

## Club Happenings

### August 16 (Sat) Horse Farm Hundred Volunteer Party, 5 pm

Meet at George & Lee Edwards', 6706 NW 18<sup>th</sup> Ave (from Newberry Road, turn north onto 69<sup>th</sup> Terrace at the Red Lobster, then right onto 18<sup>th</sup> Ave). The club will have a main course and sodas, bring a side dish. Bring a swim suit if you want to take a dip. We'll find a place for you to help out at the Horse Farm Hundred or Santa Fe Century.

### August 23 (Sat) 6<sup>th</sup> Annual Gliders Training Century, 7 am

Meet at the Hunters Crossing Chevron for a run over the Santa Fe Century course. Stops in High Springs, Watermelon Park, and Worthington Springs. This is a regular club ride – no sag support. Gliders pace (average speed near 20 mph). If you anticipate problems maintaining Gliders pace, print out a Santa Fe Century map from the web site.

### September 1 (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 can easily access the trail. Boulware is on SE 15<sup>th</sup> Street in southeast Gainesville.

### September 27-28 (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.



### TO ENTER THE FESTIVAL

**Club members**, wait for your Entry Certificate, to be mailed in mid-August. **Team Vet Med** members, get a special entry form from the Dean's office. **Others**, print an entry form from the web site, or get a brochure in the mail or at a Gainesville bike store.



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**Board of Directors**

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*GCC Web Page*

[www.floridabicycle.org/gcc](http://www.floridabicycle.org/gcc)

# President's Letter



## WATER, WATER

The Ancient Mariner's problem was that he was surrounded by water he couldn't drink: Our's is to remember to drink enough while we are riding. Most cyclists do this pretty well, and come to rides well provided with water bottles or Camelbacks. And now that the hot weather is upon us this becomes even more important.

But recently we are reading more and more information that water alone is not the answer to dehydration problems. Several sports journals, and sports medicine websites, have been warning against drinking too much water (by itself) when riding or running. The condition of being overly hydrated is called hyponatremia, and it can be serious, leading to coma and even death in extreme cases, if not dealt with.

The insidious thing is that the symptoms listed for this condition sound like the ones for dehydration – muscle cramps, confusion, apathy, nausea and vomiting, fatigue, and dizziness. So maybe drinking 1.5 ounces of water per mile is not such a good idea, just by itself.

Hyponatremia has been called “water intoxication”, and results from drinking so much water that the sodium chloride level in the blood drops too far below normal levels. When this happens, the water molecules in the blood are restricted in their passage through the permeable membranes of your body to get where they are needed (remember osmosis from high school chemistry?)

An obvious partial solution is to use Gatorade (for loyalists) or some other sports drink formulated to help balance your blood chemistry. But, we are advised, even sports drinks may not be enough in extreme conditions, and riding hard in 90-plus degree heat sure qualifies as extreme. Salt tablets are suggested in some articles. At the same time, aspirin, Ibuprofen, acetaminophen, and similar over-the-counter medications can interfere with kidney function, and may contribute to hyponatremia, so stay off them when riding hard and hot.

But for goodness' sake don't get your medical advice from a geologist. I suggest you talk this over with your doctor and follow the advice given. You could also search for useful information on the net.

Ride safely, friends, and keep the old electrolytes in balance!

*George H. Edwards*



# Horse Farm Hundred

## CALL FOR VOLUNTEERS

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, is coming up soon.

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 in August that has entries on it for volunteers to fill in. CALL Roger Pierce *after August 16* (378-7063) to get a volunteer slot BEFORE sending in the Certificate to volunteer. 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).

You can sign up at our gala Volunteer Party to be held on August 16<sup>th</sup> (see front page for details), or call after the party. Calls prior to August 16 to Roger Pierce will be LONG DISTANCE! SAG and Course workers can also reserve a place with George Edwards (333-3184) before the 16th.

### 2004 Gainesville Cycling Festival

Set aside October 23-24, 2004, for an unusually cool Santa Fe Century and Horse Farm Hundred. All of our usual dates have home football games, so we've had to move to a non-traditional date.

