

Club Happenings

June 22 (Saturday) - Bike Maintenance Clinic 8 am

San Felasco Trails. See page 7 for full details.

July 13 (Saturday) - Fanning Springs Picnic and Rides 9 am

It's picnic time again! Bring your bike, swim suit and your appetite to Fanning Springs State Park. Chandler will serve gourmet grilled food. Please bring a covered dish so there is healthy food.

Fanning Springs is next to the Nature Coast Trail, a rail-trail that goes in three directions to Cross City, Chiefland, and Trenton. Visit the Dairy Queen (next to the trail!) in Cross City, and enjoy crossing the Suwannee River on the old railroad bridge.

Fanning Springs is perfect for family recreation, with excellent swimming and a safe and scenic paved bike trail.

Fanning Springs is 42 miles west of Gainesville on State Road 26. Take SR 26 until you reach US 19. Go west (turn right) and Fanning Springs Park will be 1/2 mile on your left. Entry fee to Fanning is \$1 per person.

Rides

Saturdays

Most road rides meet at 8 am at the GRU facility at NW 43rd St and 53rd Ave. Watch email for other rides.

Sundays

Most road rides meet at 8 am at the GRU facility at NW 43rd St and 53rd Ave. Watch email for other rides.

Off road rides meet at the San Felasco Trails behind the Progress Center in Alachua at 8 am.

Tuesdays and Thursdays

Road rides meet at 6:30 pm at the GRU facility at NW 43rd St and 53rd Ave. There is usually a fast group; slower groups usually post emails when they will meet.



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GCC Web Page
www.floridabicycle.org/gcc

Jersey Status

The Board of Directors is currently discussing details of how we are going to proceed with a jersey order. If we elect to stay with VOMax, we will probably send out an order form in about a month, with jerseys and shorts delivered before the end of September.

If we elect to choose a new vendor, it will take more time before we are able to get out an order form since we will need to select the vendor and then work with them to redo the art work. A possible scenario would be an order form with the October newsletter for delivery around Christmas.



SPONSORS



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AGENT

At this printing, we have an opening for a sponsor. If you are interested, call Roger Pierce at 378-7063 for details.

Recovering Members

Lambert Vaes tangled with a car on Millhopper Road in February. He was lucky not to break anything, but did have some nerve damage that has left some areas on his right side numb. He is anticipating getting back on the bike soon, and hopes to be back up to speed by the end of the summer.

Adopt-A-Road Director Diann Dimitri had a run in with a small dog in Suwannee County in early May, and landed on her head, sustaining a "Mild Traumatic Head Injury." As a result, she doesn't remember much of the two following weeks, and has spent the last two weeks getting her feet back under her. We expect her to be back at full speed for the next Adopt-A-Road this fall.

P.s. Without a helmet, the injury would not have been "mild."



President's Message



Getting involved in out-of-the-ordinary adventures is part of cycling, so when Ranger Rob Lacy of the Park Service wrote to ask if we would, on 30 March, help in a dedication ceremony for the newly-paved and completed Nature Coast Trail, of course I said "Sure, glad to help". After all, we ride the Nature Coast enough, we should be willing to support it.

Well, had I known it would turn out to be like choreographing a ballet on bicycles, I would have taken pause to consider before jumping in. It turned out that what Rob wanted was for a group of cyclists to launch from each of the five communities along the trail carrying a section of chain presented to them by community leaders in each town, arriving at the Fanning Springs State Park simultaneously for a 9:00 AM ceremony that morning, symbolically "Linking the Trail". Simultaneously. Hmmm.

Thus, we had to have teams assembled early on a Saturday morning at Cross City, Chiefland, Trenton, Old Town, and in Fanning Springs itself. I put out a plea for volunteers, and got the following list of stalwart adventurers:

Rossy Armas - brand new member (what an introduction to GCC!)
Ken Bryan - the State Rep. for the Rails-to-Trails Conservancy
Lys Burden - representing the Suwanee Bicycle Association
Lee Edwards Rhea & Leta Phelps
Carol Glavin Roy Roberts
Carol Lavin Paul and Theresa Zimpfer
Chandler Otis

