

## Club Happenings

### FELASCO NOCTURNE

A NIGHTTIME OFF-ROAD BIKE TOUR AND CAMPING EXTRAVAGANZA

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ALACHUA • FLORIDA

18 OCTOBER 2003

Join the Friends of San Felasco CSO for a nighttime mountain bike ride through one of north Florida's most diverse ecological and geological preserves, the San Felasco Hammock Preserve State Park. The Nocturne features a series of guided rides that will allow mountain bikers of all skill levels to discover the forests and prairies of the San Felasco Hammock by moonlight. All rides will be guided, and you will be able to select by both skill (beginner to expert) and length (from 30 minutes up to two hours). Camping will also be permitted the night of the ride.

Registration: \$25, includes dinner, guided night ride, bonfire, camping, park admission. Optional pancake breakfast available (\$5)



Limited to 150 participants. Register early to guarantee a position - no day of ride registration allowed. Registration must be postmarked by 30 September 2003. Event runs rain or shine. All proceeds benefit the park and will be used for trail maintenance and park improvement.

Registration forms available by emailing: [fallride@hotmail.com](mailto:fallride@hotmail.com)

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### September 27-28 Gainesville Cycling Festival

Santa Fe Century and Horse Farm Hundred

### October 4 (Saturday) Standard Club Ride Meeting Time Now 9 AM

As always, check email ride announcements to ensure your group is using the standard time.

### October 12 (Sunday) Adopt-A-Road Cleanup

Meet at 2:45 pm to get organized for a 3 pm sharp deployment. 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](mailto:diann@piercepapes.com) or call Diann at 378-7063. The club will help pay for dinner after the cleanup.

### October 26 (Sunday) Eastern Standard Time Returns

Fall back, set your clocks back one hour, gain an hour of sleep. If you fail to do so, you'll be way early for your ride!

### November 15 (Saturday) Tour de Santa Fe

An introductory event at Santa Fe Community College. See page 6.

### December 13 (Saturday) Holiday Party

Put it on your calendar! Details in the next newsletter.



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GCC Web Page

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

# Off Road



by Leslie Folkherth

**F**all is in the air (or if you're a transplanted Hoosier like I am, we have just passed from "summer" into "still summer")! Get out and ride! We have regular Sunday rides at San Felasco Hammock bike trails at 8 am (watch listserv for time change in a month or two), plus the occasional evening ride and road trip. I'm there almost every Sunday, but usually post on the listserv when I will be actually "leading" a ride for beginners/intermediates and families. All levels and abilities welcome.

Plenty of riding opportunities abound for this season. Gone Riding has the Florida State racing series, and this is a great chance to ride in other areas of the state and see the numerous types of trails. There's also the Fat Tire Festival, sponsored by the SBA. And if you like to ride at night, the Friends of San Felasco sponsor a monthly full moon night ride, usually the Wednesday night before the full moon.

Also, see elsewhere in this issue for info on the Felasco Nocturne, a night ride/camping/dinner event on October 18. As of this writing, there are still openings available, so get your registration in today! You can email me for this particular event at [fallride@hotmail.com](mailto:fallride@hotmail.com), and I'll send you a brochure.

Hope to see you on the trails soon!

*Leslie*

## Club Jersey

**T**he new club jersey is at the Bike Route. If you haven't picked yours up yet, go on down and get it. There are a few for sale at the Bike Route, first come, first served. Thanks to our sponsors who have kept the cost of the jersey down:



PERRY C. McGRUFF, JR.  
AGENT



# President's Letter



## VOLUNTEERS AND RESPONSIBILITIES

Dear Friends:

Organizations such as the Gainesville Cycling Club operate with volunteers, or they don't operate at all. We cannot afford paid staff with our small dues, and even if we had a staff, there are so many jobs to do that we would still need volunteers. Thank heavens we have a group of dedicated volunteers who are willing to make the Club function.

