

The Gainesville Cyclist

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

February 2005

Club Happenings

February 26 (Sat) 300 Kilometer Brevet

See our web site for details.

March 6 (Sun) GCC Annual Meeting and Gala Brunch

Noon at the Hilton. Reservations and prepayment required! (Those wishing to only attend the meeting and not participate in the brunch do not need to send in reservations.) See full details on page 5.

March 19 (Sat) 400 Kilometer Brevet

See our web site for details.

March 26 (Sat) Fleche Brevet

See our web site for details.

April 9 (Sat) 600 Kilometer Brevet

See our web site for details.

April TBD Spring Picnic

We're still trying to find a weekend to squeeze this one in this year. See the next newsletter for details.



League of American Bicyclists

May 30 (Mon) Memorial Day Picnic

We need to find a new location for this picnic, as Ichetucknee has become too crowded to get into first thing in the morning. A possibility is O'Leno. Let us know if you have any suggestions.



**GainesvilleCycling Club Inc.
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*GCC Web Page
gainesvillecyclingclub.org
gainesvillecc.org
gccfla.org*



Pedaler's at favorite local destination Rob Wilt photo



President Edwards ready to roll Craig Lee photo

President's Letter

Dear Friends:

The following slate of Officers and Directors were elected for 2005:

Rob Wilt - Vice President
Lee Edwards - Treasurer
Bob Newman - Recording Secretary
Roger Pierce - Membership Secretary
Diann Dimitri - Adopt-A-Road Director
Leslie Folkerth - Off-Road Director
Jim Wilson - Regional Brevet Administrator
Chandler Otis - Lantern Rouge
George Edwards - President.

It's a concern to all of us that there were no new nominations. Any board needs new faces and new ideas from time to time, and we had no one step forward to say "I want to serve on the GCC Board". The job is not hard, mostly consisting of coming to the Board meetings, and being willing to serve dinner to the Board about once a year. And even that doesn't have to be hard - some Directors order out such things as pizza or fried chicken, and that's fine. The Club provides \$50 for each meeting, which covers most of the meal. And if you live in an apartment that you think is too small for a dinner for 11 or 12 people, we can offer other houses where you can be the host.

If you are interested in serving on the Board, please call me at 333-3184 to talk about it. Right now we have a real need for a Ride Leader Coordinator and for an Equipment Coordinator. The Equipment person is a new position, and would ride herd on all our gear, mostly for events and picnics. We have a storage locker for all this stuff, but we need a single point of contact for getting it all back in storage after events and making sure we have enough paper napkins for the picnics - stuff like that.

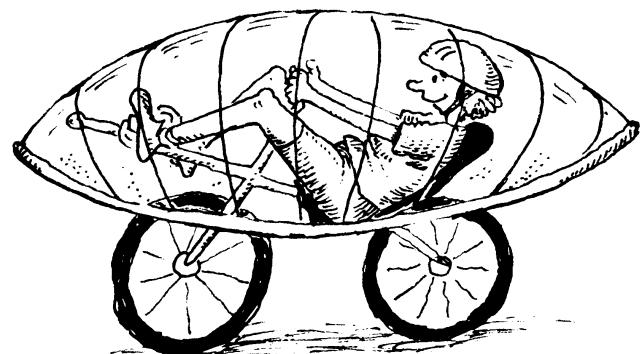
The Ride Leader Coordinator's job is broader, but mostly consists of providing a channel of communication among Ride Leaders. These folks seem to operate quite well independently, and our current ride program is active and comprehensive. But we need a communicator

Annual Meeting: We will hold the GCC Annual Meeting on Sunday, March 6th at Noon at the Gainesville Hilton, where we will indulge in their extensive Brunch. It is not quite as extensive as last year (the shrimp and oysters are gone), so we have reduced your cost to \$10 (the Club pays the rest). This is quite a deal (regular price to civilians is \$19.95), and there will be far more on offer than you can possibly eat. See the form elsewhere in this Newsletter to make your reservation. Reservations have to be in our hands by Tuesday March 1st. I promise a very short business meeting after lunch, so short you won't even have to pay attention (alternatively you could snooze through it). In any case we will minimize the boredom.

