

Club Happenings

Aug 5 (Mon) Women in Cycling Seminar

Injury Prevention: Stretching and Strength Training. Bring a towel or mat; wear comfortable, loose fitting clothing. 6:30 - 8:30 pm in the downtown Gainesville branch of the library.

Aug 10 (Sat) Hunters Crossing Pedalers Calibration Ride

Meet at the roadside park in Hague at 8 am. See the article on page 9 for full details about the ride and the restaurant afterwards.

Aug 25 (Sun) Adopt-A-Road Cleanup Party

Meet at 4 pm near the Pearl station at the corner of US 441 and CR 234 (Angle Road) in Micanopy. Long pants and sturdy shoes or boots are recommended. Chow down afterwards at Tony & Pats.

Sep 2 (Mon) Labor Day Rides and Picnic at Morningside Nature Center

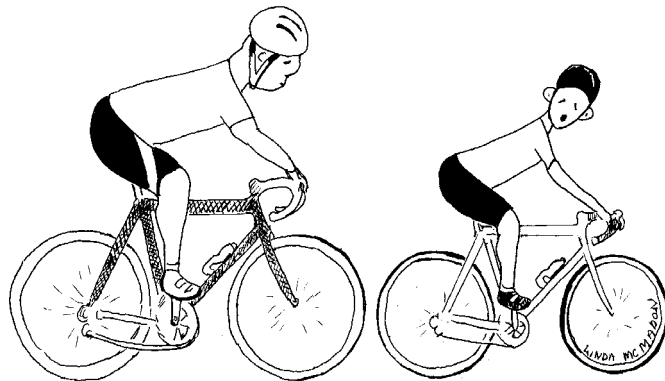
No Admission Charge to the park! All rides meet at 9 am. For those who want to leave the car at home, meet at the Plaza for a two hour ride through Brooker, Graham, Waldo, and Orange Heights. Others can ride or drive to Morningside for shorter distance rides, including an ATB expedition through Gum Root Swamp city park. Chandler will bring the hamburgers, hot dogs, and sodas. Bring a side dish to liven up the meal.

Sep 23 (Mon) Women in Cycling Seminar

HEALTH. Topics will include Nutrition, Fitness, Weight Management, and Women's Health Issues. 6:30 - 8:30 pm in the downtown Gainesville branch of the library.

Oct 5-6 (Sat-Sun) Gainesville Cycling Festival

Full details are in the enclosed brochure. Also enclosed is your *personal* Gainesville Cycling Festival Entry Certificate. This certificate is worth \$5 off on the entry fee for the Horse Farm Hundred. *Use this certificate when registering*, either by mail or on the day of the ride, to get your \$5 discount.



TOONS by McMahon

No! I insist! Let me go first so you can rest.



President's Message

**Gainesville
Cycling Club Inc.
1996 Board
of Directors**

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lindamcm@aol.com

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338-9205
afn19888@afn.org

Member At Large

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372-1145
barry@afn.org

“SIT!” Sit? “Yes! Sit right here!” She was patting this concrete bench in front of the PX at Fort Stewart, Georgia, a women who looked about 60. Well what could I do. I was walking out of the PX with my wonderful ice cream cone in-hand, happy, delighted. I was freshly showered, contented and wondering where I could happily wolf down this peace of heaven and possibly, if no one was looking, I could sneak back for seconds. After all it was the next to last day of BRAG and I deserved it. A voice said sit and sat I did.

Asked her if this was her first BRAG event (Bicycle Ride Across Georgia). She said. “No! This is my third!” And how long have you been cycling? “Four years!” hmmm. Turned out she was not 59 but 67. So at the age of 63 she decided to hop on a bicycle. Makes good sense to me? I asked her how did she get interested in cycling. “Had this old bike; it was left in my garage and just started riding it around the neighborhood.” She was originally from Holland and still retained an accent from her native land.

As with her and others I have met cycling, if asked, the same story repeats itself. We go from riding around our neighborhood with a bike that mysteriously appears in our garage to one day planning “the long trip.” Its always a straight a-b. It can be anywhere from 5 to 15 miles but its always in a straight line. The thought of going around in a circle never occurs to us at that time for its a journey and journeys happen in straight lines not circles. Lets see, if I ask my cousin to meet me at the end of State Rd 235 that will be exactly 12 miles. It is planned with great care, no detail overlooked. It might as well have been an expedition to the moon for all the planning made. Once attained nothing could stop us now. We went further than ever thought possible, pedaled faster, and better than ever before. There was no boundary, no limit where we and our trusty (rusty) bicycle could go! We are free! I think something happens to the brain-- maybe its oxygen deprivation after such an ordurous journey. Maybe its the love hate for our automobiles. After all, one couldn't possibly neglect an automobile for 10 or 15 years, dust off the cob webs, pump up a tire or two and off you went. I've never had one just mysteriously appear in my garage before either. With the flow of oxygen decreased a bit...we look over at our very expensive car...glance at our very free bike...and it just happens. Hey Hey I'M GOING TO RIDE MY BIKE TO WORK. Commuting to work just seems the next step, learning much later that we chose the most dangerous thing a novice bicyclist could do!

We seem to learn backwards when it comes to cycling. Somewhere along the line we finally hear about a bicycle club. We join, and then begin to learn more things about cycling in a few months than any amount of riding solo could do. We meet other people who show us the easier and safer way of doing things. This past year GCC has really grown. We have several levels of riding from the novice to the expert. We are very lucky to have people with our club who are interested in the sharing their love of cycling.

I foolishly said to my Lady from BRAG, Bicycling is a great way to stay in shape isn't it? She succinctly and without hesitation said, “Keep in shape? NO! NO! NO! I cycle because I Looove itch. It has nothink to do widge keeping in shape! I'm 67 years old and I rode BRAG isn't that enough?” Of course she was right. We go to the health club “to keep in shape” we cycle because.....we love it.

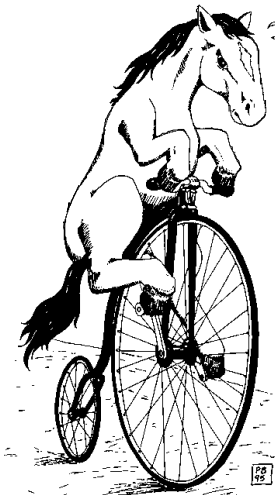
I love itch to,

See you cycling,

Linda C. McMahan



Horse Farm Hundred Volunteers Needed



The most exciting time of the year for cyclists in Gainesville is the Gainesville Cycling Festival, which features the Santa Fe Century and our own Horse Farm Hundred. Last year over 400 cyclists participated in one or both of these events, over half of them coming in from out-of-town. It's when we show off the best riding area in the state and get to mingle with other cyclists from as far away as Virginia.

