

Club Happenings

August 11 (Wed) Jersey Order Deadline

Get a \$100 retail GCC Jersey for \$30 plus tax. Order on the club web site or use the form on page 4.

September 5 (Sun) 7th 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 around 19 mph). If you anticipate problems maintaining Gliders pace, print out a Santa Fe Century map from the web site.

September 6 (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 Church's Fried Chicken 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 15th Street in southeast Gainesville.

September 11 (Sat) Horse Farm Hundred Volunteer Party, 5 pm

Meet at George & Lee Edwards', 6706 NW 18th Ave (from Newberry Road, turn north onto 69th Terrace at the Red Lobster, then right onto 18th 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.

September 26 (Sun) Adopt-A-Road Cleanup

Meet at 4 pm to get organized for a 4:15 pm sharp deployment. Park on CR 234 just east of Micanopy near our sign. Please don't be late; it's hard to get you supplied and assigned after we have started. We need about 14 people for an optimal crew. Please RSVP to diann@piercepapes.com or call Diann at 378-7063. The club will help pay for dinner after the cleanup.

Gainesville Cycling Festival Entry Certificates

Will be mailed to you in early September. Please wait for yours before entering the Festival. The Certificate has your GCC discount, and allows you to order special T-shirts not available to non-members. It also has a place to volunteer! See page 5.



GainesvilleCycling Club Inc.
Board of Directors

President

George Edwards 333-3184
gedwards@atlantic.net

Vice President

Rob Wilt 380-0561
nullview@yahoo.com

Membership Secretary

Newsletter Editor, Webmaster, List Manager
Roger Pierce 378-7063
roger@gccfla.org

Treasurer

Lee Edwards 333-3184
ledwards@gru.net

Lantern Rouge

Chandler Otis 377-1728
Chanbike@aol.com

Recording Secretary

Bob Newman 378-8229
bobnewman@att.net

Adopt-A-Road Director

Diann Dimitri 378-7063
diann@piercepapes.com

Off Road Director

Leslie Folkerth 367-3856
lesliefolkerth@hotmail.com

Ride Leader Coordinator

George Hecht 374-0647
hecht801@yahoo.com

Regional Brevet Administrator

Jim Wilson 373-0023
wilson@afn.org

Member At Large

Bud Jones 335-3857
jonesbud@bellsouth.net

Non-elected Support Persons

University of Florida Liaison

Ben Fein
jocko@ufl.edu

Jersey Coordinator

Greg Grooms 367-3143
ggrooms@davismonk.com

Membership Card Lamination

Diann Dimitri 378-7063
diann@piercepapes.com

GCC Web Page

gainesvillecyclingclub.org

gainesvilleecc.org

gccfla.org

President's Letter



Dear Friends:

Looking back through the files of *The Gainesville Cyclist* it seems that the last time we were discussing cycling safely was a couple of years ago. At that time I trotted out my three old stand-bys for vehicular safety: Courtesy, Common Sense, and Yield the Right-of-Way (which follows from the first two). These apply equally to bikes, cars, trucks, airplanes, sailboats, golf-carts, etc. Lately we have had some emails which suggest that we need to revisit these ideas.

Partly this is because a State Law Enforcement Officer (Department of Environmental Protection - Division of Law Enforcement) recently pointed out to one of our members that cyclists have to stop for stop signs, and that they have to carry some sort of ID when riding.

Just to put this in perspective, we should all stop (pun intended) to think how we arrived at our present legal access to the roadways: Some very dedicated and hard-working cyclists fought hard to get us full and equal use of the roads, earning us the same rights as motor vehicles, and we should be grateful to those cycling advocates. We should also understand that with the equal access comes a requirement for equal responsibility. Share The Road for sure, but share the responsibility, as well.

Bicycles are vehicles under Florida Statute 316.003(2), and bicycle riders are drivers. Because we are vehicles, we have to obey the laws that apply to vehicles. The same laws apply to us as are to motor vehicles, plus there are some special rules for bicycles, including riding to the right and not riding two abreast if you impede other traffic. We are expected to know these laws if we use the road. One such law requires vehicles to stop for stop signs.

If you don't understand the laws as they apply to bicycles, contact the Florida Bicycle Association at www.floridabicycle.org and ask for a copy of FLORIDA BICYCLE LAW ENFORCEMENT GUIDE. It's both free and helpful in understanding your privileges and responsibilities. As a point of interest, the Police responsible for the Gainesville-Hawthorne Trail (and the Nature Coast Trail) specifically asked me for copies of this booklet so that each Officer could have one for reference.

By the way, someone questioned the status and authority of the DEP Law Enforcement Officers. Be assured these guys are serious cops, highly trained and experienced, with essentially the same status as State Troopers. They are dedicated to your safety and security on the Trail. Some of them are cyclists themselves, and they have their own bicycle patrol unit, which we sometimes (rarely) see on the Trail.