It would be appropriate to organize some rides ending up at the Hilton. The staff there is OK with folks in cycling costume.

See you on March 6th.

George H. Edwards



League of American Bicyclists

Off Road



by Leslie Folkerth

The 3rd TOUR DE FELASCO was a big success! The weather cooperated, with a sunny high around 80 degrees. Over 400 people, including riders, sponsors, course marshals, volunteers and park staff turned out to enjoy the beautiful San Felasco Hammock State Preserve. The 50 mile route through all areas of the park open for this day only, the various snacks at the sag stops, the wonderful lunch of chicken noodle soup, vegetarian chili, and delicious Harvest Thyme sandwiches, not to mention the smiling faces and hard work of all our great volunteers, combined to make this the best Tour ever!

A special thanks go to all our sponsors, listed below. Juan DeCastro of Gainesville was the lucky person to win the custom bike frame in our raffle, generously donated by Alexis Dold of Villin Cycle Works and Bikes and More. And thanks once again to the GCC for the loan of equipment, and those members who volunteered!

Watch the website at www.sanfelasco.net in the coming weeks for pictures of the Tour. Also, we are still riding at 9 am every Sunday at the San Felasco bike trailhead off SR 441 just south of Alachua, so come on out and join us!

Leslie

PRESENTED BY THE FRIENDS OF SAN FELASCO CSO



T-shirt design by GCC member

John Stokes

T-shirts printed by Monster Press



AlachuaKites.com



GCC ANNUAL MEETING & BRUNCH

6 March 2005

Noon

**Gainesville Hilton
University of Florida Conference Center
1714 SW 34th Street
Gainesville, FL 32607**

The Annual Meeting of the Gainesville Cycling Club will be held at the Gainesville Hilton Hotel, 1714 SW 34th Street on Sunday 6 March at Noon. We will indulge in the Hilton's Sunday Brunch, which is less lavish than last year, but still abundant - more than you can possibly eat. Because of the slightly reduced menu, we are only charging \$10 per Member (with the Club paying the rest of the cost). We encourage everyone attending to be a club member (you can send in an application with your reservation), but if you want to come as a guest the charge is \$20.

Send Reservations to:

Gainesville Cycling Club
6706 NW 18th Avenue
Gainesville FL 32605

Reservations must be received by Tuesday 1 March.

**GAINESVILLE CYCLING CLUB
ANNUAL MEETING RESERVATION**

Gainesville Hilton, 6 March 2005 at Noon

Names(s) _____

\$10 per member (guests \$20)

Total Enclosed \$_____



Florida

Bicycle Touring Calendar

(**VERY ABRIDGED**)



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

This issue we're featuring a few selected rides, presenting the unabridged listing from the calendar (except for web and email links). For the full slate of rides in the tri-state area, go to the online calendar.

March 5 (Sat)

Brooksville FL

Clean Air Bike Ride

To benefit the American Lung Association. Enjoy the sounds and sights of nature biking along the Withlacoochee State Trail, the longest paved trail in Florida. The trail travels through Pasco, Citrus and Hernando counties. You can choose between three route lengths through the Withlacoochee Trail State Park, listed among the top 20 bike trails in the country by National Geographic. \$25 for adults and \$12 kids 12 and under accompanied by adult. T-shirts guaranteed to registrations received by February 20th. Walkup registration OK and includes t-shirt if available. For more information, call 1-800-LUNG-USA or (727)347-6133 for details.

March 11-12

Ocala FL

Cycle for Success!

On March 11, 2005, you will begin a 200 mile excursion along Florida's most scenic roads leading from Ocala to Lake City. When you arrive in Lake City, you will be treated to a relaxing dinner, where you will have the opportunity to meet with children you are helping to serve! The next day, after a energizing breakfast, you will head back to Ocala towards the finish line. At the conclusion of the ride, you and your family will be invited to join Take Stock in Children for a celebration dinner right there at the finish line! For more info or to sign up - email or call Kelly Mahaffy, (904)791-7260.