So in Cross City they had a dedication of the old Depot as the trailhead, and presented the length of chain to Ken Bryan, Carol Lavin, and the Phelps. At Trenton Mayor Pete Randolph gave their piece of chain to Lys Burden, Roy Roberts, and Rossy Armas. Down in Chiefland they had a breakfast reception, and the Zimpfers and Chandler got handed their chain. Lee and I first went to the Park, and she headed off on her Terror Trike for her rendezvous with the Mayor of Fanning Springs at the intersection of the Trail and a crossroad south of town in the Middle of Nowhere At All, while I blasted off North on my BikeE to Old Town, where I discovered a contingent of the Leading Citizens of Cross City, who had brought their bikes down by truck so as to

be able to ride the last few miles to the park (to make it look like they had ridden the whole way).

Pretty soon along came the Phelps and Ken Bryan, so off we all went for Fanning Springs. Just South of the Y intersection we met up with Lys, Rossy, and Roy, after a brief encounter with a coral snake during which I had to protect the snake from summary execution by a chap who subscribes to the "Death to All Snakes" school of thought, we headed off South toward US 19/98.

When when we got to the highway, there were the Chiefland team and Lee, with Fanning Springs Mayor Carol McQueen, arriving at the same time. We all gathered at the entrance to the Park, and were led to the reviewing stand by a member of the Park Police Bike Patrol, him in uniform and everything.

That all this worked in such perfect synchrony still surprises me: It was almost as if we had planned it! After a nice bunch of mercifully short speeches by various folks who had worked very hard to make the trail happen, we spent the rest of the morning checking into the exhibits and booths of the Nature Fest, generally schmoozing with the interesting people gathered in the Park, and doing some easy rides. It made for a fun day.

I think the part that impressed me the most (other than that this goofy idea worked at all) was the many stories of how much effort on the part of so different many people went into making this trail a reality. Getting title to rights-of-way, permission from various agencies, designs, funding for construction and paving, and all the rest of the details did not just happen, friends, these things took a huge amount of dedication and time. We all owe these good people our thanks for building us such a beautiful trail. And we need to be prepared to work just as hard ourselves for the trails which are yet to come.

George Edwards



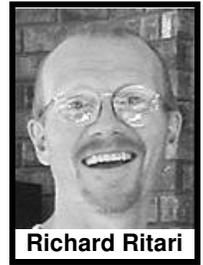
LOCAL BLOOD DONORS SELECTED FOR NATIONAL CYCLE TEAM

Gainesville, Fla. – Jason Millard and Richard Ritari have been selected for the Five Points of Life Team 2002. Millard and Ritari are two of a dozen cyclists chosen to promote lifesaving donation as they ride their bicycles from Minnesota to Florida in September and October of 2002.

The Five Points of Life is a program of LifeSouth Community Blood Centers, a not for profit community blood center serving Alabama, Florida and Georgia. The program's mission is to increase national awareness of the need for people to share their lives with others through donation of one or more of the five points – whole blood, apheresis, bone marrow, cord blood and organ/tissue.

Each team member, selected through a national application process, has a personal story about how donation has impacted his or her life. Every team member is a blood donor, but each story is different. Together they provide a compelling vision of how donations, or the lack of a donation, can impact lives. These stories will be shared at more than 50 blood drives and donor awareness events organized by local donor organizations in the nine states visited during the ride.

Ritari, a Senior Information Systems Engineer for Medical Manager Research and Development, a division of WebMD Corporation in Alachua, Fla., is passionate about promoting donation. He did not become a blood donor until the age of 32



when a friend told him, "You need to donate blood, it is something you should do." Until that day, he had never thought about it. He donated whole blood a few times then became an apheresis donor, providing platelets for patients undergoing chemotherapy, fighting blood disorders such as leukemia or other diseases affecting the body's ability to replace the needed cells. He has now made more than 70 donations.

Ritari is involved in a variety of community organizations. He has volunteered hundreds of hours with Habitat for Humanity and is an active member of the Florida Track Club and the Gainesville Cycling Club. He is an avid photographer and is often seen riding his GoldWing motorcycle.