If you run across a DEP State Officer, perhaps parked inconspicuously near 234 and the GHT, make it a point of go over and strike up a friendly conversation. Thank them for keeping an eye on the Trail. You will find that they are positive, friendly, helpful, and will respond well to you if you approach them in a friendly way. Never forget that these guys are on our side.

While we are not required to have licenses to operate bicycles, it seems we can be required to offer proof of identity to any law officer who asks for it (that was recently upheld by the US Supreme Court, if I understand correctly), so riding without some identification may be a violation of the Statutes, and it certainly isn't common sense. I think FBA offers inexpensive dog-tags which will serve as ID so they will know what to write on that tag they tie on your toe at the morgue when you get squashed while running the stop sign at SR 234 and the Trail.

Under common sense I would also include being prepared for emergencies when miles from home or your car: This certainly would include a working cell phone, a few bucks for a taxi if you are where there are such things, or whatever (wouldn't \$20 tucked in your shoe be common sense?), and perhaps some dog spray. Camping outfitters carry a product called OC-10, which is mostly pepper juice and is said to stop big mean dogs cold. A dog-sized can weighs 3 ounces, and is pretty expensive but worth the protection.

Common sense probably extends to not riding solo on lonely stretches of highway or trail, miles away from town. There really is safety in numbers, even if it only involves help in case of major mechanical failure: A buddy can help in many ways.

Riding with a partner or two sounds like very good common sense.

I have said it before and I'll say it again: You are a nice bunch of folks, so please take care of yourselves so I can continue to enjoy your company.

Ride safely,

George H. Edwards



Club Jersey

We are doing a second order of the new club jersey. With the help of the sponsors listed below, we are able to offer this \$100 retail jersey to you for \$30 plus tax. Complete an order form on our web page (the easy way, it does the math) or fill out the one on the back of this page.

We expect delivery of the jerseys in late September.

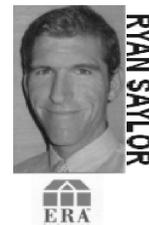
IMPORTANT

Ordering Deadlines:

Out of Town Mail: In the box by Saturday, August 7

In Town Mail: In the box by Monday, August 9

Hand Deliver: By August 11



GCC Club Jersey Order Form

If you don't like to do math, use the form on the club web site (<http://gccfla.org/>).

DEADLINES: *Sales Tax Holiday:* We must have it by August 1
 Out of Town Mail: In the box by Saturday, August 7
 In Town Mail: In the box by Monday, August 9
 Hand Deliver: By August 11

You have a few options when you select your jersey.

FIT: Select a race (R), club (C), or women's (W) fit. The race and women's fit are more form fitting; the club is best for "normal" people.

SIZE: Select XS, S, M, L, XL, 2X, or 3X. 2X and 3X not available in women's fit. The Bike Route has a few jerseys that you can try on to get an idea of what the sizing is.

ZIPPER: The standard zipper is a 20 inch hidden zipper (H). For an additional \$2, you can order a full-length separating zipper (F).

SLEEVE: With (Y) or without (N) a sleeve.

PRICES: \$30 Jersey with hidden zipper
 \$32 Jersey with fully separating zipper
 \$46 Unisex (U) or women's (W) shorts
 \$50 Bib shorts (B)

Club Member Name:						
	Fit (R, C, W)	Size (XS - 3X)	Zipper (H, F)	Sleeve (Y, N)	Quantity	Cost
Jersey						
Jersey						
Jersey						
	Fit (U, W, B)	Size (XS - 3X)			Quantity	Cost
Shorts						
Shorts						
Ship to address of record with club (optional), add \$6:						
Subtotal:						
Sales tax (6%):						
Total Enclosed (make checks payable to: Gainesville Cycling Club):						

Mail the form to: Gainesville Cycling Club, 5015 NW 19th Place, Gainesville FL 32605-3435.

Due to the nature of our pricing structure, we may need to limit the number of jerseys sold. First come, first served. The jersey process is managed by Greg Grooms. The jersey design is by Buster O'Connor of eye4 inc. (<http://www.eye4.com/>)

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.

How to Sign Up

You will receive an Entry Certificate in September that has entries on it for volunteers to fill in. CALL Roger Pierce *after September 3* (378-7063) to get a volunteer slot BEFORE sending in the Certificate to volunteer. The Certificate reserves your volunteer T-shirt. 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 the Labor Day Picnic, our gala Volunteer Party to be held on September 11th (see front page for details), or call Roger Pierce. Calls prior to September 3 to Roger Pierce will be LONG DISTANCE!