March 12 (Sat)

Valdosta GA

Azalea Festival Century

Four Routes this year. All are flat to gently rolling, perfect for the first big ride of the year or your first century ever. The century route will be 107 miles long this year. There will be shorter routes of 75, 49 and 29 miles available. Fully SAG supported. The route chosen will take you over back roads, past farms and lakes, cypress ponds and through small towns of South Georgia.

- Registration: Sign-In at South Lowndes from noon-5:00 p.m. March 11; Registration morning of ride at 7:00 - 7:45 a.m.
- Time: Mass start at South Lowndes at 8:00 a.m.

- Location: Start and Finish at South Lowndes Recreation Complex, Lake Park, Georgia
- Routes: 29, 49, 75 and 107 miles
- T-Shirts: All participants will receive a short sleeve T-Shirt; Century finishers will also receive a hat
- Note: On-site showers and camping will be available; helmets are required for ride

For more info, please contact Eric Hahn at 229-259-3507 or by email (below). There will be a circus, food vendors, trick motorcycle rider, parades, fireworks and many more breath-taking events on this two-day festival. Don't miss the fun!!!

March 13 (Sun)

Dade City FL

St. Petersburg Times Bike Tour

All new courses in the tranquil hills of San Antonio, FL. Mass starts for 75 and 40 mile courses. Also 9 mile family fun ride and "tot lot". Proceeds benefit the Florida Police Unity Tour Benefit Ride. Start is from Pasco Hernando Community College. 75 and 40 mile ride \$20 until Feb. 28th (\$25 after) family fun ride \$8 until Feb. 28 (\$10 after). For more information and to register online visit

<http://WWW.sptimes.com/biketour/>.

April 16-17

Quincy FL

24th Annual TOSRV South

Tour of Springtime Rural Vistas. Tour rural back roads of North Florida and South Georgia in the bloom of springtime. Gentle rolling hills, picturesque farmlands and pecan groves, quaint rural towns. 200 miles or 126 miles in two days. Well stocked rest stops, all meals, marked route with sag support, medic, mechanic, t-shirts, free camping, or motels available. Limit 500. Capital City Cyclists. Larry Pushor, Coordinator, 974 Park View Drive, Tallahassee, FL 32311. 850-78-7473.

April 16-21

Live Oak FL

25th Annual Florida Bicycle Safari

Riders may choose a 3-day or 6-day option. Routes cover the lightly traveled roads of north Florida and south Georgia. Exceptional sag stops. Mileage varies daily. There are two century rides offered. Food is provided by Dixie Grill. Contact: George Cheney, Executive Director (407)788-3748. For registration go to the web site.

Pro Bike/Pro Walk flyer

Bicycle Lighting for the Long Distance Cyclist

by Jim Wilson

CONTINUED FROM THE DECEMBER 2004 ISSUE OF **The Gainesville Cyclist**

Front Lighting

American riders seem to prefer battery-powered front lights, but commercial offerings are designed with the commuter in mind, not the randonneur. They offer lots of light, rechargeable batteries, and a 1-hour run time. -- just enough to ride to work before dawn or home after dusk, but probably not both. To get enough duration for an overnight jaunt can be a technical challenge or a logistical nightmare.

Battery-powered solutions include:

- Cateye's *Microhalogen* -- 2.4 watts, excellent optics, pretty fair light from 4 AA cells. Using LiFeS chemistry, you can nurse a pair of these through the night by alternating them periodically to extend battery life. Knockoffs of varying quality are also available.
- Sealed-beam headlamps - 5 to 20 watts, good optics, from NiteRider and others. These generally use an external battery pack; the more expensive versions use better battery chemistry to eke out longer run times from a lighter power source.
- High-Intensity Discharge (HID) -- similar to the ones on your Lexus, but the cyclist's version uses a much smaller lamp designed for medical illumination.
- White Light-Emitting Diodes (LEDs) - These newest designs promise adequate illumination and spectacular run times.

Although any of these lights should be bright enough to signal your presence to oncoming drivers,

brighter lights allow you to ride faster after sunset. You'll spot obstacles sooner, and they contribute to your comfort level as you hurtle through the darkness.