There are so many jobs that have to be done that I couldn't list them all. The Gainesville Cycling Festival is a huge undertaking by itself, with dozens of people manning rest stops, driving SAG vehicles, registering the entrants, packing trucks with rest stop supplies, cleaning up afterward, and the thousand and one little jobs that make this event go. And then there are the rest of the Club activities, including Adopt-A-Road, keeping the books, organizing and leading rides, and publishing the newsletter just to name a few.

Why do we volunteer? What is it that motivates us to donate our time in this way? Partly it is because we enjoy it - usually the work is fun, and socializing with other bike crazies helps us forget that "the rest of the world" views us as slightly to moderately nuts. But there is also the sense that we have a responsibility to support the programs of the Club.

When we join any organization we sign ourselves up to support its goals (perhaps without realizing it at the time): We agree by joining to support those purposes and objectives that are expressed in the By-Laws. In our case these goals include "the safe and lawful use" of public roadways. So we have agreed to a responsibility to ride lawfully, which does not include running stop



signs and impeding cars and trucks following us on the road by riding two and three abreast. Ever stop to think that "Share The Road" applies equally to bicycles and to motor vehicles? Why not volunteer to be a safe and lawful cyclist?

Our responsibility as members includes volunteering to help with the public service activities of the GCC. These include the Saturn Santa Fe Century and the Adopt-A-Road program. A member once told us that "picking up trash is not my thing" as a justification for their refusal to help our Adopt-A-Road program. Well, picking up trash is not my thing either, but it is my responsibility to pitch in and get the job done.

In every organization I have belonged to there are the Members, and then there are the Doers, the active ones who step up to the plate and do the work. Usually it's a true Pareto, with about 20% of the Members doing all the work and 80% sitting back and reaping the benefits. But in the GCC we see about 20 or 30 members carrying the entire load out of a total membership of 417, which is only about 7% of the membership (but that 7% find plenty of time to ride their bikes). We need to improve this ratio, so I ask you by means of this letter to volunteer to help your Club and become one of the Doers. Try coming out to work on the next Adopt-A-Road on Sunday 12 October, or volunteer to help out in the club office.

As for the wonderful people putting together the Saturn Santa Fe Century and the Horse Farm Hundred, my personal thanks to each of you for your tireless efforts to make this the best cycling weekend in America.

*George H. Edwards*



# Paris-Brest-Paris Tale

by Jim Wilson

It was nearly midnight on the third day.

That morning, to forestall the onset of "Shermer Neck"<sup>(1)</sup>, I had devised a makeshift brace from my Thermarest™ pad and a bungee cord. Resting my head against it relieved the stress on my neck muscles, but it amplified road vibrations, fed them to my eyeballs, and blurred my vision into an abstract version of reality.

The 9:45 PM start hadn't agreed with me. In theory, I could ride through the first night, get way ahead of the control deadlines, and get lots of sleep the next three nights. In practice, riding at night is far slower, and an unplanned nap had frittered away precious daylight. I was barely able to steal four hours sleep over the next two nights.

Now, I was behind again. It would have been nice to stop in Villaines-le-Juhel, 220 km from the finish, where I had fresh clothes stashed in a "drop bag", but the next control, Montagne-le-Roi, closed at 5:15 AM. I would have to get up much too early and ride the entire distance in the dark. Instead, I had lashed the fresh clothes to my rack and made the best of the the dwindling twilight.

My recumbent bike is a little difficult to balance at very low speeds, and this trait is compounded when its generator light dims below about 3 MPH and suppresses all visual references. My fatigue wasn't helping any either. As I climbed up a rather nasty little section, I managed my only crash of the ride. It wasn't really a crash. I had been wobbling all over the road, scaring the riders who tried to pass me. As I began to lose my balance, I put my hand

down, did a perfect pirouette, and ended up with the bike pointing downhill.

A British rider, seeing my mishap and fearing for my safety, rode beside me for the next hour, nagging me to stop for a "power nap". I was afraid a power nap might become a power coma and cause me to oversleep the next control. As we rode on, I managed a coherent conversation and eventually convinced him that I wasn't in imminent danger of dozing off.