Leadership Positions

We are looking for a few persons to help in event preplanning and management. We need to fill these positions so that we can spread the workload and not overburden just a few of us. Call Roger Pierce before August 16 if you can do one of these jobs.

Course Marshal for the Horse Farm Hundred.

Assigns SAG drivers to various shifts during the event, and ensures that the course is signed and

ready to ride.

Aid Director for the Horse Farm Hundred. Organizes the activities of the rest stop workers and makes sure that supplies and equipment are where they are needed.



Day of Ride Jobs

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, and during the Santa Fe Century at the end of Millhopper Road, in Watermelon Park, Worthington Springs, and DeSoto Park in Hague.

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.

Ride Report

This summer we have seen large turnouts for A Rides and Glider rides, especially on Saturdays. Some Pedaler/LoBee/Killer Bee combo rides have had good turnouts as well.

There are a lot of rides out there to choose from if you keep your eye on your GCCMail.

Nine Hills Ride

Here is an evening ride, near McIntosh, that will give you maximum hill training in a short time and distance. It includes Dungarvin Road and NW 210 Ave.(also known as Avenue A), arguably the two hilliest roads in our area. And it includes a very long grade south of McIntosh on 441.

A total ride of only 12 miles, its also close to one of the favorite Strays/Pedalers post-ride eating places, Rocky's Villa. Reward yourself after the torture/training with a nice dinner.

If you haven't figured out how to post a ride on GCCMail, just send email to gcc-fla@topica.com (you must be a list member to post). If you are not receiving GCCMail, go to the club website (<http://gccfla.org/>), point to Members Area, and click on Listserv. Enter your email address in the box. If the club doesn't know your email address, you'll also need to send email letting us know that it is you asking to join the list.

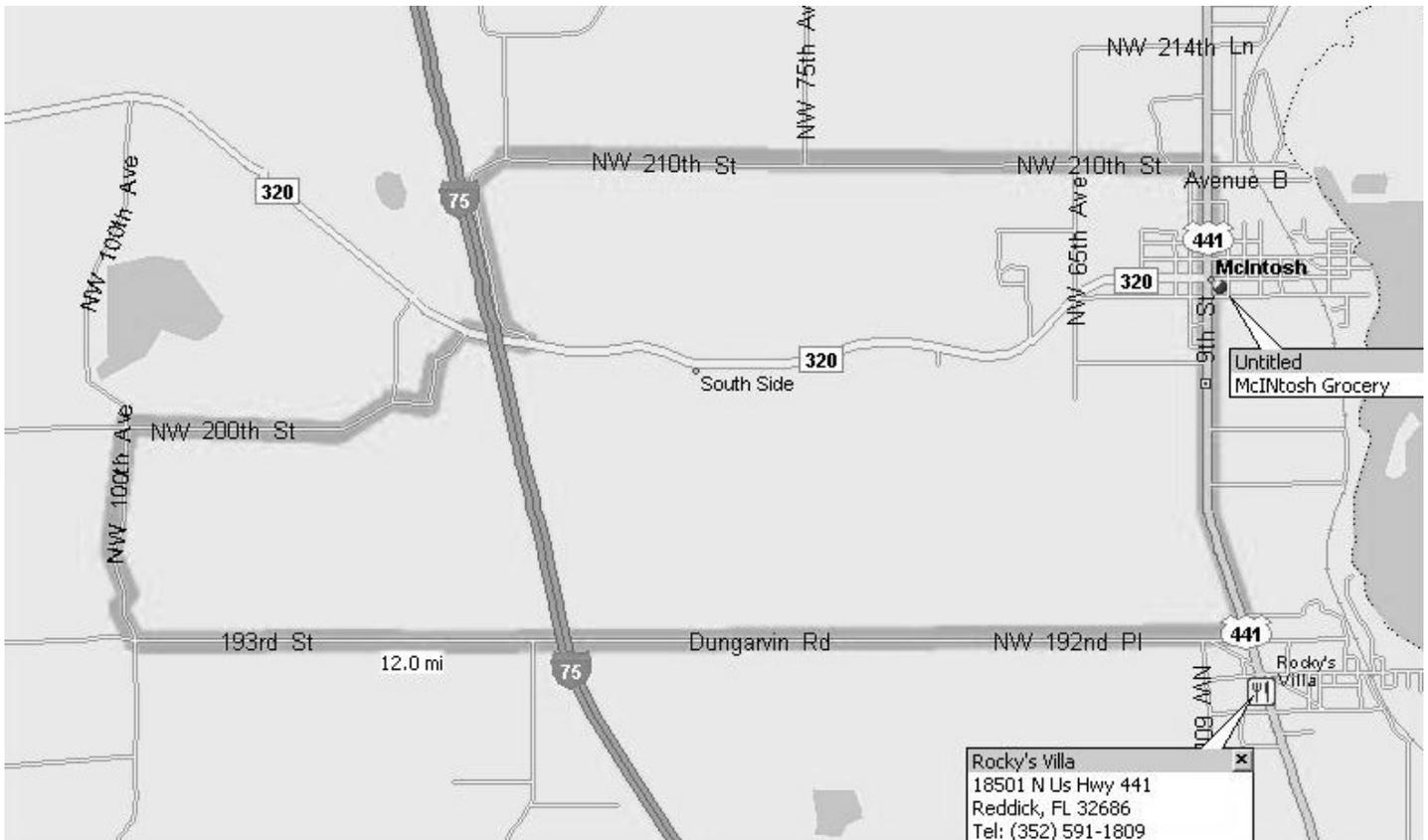
There are a number of places to park to start the ride, but McIntosh Grocery and Rocky's Villa are two good suggestions.