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.

Prime positions at the packet stuffing party will also be up for grabs!

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.



### PJ's Cafe & Catering

Hitchcock's Square • US 301

Hawthorne, FL  
(352) 481-4801

Owners: John & Lois

Weekday Lunch Specials • Breakfast Served All Day

Hours: Wed. - Mon. 8 a.m. - 4 p.m. • Closed Tuesdays

# How to Hydrate for Better Performance

By Fred Matheny of [www.RoadBikeRider.com](http://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.

Receive a *FREE* copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the *RoadBikeRider* Newsletter at [www.RoadBikeRider.com](http://www.RoadBikeRider.com). No cost or obligation!

# Club Jersey

The new club jersey has been ordered (all current members received an order form by mail in late June). Delivery is expected in mid-September. Thanks to our sponsors who have kept the cost of the jersey down:



PERRY C. McGRUFF, JR.  
AGENT



## GCCMail

At last check, there were 92 of you out there (out of 404) who do not get GCCMail. If you want to go on rides with the club, you really need to be on this email list. There are very few rides that are announced by means other than email. If you are really diligent, you can see GCCMail messages by going to the Topica website:

<http://www.topica.com/lists/gcc-fla/read>

To get on the list, go to the club web site:

<http://www.floridabicycle.org/gcc/>

Point to Members Area, and then click on Listserv. Enter your email address in the box, and click on Join. If you have not previously reported your email address to the club and/or it does not clearly identify who you are, also send an email to [roger@piercepapes.com](mailto:roger@piercepapes.com) to tell the list manager that you are legit. You will need to respond to a confirmation email from Topica before being placed on the list. You can expect 7 to 10 GCCMail messages each week.

Remember, when your GCC membership lapses, so does your GCCMail!

## College Student Program

By Ben Fein

At last count, there are over 45,000 students at the University of Florida, and some 14,000 students at Santa Fe Community College. Since many of these students own bicycles for sport or basic transportation, this is a largely untapped resource for the Club. Consequently at the May meeting it was decided to initiate a college outreach program for the colleges. President George Edwards initially contacted Ben Fein last April. At the time, Ben was the chairperson of the Santa Fe Community College Parking and Transportation Committee and was actively working Alachua County Bicycle Pedestrian Advisory Board to improve safety and transportation of pedestrians and cyclists. Since that time, Ben has transferred to the University of Florida and remains active with Alachua County politics.

The club appointed Ben as the University of Florida campus liaison. Jon Keener, a member of the SFCC student government senate, has been appointed as the SFCC campus liaison. These positions are non-voting of the board. It is expected that this will serve to increase GCC awareness in the college communities and will result in expanding the membership of the club.

## Bylaws Amended

The indicated articles have been amended as follows:

### Article 4. MEETINGS OF MEMBERS

1. An annual meeting shall be held at a time and place determined by the Board of Directors, for the purpose of conducting such business as shall be brought before the membership.

### Article 5.

7. Directors shall be elected by the Board at the January meeting for the calendar year.

### Article 6.

3. The Board of Directors shall appoint from the membership to fill a vacant office occurring during the year. Such office shall be elected at the following January meeting of the Board of Directors.

# Relax, Breathe, Do Nothing Extra

A column by John Hughes

"Whether on RAAM or a double-century ride, our mental state is often what determines whether we finish the ride successfully or pack it in early." Bernie Comeau "From the Field: Mental Strength", ([www.ultracycling.com/training/mental\\_training.com](http://www.ultracycling.com/training/mental_training.com))

Just before and during a cycling event your mental state is maybe a mishmash of thoughts and feelings that are chasing each other in circles:

thought <-> feeling "don't go too hard" <-> anxiety  
"awesome scenery" <-> happiness "I'm trashed" <->  
depression

At first it may be amusing to feel the cycle of thoughts and emotions, but after a while riding the roller coaster gets old and starts interfering with your performance.