To maximize efficiency, bicycle halogen systems run their lamp at a power level on the verge of burning out. In exchange for efficiency, you trade bulb life. In overvolted service, a bulb which might normally last 3,000 hours may fail in less than 50. Abused in this manner, even a 5-watt halogen system will provide enough light for fast riding on good roads, but *always carry a spare bulb* or two for this kind of light!

Avoid single-lamp, variable-output lights like NiteRider's *Digital* line. They lower brightness by reducing lamp voltage, but the efficiency becomes very low, and battery life is only slightly increased.

If you're good with a soldering iron (or know someone who is), you can build a good halogen system using a special-purpose Lightbulb Voltage Regulator (see <http://www.cs.indiana.edu/~willie/lvr.html>) to reduce, say, a 12-volt battery and overdrive a 4.7 volt lamp at 6 volts. Unlike a commercial system, the output will remain quite constant until the very end of the battery life. I used such a system for the 2000 brevet series. It would last about six hours on eight C cells (whereupon began a desperate search for a 24-hour store where I could pay inflated prices for the replacements needed to continue the ride).

HIDs give enough light to blind oncoming cars, but tend to suffer the same run time problems as the higher-powered halogen systems. They are very expensive. They certainly are bright though!

Finally, in the last year there has been substantial progress in the evolution of LED lights. The pioneering Cateye LEDs used multiple emitters that could not be focused. Their diffuse beam was barely adequate to see the reflective stripes painted in the road. Riding on fresh, unpainted asphalt was downright scary.

The latest designs use a single 1- or 3-watt LED that is much easier to focus. Reportedly, the 1-watt

versions are as effective as 5-watt halogen systems. Unlike halogens, LED efficiency increases as their batteries discharge, thus extending usable life. These lights are too new to give specific recommendations.

Generator Systems

Most European cyclists prefer generator systems. They know what they're doing. In 2001, I switched to a German hub generator (see <http://www.nabendynamo.de/>). I will never go back to batteries. There is no perceptible drag. You don't worry about changing batteries. You just ride, and there is light. Shimano also makes a hub generator, but it is less favored by randonneurs.

An alternative to the hub system is the bottle generator (see <http://www.dynosys-ag.ch/> and <http://www.peterwhitecycles.com/dymotec.asp>). These are upscale versions of the ones you strapped to your Schwinn as a kid. There is no perceptible drag. You can spin the little wheel that rolls against your tire, and it won't coast down until twenty seconds later.



High-performance dynamos from Lightspin and B&M

The catch with bottle generators is the potential for slipping in wet weather. In Europe, you can buy a variety of replacement rollers, brushes, etc, to remedy this situation in various climates. In the USA, you just hope for dry weather.

That said, GCC member James Ossa used a Swiss-made Lightspin bottle generator he got as a perk for riding Paris-Brest 2003. He liked it so much he bought several more (at 90 Euros apiece) to give as Christmas presents. But, it didn't rain in 2003. James will report after his first rainy brevet.

With an high-end generator system, you buy your headlight separately. A lot of riders prefer the German *Bisy* (or *Schmidt E6* with identical optics). Personally, I prefer the Busch-Müller *Lumotec*.



From left: The Lumotec and Schmidt E6 halogen headlights

I started with the *Bisy* because I heard it had better light distribution. Sure enough, it casts a trapezoidal light beam that uniformly and exactly illuminates the road from edge to edge. No light is wasted illuminating the road shoulder.

The problem is that that illumination patch resembles a road no matter where you aim it. You aim it at the road and you see a road. You aim it at a ditch and you see a road. Point it toward a tree and it looks like a road. I find the slightly-more diffuse pattern of the Lumotec works better for me because it puts the road in context.

Mounting the Front Light

The mounting position of your front light is a tradeoff. To maximize visibility to approaching drivers, mount the light as high as possible (typically the handlebars). To lengthen the shadows cast by obstacles and potholes, mount it as low as possible (typically at the fork dropouts).

Personally, I choose the latter approach. All but the smoothest roads appear to me as the surface of the moon. If I avoid the major craters, I get a pretty smooth ride. With some experimentation, you may find an intermediate position that suits you better.