To successfully put on the Horse Farm Hundred (and contribute to the running of the Santa Fe Century, a benefit for the Boys and Girls Club of Alachua County), we need help from many club members. This year a lot of our old standbys will be out of town, so we'll be looking for new faces to fill in! This event contributes significantly to our budget and helps keep our dues low.

The enclosed Entry Certificate has entries on it for volunteers to fill in. CALL ROGER PIERCE (378-7063) to get a volunteer slot BEFORE sending in the Certificate to volunteer. The Certificate reserves your volunteer T-shirt and ensures that you are covered by our liability insurance. All volunteers will receive a ride T-shirt, and those working multiple or long shifts will also be eligible to ride the Horse Farm for free (or get a reduced rate on the Santa Fe if your shift is during the Horse Farm).

We have quite a few jobs that will need doing, but since we're buying T-shirts and giving away Horse Farm entries we cannot take unlimited volunteers. Volunteer early to get the job(s) you want!

Rest Stops. This is where you really get to meet other bicyclists! You'll be handing out soda pop, water, gatorade, cookies and sandwiches to ravenous cyclists, and grilling hot dogs for the finishers. Shift lengths vary from 3 to 5 hours. At Morningside Nature Center, shifts start at 6:30, 9, noon, and 2. At Calawood Campground, shifts start at 6:30 (you can camp out overnight!), 7, 10:30, and 11. At the lunch stop, be in place by 9.

Registration. This is a vital job because it is where we come face to face with our guests and where we collect the

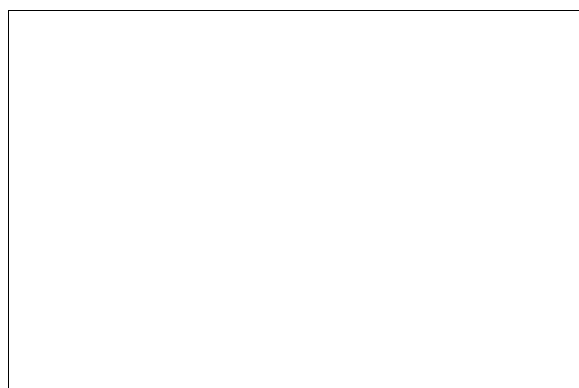
money. Shifts start at 6:30 and 4 Saturday at the Boys Club, 7 Sunday at Morningside, and 7 Sunday at Calawood. All new registration people will also need to come to the Boys Club on Friday at 6:30 pm for training.

Sag Drivers. We need persons with a vehicle with bicycle carrying capacity to act as SAG drivers on both Saturday and Sunday. We pay for gas and you drive around an assigned area of the course looking for cyclists in distress. We also need someone to ride in the Saturn pace vehicle to tell the driver where the course goes, and perhaps direct some traffic.

Course Workers. We can use some people to helpmark the courses, both driving for Chandler as he paints and placing signs on the courses just before the riders get to them. There are also openings for truck drivers to ferry stuff from our garages to the starts and the rest stops.

Construction. If you're good with a saw and a hammer, our horse needs rebuilding!

**Call Roger Pierce at
378-7063
to volunteer**



Adopt-A-County-Road Program

Gainesville Cycling Club's Involvement

by **Diann Dimitri**

During the GCC's Annual Meeting in February of 1994, a majority of the members present voted to volunteer in Alachua county's Adopt-A-County-Road Program.

This means that four times a year (minimum) we've agreed to clean up two miles of SE CR 234 (a.k.a. Angle Road) from US 441 to 2 miles northeast of US 441.

The next cleanup is August 25 at 4 pm, meeting at the usual place at or across from the Pearl Station at the intersection of US 441 and CR 234 in Micanopy.

A number of members have volunteered in the past for these cleanups. The last one was on June 2 with help from the following members: **Michael Cochran, Diann Dimitri, Suzanne McDowell, Linda McMahon, Chandler Otis, Maureen Petersen, and Marcie Stenmark.** This was one of our most time consuming cleanups aside from the initial cleanup; we worked from 4 to 7:30. The reason for the long cleanup? The previous cleanup (Feb 25) had only *three* members show up; we weren't able to do a complete job, leaving a lot more work for this last cleanup.

What this article is leading up to is this: We need some new faces (and hands) showing up to help. Those of you who signed up to help with the road cleanups on your GCC application will be called or emailed sometime between now and August 25.

Please put this date on your calendar, come out and help, and afterwards head to Tony and Pats for a well deserved meal.



Send in stuff for the Scrapbook

The Gainesville Cycling Club is compiling a scrapbook of items about the club and it's members, relating to bicycling pursuits. Articles of all sorts (newspaper, newsletter, magazine) are of interest, as well as any other type of written report featuring or mentioning GCC members or the club. Items from local and out-of-town publications are desired.

Each club member is invited to forward an item of interest for inclusion in the collection. Submissions will be added to the GCC scrapbook, to be shared and enjoyed as time goes on. They may also be used in future GCC displays or projects. Please send a copy of the item if you wish to retain the original. Also include the source and date of each item, and any additional information you wish.

Indicate the GCC member(s) involved if it is not obvious.

Send them to: **Maureen Petersen**
3857 SW 38th Place
Gainesville FL 32607

Punctuality

The GCC always advertises a meet time for its rides. The actual departure time can be anywhere from 2 to 30 minutes after that meet time. It is always best to be at the ride start at the meet time, but if you plan on trying to cut it close, you need to know how the particular group you will be riding with normally departs. While the Gliders will usually leave fairly promptly (within 10 minutes) the A Riders will normally sit around for quite awhile--but not always! In particular, on Tuesdays and Thursdays A Riders leave promptly at 6:32, 2 minutes after the meet time. Over the last few months, several A Riders planning their arrival for 20 minutes after the weekend meet time have found themselves alone (or with other late arrivals) as the summer heat has prompted earlier starts. And finally, if you are cutting it close and run into unexpected traffic or mechanical delays, you will be toast!

Pass It Up!

In a pace line, if you call out a condition affecting the group, such as **FLAT TIRE!**, the next person up will usually hear it, but those ahead will *normally not!* So if you hear something, pass it up to those ahead of you.

NEW RIDING GROUP

Roadies

There has been an expressed interest among club members to establish a ride group that would cater to the needs of those wishing to ride faster than the Hunters Crossing Group and not quite as fast as the Gliders. We are fulfilling this wish with the creation of the newest GCC ride group: the Roadies.

Presently the group is in its formative stages and in need of ride leaders (especially on Saturdays, hint hint!) as well as riders. As with the Gliders, each ride will have a ride leader who will provide itinerary maps for the riders. Rides will only be scheduled for days when a ride leader has volunteered, so check the newsletter Ride Schedule, the RideLine, or your gcc-fla email. The latter two sources may have additional rides that will not be in the newsletter.