Ride it clockwise once, then counterclockwise. Decide for yourself which way gives you the training that seems most beneficial (read 'painful'). I think its most difficult in the clockwise, but you be the judge.

A ride meant for those who must atone for the sins of biking abstinence by doing a little extra suffering. Ride it with a mind to breaking the time you did on your previous run! Cruel.

Have fun.

Rob Wilt, VP GCC





Florida

Bicycle Touring Calendar

(VERY ABRIDGED)



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

- August 6 (Fri) **Summer Sun Century**
Athens AL 256-233-9355.
- August 7 (Sat) **Brevet Series: 200 km**
Satellite Beach FL 124 miles. Peter Noris (321)779-8601.
- August 7 (Sat) **Chattooga Century 2004**
Summerville GA 15, 30, 62, 100 and 125 miles.
- August 7 (Sat) **Gear Up For Acworth Metric Century**
Acworth GA 100K, 50K, and 25K ride options. 770-479-7433.
- August 14 (Sat) **Spinning Through Time Fun Ride**
Brooks GA 25, 45, 65 and 100 miles.
- August 14-15 **Dog Days Open House**
Suwannee River State Park, FL Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096.
- August 21 (Sat) **Century of the Month Ride Series**
Bonifay FL 40, 60, 100, 200 miles. Joe Arnold (850)547-5196.
- August 21 (Sat) **Franklin County Watermelon Ride**
Russellville AL 32, 62 Miles. 256-332-3892.
- August 21 (Sat) **North Harbor Hot Hundred**
Tuscaloosa AL 103, 63, 46, 34, or 23 miles.
- August 22 (Sun) **Pine Mountain Challenge Century**
Columbus GA Email: Svann@columbusga.org
- August 28 (Sat) **Johnny Ray Century**
Opelika AL 100, 62, 20 miles.
- September 4 (Sat) **Brevet Series: 300 km**
Satellite Beach FL 186 miles. Peter Noris (321)779-8601.
- September 4 (Sat) **Assault on Mt. Sugarloaf Tour**
Winter Garden FL 35 and 55 miles.(407)629-2453.
- September 4 (Sat) **Jim Glassner Memorial Autumn Challenge**
Montgomery AL MBC, PO Box 23116, Montgomery AL 66123.
- September 4-6 **Tour of Sebring**
Sebring FL Historic Kenilworth Lodge.
- September 4-5 **Savannah Cardiology Historic Savannah Bikefest**
Savannah GA Sunday: 25, 36, 50 and 100 miles. 912-351-RIDE.
- September 5 (Sun) **Tour De Reddick**
Reddick FL 28/50 mile road ride.
- September 6 (Mon) **Share the Road Century**
north Atlanta GA
- September 11 (Sat) **3rd Annual Patriots Memorial Bike Ride**
St Johns County FL 91.1 km ride. Cody's Challenge Cycling Team, 17 Sea Bass Lane, Ponte Vedra Beach, Florida 32082.
- September 11 (Sat) **BBC's 31st Annual Century & Double Century**
Birmingham, AL 36, 50, 100, 125, and 200 miles. BBC, PO Box 55283, Birmingham, AL 35255.
- September 11 (Sat) **Everyone Rides Charity Fun Ride**
Estero FL 12 hour charity fun ride.
- September 11 (Sat) **Tri States 100**
Dothan AL 100/62/25. Joe Varner at (334)596-0760.
- September 11-12 **Georgia MS 150**
Conyers GA GA National MS Society, 455 Abernathy Road, Suite 210, Atlanta, GA 30022. 1-800-822-3379.
- September 12 (Sun) **Endless Summer Watermelon Ride**
Baldwin FL 25, 47, 72 and 100 miles. 904-389-2782 (9 to 5). NFBC, POB 550963, Jacksonville FL 32255-0963
- September 18 (Sat) **Century of the Month Ride Series**
Bonifay FL 40, 60, 100, 200 miles. Joe Arnold (850)547-5196.
- September 18 (Sat) **Beautiful Back Roads Century**
Cartersville GA 12, 27, 44, 64, 105 miles. Jim Edwards, 75 Sentry Drive, Cartersville, GA 30120. 770-606-9438.