Helmet Mounted Lights

The bike-mounted light is good for seeing the road, but it is lousy for reading street signs and route description. So, many randonneurs mount a light to their helmet. A tiny keychain LED flashlight is adequate for reading the cue sheet, but something a little bigger is useful for street signs. Some of us prefer the Princeton Tec Impact (see: <http://www.mile43.com/peterson/NightLED.html>). I attach mine to my helmet with a Velcro strap. It's a little heavy, but it's easy to remove after the sun rises.

Conclusion

Randonneurs are known to obsess over their lighting systems. Technical types spend hours on energy budgets and switching regulators. Others spend large amounts of time testing and modifying their light systems to make them as reliable as possible. If you enjoy this aspect of riding, make your own choices from those I have listed above and test them out. Riding at night can be an enjoyable experience.



THE CARBO CONNECTION

Rita's Chili-Pear-Mango Guacamole

by Rita Comerford

2 avocados
half of white onion
one half (or one) jalepeno chili pepper seeded
1 lime
1 mango
1 Anjou pear
fresh cilantro

Mash avocado, add freshly squeezed lime juice and set aside. Cube mango and pear, chop onion and finely chop seeded jalepeno pepper and add to the avocado. Add fist of cilantro and lime juice to taste. Serve with a plain or lightly salted tortilla chip. (This is a guaranteed crowd pleaser. Remember to help Rita live up to her bike!)

Avocado Banana Soup

by Samih Elchahal

Ingredients:

2 ripe avocados
2 bananas
1 cup milk
1 quart yogurt
1 cup sugar (Since sugar is the only "unhealthy" ingredient, depending on your tastes, I think you could get away with less, or even no sugar!)
4 tablespoons lemon juice
1 teaspoon cinnamon
nutmeg for garnish

Instructions:

- 1) Put all ingredients (except nutmeg) together in blender.
- 2) Blend
- 3) Garnish with nutmeg
- 4) Enjoy!

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.

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, White with gold text and red horse. All shirts Men's size Large \$20 each.

For Sale: Supergo frame & fork, LG, never built \$200.

Seatposts, brakes, cranks & tons of other items.

Contact: Ed Joy 352 337 1039, Edmundjoy@aol.com.



Elsa, Mary, and Rob

The Gainesville Cyclist

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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.

APRIL DEADLINES

Ad copy needing setup work Mar 14
Articles and classifieds Mar 21
Ads in GIF or TIFF format Mar 23

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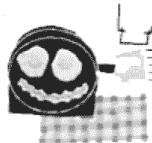
PJ's Cafe & Catering

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



Gainesville Cycling Club
5015 NW 19th Place
Gainesville FL 32605-3435

ADDRESS SERVICE REQUESTED



FEBRUARY 2005 ISSUE Mailing label with expiration date identifies current member.

2005 Gainesville Cycling Festival - 1-2 Oct - Santa Fe Century - Horse Farm Hundred

Cycling Shorts



Welcome new members Kelly Comerford, Rita Comerford, Teresa Garcia, Larry Harrington, Sooyeon Kwon, Mary Beth Litrico, Hugh Marble, and Jim Pearce of Gainesville; Jenny Cline of Satellite Beach; Brendan & Pam Pieters of High Springs; Loretta, Shania, Tony, & Travis Stephens of Fort White; Dorit B. Uman of Alachua; Louis Wolff of Jacksonville; and Jann Purvis of Lee Summit MO.

Many of you have elected to have your name withheld when we send our membership list to other organizations. We do not do this very often. The primary receiver currently is local bike shops, who use the list to verify that you are a member when giving you a discount (they do not get your address).



This is the time of year when your Newsletter Editor, Membership Secretary, Webmaster, List Manager, and Gainesville Cycling Club Director goes out into the world to make a few bucks to have some mad money for the rest of the year when I primarily do work for the club. As you can see from the list above, a lot of stuff stops happening when I am not available (my job involves long hours during January and February). I am going to be trying to find some helpers in many of these areas (when I get some time to look for them and provide training) as it is not healthy for the club to have so much concentrated in one person.