For the month of August, so far only Sunday rides have been scheduled and they will all start at the Plaza of the Americas. By the time September rolls along, many rides will start at out-of-town locations in order to keep the rides away from the turmoil of Gainesville traffic. All start times are currently scheduled at 8 am (the normal club summer start time). Rides will leave shortly after the scheduled meeting time, so plan ahead to reach the starting point with time to spare, especially with out-of-town starts.

As in any other group ride, each rider must wear a helmet, carry basic repair tools and a spare tube as well as be able to adhere to the basic concepts of riding in a pace line. The rides will be steadily paced averaging in the 15-16 mph range (which means actual steady riding speeds will be a bit higher). We'll start by having rides of two different lengths, about 30 and 50 miles, and adjust as the needs of the riders become apparent. As the Gainesville Cycling Festival nears, these distances may increase to accommodate those training for the centuries.

These are group rides; you should be prepared to stop if someone has a mechanical problem, and perhaps ride a bit slower at times than you might otherwise when some members are running out of gas.

To make any group work, people must get involved. This doesn't mean dedicating your life to the group, just showing up for a few rides every month, and hopefully volunteering to lead one of them. If you wish to volunteer to lead a ride or need for more information on the group itself, call the Group Captain, Sam Sullivan, at 371-8218.

10 Tips for Safe Group Riding

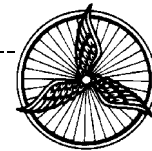
By Tim Strauser

This past April I became a volunteer ride leader for the Gliders. Even though I had been riding for a little more than a year, I felt that this was something I could do.

For me, it's been well worth the effort. I've met new friends and learned some important facts about group riding. Thanks to all who have shown their support by showing up for rides, sharing their experiences and concerns. With this continued effort our rides can only get better.

I would like to share some tips with you. Ones that will ensure that our rides are safe and enjoyable for all. The enclosed brochure from the League of American Bicyclists leads off with the article on Safe Group Riding. Every

cyclist needs to know this information before riding in a group. (To join the League of American Bicyclists, use the form on this page. The instructions in the brochure are outdated. Ed.)



League of American Bicyclists Membership Form

The League of American Bicyclists is working in the nation's capital and around the country to make bicycling safer and more enjoyable for all. Help us help you by becoming a member today.

Individual: \$30 Family: \$35

Name _____

Address _____

City _____ State ____ Zip _____

Telephone _____

Make check payable to:

League of American Bicyclists 190 W. Ostend St., Suite 120 Gainesville, Florida 32601-2300

Members receive the following benefits:

Subscription to **Bicycle USA** magazine
Free bike transport on 5 major airlines
(some restrictions apply).
Free annual **Bicyclists' Almanac**.
Free annual **Tourfinder...and more!**

To join by phone call:
1-800-288-BIKE

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.

52cm CIOCC road bike, mixed Campy, 7 speed indexed, \$250. Mag Trainer, remote resistance adjustment, \$50. Call George 336-4648.

BIKE - Ross 6 spd. Cruiser, Blue with black fenders and accessories, in very good condition, with rack & pack, bottle cages & two 28 oz. water bottles, computer, pedal clips and straps, new tires, new chain and sprockets, original pedals also included. Would be a good general purpose or commuter bike. The Cadillac of cruisers, with a big spring seat and a gel cover. \$ 150

TIRES - Avocet Cross 700c (27 inch) x 35c, inverted tread, good touring or hybrid tire or slightly fat road tire, less than 100 miles of use, pair will cost \$ 60 retail, these \$ 30.

SHOES - Nashbar bike shoes, size 43 (9.5) Red and Gray leather and nylon, for casual biking, have firm sole, but easy to walk in. In good condition and clean. Orig. \$35. now \$10.

ZEFAL FENDERS - Snap-on, Snap-off, high impact black plastic fenders for 27" road or hybrid. \$ 10.

COMPUTER SYSTEM - Commodore 64, 5.25 inch and 3.5 inch drives, Sears 2000 printer, handmade wooden printer stand, 2 modems, 3 joysticks, mouse and pad, lots of manuals, books and software. Great game machine. \$ 300 Fully operational and in excellent condition

CAMERA LENS - Pentax 40-80mm zoom, with macro, for Pentax ME or Super ME. orig. \$150 now \$90. Perfect condition.

LENS CONVERTER - Vivitar 3X tele-converter for Pentax lens, orig \$60, now \$20. Perfect condition with case.

WET SUIT TOP - Bailey Suit (the best), Medium, Black with red trim, yellow interior. Long sleeve. Plush inside & out. Spine pad, key pocket, clean and in excellent condition. \$ 60.

BEDSPREAD - 100% quality heavy cotton, Queen size, natural color, excellent condition, used once, still in zippered protector, \$ 60.

CHEST OF DRAWERS - 28"w x 17"d x 44"h, , 4 drawers, all wood, not particle board, \$60.

DINING ROOM CHAIRS - Four straight back wooden chairs, Hunter green with natural wicker seats \$ 60 for the set

COMPUTER CHAIR - Gray cloth, black and silver \$ 15

Call Rob, 380-0561, leave a message

Airless bicycle tires for when you absolutely cannot afford a flat. Recommended for commuter bikes. Many sizes and styles. Half price. Roger Pierce 378-7063, RCPBIKE@aol.com

Support Your Local Independent Bicycle
Retailers
They Support Your Bicycling Events

□□ Road Watch □□

□ CR 232 (NW 78th Ave) from CR 241 (NW 143 ST) to US 27/41 is being widened and repaved.

□ US 129 has been repaved north of Bell, and now has shoulders.

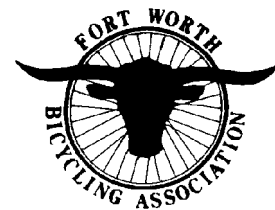
□ Construction continues on SW 34th St. Bikelanes continue to be available but have tended to collect a lot of washout gravel. Watch out for construction debris that may pop up overnight at any point.

□ Dungarvin Road is closed at I-75 due to interstate bridge construction. The road has been removed and replaced by soft sand.

New on the Homepage

When you first go to the homepage, you now get a menu with the most common destinations listed: Club Information, Publications, Gainesville Cycling Festival, Florida Bicycle Touring Calendar, Bike Florida, and Links. This will make it a little easier if you're just coming in to look at the ride schedule in the newsletter.

In many months, if you go to the online version of The Gainesville Cyclist, you'll find additional articles that were not included in the printed edition due to space considerations. This month there is an in depth look at the League of American Bicyclists' newly revised Effective Cycling® program.