- September 18 **Nut Roll**
Albany GA 30, 46, 62, 102 miles. Tom Clure, 229-432-1743.
- September 18 **1st Annual Good Shepherd Clinic Bike Ride**
Morrow GA 8:30 am. Good Shepherd Clinic, 6392 Murphy Drive.
- September 18 (Sun) **Huntsville "All You Can Eat" Century**
Huntsville AL 23, 50, 65, 90 or 107 miles. Spring City Cycling Club, PO Box 2231, Huntsville AL 35804
- September 18-19 **18th Annual PGA Tour MS 150 Bike Tour**
St Augustine FL 150 miles/kilometers from the World Golf Village to Daytona Beach. 1-800-FIGHT-MS.
- September 25-26 **Great Coconut Grove Tour**
Homestead FL Sat 100/45 mi, Sun 100/65/35 mi, 407-831-5142
- September 25-26 **Alabama MS 150**
Orange Beach AL (205) 879-8881 1-800-373-8881.
- September 26 (Sun) **Six Gap Century and Three Gap Fifty Bike Ride**
Dahlonega GA Dahlonega/Lumpkin County CoC, 13 South Park Street, Dahlonega, GA 30533., 800-231-5543
- October 1-3 (Sat) **CycleFest 2004**
West Palm Beach FL Combined with Florida Bicycle Association Share The Road Rally. Up to century. 561-802-4353.
- October 2 (Sat) **Big Red Apple Hills of Habersham Bicycle Ride**
Cornelia GA 20, 50, 62, 100 miles. Joe Elam 706-894-2453.
- October 2 (Sat) **Tour de Pike Fall Century Ride**
Concord GA 62, 100 miles. (770)233-0340.
- October 2-3 **Oliver Hardy Days Bicycle Tour**
Harlem GA 10, 20, 45, 65, 100 miles. 706 836-8821.
- October 3 (Sun) **Rails to Trails of the Withlacoochee Bike Ride**
Inverness FL 46-mile paved trail. Rails to Trails of the Withlacoochee, P.O. Box 807, Inverness, FL 34451 (352) 527-3263 (Al or Linda).
- October 8-10 **Mount Dora Bicycle Festival**
Mt Dora FL 30th year. Tent and RV camping is very limited. Mount Dora Chamber of Commerce, P. O. Box 196, Mount Dora, FL 32757. (352)383-2165.
- October 8-10 **BRAG Georgia Bikefest**
Newnan GA BRAG, PO Box 87111, Stone Mtn. GA 30087-0028. (770)921-6166.
- October 9 (Sat) **Burwell Bike Tour**
Carrollton GA 5, 16, 30, 50, 62, and 100 miles. Scott Eason, 444 Davenport Mill Road, Carrollton GA 30117, 770-499-1641 day or 770-258-5788 night. .
- October 17 (Sun) **Jokers Century Bike Ride**
Marietta GA Kennesaw Mountain Shrine Club 770-926-5838
- October 23 (Sat) **12th Annual Saturn Santa Fe Century**
Gainesville FL 100, 55, 27, 18 miles.
- October 23 (Sat) **Century of the Month Ride Series**
Bonifay FL 40, 60, 100, 200 miles. Joe Arnold (850)547-5196.
- October 23 (Sat) **Mountain Moonshine Festival Bicycle Tour**
Dawsonville GA
- October 24 (Sun) **24th Annual Horse Farm Hundred**
Gainesville FL 102, 55, 45, 30, and 25 miles.
- October 24 (Sun) **O'Town Bike Ride Und Rundfahrt**
Orlando FL 407-629-2453
- October 31 (Sun) **Intracoastal Waterway Century**
Cocoa Beach FL 100, 62 miles. Spacecoast Freewheelers, P.O.Box 320622, Cocoa Beach FL 32932. (321)868-5106.
- October 31 (Sun) **Speedway Century**
Homestead FL 25, 62 & 100 miles. Steve Klare 305-725-3205
- October 31 (Sat) **2nd Annual FUNdrace**
Port Charlotte FL 62/31/9 miles. Connie Thrasher 941-627-4313.

2004 Race Across America

By Danny Chew

The 2004 Insight Race Across America had one of the largest starting fields ever: 93 riders. On Sunday morning, June 20, 19 solo men left San Diego, pedaling toward Atlantic City, 2,958 miles and 14 states away. The next afternoon the 2-person, 4-person and 8-person corporate relay teams started turning the cranks.