The first wave of 600 cyclists await the 80-hour start. The 4200 participants were released in smaller waves to minimize congestion during the early part of the ride.

A little while later, I raised my head from my jury-rigged headrest, and the psychedelic patterns besieging my retinas crystallized back to a long line of dim red bicycle tail lights. They pointed straight into another village. In the center of the village was the now-familiar sight: the local Paris-Brest booster club. Earlier, I hadn't indulged myself at any of these informal rest stops, but with only one more day to ride, I was running out of chances. I

elected to stop, and in exchange for simply revealing where I was from, I was supplied with coffee, orange juice, hot soup, bread and chocolate.

More than the bannered barricades, more than the TdF-like inflatable arches spanning the road at each control, the welcome offered up by every tiny

The Gainesville Cycling Club had at least five riders in Paris-Brest-Paris this year. James Ossa led our group across the line, finishing in 69 hours. Jim Wilson and Linda Crawford both finished in 80 hours. Barb Bergin almost made it, but had to drop with around a hundred miles to go. Andrew Gill was the hard luck guy with mechanical problems with his bike forcing him out early in the ride.

village along the route will convince you. Paris-Brest-Paris is a Big Deal™ for these people. Had I arrived earlier, before the children had been sent off to bed, I would have been hounded for my autograph, but after curfew a simple "Etats-Unis" would suffice.

I finally climbed into the Montagne-le-Roi control at 1:30 AM. Here you could buy mattress time. For three euro, you specified a wake up time (to the nearest 30 minutes), and someone would lead you to a vacant bed among a sea of snoring cyclists spread out across the floor of a large gymnasium. When I first arrived, all the beds were taken, but for two euro, they would hand you a towel and soap, and someone would lead you to a hot shower. I spent my two euro, and had the best shower I have ever experienced. I changed into my clean clothes, retrieved earplugs and blindfold from my bag, and managed to snag the very last bed from the twenty or so that came free at 2:00 AM.

At 5:00 AM, I was shaken awake. "C'est cinque heures?" I asked and received an affirmative reply. Since I was already dressed, I was descending from Montagne toward the penultimate control by 5:15. I had nearly eleven hours, and there were only about 140, mostly downhill, kilometers to go.

For the first time, I was convinced I would finish.

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(1) "Shermer neck" is a symptom occasionally experienced by long-distance cyclists. The term was coined by ultra-cyclist Michael Shermer to describe the condition which was plaguing him on RAAM. His neck muscles became too weak to hold his head up. On my recumbent bike, my problem was a little different. It was becoming difficult to hold my head down. Can I call this "Wilson neck"?

# Tour de Santa Fe

by Jonathon Keener

November 15 is the first annual Tour de Santa Fe held at Santa Fe Community College. The tours will start at 8:00 a.m. at NW 83rd street in front of Santa Fe's main campus, make a 15 or a 30 mile loop, and then end back at the NW campus. Arrive by 7:30 a.m. for registration. Free refreshments will be provided at the end of the tour.

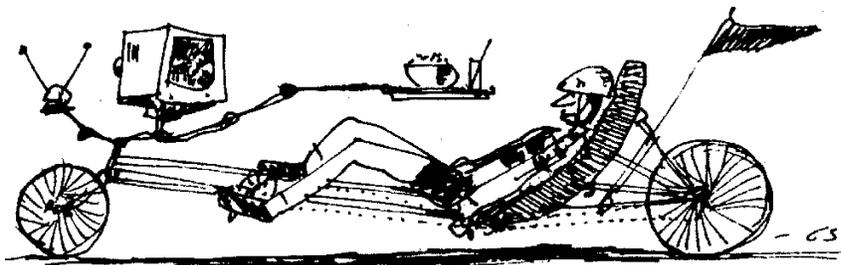
This event will give many people in Gainesville from all ages the chance to come and share their ideas and viewpoints, with the public at large about mountain biking and cycling. At the same time we will be informing people about the sport of biking and proper safety that should be followed on the trail. We believe that in this type of forum we will be able to encourage people to become more involved with the sport of biking. By having local community organizations at the tour we will be able to enlighten the public as to what is happening within the community in which they live. This event will be a good chance for any type of rider to get out on a Saturday morning and have a fun time.