For more information about the ride, visit Richard's ride web page at <http://fpol2002.tripod.com/>





Manure On The San Felasco Bike Trails

By Brian McAllister

Fortunately this is a rare finding; most often seen on the sections shared with the horse trails. Enough of that and onto the real poop.... Without the support and efforts of dedicated volunteers we would not have these trails to ride. They deserve a very big THANK YOU! It is not over. You still have opportunity to make your contribution... Trail maintenance that will be ongoing...Building of new trails to extend the network...Projects to improve the trailhead (information kiosks, picnic pavilions). To join the listserv that announces workdays (second Saturday of each month) and where to meet send a blank e-mail to: SanFelascoBikeTrails-subscribe@topica.com

With the hot dry weather trail conditions are getting dusty. Take plenty of water with you and drink it! Dehydration can be on you before you realize it and ruin the whole ride. Patch kits and/or spare tubes are strongly recommended...it is a long walk back to your car. It would be hard to believe any GCC members are doing this but some riders feel compelled to cut corners on the trail to straighten it out. If you see someone doing this chastise them severely. Remember to ride by IMBA's Rules Of The Trail. If you follow the trail markers you will not get lost: get off the trail and you might. At the trailhead, in the mail box labeled MAPS, brochures with trail descriptions are available.

A note on horse etiquette: Horses see bicycles as predators, until they realize a human is connected to it. Even then they may be unsettled. To minimize your chance of losing that kicking contest with a horse be vigilant at trail crossings and slow down. Never approach from behind unannounced. When you see a horse, even if it is off on its own trail, slow down and prepare to stop, greet the rider, ask about how the horse acts with bicycles. This is for your safety, the safety of the equestrian and the horse. It also helps to foster good relationships

between trail user groups.

Randy Brown, Park Manager, tells me that the vehicle counter records 300-500 vehicles entering the bike and horse trailhead each week. This has doubled the use of San Felasco Hammock Preserve State Park and Devil's Millhopper Geologic State Park combined. The majority of this increase is mountain bikers. People coming to ride are not just a bunch of extreme hammerheads. Family groups are a common sighting, including little folk with 12 inch wheels!

Annual State Park Passes can be purchased at the Devil's Millhopper Geologic State Park or from San Felasco Hammock Preserve State Park Office. Prices are about \$63 for a family entry pass and about \$33 for a individual entry pass. Call 386-462-7905 during business hours for more information. Do the math: it is \$2 per car at the gate. How often do you ride the trails?

Drink!



1. 75% of Americans are chronically dehydrated. (Likely applies to half the world population)
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
5. Lack of water is the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should every day?

The Hardest Exercise – The Pushaway

by Roger Pierce

Fred Matheny, in his new ebook "Spring Training for Roadies," states: "I've found that 10-12 hours a week of riding and other exercise such as hiking and weight training allows me to eat virtually anything and maintain my best weight -- as long as I don't go too heavy on fat." If you bicycle commute a half hour a day each way to work (5 hours) and ride three hours each day on the weekend, you'll fall into this blessed category.

But most of us don't get to spend that much time each (and every) week doing exercise. To maintain a healthy weight, we must do the one exercise that is vital when we aren't riding a 12 hour week: The Pushaway.

When we are riding, we become accustomed to being able to eat piles of food. We become very good at what we often call our "See" Food diet (if you can see it, eat it). But when real life returns, it becomes difficult to abandon that pattern. We need to actively remember to do our pushaways. When we have

eaten enough to be no longer hungry, STOP EATING, push away from the table. If you are feeling full after a meal and you haven't ridden that day, you probably ate too much, and are adding to your waistline.

Beware of this pattern: Knowing that a big ride (3 or 4 hours) is planned for Saturday, we start "carbo loading" on Wednesday. After 3 days (with no exercise) of loading, we do the ride, and then finish off the day with a big "replacement" meal. We wind up eating two or three times as many extra calories as we expend during the ride. Not good.

Make sure that you are at least a little hungry when it is time to eat. If you aren't, it's a sign that you may have overdone it at the last meal (or snacked excessively afterward). On off days, eat a good breakfast, but cut back on lunch and dinner.

To obtain Fred Matheny's book, sign on to <http://www.roadbikerider.com/>. You can also subscribe to their free weekly email newsletter at the site.