Only eight solo riders finished. My vote for the most inspiring rider of 2004 goes to last place solo finisher Randy Van Zee. Van Zee, 52, of Sheldon, IA finished on Friday, July 2, at 2:40 a.m. with a time of 11 days 16 hours 26 minutes. Riders have to finish in less than 12 days and 2 hours to be official, i.e., by noon, Friday, July 2. Randy had over nine hours to spare.

He had the classic solo RAAM finish – exhausted with failed neck muscles and terribly swollen feet and ankles; he had to be helped off his bicycle by crewmembers. Having an all rookie crew with just two minivans, he slept on cement at times. Waking up at 4 a.m. to ride before work every day in training finally paid off, though he said, “I never trained enough for RAAM.”



Randy Van Zee

When his neck gave out on him in New Mexico, he had to start wearing an Allen Larsen-inspired neck brace. His friends made it after they watched Larsen’s RAAM videotape. Two ladies he works with brought him this device and adjusted it on him.

He crashed near Troy, OH, injured his groin and cracked his pelvis. Although he couldn’t walk, he could still ride!

Randy’s daughter Rachel lives in Germany and flew to Atlantic City to see her father finish. Her husband Chris (serving the USA in Iraq) learned by e-mail of Randy’s finish. Standing very proudly on the Boardwalk at the

finish, Randy said, “If you can do RAAM, you can do anything.”

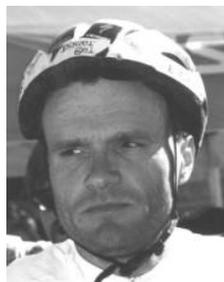
So how can a 52-year old, full time worker and grandfather finish RAAM while other much younger men training full time have to drop out? The difference has to be in attitude. Van Zee had an iron-willed desire to make it to the finish line regardless of whatever obstacles were thrown into his way. When his neck muscles gave out in New Mexico, he could have thrown in the towel. When his feet and ankles became painfully swollen, he could have checked into some hospital and had a doctor tell him things will only get worse if he keeps riding, but he didn’t.

I hereby create a new award called Chew’s Most Tired Award given to the solo rider who finishes looking the most exhausted/beaten-up thus embodying the true spirit of RAAM. Few people got to see Randy finish in the wee hours of the morning (many officials, media people, riders, and crew had already left for home), but those who did will forever remember Van Zee’s courageous/heroic finish. His neck muscles will heal and the swelling of his feet and ankles will go down, but his finish will never be forgotten. Randy became the 169th person (including unofficial finishers) to finish solo RAAM – a number far less than those people who have climbed to the top of Mt. Everest.



Solo winner Jure Robic

2003 Rook of the Year and second place Slovenian Jure Robic won the solo race in 8 days 9 hours 51 minutes. Robic led at 53 of the 54 time stations. In addition to riding thousands of kilometers, for mental training prior to the race,



Chew, a two-time RAAM winner ('96 and '99) and eight time RAAM finisher is a keen observer of RAAM and Contributing Editor of UltraCycling magazine.

Complete story and results at www.ultracycling.com/results/raam2004.html. Copyright 2004 UltraMarathon Cycling Association, Inc.

once a month he stayed awake for 48 hours.

Over 11 hours later, ultra runner and rookie RAAM racer Mike Trevino finished second and won Rookie-of-the-Year honors. Three-time winner Wolfgang Fasching was a gracious loser accepting third place over five hours behind Trevino.

Two of the four 50+ solo riders finished (50%) and only six of the 15 under 50 riders finished, (40%) demonstrating that RAAM is more mental than physical.

With eight different categories, Team RAAM has grown from the very first 4-person HPV team in 1989 to making up the majority of RAAM entries with 18 teams this year.

Team Action Sports won the 4-man relay division in 5d 8h 17m beating Vail – Go Fast by over two hours. Action Sports just barely (by seven minutes) established a new average speed record of 23.06 mph. They won \$25,000 made up of first place prize money and the bonus for breaking the record.

The Grand PAC Masters finished in 7:16:31 to establish a new 70+ four person team average speed record of 16.03 mph, crushing the old record of 14.4 mph. Of the three category records broken this year, this one cut off the most time: over 17 hours.

The winning 4-person women's team Vail B2B battled against the only 4-person mixed team Just Sweat – No Tears for the last two days. Just Sweat – No Tears was the first to Atlantic City, finishing in 6:22:54. The Vail B2B Divas finished less than 30 minutes later!