World Wide Web
<http://www.afn.org/~bike/>

E-Mail

Membership: gcc-fla@cyclimg.org

Officers: bike@afn.org

Individual Officers: see sidebar on page 2

August-September Ride Schedule

FOR CURRENT INFO, Call The GCC RIDELINE 538-8100 (courtesy of ALLTEL Mobile)

RIDING GROUPS

A Riders. (no Group Captain). Will usually choose a middle or long distance ride. The route may change without notice at any time. The group will frequently split into two or more groups. These rides can be very fast, and do not necessarily make rest stops. On the weekends, these rides are usually joined by riders from the Revolution Sports Society racing team, and frequently by Team Florida and other miscellaneous racers.

Gliders. Barry Gibbons, 372-1145. Rides with ride leaders in the upper B range (17-19 mph average). Meeting times and places vary; see the schedule on this page. Rides will normally be around 50 miles in length.

Bee Line. Bill Cochran, 371-4118 or Dave Wagner, 375-4496. Meets at various locations and times on weekends and weekdays, usually starting very early. Civil rides at a good pace with rest stops.

Roadies. Sam Sullivan 371-8218. Rides with ride leaders in the lower B range (15-16 mph average). Meeting times and places vary; call the RideLine. Rides will normally be around 40 miles in length.

Hunters Crossing Pedalers. Linda McMahon, 331-4089. Meets at the GRU facility on NW 43d St just north of NW 53d Ave, most Saturdays for a slower paced ride. On one Saturday of most months the group meets at an out-of-town starting location--see newsletter articles announcing locations or call the RideLine. This group also meets at the Plaza of the Americas on some Sundays.

Newnans Lake Riders. Chandler Otis, 377-1728 (leave a message). A family and beginners group that meets Sundays at the Plaza of the Americas to do a 15 to 25 mile ride usually going out to Lakeshore Drive along Newnans Lake. See the Near East ride map.

REGULAR STARTING TIMES AND PLACES

GRU FACILITY RIDES

(On NW 43rd Ave, west side, just north of NW 53rd St)

SATURDAYS

Hunters Crossing Pedalers meet at 8 am.

TUESDAYS & THURSDAYS

A Riders meet at 6:30 pm. Times will be earlier in September.

PLAZA OF THE AMERICAS RIDES

(University of Florida campus in front of Library West under the walkway)
Rides meet at 8 am leaving after 8:15.

SATURDAY

A Riders meet at 8 am.

SUNDAY

A Riders, Newnans Lake Riders, and Hunters Crossing Pedalers meet at 8 am.

Centurians Ride Schedule

Aug 4-10		Blue Ridge Parkway, north to south
Sep 1 Sun	7:30 am	Century, bring camelbacks
Sep 8 Sun	8 am	Endless Summer Watermelon Century

Centurians. Roger Pierce, 378-7063. Hundred mile rides and up. We do many out-of-town invitational centuries. See the schedule above.

Gliders Ride Schedule

Date	Time	Ride Leader	Phone	Start Location
Aug 3 Sat	8 am	Andrew Gill	338-9205	Office Environment Center, 4805 SW 34th St
Aug 4 Sun	8 am	Andrew Gill	338-9205	Office Environment Center, 4805 SW 34th St
Aug 10 Sat	7:30 am	Evelyn Hinson	331-3549	Publix at Tower Road and Archer Road
Aug 11 Sun	8 am	Tim Strauser	375-3612	Office Environment Center, 4805 SW 34th St
Aug 17 Sat	8 am	Barry Gibbons	372-1145	Micanopy, CR 234 (Angle Road) & US 441
Aug 25 Sun	7:30 am	Evelyn Hinson	331-3549	Publix at Tower Road and Archer Road
Sep 1 Sun	8 am	Andrew Gill	338-9205	Office Environment Center, 4805 SW 34th St
Sep 8 Sun	8 am	Tim Strauser	375-3612	Office Environment Center, 4805 SW 34th St
Sep 21 Sat	8 am	Barry Gibbons	372-1145	Roadside park in Hague on US 441, about 5 miles north of Highway Patrol station
Sep 22 Sun	8 am	Barry Gibbons	372-1145	Hawthorne end of the Rail-Trail for a ride to the east
Sep 28 Sat	7:30 am	Evelyn Hinson	331-3549	Publix at Tower Road and Archer Road

Roadies Ride Schedule

For all rides, Time is 8 am, Ride Leader is Sam Sullivan, Phone 371-8218.

Aug 4 Sun	Plaza of the Americas	Sep 1 Sun	GRU Facility, NW 43rd St and 53rd Ave
Aug 11 Sun	Plaza of the Americas	Sep 15 Sun	Downtown Micanopy - meet at city hall
Aug 18 Sun	Plaza of the Americas	Sep 22 Sun	Roadside park in Hague on US 441 (Ponce de Leon Trail exhibit)
Aug 25 Sun	Plaza of the Americas	Sep 29 Sun	Plaza of the Americas



FLORIDA

Florida

Bicycle Touring Calendar

(ABRIDGED)



See the complete calendar on the World Wide Web at <http://www.afn.org/~bike/fltours.html>

Aug 2-4 Dog Days Pedal & Paddle
Live Oak FL Held at the Suwannee River State Park 9 miles west of Live Oak. Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. (904)878-2042. Email Wpburden@aol.com.

Aug 10 (Sat) Pizza Ride
Jacksonville FL Leaves FCCJ (Kent Campus) at 8 am for a 50 (or 65?) mile tour OR a 15 mile fun ride leaving at 9:45 am. Pizza, refreshment, t-shirt, and prizes. (904)260-1126. 10601 San Jose Blvd, Jacksonville FL 32257.

Aug 17-18 Tour DeLand Bicycle Festival
DeLand FL Low mileage history tours for families and casual cyclists, 30-50 mile scenic tours for seasoned bicyclists, off-road and mountain bike enthusiasts. Call (904)736-2483 for details.

Aug 24-30 Habi-Talla-Lanta300
Tallahssee FL Tallahassee to Atlanta. 1(800)HABITAT.

Aug 26-? Habitat for Humanity 20th Anniversary Ride
Orange Park FL Ride 450 miles to Atlanta on mostly country backroads. Contact Buzz at 904-264-0885 for entry form.

Aug 31-Sep 2 Tour of Sebring
Sebring FL Kenilworth Lodge; various tours, 10-100 miles, rolling. West Palm Beach BC, Linda Leeds, 913 Sumpter Rd E, West Palm Beach FL 33415. (561)683-2851.

Sep 1 (Sun) Historic Savannah Century
Savannah GA 25, 50, 100 miles. Benefits Drug Abuse Resistance Education (D.A.R.E.). Coastal Bicycle Touring Club, PO Box 14531, Savannah GA 31416. Paul Kersey (912)964-5033.