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Florida

Bicycle Touring Calendar

(VERY ABRIDGED)

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



June 9-15
Mobile AL

Bicycle Across Magnificent Alabama (BAMA)
Seven day ride to Dallas GA. A. Morton Archibald, Jr., P.E., Executive Director, 2117 Rothmore Drive SW, Huntsville, AL 35803-1431 (256)658-5189 Fax: 256-881-8032.

The online calendar has not yet been worked for dates past August. The following events have been confirmed. Check the calendar online later in June for updates on September and later events.

June 15-22
Dallas GA

Bike Ride Across Georgia (BRAG)
Seven day ride to Hartwell. Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. Phone (770)921-6166, fax (770)935-1918.

Sept 21-22
St Augustine FL

PGA TOUR MS150 Bike Tour

Sept 26-29
Madison FL

Share the Road Rally & Summit

June 24-28
Hartwell GA

Cycle South Carolina
Five day ride to Isle of Palms, SC (near Charleston).

Sept 29-Oct 6
Miami FL

International Sunshine Tour

July 6 (Sat)
Cartersville GA

Cartersville Century
CENTURY and DOUBLE CENTURY RIDES!
Cruise the beautiful back roads of Bartow and surrounding counties in one of the closest century rides to Atlanta.

Oct 4-6
Twin City GA

George L. Smith State Park Bike Fest

July 14 (Sun)
Boca Raton FL

13th Annual Frank Stark Celebration Ride
16, 29, 62, or 100 miles. The route follows A1A north from Boca Raton to Palm Beach, then back. Catered pasta meal at the finish. Boca Raton City Hall, 201 W. Palmetto Pk Road, Boca Raton, FL. Boca Raton Bicycle Club, PO Box 810744, Boca Raton FL 33481-0744. (561)391-6109

Oct 5 (Sat)
Gainesville FL

Saturn Santa Fe Century

Oct 6 (Sun)
Gainesville FL

Horse Farm Hundred

Oct 6 (Sun)

8th Annual Rails To Trails of the Withlacoochee Bike Ride

August 24-25
Suwannee River State Park, FL

Dog Days Pedal & Paddle
Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. Mike and Suzanne (850)878-7927.

Inverness FL

Gulf Coast Cycle Fest

Nov 3 (Sun)
Sarasota FL

Cruisin' In the Country Century Weekend

Nov 8-10
Claxton GA

6th Annual Diabetes Challenge

Nov 9 (Sat)
Dunedin FL

Highlands Bike Fest

Dec 13-15
Sebring FL

A Bicycle Ride Through Christmas Fantasyland

Dec 14 (Sat)
Casselberry FL

BICYCLE MAINTENANCE CLINIC FOR BEGINNERS **SATURDAY, JUNE 22, 2002 SAN FELASCO BIKE TRAILS** **8 AM - NOON** Cost: \$2 park admission fee (Payable at the front gate)

If you missed our Women's Beginner Mountain Bike Clinic last fall, don't despair! Mark your calendars now for a mini-version of that popular clinic! Want to find out how to change that flat tire? Adjust your seat height? The Bike Route, along with members of the Gainesville Cycling Club, will be on hand to teach you basic maintenance, adjustments and repairs. Learn how to adjust your brakes, fix that flat, and more! This will be a hands-on clinic, so you will actually get to practice on your own bike.

The maintenance portion of the clinic will be for both road and mountain bikers. The last hour or so will be an group off-road ride, and experienced riders will help with basic instruction and trail riding techniques.

Please bring the following: bike, helmet (if you are participating in the group ride), bug spray, sunscreen, lawn chairs, water and snacks. Also bring a spare inner tube to fit your bike if you have one, and any tools you might have.

Please RSVP by June 20 if you are planning to attend. For further information regarding the clinic, or to reserve your spot, please call Leslie Folkerth at 367-3856 (e-mail lesliefolkerth@hotmail.com).

Race Across America 20th Anniversary

An Interview with Lon Haldeman

by John Hughes

The 20th annual Race Across America will start from Portland, OR on Sunday, June 16 at 7:00 a.m. 16 men, one woman, and one mixed tandem will head for Pensacola Bay, FL, 3,000 miles away. Two days later four two-person and eight four-person relay teams will start. For the 20th anniversary of the race, UltraCycling magazine interviewed Lon Haldeman, who won the first race and is now the race director.