In 8-person Corporate Challenge, Ride to Remember – Kaiser Permanente led Team Rim to Rim and Team Insight the entire race, but the battle for second place was hard fought. Somewhere in the middle of the first night, Insight passed Rim to Rim to move into second place before Blythe, CA. On the second day in Arizona, Rim to Rim passed Insight and led through the next four time stations. On the second night in eastern Arizona, Insight passed Rim to Rim again and never saw them again until Atlantic City. Ride to Remember beat Insight by over two hours, and Insight beat Rim to Rim by just 22 minutes.

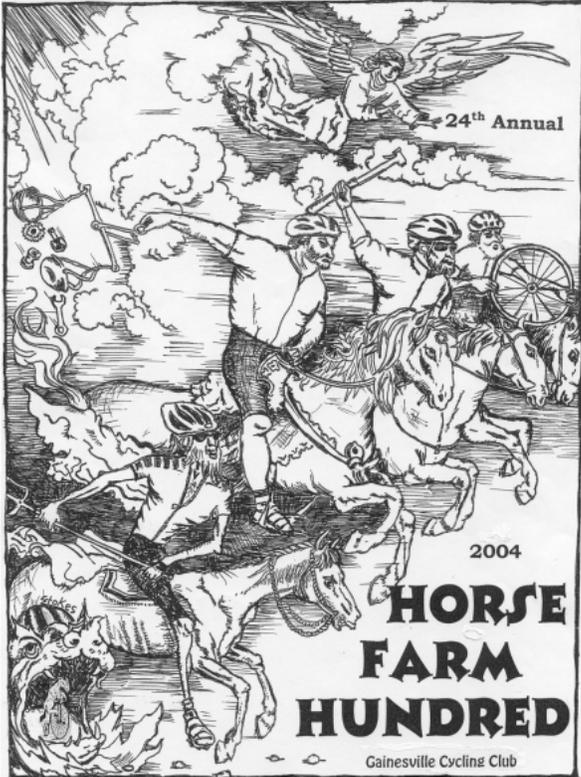
In the 2-person team race, Coast to Coast Against Cancer outclassed the other two 2-man teams, and also beat five 4-person teams. They rode away from their competition breaking the old two-man average speed record by more than a full mile per hour. Similar to the 8-person race, the exciting race was for second place. Although Team TBW from Brazil started out fast (were ahead of seven teams early in the race), they faded to next to last place by Kansas. By the Mississippi River Team New England had passed them and built up nearly a two-hour lead. TBW fought back and passed New England for good in the West Virginia Mountains, arriving in Atlantic City just 90 minutes ahead of New England.

In the 2-person mixed race, VeloWear/Co-Motion (George Thomas and his fiancé Terri Gooch who both promote the Race Across Oregon) pulled away from No Limits at the start and increased their lead to over 17 hours by Atlantic City, also beating a 4-person women's team and two 2-men teams. VeloWear/Co-Motion became the first two-person mixed team to finish RAAM.

I had hoped for exciting, close races in most divisions, but except for the 4-men teams, I had to look farther back in the field to find them. What started out as a two man Robic/Trevino duel in the solo race turned into one of the most spread apart finishes with the majority of starters dropping out despite one of the best weather RAAMs in history. Three average speed records were set, and for the first time, 2-person mixed teams finished. Team finishes far outnumbered soloists. While the solo women's race had no entrants this year, and hasn't had a finisher since Cassie Lowe in 2001, a record 14 women raced on teams this year. With 18 teams representing eight categories, perhaps this was the year that team RAAM surpassed solo RAAM. It is always nice to see how much respect and admiration team RAAMers have for soloists. George Thomas who has now finished six RAAMs in four different (4-men team, solo, tandem, and 2-person mixed team) categories, still considers his 1995 solo finish his crowning accomplishment.

T-Shirt Horse Race!

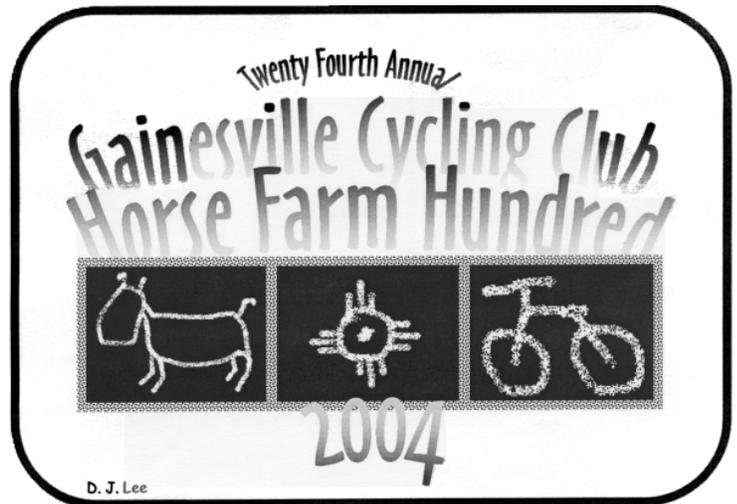
Most years we are lucky to get one usable entry for the Horse Farm Hundred T-shirt contest. This year we got THREE! All were good, and drew votes from members of the Board. Congratulations to Jeff Dofing. And thanks to John Stokes (last year's winner), and Donna Lee for their submissions.



