in an eleven mile span. Cycling up this roadway at 10 - 12 m.p.h was exhilarating and somewhat strenuous but incredible fun. The Tail of the Dragon climb was littered with destroyed bikes and egos of passed riders. I was feeling surprisingly good and riding well when I was passed by and individual wearing a solid black Rock Racing outfit and riding a fixed gear bike. It was, by now, well over 100 degrees. I was amazed as this individual disappeared around the curve in front of me. It was at this point in the ride (about 55 miles) that I made





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what would turn out be a crucial error. I decided to catch the rider in black and quiz him a little about his bike. Dancing in the pedals, exerting energy I could not afford, I found myself gaining on the mysterious cyclist. Just when I thought I might catch him he glanced over his shoulder, saw me coming, stood on the pedals and in what seemed like two pedal strokes, was gone.

After reaching the top of the Dragon's Tail I stopped for refreshments and rest. The previous three weeks had been spent riding in the mountains of Georgia and Tennessee and I was now beginning to feel the effects. It was hot, my legs felt like lead, and I had about fifty miles to go. The ladies at the rest stop indicated that the next ten miles were down hill. What welcome news. This would give some added time to recover before the sixteen mile monster climb. I set off content with the notion of coasting for the next ten miles.

After a rapid two mile descent I was climbing again. It would appear that many of the residents in the fine state of Tennessee have problems defining flat, hilly, descending, and ascending. I climbed (albeit a mild climb but a climb nonetheless) for the next eight to ten miles and then arrived at, you guessed it, the base of yet another strenuous climb--this one sixteen miles long with grades from eight to eleven percent. I quickly settled into a rhythm and was awestruck by the majestic beauty of the Cherohala Skyway. Each overpass provided more spectacular and breathtaking views than the last. Focusing on the beauty of nature as opposed to the extreme heat and my

screaming muscles, I arrived at the next rest stop which was half way up the Skyway. It came none to soon and I was glad to dismount, stretch, eat and drink.

The volunteers at this stop informed us that we only had four more miles of tough climbing as the additional four miles of the Skyway was relatively flat before a long descent. This time I was having none of it. I had been deceived before and so I set out expecting eight more miles of hard climbing and that is exactly what I got.

The view from the rest stop atop the Skyway was incredible. For a brief moment the long hard day of climbing was all worthwhile. "It's all downhill from here," quirked one of the volunteers. Her face had a familiar look. Now I wondered. Was it really downhill or is this just another cruel ploy? There was only one way to find out and so off I went. The next two miles was indeed a super fast descent but after that I found myself climbing yet again. This, however, was not such a long climb, perhaps a mile or a little less and was followed with multiple rolling hills. How is this possible I thought to myself. What goes up must come down and yet it seems like I keep going up. It was at this point I wished that I had conserved my energy and allowed the mysterious cyclist to go on his merry way. My legs ached like never before but I knew I was close to the finish and sagging at this point, well honestly, it just was not an option.

Sweet relief came almost unexpectedly in the form of a long fast downhill trek. Unlike previous false and unfounded promises this time I kept descending and descending and

descending. Beautiful paved roads, an absence of motor vehicles, not so many curves, and forty to forty-five miles per hour. On and on I descended for about twelve miles. I was almost there. The last few miles into town consisted of small to medium rollers.

After 116 grueling miles and multiple extended stops at the allocated rest areas I arrived back in Tellico Plains at approximately 3:15 p.m. Although I would consider this ride equally as strenuous as Six Gap or even Blood Sweat and Gears (which I rode the following week) it is a ride that I would highly recommend to the serious cyclist. The Cherohala Challenge will challenge you no matter what level of rider you might be.

Bellsouth / AT&T

We've noted that club administrative emails to members with bellsouth.net addresses have been held up, and sometimes not delivered. This does not happen with any other email provider (not even AOL!). This will affect newsletter notices, renewal notices, and festival status notices. At this time it does not seem to affect GCCMail, which is delivered from a different server.

If you have bellsouth.net, and this is a problem for you, you can sign up for a free account from gmail (Google) or Yahoo, and record that as your home email address with the club. You should be able to configure your email program to automatically download that email in addition to bellsouth email.

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Nationwide



Santa Fe Century

Saturday, October 24, 2009, 8:30 AM

A tour through the lush forest and pasture land north of Gainesville up through the Santa Fe River valley. The ride starts with a visit to the picturesque town of High Springs. The Century traverses the scenic tree-lined Feagle roads in Columbia county before stopping for lunch in Watermelon Park. After a stop in Worthington Springs, the century rejoins the shorter route for the final stop in Hague, on the DeSoto Trail.