Our thoughts and feelings have a profound effect on how we ride. Fortunately, we can learn to manage the emotions and to focus on the ride. In his article on Mental Strength, Bernie Comeau described how RAAM riders use music to help them to focus and control mood swings. Another technique is to focus on your breathing- and this doesn't require a pace van with a stack of CDs! John Howard described Ian Jackson's training tool called BreathPlay in UltraZoom. BreathPlay is a very powerful tool to improving performance. ([www.ultracycling.com/training/ultrazoom.html](http://www.ultracycling.com/training/ultrazoom.html))

Many of us have reached the limits of physical training, but can learn to ride much better with improved mental skills. In this series of columns I'll teach mental skills based on a breathing technique that I've been using for years. Simply breathing can help:

calm the emotions    gather energy    manage pain  
create a positive attitude    visualize an event

The key is to simply breath. Relax, breath, and do nothing extra.

Let's get started:

Find a time in your busy day when you can be quietly by yourself for about ten minutes. First thing in the morning is a good time to practice as is the end of the day. You could combine the breathing practice with stretching or riding the trainer, although you'll get more benefit if initially you focus simply on breathing.

Lie quietly on your back with your hands resting between your pubic bone and belly button. Close your eyes. Close your mouth softly and breath through your nose. Breathe from the abdomen - your hands should

feel your belly rise and fall.

First, just be aware of your breath. Notice the rhythm of the breath. Feel the breathe coming in and out. Notice how long it takes to inhale . . . and exhale. Spend a couple of minutes feeling yourself breath. Notice if anything changes. Are your breathes getting longer? Or deeper?

Once you feel the rhythm, then focus on the in-breath. Feel the breath entering your nose. Feel it moving down your throat and into your lungs. Feel yourself taking in energy. It may help to imagine that you are inhaling a white mist. Feel how deeply into your lungs the breath comes. Is your breathing changing?

Finally, use the breathing to relax. o Clench your hands into fists and bend your wrists inward so they are tight. Hold them for about five seconds as you inhale . . . and release the tension as you exhale . . . and inhale deeply into your relaxed body . . . and exhale. o Scrunch your shoulders up toward your ears and tighten your neck muscles, pulling your head back slightly. Hold as you inhale . . . and release as you exhale. . . . and inhale . . . and exhale. o Clench your jaw, press your lips together and frown. Hold as you inhale . . . and release as you exhale. . . . and inhale . . . and exhale. Finally, tense your sphincter. Hold as you inhale . . . and release as you exhale. . . . and inhale . . . and exhale.

As you do the above, you may notice that when you are tense, you don't breath as freely and deeply. However, by being aware of the tension and then focusing on relaxing as you exhale, you can relax.

Learning to be aware of the breath is a skill, a skill that teaches you how to focus, to let go of distractions. You can then focus your energy on riding down the road.

Try to practice this breathing skill at least five days a week: o Noticing the rhythm o Feeling the inspiration o Relaxing tension

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Resources:  
Lynch, Jerry. and A. H. Chungliang, Working Out, Working Within, Penguin Putnam, Inc., New York, 1998  
Miller, Saul and P. M. Hill, Sport Psychology for Cyclists, VeloPress, Boulder, CO, 1999 (800) 234-8356, [www.velogear.com](http://www.velogear.com)  
Young, Shinzen, Meditation in the Zone (two cassettes), Sounds True, Boulder, CO, 1996, (800) 333-9185, [www.soundstrue.com](http://www.soundstrue.com)



# Florida

## Bicycle Touring Calendar

(VERY ABRIDGED)