Q: Lon, you won the Great American Bike Race, the very first cross-country race. What do you remember about the GABR? What were the high points? The lows?

A: The Great American Bike Race was probably the most memorable race for me. It was the first time anybody raced head to head across America. A highlight was the morning of the race when we were standing on the Santa Monica Pier with the ABC Wide World of Sports helicopter circling above! Prior to 1982 everyone rode in daylight and slept most of the night. The first night of the GABR I rode nonstop and slept very little the first three nights. This was unexpected by the other racers and organizers. We learned that racers could push themselves to new limits.

I drank Carnation Instant Breakfast. I spent a lot of time trying to get solid food down like Spaghetti-Os and PB&J sandwiches.

From a competition standpoint, I didn't know what was a good lead. At 1,000 miles, I had a six hour lead over John Howard, but I thought at any moment he'd catch up. We didn't have any time stations or race headquarters. Once a day Bob Hustwit drove from the front to the back to the front, so once a day we got a report on the splits, but the news was 12 hours old!

The race itself was brutal for me. We were all learning about bike fit, nutrition and pacing. I remember being very tired and sore after the first day. I could not imagine racing for eight more days. I just tried to focus on the next 10 mile section. I remember a lot about that race today and most of it isn't so nice.

Q: What changes have you seen over the years?

A: Most riders now are better than the average rider 20 years ago. Riders train better because they know what to

expect during RAAM. Most riders today expect to cross the country in about 10 days. Twenty years ago completing the race in under 12 days was considered a good time. The equipment is better, with aerobars, etc., but using the most high-tech bike today would only gain you a few percent in speed over a 1980's bike.

Nutrition and recovery are the biggest factors. In 1985 Jonathan Boyer was the first to use a primarily liquid diet. The next year Pete Penseyres used UltraEnergy [an improved liquid diet]. I was racing against Pete and I was within a few hours of him at the Mississippi River. Over the last 1,000 miles, he kept his fuel intake and speed up while I slowed down. With today's liquid diets, riders are at least a day faster across the country than in '82.

Q: Pete set the all-time average RAAM speed record of 15.40 mph in that race. He rode the 3,107 miles from Huntington Beach, CA to Atlantic City, NJ, in 8d 9h 47m. That record has stood for 15 years. What would it take to better that record?

A: Remember that this was a long and hilly route with over 100,000 feet of climbing. The final 700 miles were through the Eastern mountains. Riders today would complain about a route with that much climbing. Pete was in great shape and is a great hill climber. He was using the best prototype equipment and diet available. Today the same equipment and diet are available off the shelf. Pete set that record because he was mentally and physically ready to race. In some ways riding faster is easier because you are not racing for 11 or 12 days.

Q: Where do you anticipate RAAM going in the future?

A: RAAM is unique as a race because it is so brutal. To race across the country in less than 10 days is really tough. The Solo Division is the backbone of RAAM. We need to find a way to attract more 25-year olds to the sport.

More people are physically able to race in the Team Division so that is most of the growth of participants will be. The two-person race is very tough, combining speed and endurance. It's a great way to qualify for Solo RAAM and to learn about the rigors of the event. The four person teams really emphasize speed; it's a different way of racing. Crossing the country in six days is very tough to do - each rider does thirty 40K time trials.

For information on RAAM and race updates go to www.raceacrossamerica.org.

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For information about the UMCA go to <http://www.ultracycling.com/>.

Wannabe

Sage advice from the decidedly amateur ranks of cycling

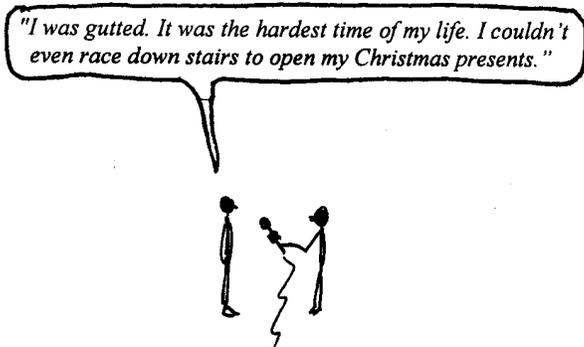
Volenevs Virtual Race Reports: Every Second of Action from the European Pro Circuit!

