

Club Happenings

August 13 (Sun) Horse Farm Hundred Volunteer Party, 5 pm

Meet at 5015 NW 19th Place (from NW 43rd St, take 19th Ave west to 46th St, then cut over to 19th Place at the circle). The club will have hot dogs and sodas, bring a side dish. We'll find a place for you to help out at the Horse Farm Hundred or Santa Fe Century.

August 20 (Sun) Adopt-A-Road Cleanup and Pigout, 4 pm

Meet at the Pearl station in Micanopy (please park along CR 234 or across the street). Long pants and sturdy shoes recommended. Afterwards, pig out at a local eatery.

August 26 (Sat) 3rd Annual Gliders Training Century, 7 am

Meet at the GRU Facility for a run over the Santa Fe Century course. Stops in High Springs, Myrtis, and Worthington Springs. This is a regular club ride – no sag support.

September 4 (Mon) Labor Day Rides and Picnic at Boulware Springs

Meet at Boulware at 8:00-8:15, rides start at 8:30. There will be a variety of road rides and a group will go to Gum Root Swamp city park for off-road adventures. A picnic is featured at noon, please bring a healthy and delicious side dish to complement the burgers, hot dogs and sodas that the club provides. The Gainesville Hawthorne Rail Trail is located at Boulware Springs, so rides will be safe and scenic. Boulware is on SE 15th Street in southeast Gainesville.

September 30 - October 1 (Sat-Sun) Gainesville Cycling Festival



Two Centuries in Two Days! The Saturn Santa Fe Century, and our own Horse Farm Hundred. Look for full details soon in the mail, including 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.



Other Area Centuries in September

- 3 - Historic Savannah Century
- 10 - Endless Summer Watermelon Ride
- 10 - Assault on Sugarloaf
- 17 - Freewheeling Hilly Hundred
- 23-24 - Share The Road Rally



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GCC Web Page

President's Message

Your Bike Club Needs You



Arriving in the not too distant future is the Gainesville Cycling Festival (September 30 and October 1). For those not familiar with the event it consists of two Century opportunities back to back, the Santa Fe Century and the Horse Farm Hundred Century. The Santa Fe is the child of the Alachua County Boys and Girls Club and the Horse Farm is the child of the GCC (that's us). The GCC and the Boys Club work hand in hand to make this event the special occasion that it is.

Did you ever wonder how the Gainesville Cycling Club manages to pay for the burgers, dogs, drinks, park reservations and all the other stuff that makes our club picnics so great? Your dues? Wrong! Think about it. For \$10 your whole family eats at the picnics, gets coverage for insurance, a five dollar discount on the club's big ride event, a first rate bi-monthly newsletter, a great website and I could go on. Can you really imagine that all of that costs the club only ten dollars? Then you should get a Nobel Prize for imaginative economics.

No, the sad fact of the matter is that the driving force behind all the dollars it takes to generate all of these benefits is the profits we manage to make from the Horse Farm Hundred, our annual club sponsored ride. We rely on the service of volunteers recruited from among our club ranks to perform the myriad functions that make this all possible. And they work without pay, for the sheer knowledge that the work that they do makes our club the great club that it is. There are some small perks for volunteers; a free Horse Farm T-shirt, free snacks and drinks, and the pride of knowing that they have made a real contribution to the excellence of our club.

If you would like be a volunteer at the Horse Farm this year, or the Santa Fe Century, you should contact Roger Pierce (RCPBIKE@aol.com or 378-7063) and talk to him about the various volunteer positions available. There are a lot of different jobs that make the Horse Farm happen every year and there is probably something that you can do for us that you will enjoy. Remember too that the early bird catches the worm, also that the earliest bird gets to choose the choicest worms, so give Roger a call. And if you don't ride much this is a great chance for you to meet a lot of the other members of your club and talk to people who can help you reach whatever goals you would like to achieve from cycling. It's also a great chance to ogle a lot of different bikes. And volunteering doesn't necessarily preclude you from being able to get in a ride yourself that day. The Horse Farm Hundred can't happen without the help of people like you.