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

- Aug 3 (Sun) **15th Annual Covington Century**  
Covington GA Project Adventure, Inc., P.O. Box 2447,  
Covington, GA 30015, attention Brandy Malcom.  
Brandy Malcom (770)784-9310.
- Aug 9 (Sat) **Spinning Through Time**  
Brooks GA The 4th Annual Century and Fun Ride through  
Historic Brooks, Georgia  
25, 45, 65 and 100 miles.
- Aug 22-24 **Dog Days Pedal & Paddle**  
Suwannee River State Park FL  
Suwannee Bicycle Association, PO Box 247,  
White Springs, FL 32096.
- Aug 30 (Sat) **Autumn Challenge Century Ride**  
Montgomery AL Montgomery Bicycle Club, PO Box 23116,  
Montgomery AL 66123.
- Aug 30 (Sat) **Century of the Month**  
Bonifay FL Joe Arnold, 1853 Applefield Ln, Bonifay FL 32425.  
(850)547-5196.
- Aug 30-31 **Historic Savannah Bikefest**  
Savannah GA Five (25 to 30 mile) unsupported rides Saturday  
with ride leaders. Sunday fully supported rides 25,  
36, 50 and 100 miles. 912-351-RIDE.
- Aug 30-Sep 1 (Labor Day weekend) **Tour of Sebring**  
Sebring FL Nahdi Borghol Event Director (561) 733-2294.
- Aug 30-Sep 1 (Labor Day weekend) **Birmingham Bicycle Club's 30th Annual  
Century & Double Century**  
Birmingham, AL 1, 36, 50, 100, 125, and 200 miles. BBC, PO Box  
55283, Birmingham, AL 35255.
- Sep 7 (Sun) **Endless Summer Watermelon Ride**  
Baldwin FL 25, 47, 72 and 100 miles. 904-389-2782 (9to5).  
North Florida Bicycle Club, PO Box 550963,  
Jacksonville FL 32255-0963.
- Sep 13 (Sat) **Beautiful Back Roads Century**  
Cartersville GA 12, 27, 44, 64, 105 miles. Jim Edwards, 75 Sentry  
Drive, Cartersville, GA 30120. (770)606-9438.
- Sep 20-21 **The 2nd Annual Great Coconut Grove Tour**  
Homestead FL Saturday, 75, 45 miles. Sunday, 120, 65, 35  
miles.
- Sep 20-21 **16th Annual PGA Tour MS 150 Bike Tour**  
St Augustine FL 150 miles/kilometers from the World Golf Village,  
St. Augustine to the Plaza Resort and Spa,  
Daytona Beach. 1-800-FIGHT-MS to register.
- Sep 13-14 **Georgia MS 150**  
Conyers GA National MS Society/Georgia Chapter, 12  
Perimeter Center East, Suite 1200, Atlanta GA  
30346-1398. 1-800-822-3379.
- Sep 21 (Sun) **Huntsville "All You Can Eat" Century**  
Huntsville AL 23, 50, 65, 90, 107 miles. Spring City Cycling  
Club, PO Box 2231, Huntsville AL 35804
- Sep 27 (Sat) **11th Annual Saturn Santa Fe Century**  
Gainesville FL 100, 55, 28, 18 miles.
- Sep 28 (Sun) **23rd Annual Horse Farm Hundred**  
Gainesville FL The Gainesville Cycling Club's tour through the  
picturesque horse farms of northern Marion  
county. 102, 55, 45, 30, 25 miles.
- Sep 27 (Sat) **Century of the Month**  
Bonifay FL Joe Arnold, 1853 Applefield Ln, Bonifay FL 32425.  
(850)547-5196.
- Sep 27-28 **Alabama MS 150**  