This month, Wannabe tries his hand at sports journalism. Why should Phil Liggett be the only lucky so-and-so to spend six months a year touring Europe in a Winnebago getting paid for the trouble? And if Adrian Karsten can do it then how hard can it really be? Wannabe also wishes to tap the huge market of cycling fans who don't have access to OLN, and so can't see the action unfold on their TV screens, by recreating the excitement in ultra-realistic artist's impressions. As this is a commercial venture – one from which Wannabe hopes to retire very, very rich in the next two years – please pause halfway through the article for several minutes and seek out the various advertisements peppering this newsletter. Finally, when you get to the Tour de France coverage please pretend to be listening to a blonde 6'10" former footballer and randomly insert meaningless analogies between bicycle racing and gridiron until you really can't stand it any more and almost wish you were riding on pave with solid rubber tires....

The 2002 European season gets going in early March with a win at the Circuit Het Volk for Peter van Petegem, now riding for Lotto after being a hapless victim of the Mercury Viatel farce last season. Peter's joy at winning is only eclipsed by his surprise at being on a team with real sponsors.



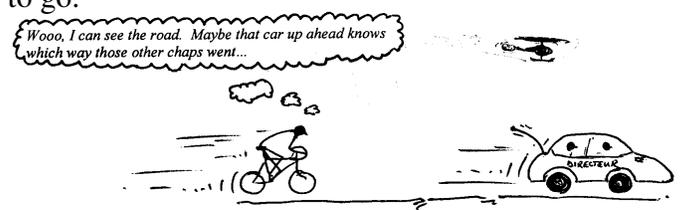
The start list at Paris-Nice in mid-March contains some names any sane person would never have expected to hear again, except perhaps on Court TV. Dario Frigo, for example, whose six month racing ban for doping in last year's Giro d'Italia must have been a real inconvenience over the winter months.



Still, it's bravo to Dario as he wins stage six and finishes 8th overall. Excellent preparation for this year's Giro which Dario will be riding on his new team after being kicked off the last one. And another hearty bravo to the ICF for their commitment to cleaning up the sport after all. At Milan-San Remo, Fred Rodriguez announces his intentions for the year by pushing Mario Cipollini right to the line. It's a fantastic result given that Fred has more wildlife to work around than a jeep on safari.



At Ghent-Wevelgem in April, Cipollini surprises everyone - not least himself - with a solo breakaway chase. It's the first time in his 14-year pro career he hasn't had bobbing bottoms to tell him which way to go.



Super Mario's super solo effort results in another win, and suggests that this particular zebra isn't always a herd animal. His post-race comments are a tad curious for a 14-year veteran though.

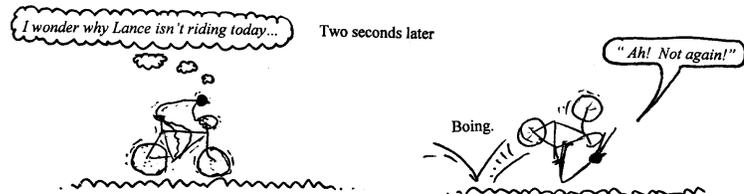
"I've never been a break like that before, with all the cars and motos around me. It was a new experience for me, and I liked it!"



Whatever next? We can't wait for the mountains to start in the Giro in case Mario decides to go head-to-head with Marco.

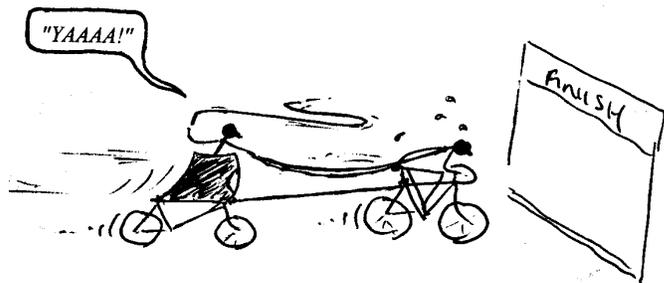
Lance is picking up this season exactly where he left off last year. After missing the early March races with a stomach bug he races all the classics except Paris-Roubaix. He's pipped to 1st overall in the Criterium International in March by Alberto Martinez. A win in the Amstel Gold race proves similarly elusive - again - as Lance gets 4th with the victory going to Bartoli.