On another note, if you are going for your first century this year, there is a reprint of some rules I learned while getting ready for my own on page 4. These appeared in a previous GCC newsletter. Enough people requested that I print them again that I decided to do so. I call these the "seven cruel rules", because something cruel will happen to you if you don't obey them

Hope to see you during the Gainesville Cycling Festival, either on the road or working as a volunteer... or both.

Following winds, my friends

Rob Wilt



A PLEA FROM THE POOHBAH

The Gainesville Cycling Club will have several events in September, and the Club needs help in organizing these events. These events include: the Club Picnic at Boulware Springs on Labor Day, Bike Hike and Bus Week, and of course, the Gainesville Cycling Festival, which includes the Santa Fe Century and the Horse Farm Hundred.

We need lot's of help with these events. Because of a new job, I'm afraid I won't be in Gainesville during August and most of September, so it is vitally important that club members pitch in and help. For years, Roger Pierce, Bill Cochran, Diann Dimitri, Linda McMahon and others have worked hard to organize the Cycling Festival and they need your help!

The most important event is the Gainesville Cycling Festival. We need sag drivers, rest stop workers and other help on the weekend event. Some jobs can be done ahead of time so you can ride, but we need a lot of help on the day of the ride. One possible reward for day-of-event-workers would be a deluxe mini-horse farm, complete with steak tartar and caviar. I'll be happy to help sag and feed for mini-deluxe tour. Please contact Roger Pierce if you can help.

The Club Picnic is on Labor Day, Monday, Sept. 4, and we need someone to organize food. This is your chance to introduce the Club to some good food, instead of the standard hamburgers and hot dogs. I will be happy to share any ideas and equipment you may need to host a picnic.

The annual alternative transportation celebration, Bike Hike and Bus Week is September 11-15. Two events the Club helps with are the Family Ride and the Bike vs. Car Race. Traditionally, the Club has organized the Family Ride on the Gainesville Hawthorne Trail, usually on a Saturday morning.

Club members help with the Bike vs. Car race, which will pit County Commissioner Robert Hutchinson on a bike vs. another member of county government in a car. Help organize or come and ride

with "Hutch."

If you can help with Bike Hike and Bus Week, please contact the City Bike Coordinator Bill Harden at 334-5074.

Last and least, I won't be around to lead the Sunday morning Family and Beginner Ride that starts from the Plaza. I would suggest telling prospective beginner riders about Carol Glavin's excellent Rail Trail ride on Sunday mornings, but if someone wants to lead a Beginner Ride from the Plaza, that would be fine.

Please help the Club during our busy time. Volunteering is a great way to meet new friends, and to help two great organizations, our Club and the Boys and Girls Club.

Go Gators!
Chandler

T-Shirt Design Contest

Design a T-Shirt for the Horse Farm Hundred and win two of the shirts and free entry to the Horse Farm Hundred. Designs should incorporate both cycling and horse themes. The words "Gainesville Cycling Club" and "Horse Farm Hundred" must be included. "2000" and "20th Annual" may also be used. Designs must be in full color (maximum of six colors), and must fit within an 11-inch box, and must be original work.

All entries become the sole property of the Gainesville Cycling Club, Inc. The Club may use the entries in any manner that will further the purposes of the Club without further compensation. This contest is open to all GCC members.

The submission deadline is August 21st. Mail to the club address or deliver to Roger Pierce.

The Seven Cruel Rules of the Century

Rule 1: Learn to stay hydrated. Drink, drink, drink and drink some more. Drink even though you are not thirsty. If you have to find a tree during your ride... well... do it. That's a lot better than getting heat exhaustion or a splitting headache and having to end the ride or go to the hospital. Experiment with Gatorade or Powerade or whatever if you feel these will help. But experiment during your training rides, not on the century.

Rule 2: Start snacking periodically, as you ride, before you feel hungry, but don't eat anything heavy or greasy or you'll puke. Experiment with snacks before the century, find out what helps and what hinders, then avoid the temptation to eat other things with which you haven't ridden. I suggest bananas, apples, Entenmann or Sunshine cereal bars, grapes and pretzels. But a lot of other people eat a lot of other things. Find out during training what works for you. Wait till the century is over, then you can pig out on whatever!