Fax (912)925-6953.
Sep 8 (Sun) Endless Summer Watermelon Ride
Baldwin FL 27/49/75/101 miles. . Must register by August 15 to get a T-shirt. North Florida Bicycle Club, PO Box 14294, Jacksonville FL 32238 (904)260-1126.

Sep 8 (Sun) South Broward Wheelers 12th Annual Century
Cooper City FL \$23 until 8/24, then \$28. Richard Berger, South Broward Wheelers, Box 822832, South Florida FL 33082. (954)792-4462.

Sep 8 (Sun) Annual Assault on Sugarloaf
Clermont FL 112/56/31 miles. Clermont Waterfront Park. 112 miler starts at 7 am, other rides later. CFT/Sommer Sports, PO Box 121236, Clermont FL 34712. (352)394-1320 Email cftsports@aol.com.

Sep 14 (Sat) Autumn Challenge
Mt. Meigs AL 25, 62, or 100 miles. Grace Episcopal Church on Old Pike Road, near Montgomery. Ken Lavoie, Montgomery Bicycle Club, Box 231116, Montgomery AL 36123. Email Kenneth11@aol.com.

Sep 14 (Sat) Osceola Swamp Man Classic
Glen-St Mary FL 15/32/62/100 miles including off-road option, at Baker County High School. Pat Wagoner (904)259-6129.

Sep 15-Oct 31 Disneyland to Disney World
Anaheim CA 3000 miles. (800)433-0528.

Sep 20-Oct 12 Pedal for Power
Maine Ride the Coast, Maine to Florida. League of American Bicyclists. \$2200 includes meals, hotels, support. (800)288-BIKE.

Sep 21-22 MS 150

Jacksonville FL

Overnight ride from the Jacksonville Zoo to Jekyll Island. (904)725-6800.

Sep 28-29

MS 150 Gulf Coast

For info contact Kelly Glenn, 200 S Hoover Blvd Bldg 219 Suite 120, Tampa FL 33609. (813)287-2939.

Oct 5 (Sat)

Pedal Into Fall Century

Pensacola FL 25/62/100 miles. Debbie Barnard, Pensacola FreeWheelers Bicycle Club, 10901 Seaglades Dr, Pensacola FL 32507. (904)492-6022.

Gainesville Cycling Festival

Oct 5 (Sat)

Santa Fe Century

Gainesville FL

4th Annual

Oct 6 (Sun)

Horse Farm Hundred

Gainesville FL

16th Annual. 5015 NW 19 Pl, Gainesville FL 32605. RCPBIKE@aol.com. Full info now on the web page.

Oct 6 (Sun)

Skip Jarrett Memorial Century

Coral Gables FL

SASE Everglades Bicycle Club, POB 430282, South Miami FL 33243-0282.

Oct 6 (Sun)

2nd Annual Rails to Trails Bike Ride

Inverness FL (352)726-2251. Rails to Trails of the Withlacoochee, PO Box 807, Inverness FL 34451-0807.

Oct 7-11

Florida Cruiser

Ft Myers FL An Adventure Cycling Association loaded camping tour to Orlando. Stops in Port Charlotte, Zolfo Springs, and Lake Wales. Adventure Cycling, PO Box 8308, Missoula MT 59807-8308 Email: acabike@aol.com.

Oct 10-13

18th Annual Southern Tandem Rally

Sebring FL

STR-96, 224 SW 180th Ave, Pembroke Pines FL 33029. Email: Joshua@polaris.ncs.nova.edu.

Oct 18-20

Mt Dora Bicycle Festival

Mt Dora FL Mt Dora Chamber of Commerce, PO Box 196, Mt Dora FL 32757. (352)383-2165.

Oct 19 (Sat)

Spaghetti 100

Miccosukee FL

100 mile, 100 kilometer, 50 kilometer. Jim Mann (904)422-0302

late Oct

Sleepy Hollow Century

Interlachen FL

still no word

Oct 20 (Sun)

Intracoastal Century

Cocoa Beach FL

Spacecoast Freewheelers, PO Box 320622, Cocoa Beach FL 32932-0622. (406)786-4686.

Nov 1-3

Florida Fat-Tire Festival

White Springs FL

Suwanee Bicycle Association, PO Box 247, White Springs FL 32096. (904)878-2042. Email Wpburden@aol.com.

Nov 3 (Sun)

Gulf Coast Cycle Fest

Venice FL

15/35/62 miles. Sarasota Manatee Bicycle Club PO Box 15023, Sarasota, FL 34277-1053. (941)497-6683 Email: Nhurley805@aol.com

Nov 10 (Sun)

Hilly Hundred

Dade City FL

34, 62, 100 miles. Joy Walston (813)839-1321.

Nov 17 (Sun)

17th Annual Horrible Hundred

Clermont FL

33/69/100 miles, Florida Freewheelers, (407)788-3446.

August 10 **Hunters Crossing Hosts a Calibration Session and Ride**

Several people have expressed an interest in a hands-on bike computer calibration session. In response to this, the Hunters Crossing group will host a ride which will include a calibration session for anyone interested in checking their bike computer's current accuracy, or trying to improve it. Those interested only in the Hunters ride should also come, as the calibration session will be followed by a ride.

In preparation for the calibration, you will need to have your computer, sensor magnets and sensor wiring already mounted and operational (we will not have time to do this for you). Bring your computer's instruction sheet or manual (read it and be familiar with it beforehand) and have your tires pumped up to the typical pressures that you normally like to ride. Around 8:00 am, the explanation, instruction and setup phase will take place in De Soto Park located at the intersection of US 441 and 25A, which is nicely shaded and next to a convenience store with a rest room. You can drive to and park here if you like. After everyone is properly setup and a wheel size factor has been determined and input to the computers, we will ride the short distance to the calibrated mile and test the set up. We will then proceed to a shaded area near the cal mile and make adjustments to our wheel factor to improve our calibration. Then we will ride the mile again to verify our newly improved accuracy. When everyone is satisfied that they have a proper calibration, those interested can head out on a 20-30 mile ride to test our newly established accuracy on some of the serene and scenic roads of the Hague-Alachua area.

Afterwards, those interested will have lunch at the new tea room on nearby US 441.

Contact Rob Wilt for further details or questions about your particular computer, afn09010@afn.org or 380-0561.

Note:

For those using the calibration mile, please take notice that the recent rains and sunshine have bleached the calibrated mile's markings out considerably. Now you will be looking for rather dull orange-white markings instead of brilliant fluorescent orange markings.

Bike Florida!

By Roger Pierce



At least nine GCC members rode (or worked for) Bike Florida this year, as Gainesville begins to discover our six-day cross-state touring ride. Two members, Doug Hill and Roger Pierce (as well as non-member Ed Elverston) made it a seven day ride by pedaling to Daytona Beach from Gainesville rather than riding the bus, a very hard 114 mile trek. Doing the six day version were Marueen Petersen, Karalisa Hartigan, Jessica Green, Barry Gibbons, and Andrew Gill. Doing some riding, but also working the ride were Margaret Raynal and Chandler Otis.