Orange Beach AL 1-800-373-8881.
- Sep 28 (Sun) **Seacoast Century**  
Melbourne FL 30, 62, 100 miles.
- Sep 28 (Sun) **Six Gap Century & 3 Gap Fifty Bike Ride**  
Dahlonega GA Dahlonega/Lumpkin County Chamber of  
Commerce, 13 South Park Street, Dahlonega, GA  
30533. 800-231-5543.
- Oct 2-5 **George L. Smith State Park Bike Fest**  
Twin City GA No entry fee.
- Oct 4 (Sat) **The CycleFest Century**  
West Palm Beach FL  
100 miles with shorter options.
- Oct 4 (Sat) **2nd Annual Big Red Apple Hills of Habersham  
Bicycle Ride**  
Cornelia GA 20, 50, 62, 100 miles. Joe Elam (706)894-2453.
- Oct 5 (Sun) **9th Annual Rails to Trails of the Withlacoochee  
Bike Ride**  
Inverness FL Rails to Trails of the Withlacoochee, P.O. Box  
807, Inverness, FL 34451. (352) 527-3262 (Al).
- Oct 5 (Sun) **Sunshine Metric Century**  
West Palm Beach FL  
62 miles.
- Oct 10-12 **Mount Dora Bicycle Festival**  
Mt Dora FL Mount Dora Chamber of Commerce, P. O. Box  
196, Mount Dora, FL 32757. (352)383-2165.
- Oct 10-12 **BRAG Georgia Bikefest**  
Newnan GA Bike Ride Across Georgia (BRAG), PO Box  
87111, Stone Mtn. GA 30087-0028.  
(770)921-6166.
- Oct 16-19 **Bike Fest 2003 - The National Rally For Cyclists**  
Madison FL The League of American Bicyclists has named  
Bike Florida's "Share the Road Rally and Summit"  
in Madison, Florida as the site for our National  
Rally. 15-100 miles. (202)822-1333.
- Oct 18 (Sat) **Century of the Month**  
Bonifay FL Joe Arnold, 1853 Applefield Ln, Bonifay FL 32425.  
(850)547-5196.
- Oct 18 (Sat) **3rd Annual B & E Tour de Ware**  
Waycross GA 100/62/50/25/15. Debra Hipps (912)338-8899.
- Oct 26 (Sun) **Intra-coastal Waterway Century**  
Cocoa Beach FL 100, 62 miles. Spacecoast Freewheelers, P.O.Box  
320622, Cocoa Beach FL 32932. (321) 784-4686.
- Oct 26 (Sun) **Lake Weir Kiwanis Tri-County Tour**  
Weirsdale FL 20, 40, 60, 100 miles.
- Oct 31 - Nov 2 **Florida Fat-Tire Festival**  
White Springs FL At Stephen Foster State Park Suwannee Bicycle  
Association, PO Box 247, White Springs, FL  
32096.
- Oct 31 - Nov 2 **Southern Tandem Rally**  
Tallahassee FL
- Nov 2 (Sun) **Sarasota-Manatee Bicycle Club's Annual Gulf  
Coast Cycle Fest**  
Sarasota FL 15, 32, 62 or 100 miles. Dick Sanks  
(941)923-4240. Sarasota-Manatee Bicycle Club,  
Box 15053, Sarasota, Florida 34277-11053.
- Nov 7-9 **Bike It & B.E.A.R. It for AIDS**  
Miami FL (954)981-2040.
- Nov 9 (Sun) **South Broward Wheelers 18th Annual Century**  
Cooper City FL 25, 62, 100 miles. South Broward Wheelers, PO  
Box 290723, Davie FL 33329.
- Nov 15 (Sat) **Century of the Month**  
Bonifay FL Joe Arnold, 1853 Applefield Ln, Bonifay FL 32425.  
(850)547-5196.
- Nov 15-16 **Alafia Fat Tire Festival**  
Brandon FL (813)689-5109.