Watch the club listserv for more details as the event draws closer.

## New on the Website

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

There is a new menu item on the GCC website, T Maps. Currently, there are Horse Farm Hundred and Santa Fe Century maps, plus a generic Northwest map. There is also the first ride map, for the Traxler Ride. Eventually, we hope to have many more ride maps available.



-ADVENTURE CYCLING

# DIVORCE!

After a one year tenuous trial marriage, the A Gliders and A Riders have parted ways. Many of the riders who went into the union as Gliders have come out as A Riders. The Gliders have returned to their general 20 mph speed limit, and the A Riders are now unleashed to do their thing.

*For the first time ever, the A Riders have a Group Captain, Vicki Santello.*

## *Communications From Vicki*

The A group is spontaneous in that we decide our routes on the day of the ride. We usually do 50-60 miles each day, hilly routes at average speeds of 21-23 mph depending on just how hilly the route is, how hard the guys want to hammer and how much mercy they may show in letting the chase pack of A riders catch them. Surges will be in the 28-32 zone. Sprints are faster than that with some of the guys but I'm not generally up in the front to clock those speeds!

Some of the points that are useful to keep in mind relative to how the A group rides these days are the following:

- A rides are typically in the 21-23 avg speed zone with surges in the 28-30 zone. Some riders will hammer sprints faster than 32 mph.
- The routes are selected often include some of the most challenging hills in the area.
- Some riders in the group will stop for flats but the whole group may not. It is recommended that you know how to fix your own flats even though there is likely to be assistance from the group.
- Often times the group will split into a lead pack and a chase pack.
- There is typically a rest stop which is usually announced before the ride begins.
- It is important to know how to rotate and have good bike handling skills.

Please check out the A Riders page on the GCC website for more details.

## *Killer Bees Swarming*

Activity on the club listserv indicates that the A Killer Bees are starting to reform. This is a group that fits between the Lo Bees and the Gliders, riding at speeds in the 17 to 18 mph range. They generally meet at the same time as the Lo Bees, following the same or a similar route.

If you are a strong rider who doesn't ride much, or a regular rider who is a medium strength rider, you should try this group.

## **Take the Pledge, Join the Gliders**

The new (old) Gliders group is reforming, with rides averaging 18.5 to 19.5 mph. While you don't need to be a top athlete to perform at this level, you do have to be in shape and riding fairly regularly.

To participate with the Gliders, we require that you agree to the Gliders Safety Pledge. By riding by the precepts of the pledge, you will be promoting safe riding in our group. We want to ensure everyone riding with us knows these principles.

You can agree to the Pledge on the Gliders page on the GCC website, or by signing the Pledge form at a Gliders ride start. Many A Riders have agreed just in case they don't feel like hammering some day.

The Gliders generally observe a 20 mph speed limit. See the web site for full details and the weasel words.

## **Parking at the Chevron**

In the Chevron station, along NW 43rd St, start at the north end and work south. Do not park in the slots alongside the station or along NW 53rd Ave. DO NOT use the business lots east of the Chevron on Saturdays. Overflow parking is along the short east-west street south of the station. Please watch where you are standing; do not block the flow of traffic going to the pumps.