Cross-state rides are big, moving parties, and with 205 riders, Bike Florida was much more intimate a gathering than, say, BRAG with 2700 riders, or (shudder) RAGBRAI with 10,000. On BRAG, it took me all seven days to even *find* an old friend so I could ride with him. You don't know what a pleasure it is to walk into a restroom and take a seat until you've had to wait in line for twenty minutes for the privilege, as was not uncommon on BRAG.

The first overnight (in DeLand) featured a side trip to DeLeon Springs, a state park, where many riders took the plunge. It was a short day to Mt Dora, where we had time to shop the antique stores, walk the boardwalk in the nature park, and ride the boat trip for views of great herons, kestrels, and eagles. After a long third day (with an optional century ridden by Doug Hill and Jessica Green) we spent the night at the Withlacoochee Training Center of the Florida Division of Forestry; their dining facility, used to feeding hungry foresters, had no problems with famished bicyclists. After a ride up the Withlacoochee Rail-trail, we dodged rain showers for our stay in Crystal River, which was extended the next morning while the rain cleared out. But then it was on to Bellevue for the talent show, which featured talent as good as BRAG (but without the big, sloppy, production numbers). The final day brought us back to Gainesville for a post ride cookout on the Reitz Union Collonade.

There were, of course, many little things too numerous to detail here that made this a great ride, such as the Mayor of Inverness serving watermelon at their rest stop. You'll just have to come out next year and see for yourself!

Bolen Bluff Trail at Paynes Prairie

by Rob Wilt

On a recent early morning, Jim Merkner and I made a trek out to Bolen Bluff for an off-road ride and found this trail to be a really fine non-technical ride with heavy visual appeal.

The trail, best described as wide single track, largely tree canopied, surfaced with hard packed sand, makes the trip from the entrance out to the drop-off into the Prairie a lush green wooded delight, seemingly blessed with just the right number of twists and turns and mild changes in elevation to keep it interesting. The bluff itself is a small open clearing, overlooking the Prairie, which ends the sensuous jaunt through cicada orchestrated hardwoods. From the edge of the bluff the trail slopes off, dropping about 25 feet into the Prairie basin floor and becoming a pickup truck road. We headed on out into the open Prairie, our path gauntleted by a vast array of plants of widely divergent makes and models, and saw a couple of large, oddly configured, purple ground flowers which neither of us could identify. Here also we saw a deer, a few hundred feet east, ambling slowly away deeper into the bush. As we made our way further out into the Prairie we finally came to an overlook tower that perched ten feet above the trail. From this vantage point, midway out, we were able to scope a clear view of a huge portion of the Prairie basin, and in the far distance, US 441 to the west, and far off to the northwest the tallest buildings of the UF campus. Our deer was no longer visible, having made his way off into the Prairie's ample plant coverage. We peered out looking for bison, but alas, we were finally only able to prove their existence by their massive leavings in the trail.

On our start out from the entrance, under tightly canopied trees that formed a green tunnel, we had encountered two wild horses, neither of which gave the slightest indication that we aroused any fear. They gazed at us as curiously as we at them, then hastened on their way having seen no offering of food.

The Bolen Bluff trail forms a loop from the entrance out to the bluff and back, so we returned via the second half of the trail. It proved equal to the southern half in off-road visual seduction. And at its end, one of the two wild horses met us, only to be, again, disappointed.

A very enjoyable bike ride with minimal crash danger, and a maximum balance in favor of entertainment versus effort. The hardest part about this ride is the need to lift your bike over the entrance fence to start it. Apparently in order to allow people to enter, but keep horses from

BUSINESS SPONSORS

These businesses provide discounts to club members who present their yellow 1996 membership card:

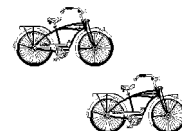
Bike Route	20%
Campus Cycle Works	15%
Chain Reaction	10%
Gator Cycle	10%
Gator Frame Painting	10%
Ominski Massage	\$10 off
Primo Bicycle Works	25%
Recycled Bicycles	10%
Streit's Schwinn Cyclery	10%
Water World	15%

Some restrictions apply, ask for details at the store.

escaping, the entrance slot is a tight little wooden "U" through the fence. The girth-challenged may find that they will have to follow their bike and climb over the fence instead of using this slot. Bikes are definitely allowed at Bolen even though the entrance setup might not seem to indicate that this is the case.

If you are looking for an easy off-road experience with lots of appeal, Bolen Bluff is your ticket. The total ride is probably no more than 3 miles, but that 3 miles is prime. We encountered no ticks, deer flies, or mosquitoes during the entire ride, but we did see large numbers of big flying grasshoppers and dragonflies buzzing along.

To get to Bolen Bluff take 441 south out of Gainesville across the Prairie. When you start to climb out of the Prairie on the south side begin looking for a small unpaved parking area bordered by a dark brown wooden fence just off the east side of the road (the left side, for all you non-navigator types). There is no fee to enter Bolen Bluff, but there is also no water and no rest room. Be sure to stay on the established trails, its people who tear up the flora and cause erosion that give off-road biking a bad name; so let's not give anyone good reason to limit our access. Ride responsibly and remember to show courtesy to hikers that you may encounter. And take your binoculars.



The Beach Double Century

By Paul Evans, Montebello, Va.

The 2nd event of the Southern/Eastern Double Century Series was held Saturday, June 1, a 210-mile ride from Kernersville, N.C. (between Greensboro and Winston-Salem) to Ocean Isle Beach, N.C. (between Wilmington and Myrtle Beach).

The morning began cool, which combined with having race numbers and a police escort for 15 miles, encouraged an unusually fast pace.

Although we only started with 14 riders, we still had 13 together after 70 miles, despite an average speed of 21.5 mph. As usual, Terry "the Blountville Blaze" Arnold eventually went off the front, soon to be joined by Ralph Schlieff and Shannon Woodruff. Shannon wisely dropped back to the main group after a few miles. The support stayed with the main group, and provided us with bagels, peanut butter, bananas and cookies at a lunch break shortly after the century mark.

A lead group of 7 finally overtook Arnold and Schlieff around mile 170. The pace continued fast to the end, despite pesky east winds, with an on-the-bike average of nearly 21mph for the first finishers, and all finishers arriving beachside in under 12 hours.

The 3rd edition of The Beach Double is tentatively scheduled for May 31, 1997.