Talking of Paris-Roubaix, Fred Rodriguez rides another determined race until the pave finally takes its toll: two flats, four crashes and a broken cleat.



Rodriguez eventually finishes 27th, with the win going to Johan Museeuw after a devastating attack over the last 40 km. He finishes over three minutes ahead of a thoroughly patchy peloton.

There are no major surprises in the first few stages of the Giro d'Italia. Super Mario takes two of the first three stages with extremeley well organised sprints by his Acqua & Sapone team. Giovanni Lombardi's leadouts devastate McEwen, Brown and Hondo, leaving Mario little more to do than zip up his jersey and smile for the cameras.



The biggest news at the start of the Giro happens off the bike, when Jan Ullrich announces he won't race the Tour de France because of alcoh...erm, we mean tendonitis in a knee. Yes, that's it. This is a huge blow to the Tour organisers, who will now have to count on numerous second-rate French teams to beat Lance to the Maillot Jaune for a fourth time. It will also be interesting to see how the "climbers" make out against Lance now that he doesn't have to worry about attacks from Ullrich. Volenews predicts that when the Tour finishes on the 28th of July, Lance will be so far ahead of 2nd place he will also have won the Prologue for the 2003 Tour.

Don't go away, folks! Volenews will be right back with more coverage of this year's Giro d'Italia. Also coming up after the break, the Tour de France! Will Lance be able to win a fourth Tour in a row? Will Jan Ullrich manage to park his Porsche in the bikestand without getting a ticket or spilling his beer...? Stay tuned to find out.

Disclaimer: Any similarity between the events and riders depicted here and anything approaching an actual human, bike or race is purely coincidental. For one thing Cipollini would never get caught riding in plain black shorts.

GATOR CYCLE





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

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Gator Cycle	10%	373-3962
Ominski Massage	\$10 off	
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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.

AUGUST DEADLINES

Ad copy needing setup work July 10
Articles and classifieds July 17
Ads in GIF or TIFF format July 17

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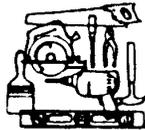
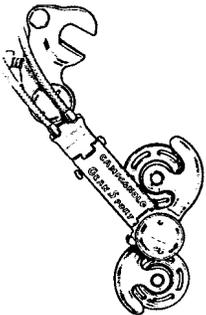
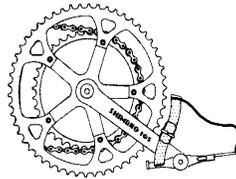
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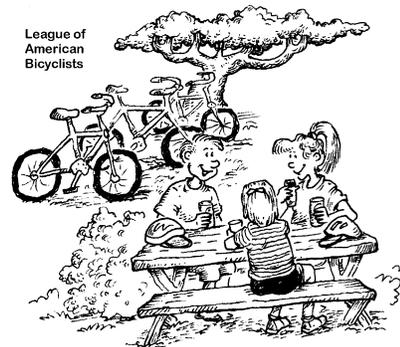
2002 Gainesville Cycling Festival - 5 - 6 Oct - Santa Fe Century - Horse Farm Hundred

Cycling Shorts



🚲 Welcome new members Robert Howland, Gary & Lori Knowland, Nancy Lasseter, Mary McAllister, Russ McCutcheon, Pleta Neukam, James Sansbury, William Shreve, Nancy & Ewen Thomson, Doug Waldo, Paula Wilkerson, and Cheri & Gene Zdziarski of Gainesville, Michael Crary of Newberry, Tom Fort of The Villages, Maria Geer of Brooker, Cherum Russell of Lake City, and James Thornton of Yulee.

🚲 “Put bicycling into perspective. Everything has risks. Failure Analysis Associates Inc. found per 1,000,000 exposure hours, the fatalities are 128.71 for skydiving, 1.07 for swimming, .47 for motoring and .26 for bicycling.” *Reported by Kimberly Cooper as printed in the Saint Petersburg Times.*



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