# Florida

## Bicycle Touring Calendar

(VERY ABRIDGED)



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

- October 2-5 **3rd Anl George L. Smith State Park Bike Fest**  
*Twin City GA* Rental cabins, tent and RV sites must be reserved. No entry fee. Three days of road cycling.
- October 4 (Sat) **The CycleFest Century**  
*West Palm Beach FL* 100 miles, shorter rides.
- October 4 (Sat) **100K Ponce de Leon Road Ride**  
*Pine Log St. Forest FL* Crooked Creek Trailhead (panhandle in Panama City area). 8AM
- October 4 (Sat) **2<sup>nd</sup> Anl Big Red Apple Hills of Habersham Bicycle Ride**  
*Cornelia GA* Through the Hills of Habersham County. Options of 20, 50 miles, 100 kilometers, and 100 miles. Joe Elam 706-894-2453.
- October 5 (Sun) **Rails to Trails of the Withlacoochee Bike Ride**  
*Inverness FL* One mile to 100 miles. Rails to Trails of the Withlacoochee, P.O. Box 807, Inverness, FL 34451. (352) 527-3262 (A1).
- October 5(Sun) **Sunshine Metric Century**  
*West Palm Beach FL* 62 mile tour of the coast of Palm Beach and Broward Counties. Options for shorter rides.
- October 10-12 **Mount Dora Bicycle Festival**  
*Mt Dora FL* Mount Dora Chamber of Commerce, P. O. Box 196, Mount Dora, FL 32757. (352)383-2165.
- October 10-12 **BRAG Georgia Bikefest**  
*Newnan GA* Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. (770)921-6166.
- October 16-19 **Bike Fest 2003 - The National Rally For Cyclists**  
*Madison FL* See page 11.
- October 18 (Sat) **Felasco Nocturne**  
*Alachua FL* see first page.
- October 18 (Sat) **Century of the Month**  
*Bonifay FL* Joe Arnold, 1853 Applefield Ln, Bonifay FL 32425. (850)547-5196.
- October 18 (Sat) **3rd Annual B & E Tour de Ware**  
*Waycross GA* 100/metric/50/25/15. Debra Hipps (912) 338-8899.
- October 19 (Sun) **Speedway Century**  
*Homestead FL* 25, 62 & 100 miles with one lap around The New Homestead Miami Speedway. Club Hotline: 305-598-3998
- October 26 (Sun) **Freewheeling Hilly 100**  
*Dade City FL* 18, 34, 62 and 100 miles. Richard Johnson (813) 238-2464.
- Oct 26 (Sun) **3rd Cycle For Charity/Ride With USPS Pro Cycling Team Member**  
*Jacksonville FL* Join USPS Pro Cycling Team member Kenny Labbe for a 30/45/63 mile ride starting at the Cecil Field Commerce Center. (904) 845-2151.
- October 26 (Sun) **Intraoastal Waterway Century**  
*Cocoa Beach FL* 100 miles, 100 kilometers. Spacecoast Freewheelers, P.O.Box 320622, Cocoa Beach FL 32932. (321) 784-4686.
- October 26 (Sun) **Lake Weir Kiwanis Tri-County Tour**  
*Weirsdale FL* 20, 40, 60, or 100 miles.
- October 26 (Sun) **O'Town Bike Ride**  
*Orlando FL* 15/35 and 65 miles. Sandlake Cycle 407-903-0660
- Oct 31 - Nov 2 **Florida Fat-Tire Festival**  
*White Springs FL* Stephen Foster State Park. Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096.
- Oct 31 – Nov 2 **Southern Tandem Rally**  
*Tallahassee FL* 25th Anniversary.
- November 1 (Sat) **AAN Riding For the Right Reasons Charity Bike Ride**  
*Inverness FL* 6, 14, 30, 46 miles. Alpha Alpha Nu c/o Michelle Croft, P.O. Box 1192, Inverness, FL 34451. Michelle 341-2297 or Kristin 637-6933.
- November 2 (Sun) **Sarasota-Manatee Bicycle Club's Annual Gulf Coast Cycle Fest**  
*Sarasota FL* 15, 32, 62 or 100 miles. Dick Sanks (941)923-4240. Sarasota-Manatee Bicycle Club, Box 15053, Sarasota, Florida 34277-11053.
- November 7-9 **Bike It & B.E.A.R. It for AIDS**  
*Miami FL* 2 Days, 203 miles. (954)981-2040.
- Nov 7-9 **9th Anl Cruisin' In the Country Century Weekend**  
*Claxton GA* 18, 30, 65, 100 miles.
- November 9 (Sun) **South Broward Wheelers 18th Anual Century**  
*Cooper City FL* Brian Piccolo Park. 62 and 100 miles, plus an escorted 25-mile family ride. South Broward Wheelers, PO Box 290723, Davie FL 33329.
- November 14-15 **Coastal Cruisers Bicycle Club's Annual Pasta Bash**  
*Port Charlotte FL* 62, 31, or 16 miles. Dave Warren (941) 497-5170.
- November 15 (Sat) **Century of the Month**  
*Bonifay FL* Joe Arnold, 1853 Applefield Ln, Bonifay FL 32425. (850)547-5196.
- November 15-16 **Alafia Fat Tire Festival**  
*Brandon FL* (813)689-5109.
- November 16 (Sun) **24th Annual Horrible Hundred**  
*Clermont FL* 37, 72, and 102 miles. Florida Freewheelers, P.O. Box 916524, Longwood, FL 32791. 407-788-BIKE (2453)
- December 7 (Sat) **Boys & Girls Clubs of Central Florida 2003 Century Ride**  
*Sanford FL* CENTURY RIDE, Boys & Girls Clubs of Central Florida, P. O. Box 2987, Orlando, Florida 32802
- December 13-14 **Secret Santa Weekend**  
*White Springs FL* Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. (386)454-3304.
- December 12-14 **Highlands Bicycle Festival**  
*Sebring FL* Daily 62, 30 and 12 mile rides, plus Highlands County Century on Saturday. (561)683-2851.
- December 13 (Sat) **A Bicycle Ride Through Christmas Fantasy Land**  
*Casselberry FL* 15 miles with four 5 to 10 minutes stops to allow riders to take video and still photographs. (407)599-0909.