Rule 3: Train for increasing distance and endurance. Ride with people with a similar goal of increasing their stamina (its just easier to do in a group). The Hunters, LoBees and Gliders usually train for the century by periodically having increasingly longer rides as the summer progresses, usually getting up to ultimate rides of 75 or 80 miles. If you have trained on terrain similar to your century you will be able make the leap from this mileage to a full century. When you're this close, motivation and some friendly group persuasion can push you on to your century.

Rule 4: Tweak the bugs out of your bike as you become aware of them on the progressively longer rides. Don't plan to do this the day before the big ride, if you wait the odds are high you will be *very* sorry.

Rule 5: Learn to stay comfortable. As you ride longer and longer rides you will encounter finger, neck, shoulder and butt numbness. You can learn to deal with this as you ride. Learn to relax in the saddle, stand in the pedals on down hills, sit up and stretch, shake out your hands and whatever else

works for you. But work this out on your training rides. On the century you need to *know* what you *are* going to do.

Rule 6: Train for your terrain. The Santa Fe and the Horse Farm are vastly different rides. Santa Fe is generally flat, with only a few hill climbs. The Horse Farms signature (aside from the actual horse farms themselves) is a quantity of hills and long grades totaling a lot of elevation (for a Florida century). In my estimation, the Horse Farm century is at least 50% more energy demanding than the Santa Fe. If you train exclusively on level ground, you won't be ready for the Horse Farm.

Rule 7: Plan to ride the century with a buddy(s) who will hang with you when your strength starts to sag, when you need some encouragement to continue, and to distract your thoughts from that burning sensation in your upper thighs when that last fifteen miles of the century still stands before you.

POP QUIZ

by Dwight Kingsbury

OK, it's Friday afternoon, time for a little quiz. Answers on page 10.

1. What are the top 5 countries for total bicycle ownership, in order?
2. What are the top 5 countries in bicycles per capita, in order?
3. How many bicycles are stolen each year in the US?
4. How many bicycles are stolen each year in the Netherlands?
5. What is the ratio of male to female riders in the US?
6. Americans ride bicycles for fitness, commuting, recreation, and racing. How do these four reasons rank?

Horse Farm Hundred

CALL FOR VOLUNTEERS

An activity that many of our members enjoy is going to the special events put on by other bicycle clubs throughout Florida and the southeast. Our contribution to other area bicyclists is our event, the Gainesville Cycling Festival, which incorporates our own Horse Farm Hundred and the Saturn Santa Fe Century put on by the Boys and Girls Club.

To successfully pull off a major two day event such as this we need a significant number of volunteers to pitch in and help. Most of those are needed on the actual weekend of the event, but there are a few jobs that will need doing in the days prior.

You will receive an Entry Certificate soon that 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 day-of ride volunteers will receive a ride T-shirt, and those working multiple or long shifts will also be eligible to ride the Horse Farm for free (or get a reduced rate on the Santa Fe if your shift is during the Horse Farm).

We will need people to help with four basic functions during the rides:

REST STOPS. Hand out food and water during the Horse Farm Hundred at Morningside Nature Center, Irvine, or the lunch stop.

REGISTRATION. We will be open Friday evening at Saturn, Saturday morning and afternoon at the Boys Club, and Sunday morning at Morningside and in Irvine.

SAG. Drivers will be needed for both the Santa Fe and Horse Farm.

COURSE. We need people to put out directional signs and paint the roads.

You can call to volunteer when you get your certificate, or you can wait and sign up at our gala Volunteer Party to be held on August 13th (see front page for details).

Your support for this event helps keep our dues at the really low level of \$10 per year. A successful Horse Farm Hundred will keep them there for another year!