RESULTS -- BEACH DOUBLE CENTURY

Tom Fanning, Dixonville, PA (Western Pa. Wheelmen), 10.58, 4 points.
Shannon Woodruff, Gainesville, FL (Gainesville Cycling Club), s.t., 4 points.
David Petree, Greensboro, NC (Piedmont Flyers), s.t., 4 points.
Paul Evans, Montebello, VA (Land of Sky/Pro Bikes), s.t., 4 points (7 points).
Jimmy Williams, Kernersville, NC (Land of Sky/Pro Bikes), 11.09, 3 points.
Adrian Rubio, Greensboro, NC (unattached), 11.15, 3 points.
Terry Arnold, Blountville, TN (Tri-City Road Club), 11.35, 3 points (4 points).
Rick Offerman, Kingsport, TN (Tri-City Road Club), s.t., 3 points.
Roger Pierce, Gainesville, FL (Gainesville Cycling Club), 11.37, 3 points.
Ralph Schlieff, Gainesville, FL (Gainesville Cycling Club), s.t., 3 points.
Ricky Boyd, High Point, NC (Piedmont Flyers), 11.55, 3 points.
Martin Holley, DNF, cramps, 1 point.
Staffan Viden, DNF, fatigue, 1 point.
Barry Poteat, DNF, fatigue, 1 point.

(Point system: start, 1; finish, 2; finish first 1.
Total series points, if different, in parentheses.)



League of American Bicyclists Hires New Executive Director

Baltimore, Md. -- The Board of Directors of the League of American Bicyclists proudly announces its selection of Cosette R. Simon ("Cosy") as its new Executive Director.

The League is poised for an exciting new era under the leadership of Cosette Simon. "We are so excited about the League's future. Our search for the new Executive Director was extremely thorough. We were picky -- and our very high demands are met in this fine person," said June Thaden, LAB President. "This is one of the biggest things for the bicycle industry since the demise of BIO. The League is now changing in many positive, exciting ways, and the strength of this candidate is proof-positive!"

Cosette R. Simon has extensive experience with both nonprofit and for-profit organizations, including leading the nation's fastest growing YWCA during her tenure as executive director. She served as chief comptroller for Fort Wayne, Indiana, and created and successfully won support for an extensive statewide health and human services reorganization plan as Executive Assistant to the Governor of Indiana. She has extensive experience in government relations for Lincoln National Corporation and most recently as State Legislative Director for the Health Insurance Association of America (HIAA).

"Many opportunities and challenges confront both the League and the bicycle industry," Ms. Simon said, "but with my leadership and a dedicated and determined Board, you will find the League to be a strong ally." Cosy Simon has been an active recreational cyclist for close to twenty years, but these days gets most of her mileage from her constant use of the bicycle for transportation. "I haven't owned a car for quite some time," Cosy said, "and now I just bicycle for all of my errands. This had made me acutely aware of the special challenges facing cyclists who count on the League to fight for better riding conditions throughout the United States. Believe me, the battle has just begun."

The League's diverse Search Committee included those with industry, publishing, education, and advocacy backgrounds, and it worked hard to ensure that it identified the best person for this challenging leadership position. After examining over 300 resumes from excellent, well-qualified people, the League found in Cosy Simon a combination of sound leadership & management skills, plus a creative flair and zeal for building partnerships and communities -- topped by a vision of a much more proactive, powerful organization.

Outspokin'

by Neil Dimacali

From The Literary Digest, 1889: "The ordinary 'horseless carriage' is at present a luxury for the wealthy; and although its price will probably fall in the future, it will never come into as common use as the bicycle."

Cambridge, MA -- The Christian Science Monitor reports that local auto mechanic Tom Magliozzi, the co-host of the National Public Radio talk show "Car Talk," may make a living talking about cars, but he doesn't drive one to work. "I ride my bike," he told the Monitor. Magliozzi says Americans haven't been taking responsibility for the multiple ills caused by automotive congestion, and he supports measures to limit the number of cars on the roads.

Which are the 10 best cities to live in the U.S.? It depends on who you ask, of course. Finding the best city isn't the whole story, according to Michael Schafer of the Berkeley-based group, Urban Ecology. "Try to find a neighborhood that has both a library and a hardware store within walking distance. Getting away from the car is the healthiest thing to do, no matter what city you are in."

"Americans are broad-minded people. They'll accept the fact that a person can be an alcoholic, a dope fiend or a wife-beater. But if a man doesn't drive a car, everybody thinks there's something wrong with him." - - - Art Buchwald

No, this isn't about bashing cars. Cars are wonderful devices when they are responsibly owned and prudently used.

T-Shirt of the Month: I would rather be on a bicycle and thinking about God than be in Church and thinking about bicycling.

Bumper Sticker of the Month: Live Simply So That Others May Simply Live

Bumper Sticker of the Moment: Hang up and Drive.
(Article came through the Internet--ed.)

Down here in this part of Texas, those who don't wear helmets are simply called POD's.
(Probable Organ Donors)
Rickey Wray Wilson

Me and BOB

by Nick Gerlich

I've got a new friend. His name is BOB.

No, I'm not "coming out of the closet." BOB is my new utility trailer. BOB stands for "Beast of Burden" Trailers, from San Luis Obispo, CA, and their Yak Trailer is the best thing since sliced bread.

The trailer retails for \$224, and the optional 5700 cu. in. Yak Sak weather resistant duffel is \$34. Together, the pair give you absolutely no excuse for taking your car to the supermarket, post office, or whatever.

BOB can haul up to 70 pounds of gear. It is very low to the ground, and, unlike other trailers on the market, rides along on one wheel, a 16-inch wheel just like those found on juvenile bikes. BOB connects and disconnects to your bike in a snap, using a special quick release skewer for your rear wheel. BOB can work on virtually any bike, from road to mountain to tandem. I have BOB attached to my Giant mountain bike, and just leave it there, ready for any errand that needs to be run (or is that ridden?).

BOB's design keeps your center of gravity low to the ground. I have, however, stacked things on quite high, and bungied them in place. I have hauled over 50 pounds of parcels to the post office, and while stacking them high makes handling a little wobbly, I am pleased to report that I did make it OK. In fact, nearly every parcel we have sent out from Ultra Sports Marketing in the past few weeks has gone to the P.O. on BOB.

Handling is quite nice, especially if you keep your load low. Headwinds don't pose much trouble, but crosswinds can slow you a little. Even with 50 pounds, I could keep in the low 20s with a tailwind, while in headwinds, I would range between 13 and 15. BOB handles well on dirt and pavement, even on washboards. About the only place I wouldn't feel comfortable with BOB would be singletrack.

Don't be surprised if you find yourself looking for excuses to run into town. As a joke, I made a beer run with BOB last week before attending a get-together at a friend's home. The cargo survived just fine, thank you, and was immediately consumed.