By John Hughes

**RAAM** 2003 unveiled a new course, starting in San Diego, CA and crossing to Atlantic City, NJ. The race started on Sunday, June 15 on the waterfront. The racers faced challenging climbs in the first 100 miles, compounded by the heat of the desert. and then rode northeast through Arizona and New Mexico. Racers headed across the windy Oklahoma panhandle and then through the American heartland, passing through Kansas City, St. Louis and Indianapolis. Finally, the racers crossed the Appalachians to finish on the Boardwalk in Atlantic City, NJ.

Allen Larsen, last year's RAAM Rookie of the Year, was equal to the course, the only rider to cross in less than nine days.

Larsen, 37, from Cle Elum, WA qualified for RAAM in 2001 at the tough Race Across Oregon, where he set the course record of 34h 0m. In 2002 he finished third in RAAM to Wolfgang Fasching.

Very competitive, Larsen wanted to race this year against Fasching, the three-time RAAM winner. When Fasching didn't enter, Larsen decided to go after Pete Penseyres' 15.4 mph RAAM average speed record.

Although he was going after the record, Larsen knew that "I couldn't win the first day, but I could lose the race." He got sick in the desert the first day and made a couple of brief stops to cool down.

That night he took the lead from Marko Baloh in southwestern Arizona. Larsen rode for 45 hours without sleep. He stopped earlier for a sleep break, couldn't sleep and after wasting 45 minutes re-mounted his bike. He finally stopped near Pie Town, AZ, 700 miles into the race. After the sleep break he awoke to cooler temperatures at the higher elevation and he was ahead of some of the weather that hit other riders.

Once out of the desert, Larsen turned on the gas; for the first 1000 miles, to Tucumcari, NM, he averaged 15.85 mph.

The fourth night of the race Larsen's neck failed. His neck had also failed in RAAM '02; this year he came with a custom neck brace. Even with the brace, he knew that Penseyres' record was unreachable.

Larsen thrives on competition and this wasn't really a race. By the Mississippi River, approximately two-thirds of the way across the country, Larsen had a 10 hour lead over Rob Kish. Larsen was bored and the race seemed pointless. He said he "drove his crew crazy." To keep motivated he set a goal of finishing in less than nine days.

While Larsen rode steadily to finish in 8d 23h 36m (13.55 mph), behind him riders fought hard.



Allen Larsen

Seven hours behind Rob Kish at the Mississippi, Jure Robic caught Kish with less than 100 miles to go. Kish had ridden in second place for 1,700 miles. Robic told Danny Chew that he slept only 10 hours the entire race. The last 30 hours he slept only 30 minutes while Kish slept for 2.5 hours. Robic finished in 9d 14h 48m, 101 minutes ahead of Kish. Robic, a 38 year old professional soldier from Slovenia, was Rookie of the Year.

48 year old Rob Kish finished his 18th RAAM in 9d 16h 29m, for third place, his 12th top three finish! Kish has raced 53,000 miles in RAAM and was voted into the UltraCycling Hall of Fame last year.

Marcel Knaus had the fastest speed over the last 1,000 miles: 12.81 mph. Over 10 hours behind Kish at the Mississippi, the 33 year old police officer from Liechtenstein finished in fourth place, 9d 16h 45m, just 16 minutes behind Kish.

Terry Lansdell, 37, from Charlotte, NC hurt his right shoulder in a crash and withstood the pain, battling on for his best performance in his fourth RAAM,. Over the last third of the race, he averaged almost 12 mph, slightly faster than Kish!

He finished in 10d 3h 18m, finally earning his RAAM ring. He was the unanimous choice for the Ian Sandbach award, given to most inspirational rider.

Paul Bonds, 54, from California was the oldest solo rider. While others raced for the finish in Atlantic City, Bonds was riding for the love of his daughter, Jennifer, who was struck and killed by an automobile in 2001. Bonds was racing to raise awareness of traffic safety for our nation's children. He stopped along the route for TV and press interviews and to pay tribute at about 150 roadside crosses, denoting another traffic fatality. Bonds finished in 11d 22h 21m, including 48 hours off the bike.

Team Races Team Vail, the 2001 four-person team RAAM champs, led the 2003 team race from the start. By Springerville, AZ, 631 miles into the race, they had built a 1 hour 27 minute lead over Team Harreither and had a lead of almost 2.5 hours over Areté Racing. Then a tragic accident occurred.

Brett Malin, 30, of Vail, CO, had finished his 30-mile pull at 11:45 p.m. and was relieved by teammate Zach Bingham. The pace car continued following Bingham. Malin was to have waited for the team's second vehicle. He apparently opted to turn around on the road to ride back to the follow vehicle instead of waiting. He turned around just over a small rise and did not see an 18-wheeler approaching. The truck driver swerved, but was unable to avoid Malin, who died at the scene of the accident.