The terrain on the ride is rolling enough to not be flat, but not so much to be especially challenging. The first finishers on the century have regularly completed the course in 4 and one half hours. Of course most riders take full advantage of the well-stocked rest stops and spend much more time taking in the exceptional rural scenery.

The rides start at 8:30 AM from the Boys & Girls Club of AC at 2700 NW 51st Street in Gainesville. The 18 and 27 mile **MILLHOPPER RAMBLE** has a stop at the end of scenic Millhopper Road; a great family ride!

17th Year!



Gainesville
Cycling
Club's
29th Annual



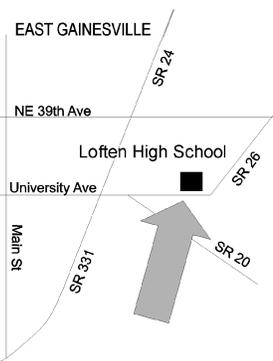
Horse Farm Hundred

Sunday, October 25, 2009, 8:30 AM

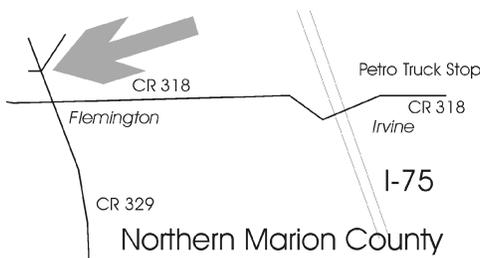
A tour through the picturesque horse farms of northern Marion county.



The century will start at 8:30 AM at the Loftan High School at 3000 East University Avenue. Coffee and muffins will be available. If you are in a rush, the **RUSH 55** will get you out fast with the century pack (but few horses). There will be four of the best stocked rest stops in the USA, plus hot dogs at the finish.



The *Horse Farm Tours* (45, 30 and 25 miles) will start in Flemington (west of the Interstate 75 CR 318 exit on CR 329). Registration will be open till 9 AM. Coffee and muffins will be available. A mid-way lunch stop will be followed by hot dogs at the finish.



CANCELLATION: There is a \$5 handling fee for cancellation requests received before October 21. No cancellations after October 20.

Registration and Packet Pickup

Friday	Oct 23	6:00 PM - 8:00 PM
		Boys & Girls Club of AC
Saturday	Oct 24	6:30 AM - 5:00 PM
		Boys & Girls Club of AC
Sunday	Oct 25	7:30 AM - 8:30 AM
		Loften High School
Sunday	Oct 25	7:30 AM - 9:00 AM
		Flemington, FL

On Sunday preregistration packets for the Horse Farm Hundred and Rush 55 will be at the Loftan High School and packets for the Horse Farm Tours will be in Flemington. All packets will be at the Boys & Girls Club of AC on Friday and Saturday

YOU MUST SIGN A RELEASE AT THE REGISTRATION TABLE BEFORE STARTING

TEAM AFFILIATION: If you are a member of the team raising money for scholarships to the University of Florida, please circle TVM (Team VetMed) on the bottom of the form.

**HELMETS
REQUIRED**

Tee Shirts

are available for both the Santa Fe Century and the Horse Farm Hundred. Size XXL, long sleeve, tank top, and no sleeve shirts are only available if ordered before Oct 14.

Saturday Lunch Providers:



Gainesville Cycling Festival

REGISTRATION

To save the registration staff work, and to reduce the possibility of input errors, please register using the online form available in the Members Area on the club web site. If you do not have access to the Internet, use the form on this page. Do not give this form to non-members; it has club member only pricing on it.

Volunteers, please wait until your volunteer position is listed in the Members Area before completing your entry.

When you register online, you have access to tank top and long sleeve shirts (before Oct 13).

FAQ's

What is my membership number?

This number is on the mailing label on your newsletter envelope. It was also emailed to you (if you have an email address listed with the club) with the announcement for this newsletter.

What is my password?

Your password is emailed to you with each newsletter announcement, and when you join the club. When signing in to the Members Area, you can click a button to have it emailed to you. If you do not have an email address listed with the club, send an email to roger@gccfla.org with your name and birth date requesting your password.

I don't have a printer!

Once you have the Festival form displayed on your computer screen, copy your member number and the amount due onto a blank sheet of paper, and mail that in with your check. All of the information is already recorded in the data base, and no signature is required (except on your check!).

2009 Gainesville Cycling Festival

✓ CHECK BOXES NEXT TO YOUR CHOICES

CLUB MEMBER RIDE REGISTRATION

Mail preregistrations must be postmarked by Oct 17. Please DO NOT mail registrations after Oct 17. Week of ride rate after Oct 17.