An advertisement for Primo Bicycle Works. The top part features the text "THE KEY TO HAPPINESS IS TO STOP CARRYING EVERYTHING INSIDE" in a bold, sans-serif font. Below the text is a photograph of a bicycle mounted on a car rack. The bottom part of the advertisement contains the text "Yakima Rack Dog Certified CAR RACK SPECIALISTS" in a bold, sans-serif font. Below this is the Primo Bicycle Works logo, which consists of the word "PRIMO" in a large, stylized font with "BICYCLE WORKS" underneath it. To the right of the logo is a small logo for "cannondale HANDMADE IN USA". At the bottom of the advertisement, there is text that reads "Lifetime of free adjustments on all Primo bikes!", the website "www.primobikeworks.com", and the address "1124 W. University Ave." and phone number "352-371-9650".

PAVED TRAIL NEWS

by Chandler Otis

Paved bike trails are springing up all over our area, so here's an up date on future trail plans.

The Nature Coast Trail at Fanning Springs is rolling along. At the Club's July Picnic, many members rode on the new addition that goes from the old railroad bridge across the Suwannee to Cross City. There is a Dairy Queen next to the Trail in Cross City, and most Club members partook of ice cream.

Currently, the trail segment from Fanning Springs to Chiefland is being graded and should be paved by Christmas. Following the paving of the Chiefland segment, the Fanning Springs to Trenton segment will be completed. Interestingly enough, the paving company cleared and paved a short segment from downtown Trenton to a new elementary school, so school children can ride to the new school this fall.

Another new trail should also be ready by Christmas. Work will begin soon to extend the Branford Trail to the south entrance of the Itchetucknee. This trail will make an excellent new route during Club Picnics.

More trails are planned for the Itchetucknee area. Columbia County is planning a trail from the north entrance of Itchetucknee to Oleno State Park. This trail should be constructed in the next 2-4 years. Another trail is proposed for this area, running from Lake City to the north entrance of Itchetucknee. This trail is a number of years off, but preliminary planning is underway, and the Columbia County Commission expressed support for the trail.

Other trails that may be in the future are in Madison, Perry and from Starke to Keystone Heights. A trail is planned for the Big Shoals area near White Springs, part of the Suwannee Bike Association's trail system.

Much thanks should be given to Lys Burden, who has always been active in trail building efforts in North Florida. She and others in High Springs are currently working on trail plans to build a trail from High Springs to the south entrance of the Itchetucknee.

Summer Hazard

by J. Walden Retan M.D.

In all the years that I've been cycling in the summertime in Alabama, I've heard and preached that dehydration was the silent enemy, that thirst was unreliable, and that one needed a constant flow of water...a water bottle an hour or more...to survive and prosper.

Last month, in the Annals of Internal Medicine (Vol. 132, No 9, p 711), physicians described seven marathon runners who presented with nausea, vomiting, pink frothy sputum and pulmonary edema, or a buildup of fluid in the breathing spaces of the lung. All were between 32 and 46. 5 were women. All had taken non-steroidal anti-inflammatory drugs (like ibuprofen, among others). All required intubation and mechanical ventilation in the emergency room. One died. All had very low levels of sodium in their serum. The survivors recovered after treatment with intravenous sodium chloride.

The mechanism of the problem appeared to be a combination of excessive sodium loss in sweat with substantial retention of ingested water. The authors discuss reasons why both occur. They cite a recent prospective study in which 18% of 605 marathon runners were found to have developed low sodium levels during the course of their run. Women had lower sodium levels than did men and were more symptomatic. There is every reason to expect that cyclists should be just as susceptible to development of this syndrome as are marathon runners.

I've ridden on hot, Alabama summer days and felt simply awful at the end of a ride. I've tried to correct the problem by drinking enough plain water...a maneuver that's probably exactly the wrong thing to do where both salt deficit and water excess are to blame. Maybe we're not yet back to the 'good old days' where salt tablets were popped like candy, but it's clear that salt deficits, water deficits and water excess can all occur and can all present a somewhat similar picture during prolonged high-intensity summer exercise. The same treatment isn't appropriate for all.

August-September Ride Schedule

RIDING GROUPS

A Riders. (no Group Captain). Fast paced rides from two to five hours. There is often a group that will do a shorter ride. The ride may become very fast for some periods. Team Florida frequently joins the group on Sundays.

Gliders. Andrew Gill, 338-9205, apgill@gnv.fdt.net. Fast (18-19 mph), steady paced rides, normally from 50 to 70 miles in length.