Team Vail withdrew from RAAM. Team Harreither and the other teams continued to race, but the joy of competition was gone. The Austrian Team Harreither took the lead and by half-way through the race was five hours ahead of Areté. Harreither finished in 6d 6h 13m.

Race Director Jim Pitre created the exciting new Corporate Division to encourage corporate involvement in the race. These teams have eight riders, allowing regular cyclists to compete in this tough race. In 2003 the first two corporate teams debuted, Team Insight, backed by RAAM title sponsor Insight and Ride To Remember, a group of amateur cyclists who raise funds for athletic scholarships. The corporate teams were close all the way across the country. Insight finished first in 6d 17h 32m, with Ride to Remember finished less than two hours behind.

RAAM 2003 will always be remembered for the tragic death of Brett Malin. It should also be remembered for the character that many riders demonstrated. It's the race where Paul Bonds honored his daughter's memory. Terry Lansdell showed us great courage and sportsmanship. Rob Kish, steady as ever, finished his 18th RAAM. Jure Robic, the disciplined, dedicated professional soldier raced to a second-place finish as Rookie of the Year. Allen Larsen, focused and competitive, blazed across the country, the only rider to finish in under nine days.

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**League of American Bicyclists**

# *A Plant's Parable*

by Rob Wilt

For the longest time the tiny plant resided lonesome in the wooded patch adjacent to the industrial parking lot. No one paid it heed, no one noticed it, and no one even realized it existed. The time passed for the poor little plant as eons, though in real time it was only months; a plant's time frame is different from other creatures of the Earth. The sky changed from light to dark with each passing day, the plant moved its leaves to try to face the sun, trying to compete with the larger, taller plants that surrounded it. It seemed that the tiny plant would never manage to capture more than a pauper's portion of the sunlight that fell upon its home. The wind barely caressed it, the animals of the wood passed it by; the rain fell upon it, but the leaves of other plants diverted most of the drops. The sad little plant's greedy brethren hungrily took more of the drops, which fell on the forest floor to soak in to the soil, than was a fair share. It seemed that life held out little for the demure little plant. No one cared for this orphan of the wood.

One day, on an early Saturday morning to be exact, the tiny plant was awakened to find itself being watered with a deliciously salty rain, full of minerals and nutritious elements of the Earth. Its shock was exceeded only by the glory of sudden joyous fulfillment as it bathed in this great godsend of pleasure and riches. Though the warm rain did not come every day, as a plant might foolishly hope, it did happen with some regularity, sometimes two days in a row, and soon the plant began to show itself a challenge to its neighbors. Its size and girth increased and it spread its sinews far and wide across the forest floor, eventually becoming the envy of all its neighbors. Its lush leaves burgeoned out and became at least the verdant equal of its forest co-habitators. For many years the plant came to depend on this periodic human attention, its being seemingly targeted for such treatment as no other plant in its familiarity or acquaintance. The plant never questioned or wondered for the good fortune it was privy too, for such questions are of a nature

beyond the ponderings of a plant.

Then one day an evil came over the wood, the plant's benefactors came no more. The humans who had lavished their care and concern upon the now large and handsome plant left it to its own devices. It would have to care for itself, once again competing without any advantage. Eventually it withered and died in the natural course of events, for that is the way of the creations of nature; as a thing without advantage is subject to the serendipitous caprice of Mother Nature.

Many days have passed since the little plant of the wood rose to greatness and expired in its time, but it is not forgotten. It is sometimes said that on a balmy summer evening when nothing else is happening, and the world is free of distractions, and the tiniest sounds of the Earth can be heard, a faint wind whispers very quietly among the plants of the wood. The tendrils of the wind relate the tale of the little plant that was. Every wise plant heeds the warning of the vicarious lessons that are made available by this oral tradition of the wind. And a moral arises from such a cascade of events that should not be overlooked by any plant that wants to do well and make its way in this world. A lesson so simple and elegant that even a plant may appreciate the quintessential essence and purity of its truth. And as so often happens, though the plant, in fact, had nothing to do with the synthesis of this truth; nonetheless it became the moral's fictional author. "Contemplate your existence and the course of your actions thoroughly, for you reap as you sow."