## Bananas - Doctors' Home Remedy

After reading this, you'll NEVER look at the Banana in the same way again!!

If you want a quick fix for flagging energy levels there's no better snack than a banana. Bananas contains three natural sugars -- sucrose, fructose and glucose -- combined with fiber one banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions making it a must to add to your daily diet.

**Depression:** According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills -- eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt making it the perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Brain Power:** 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break and lunch in a bid to boost their brain power. Research has shown that the potassium packed fruit can assist learning by making pupils more alert.

**Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

**Overweight and at work?:** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort foods like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronic ulcer cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:** Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

**Smoking:** Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water-balance. When we are stressed, our metabolic rate rises, there by reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Strokes:** According to research in 'The New England Journal of Medicine' eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

**Warts:** Those keen on natural alternatives swear that, if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So you see, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around.

So maybe its time to change that well-known phrase so that we say, "A Banana a day keeps the doctor away!"



# Fairbanks to Valdez, Alaska

By Charlie McGee, Aug 2003

From Fairbanks I had 366 miles to go to get to Valdez, but I wasn't sure I could make it to the end of the street my first time on the bike with a full load. I felt like such a fool for not having field tested it with anything more than 40 pounds. Now it had full panniers and a load of camping gear amounting to about 70 pounds. Between tires, wheels and frame my steel Jamis road bike had quite a twist and wobbled from side to side. However, with a little speed the funny stuff subsided and I managed to make it out of Fairbanks. By the time I had cleared my first 45 miles I was saying, "Valdez is really doable, I can almost see it now." By mile 60 the rear tire fell apart and the tube blew. I put on my only spare tire, managed to blow another tube and limped to the next campground. It's mile 65 and now I'm saying, "How can I get another 300+ miles without a spare tire or tube since I only got 60 miles on the last one?" The campground volunteer offered a possible solution. He'd drive me to within 20 miles of Fairbanks and the bike shop. Meanwhile, back at the shop I mounted a pair of Conti Touring 2000's. I was stoked that their 32mm width just cleared my frame. With my new tires I scurried the 65 miles back to the campground. By days end I had ridden an extra 85 miles and was no closer than my finish the day before. On the other hand, the Conti's were awesome and held up to all the rigors of the Richardson Highway.