If you are wondering about that 16-inch wheel, have no fear. Spare tubes are readily available at any store that stocks juvenile bike equipment, like Wal Mart. I should know....I already managed to pick up a goathread and ruin one tube. BOB is the perfect way to say "NO" to high gas prices, and thumb your nose at our auto-centric lifestyle. As my long-time friend Carl "Carl's Bad" Sawicki said to me, "Don't you just feel so smug when you bring BOB to town?"

You betcha.

(For more info on BOB, see your local shop, or e-mail me - GERLICH@wtamu-cob.wtamu.edu.)

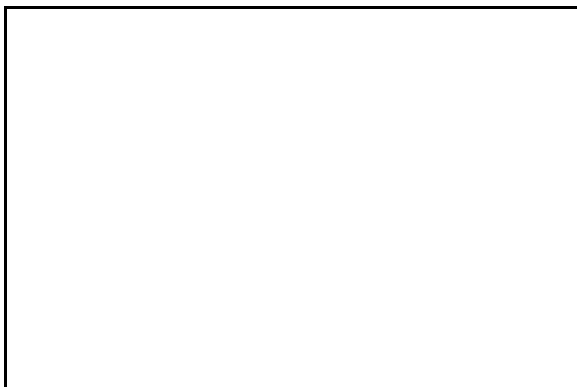
(Article came through the Internet--ed.)

"Only in My Dreams"

by Mark W. Meisel

Chris Stanton was very excited to know about the Mt. Mitchell ride. What was he talking about? Yes, I had scanned the recent June Newsletter, but I had not read every piece. Fine, I would look for my name in the Mt. Mitchell Report. Alas! There it is! Now wait a moment! I did remember reading about this ride in previous newsletters. The idea of a century in South Carolina sounded exciting at the time. I could imagine the first 70 miles of "rolling" hills, ones that would look like Camel Hill to me. At the end, there would be a 30 mile long climb, one that probably would remind me of the "d'hors classement" hill that I tried to ride in France when I lived there 10 years ago. Yes, I did imagine trying this ride this year, but I did not have to wait long for a reality check! Since my son was born 2.5 years ago, when have I had time to ride? In addition, I spent a year in Evanston, Illinois, on sabbatical, where I learned that I nice ride was one where you did not hit a pot hole. Furthermore, a cold winter day for riding in Gainesville is a beautiful warm summer day in Chicago riding circles. I spent some time on a trainer while in Chicago, but I found it a bit boring. Now I did once, several years ago, ride up Clingmans Dome in Tennessee, starting from the Sugarlands Visitor Center US 441. Two years later, I "attacked" Mt. Evans in Colorado one morning on a rented Basso, starting from my hotel in Idaho Springs. I did get to the summit lake, a couple of thousand feet short of the true peak, where I was out of water, out of food, and freezing cold. I did get to meet some of the goats that almost caused Tony Rominger to loose it over the side a few years ago. Hey! Maybe I could do Mt. Mitchell? After all, I was able to complete (albeit in 12 hours) the Cross Florida Ride in 1994, only a few months after the birth of my son and while doing 90% of my preparations on my trainer. So, yes, this year, perhaps I did do it, but "Only in My Dreams!" Maybe I will wake to do it next year?

Mark Patlovich, Skip Choate, Ralph Schlieff, and Bruce Stechmiller from the GCC rode Mt Mitchell this year.



The Gainesville Cyclist

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The Gainesville Cyclist is published bi-monthly with cover dates of even-numbered months. The deadline for new copy is the third Friday of the preceding month. All submissions are welcome.

Classified ads will be run free-of-charge for club members; call the editor.

Ads are \$5 per column inch or \$25 for six column inches (which may be broken into multiple ads in different issues); the standard ad is two column inches (2" x 3", a 1/2" narrower than a business card).

Some of the Debate...

My conclusion: the use of helmets, while of some value, is being wildly over-emphasized. Going into a classroom full of wrong-way riding, stop-sign-blowing children and saying "Wear a helmet" is like going into a room full of drug addicts and saying "chocolate is bad for you."

I believe kids take in one sound bite at a time. I believe we should start with keeping them out of accidents. Far too many people now think helmets are the beginning and end of bicycle safety. This is terribly wrong.

---Frank Krygowski ae505@yfn.yosu.edu

1996
**Gainesville
Cycling
Festival**

**Oct 5
Saturn Santa Fe Century**

**Oct 6
Horse Farm Hundred**



Gainesville Cycling Club

5015 NW 19th Place
Gainesville FL 32605-3435

Cycling Shorts

1 Welcome new members **Bill Boyett, Robin Ellison, Greg Gusinde, Dan Hawkins, Miles Hyman, Mike Jones, Gary Kirkland, Jack Llewellyn, Jennifer L. Mace, Steven B. Mace, John McMahan, Rebecca Minter, Jason Powell, Brian Raisler, Bill Rohan, Christina Rohan, Vivienne Rohan, Bill Rohan Jr., Marge Roskos, Richard D. Roskos, Richard G. Roskos, Jeff Snyder, Jan Stottlemeyer, Lauri Triulzi** of Gainesville, **Mary Walsh** and **Christie Wilcox** of Hawthorne, **Vivian Fincher** of McIntosh, and **Leonard and Moseetta Cohen** of Jacksonville.

1 The following individuals' email addresses in the latest GCC Membership roster do not work: James Adams, Andrew Chanis, Clint Gibbs, Sarah Price, Marcie Stenmark, and Christie Wilcox. If your name is here and you still have email, send mail to RCPBIKE@aol.com so that we can update your record.

1 Dan Burden is stepping down as Florida's Ped/Bike Coordinator (after 16 years) to work full time as a consultant for Walkable Communities, Inc., a small non-profit he and his wife Lys are forming to bid on pedestrian projects nationwide. World Headquarters for Walkable Communities, Inc. and the Burden residence will initially be located at 320 S Main Street in High Springs.

1 Letter to the editor from Mark Motter, dated May 23:
Thanks for the congratulations, which are indeed in

order. We just got back from the 20-week ultrasound and every thing is perfectly normal. We got a really cool video with the baby's HR at a steady 180+ bpm, what a motor!! We know its a boy. Looks like he's working on a good aero position already.

Lisa is doing well but not riding much. She's doing really well considering that she's providing all the life energy for two people, one of which is growing rapidly. Sorta like taking a hard pull at the front for nine months.

1 A message from Han Goh: Here's additional info on the '96 Cross-Florida Ride held at Cocoa beach in early May. Brian and Peg Iwata rode and finished their first X-Fla ride in the top half of participants; I believe they were also the first tandem to finish this year's ride. Unfortunately, I was not able to ride this year due to an injury sustained while finishing last year's X-Fla. At any rate, congrats to the 3 GCC members of the GCC centurian group for finishing in the top 20, and to all GCC members who rode. I plan to ride with the Iwata's in this year's Santa Fe Century and probably the '97 X-Fla; so we'll see some of you there!