Panting and sweating, two men on a tandem bicycle finally made it to the top of a steep hill.

"That was a tough climb," said the front rider.

"Sure was," replied the second. "And if I hadn't kept the brake on, we would have slid down backward!"

## BUSINESS SPONSORS

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

Bike Route	15%	374-4550
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Chain Reaction	20%	373-4052
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Water World	5%	377-2822

Some restrictions apply, ask for details at the store.

## 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.

**ROB WILT 380-0561 (leave message) or email at Klattu2051@aol.com:**

Teac V2-RX cassette tape deck, 3-heads, In excellent condition, \$100

35 MM Flash - Compact Zoom Strobe with Thyristor Flash. Adjustable flash head for close and wide angle shots. Head changes angles for non-direct lighting shots. Active hot shoe type for 35mm. With carrying bag. \$20

Airwalk Chaos casual shoes. Black, dark gray and light gray. Virtually new. Worn a couple of times, were a bit too small. Very clean. Would fit a 9D well. \$20

Books on tape, many titles, murder mysteries, historical, comedy. In excellent condition with original packaging. Most used only once. For a list of titles and prices email me and I will forward you the complete listing of available tapes.

GCC embroidered polo shirts: Quality Queensboro shirts (www.queensboro.com), featured logo is the sweaty pony on a penny farthing bike. One each:  
Hunter green shirt with gold embroidery  
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Yellow with black embroidery  
Red with gold embroidery  
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All shirts Men's size Large  
\$22.50 each



GCC Club jersey: Mens's size Large. From the third issue of the club jersey. Clean and in excellent condition. This design will not be available again for at least a year. \$35

Entertainment Center for TV and Hi-Fi. Library Oak stain with solid Oak facing. Clear glass doors on both the stereo/video shelving and accessories areas TV slot inside space is 26 1/4 " wide by 25 " high Overall dimensions 19 " deep x 49 " wide x 47 3/4 " high 12 large non-visible glides added to base Solidly built, attractive, excellent condition. Original manual. \$140, similar new units sell for \$300.

**Call Chuck, 352-475-1014, 352-214-3085, or email at cbroward@ufl.edu:**

For Sale. VISION R-40, red, with Cateye, rack-on-the-back. Probably less than a thousand miles on it. Purchased from Primo in 2000. \$650, or a trade for a good mountain bike with some suspension and cash.

Free: Old Schwinn green tandem. Has 27 inch wheels and new tires.

Free: Small Giant mixte framed road bike--20 inch wheels. Could be built into a great childs road bike.

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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.

### OCTOBER DEADLINES

Ad copy needing setup work Sep 9  
Articles and classifieds Sep 11  
Ads in GIF or TIFF format Sep 15

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**AUGUST 2003 ISSUE** Mailing label with expiration date identifies current member.

**2003 Gainesville Cycling Festival - 27-28 Sep - Santa Fe Century - Horse Farm Hundred**

*Cycling Shorts*



 Welcome new members Roy Ashkenaz, Andy Baker, Dawn Carlson, Erik Carlson, Rafael Cott, Isabel Devlin, Jacqueline and Sean Devlin, Ben Fein, Carley Hauck, Sandra Pratt, Lee and Tony Ross, Eric Schmelz, Jerry Speckman, and Ben Tomblin of Gainesville, Alan Levin of Punta Gorda, Charles Strachan of Ocala, and Kelly Thomas of Interlachen.

 Last month new members Bob and Susan Graver live in High Springs (we reported otherwise last month).

 With the possible exception of persons joining or renewing since mid-July, we are caught up with issuing membership cards.

 Membership services will be limited until mid-August. We will attempt to keep up with requests to get on GCCMail, but mail will not be processed.



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