My third day riding started out with a 40 mile stretch of hills as I followed the Tanana River downstream to Delta Junction. I had an intellectual awareness that there would be hills, but this was ridiculous! I'd reach the top of one hill (maybe a 2 mile climb) just to descend to the elevation where I started,



then do it all over again. It was good that I paid attention to the touring people who recommended a 1:1 gear ratio. This I accomplished with a 26 tooth granny gear and a 26 in the rear. At times I was chugging along at 5-6 mph. From Delta it was a long slow grade up to the Alaska Range. My route paralleled the Trans-Alaska pipeline that was now visible. At one point I stood in the middle of the highway with a clear view for at least 10 miles in each direction. There was not a car in sight, just a wonderful quiet and cool breeze.

Riding day four started at Isabel Pass, alt. 3510 ft. Here I had my first sighting of salmon, which were spawning at the headwaters of the Gulkana River. These red salmon

traveled over 200 miles to reach their destination. This proved to be an epic day of riding. Sky, absolutely clear, warmed to about 75 deg. The wind was to my back most of the way and most of this stretch was downhill. Some of the descents were downright scary. At one point I let myself reach 36mph. I worked to keep it slower because I was concerned about the combined effects of wind and the load. I did not want to fall on these rough surfaces. Proper planning paid off. A spare spoke and cassette puller kept me from having to hitchhike on after a spoke broke. By rides end I reached Glennallen, covered 85 miles and averaged 17.3 mph, though this number would have been higher if not for a couple really big climbs.

Day five was another gorgeous day. The highway brought me within 20 miles of the Wrangell Mts., with peaks in excess of 16,000 ft. What a view!



There were more climbs. I'd climb for half a mile, look ahead unable to see beyond a bend in the road because of trees. I hoped that the bend was the top of the hill, but when I got there I found it was just another stretch of hill for a half mile that was steeper than the one just finished. My heart sank.

This ride brought me to the base of the climb to Thompson Pass.



Day six would be my last if I could get over Thompson Pass. Valdez was down the other side. By this time I started having tendonitis in my right knee and made the climb more and more on just one leg. When I got to the top I was rewarded with a most spectacular view of the Chugach Mountains. The descent down the southern slope of the pass was steeper than the climb from the North. Fortunately I had a stiff headwind so I stood up on the peddles, stuck out my elbows and knees, and managed to keep my rig down to 32 mph. I arrived in Valdez in time for lunch, which was procured from the rocky shore using a small silver spoon and 6 pound test line at the end of my fishing pole. I managed to find a pink salmon that was willing to cooperate. It was summarily filleted and fried. Valdez on a sunny day is one of the most beautiful places on earth, I'm sure. My trip was completed and I caught the ferry across Prince William Sound to Whittier, a small port near Anchorage. By the time I boarded the ferry the rain set in and I was not to see the sun again for the rest of my stay in Alaska. I had Providence to thank for the nice weather. The locals said "that much sunshine was freakish." I was pretty happy, I'd pulled it off.



# 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.

**WANTED:** Used Road Bike, Great Condition, Reasonably Priced  
Call Gary 352-373-6597 or 352-317-3285 or email at gswolfson@aol.com

**WANTED:** Women's small or medium or men's small GCC Jersey (yellow gator style). John Parker 372-8594.

**TOM KERKHOFF (352)336-7294:**

Tandem: Santana Sovereign, frame size - large, custom paint - silver/green, rear seat post with suspension, 27 speed, shifters - Sachs, brakes - Shimano Deore XT, derailleurs - Shimano Deore XT, pedals - Shimano SPD, purchased 1994, excellent condition, selling price: \$1000.

Bicycle: Cherry Custom Touring, 59 cm frame, titanium satin finish, 21 speed, shifters - Sachs, brakes - Shimano Deore XT on front, Suntour on rear, derailleurs - Shimano Deore XT, pedals - Shimano SPD, seat - Serfas, purchased 1992, excellent condition, selling price: \$1200.