Registration Number
(See mailing label)

Boys Club & Girls Club start: (Week of ride - \$25)
SATURN Santa Fe Century 100 56 \$20 \$_____
MILLHOPPER RAMBLE 18 27 \$20 \$_____

Loften High School start: (Week of ride - \$25)
 Horse Farm Hundred **RUSH 55** \$20 \$_____

Flemington start: (Week of ride - \$25)
Horse Farm Tours 45 30 25 \$20 \$_____

T-SHIRTS

XXL and without sleeve not available for registrations received after Oct 13

SATURN Santa Fe Century Circle size: **S M L XL XXL**
 How many with sleeve _____ without sleeve _____ \$10 XXL \$12 \$_____

Horse Farm Hundred Circle size: **S M L XL XXL**
 How many with sleeve _____ without sleeve _____ \$10 XXL \$12 \$_____

Gainesville Cycling Club water bottle How many _____ 2 for \$5 / \$3 ea
 \$_____

Make checks payable to:
Gainesville Cycling Club

TOTAL ENCLOSED \$_____

*** USE ONE FORM PER PERSON ***

Name _____

Membership Number _____

Emergency Contact and Phone: _____

Mail this form to: Gainesville Cycling Festival
 5015 NW 19th Place
 Gainesville FL 32605-3435

Fund Raising Team: TVM





Labor Day Picnic at Boulware Springs



Photos by Rob Wilt & Velvet Yates

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The Gainesville Cyclist is published bi-monthly with cover dates of even-numbered months. All submissions are welcome. Classified ads will be run free-of-charge for club members; email or mail to the editor. Ads are \$20 for a standard size ad, \$40 for a quarter page ad, and \$80 for a half page ad. A one year (six issue) subscription for standard size ads is \$100.

AD GRAPHICS

Craig Lee 475-1825
craig@craigdidit.com

DECEMBER DEADLINES

Ad copy needing setup work
November 13
Articles and classifieds
November 23
Ads in GIF or TIFF format
November 25

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New Discount Opportunities at Chain Reaction

Chain Reaction Bicycles is revamping its GCC discount program to include repair parts, labor, and bicycle purchases. Riders with a valid GCC membership card now receive 5% off bicycle purchases, 10% off labor, and 15% off parts and accessories. In addition, members now get a 20% discount on any professional fitting, currently priced at \$125 (standard road fit) and \$150 (aero-bar fit). Any questions may be directed to us at 352-373-4052, or come by during our expanded shop hours:

M - F 10 - 6
Sat. 10 - 5
Sun. 12 - 5.

Club Bike Travel Cases

Jorge Milanés has donated a bike travel case to the Gainesville Cycling Club, bringing our total available cases to three. You can check them out at the Bike Route for \$10 per week. A refundable deposit is required. Call (386)462-5250 to make a reservation.



New Business Sponsor

Sisters, a restaurant in The Haile Village Center, in Haile Plantation, is now offering 10% off your bill when you show your GCC membership card. Sisters is owned by a pair of sisters (gasp) who are attached to a couple of GCC members.

SISTERS
FOR BREAKFAST, BRUNCH AND DINNER!



BUSINESS SPONSORS

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

Alligator Island Optical	10%	332-9028	2275 SW 91 st Street – Ste 160	www.alligatorisland.net
Bike Route	15%	(386)462-5250	N US 441 (10100 NW 13th Street)	www.bikeroute.net
Bikes & More	10%	373-6574	2113 NW 6 th Avenue	www.bikesandmoregainesville.com
Chain Reaction	5-20%	373-4052	1630 West University Avenue	www.chainreactionbikes.com
Coach K Fitness	20%	246-5514		http://coachkfitness.net/
Gator Cycle	10%	373-3962	3321 SW Archer Road	http://gatorcycle.com/
Mr Goodbike	10%	336-5100	425 NW 13 th Street	http://mrgoodbike.com/
Pedalers Pub & Grille	10%		(Exotic cycling tours)	www.pedalerspubandgrille.com/gcc
Pointy Helmet Coaching	20%	573-9481		www.pointyhelmetcoaching.com
Recycled Bicycles	10%	372-4890	805 West University Avenue	
Sisters (restaurant)	10%	379-0281	5212 SW 91st Terrace	www.eatatsisters.com
Spin Cycle	22%	373-3355	425 West University Avenue	www.spinracing.com
Super Cool Bike Shop	15%	371-2453	3460 W University Ave	www.supercoolbikeshop.com

Some restrictions apply, ask for details at the stores.