John Stokes entry



Jeff Dofing's winning entry



Donna Lee entry

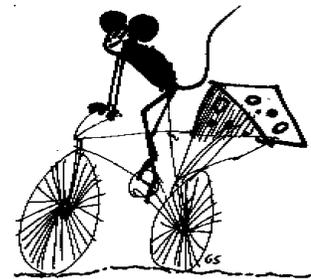
PJ's Cafe & Catering
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-ADVENTURE CYCLING

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
Bikes & More	10%	373-6574
Chain Reaction	20%	373-4052
Gator Cycle	10%	373-3962
Mr Goodbike	10%	
Ominski Massage	\$10 off	
Recycled Bicycles	10%	372-4890
Spin Cycle	22%	373-3355
Streit's Schwinn Cyclery	10%	377-2453
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.

I'm looking for a 58-60cm Road frame with fork, pretty racey. For Sale: Serotta Track Bike 58cm with full SSP & extras. Near mint. \$750. Ed Joy 337-1039.

FOR SALE: Shamano R150 men's road shoes w/carbon sole, size 44 (9.5-10), \$80.00. Shoes are in like new condition and cost \$170.00. Call Fred Ross (352)332-9577, email bross21@cox.net.

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

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.

Panasonic KX-P1123, 24 pin dot matrix printer. In good shape, with stand, manual, and extra ribbons. \$25

Brand New GCC polo shirts: Quality Queensboro shirts (www.queensboro.com), featured logo is the sweaty pony on a penny farthing bike. One each: Yellow with green text and red horse, Yellow with black embroidery, White with gold text and red horse. All shirts Men's size Large \$20 each.

Wanted - skilled bike frame welder to fix broken Proflex 353 CrMo shock swing arm. If you know someone who can do this work, please call and let me know.

Lex has already deferred the job, and Jim Sanders no longer does welding, so its not necessary to tell me about them. And K2 (who bought Proflex) does not have replacement parts, I've already checked.

Thanks. Call 352-380-0561 Rob Wilt

The Gainesville Cyclist

5015 NW 19th Place
Gainesville FL 32605-3435

EDITOR

Roger Pierce 378-7063
roger@gccfla.org

ADVERTISING MANAGER

Bob Newman 378-8229
bobnewman@att.net

AD GRAPHICS

Craig Lee 475-1825
craig@craigdidit.com

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.

OCTOBER DEADLINES

Ad copy needing setup work Sep 13

Articles and classifieds Sep 20

Ads in GIF or TIFF format Sep 23

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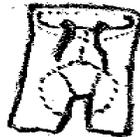
ADDRESS SERVICE REQUESTED



AUGUST 2004 ISSUE Mailing label with expiration date identifies current member.

2004 Gainesville Cycling Festival - 23-24 Oct - Santa Fe Century - Horse Farm Hundred

Cycling Shorts



🚲 Welcome new members Jeff Bell, Adam Clark, Tim, Ming, and Rebecca Dalrymple, Debra Davis, David Decker, Barbara Grooms, Thomas E. Idoyaga, Donna Lee, E. Jane Luzar, John Martin, Paul Messal, Evelyn Obando, Bill Rodenfels, Arthur Saarinen, Ellen Sayers, Haley, Luke, and Olivia Thompson, Shana Webb, Tommy Weber, Gregory Wilson of Gainesville, Deborah DeLoach of Micanopy, Kathleen, Richard, Tara, and William Hoffman of Orange Park, and William Furrey of Lilburn, Georgia.

🚲 The 2005 Gainesville Cycling Festival will be held October 1-2, 2005.

🚲 The SBL (Southern Bicycle League) is organizing a mountain ride weekend over the Labor Day Weekend in Brevard, NC. Road rides on the Blue Ridge Parkway and surrounding valleys. Mountain rides in the Pisgah Forest. Camping or cabin lodging and food. Registered riders only- no walk-ins! Application in July and August Freewheelin Magazine and online info at www.bikesbl.org.

🚲 **NEARBY CENTURY!** On Sunday, September 12, just an hour north of Gainesville in Baldwin, the North Florida Bicycle Club puts on the Endless Summer Watermelon Ride. Distances offered are 25, 47, 72, and 105 miles. There should be an entry form on their web site soon (<http://www.nfbc.us/>).