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

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

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

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

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

GCC embroidered polo shirts: Quality Queensboro shirts (www.queensboro.com), featured logo is the sweaty pony on a penny farthing bike. One each:

Hunter green shirt with gold embroidery  
Yellow with green text and red horse  
Yellow with black embroidery  
Red with gold embroidery  
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All shirts Men's size Large  
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Entertainment Center for TV and Hi-Fi. Library Oak stain with solid Oak facing. Clear glass doors on both the stereo/video shelving and accessories areas TV slot inside space is 26 1/4 " wide by 25 " high Overall dimensions 19 " deep x 49 " wide x 47 3/4 " high 12 large non-visible glides added to base Solidly built, attractive, excellent condition. Original manual. \$120, similar new units sell for \$300.

League of American Bicyclists



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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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| Ominski Massage          | \$10 off |          |
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| Streit's Schwinn Cyclery | 10%      | 377-2453 |
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Some restrictions apply, ask for details at the store.

*National Event comes to our area:*

## BikeFest 2003

The League of American Bicyclists has named Bike Florida's "Share the Road Rally and Summit" in Madison, Florida as the site for our National Rally in the fall of 2003. The Share the Road Rally and Summit is a chance to ride under the vast sky of North Florida, enjoying the beautiful and diverse landscapes along the winding country roads of scenic Madison County as well as attend a variety of educational workshops, clinics and meetings on bicycling. This recreational and educational event is a chance to catch up with old friends as well as meet fellow cyclists from around the country. With recreational bicycle rides ranging in distances from 15-100 miles, there is sure to be a ride for everyone. 2003 marks Bike Florida's 5th Annual Share the Road Rally, as well as the first co-sponsored League of American Bicyclists Event. BikeFest 2003 is presented by Bike Florida, the League of American Bicyclists, the Florida Bicycle Association, the Florida Traffic & Bicycle Safety Education Program and the Madison County Tourism and Development Council. For more details on last year's "Share the Road Rally", please visit

[http://www.bikeflorida.org/rally\\_&\\_summit\\_2002.htm](http://www.bikeflorida.org/rally_&_summit_2002.htm)

To learn about the Florida Bicycle Association:

<http://www.floridabicycle.org>

To learn about Madison, county Florida please see

<http://www.madisonfla.com>

For info you can call (202)822-1333.

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Classified ads will be run free-of-charge for club members; email or mail to the editor.

Ads are \$20 for a standard size ad, \$40 for a quarter page ad, and \$80 for a half page ad. A one year (six issue) subscription for standard size ads is \$100.

### DECEMBER DEADLINES

Ad copy needing setup work Nov 11  
Articles and classifieds Nov 13  
Ads in GIF or TIFF format Nov 17

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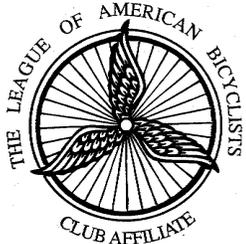




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**OCTOBER 2003 ISSUE** Mailing label with expiration date identifies current member.

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

*Cycling Shorts*



 Welcome new members Tony Alexander, John Alsobrook, Elizabeth Byrd, Len Cabrera, Angela Connaughton, Dan Connaughton, Nancy Eckert, Robert Fisher, Jim Funk, Mark Stephen Gillis, Ann Grooms, Gary A. Grooms, Ronald Hall, Laura Hare, Paul Hartrey, Bruce Higgins, Evan House, Inger House, Dawn McKenzie, George H. McKenzie, Savannah McKenzie, Andre Olejack, Joshua Powe, Bianca Previdi, Ginny Robertson, Scott Robertson, Perry Rosenfeld, Gary Segraves, Jennifer Segraves, Mark Spiller, Edward Valentine, Betsy Whitaker, Doug Whitaker, and Gary S. Wolfson of Gainesville, Caroline Sandow of Alachua, Tane DeKrey of Melrose, and Allen Wysocki of Newberry.



Carl and Jan Brush will be back for the Festival with their new toy!