LoBees. Paul Zimpfer, 462-5003 evenings, Z-MAN2@prodigy.net. Rides in the 15-16 mph range. Meeting times and places are posted via email.

HiBees. Not an official group, but usually go off the front of the LoBees.

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.

Hunters Crossing Pedalers. Linda McMahon, 331-4089. Meets most Saturdays for a slower paced ride. This group also meets on some Sundays.

Off Roaders. Brian Raisler, braisler@ufl.edu or 338-4594. Meets most Sundays. Special rides announced via email.

Feet First. Bruce Bush, bruce@musician.org. Recumbent bicyclists group. May do one or two rides a month.

Stray Cats. Rob Wilt, 380-0561, afn09010@afn.org. Slower paced rides at out of town locations, announced via email.

Fireflies. Rob Wilt, 380-0561, afn09010@afn.org. Tuesday and Thursday rides out and back on Millhopper. Lights required. Call the leader before joining this group.

G-H Trail Riders. Carol Glavin, 371-8695, glavin@gator.net. Sunday rides on the rail trail.

Centurians. Roger Pierce, 378-7063. Hundred mile rides and up, usually at out of town events.

EZ Riders. George Edwards 372-8974, gedwards@atlantic.net. Leisurely rides (well, glacially slow) with frequent stops to look at the flora, fauna, rocks, what have you, usually out of town and often on mix of pavement and forest trails. Announced via e-mail.

Newnans Lake Riders. As Chandler is out of town for the next two months, this group is not meeting.

REGULAR STARTING TIMES AND PLACES

Always check your email for time and place updates.

GRU FACILITY RIDES

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

SATURDAY

All groups meet at 8 am unless otherwise announced in email.

TUESDAY AND THURSDAY

A Riders meet at 6:30 pm.

PLAZA OF THE AMERICAS RIDES

(University of Florida campus in front of Library West under the walkway)

SUNDAY

A Riders meet at 8 am.

FT CLARKE MIDDLE SCHOOL

(9301 NW 23rd Ave)

SUNDAY

Off Roaders meet at 10 am.

BOULWARE SPRINGS

(3300 block of SE 15th Street, second entrance)

SUNDAY

G-H Trail Riders meets at 8 am (email announced start time).





Florida

Bicycle Touring Calendar

(VERY ABRIDGED)



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

- Sep 1-4
Sebring FL **Tour of Sebring**
Three-days of cycling w/ rolling hills, citrus groves and around lakes in scenic central Florida. Kenilworth Lodge. James R. Corbitt, 5 Sheldrake Ln., Palm Beach Gardens, FL. (561)622-9909.
- Sep 2 (Sat)
Montgomery AL **Autumn Challenge Century Ride**
100 miles/shorter options. Montgomery Bicycle Club, PO Box 23116, Montgomery AL 66123.
- Sep 3 (Sun)
Savannah GA **18th Annual Historic Savannah Century**
25, 50 and 100 mile routes on flat terrain. Coastal Bicycle Touring Club, PO Box 14531, Savannah GA 31416. fax: 912:651-9008.
- Sep 9 (Sat)
Milton FL **3rd Annual Dr. Fenner McConnell Bike Ride**
(near Pensacola) 25, 65 and 100 miles in Santa Rosa County and Blackwater State Forest. West Florida Wheelmen, P.O. Box 9321, Pensacola FL 32513 Al Garza (850)-932-3977
- Sep 9 (Sat)
Birmingham, AL **Birmingham Bicycle Club's 27th Annual Century (and Double)**
30, 60, 75, 100, 125, & 200 miles. PO Box 55283, Birmingham, AL 35255, (205) 991-6154, (205) 995-2013, or (205) 664-3669.
- Sep 10 (Sun)
Baldwin FL **Endless Summer Watermelon Ride**
27/49/73/100 miles. Lunch and watermelon after ride. Register 6:30 am, ride 7:30 am Baldwin High School. N. Florida Bicycle Club, PO Box 550963, Jacksonville FL 32255-0963. (904)721-5870
- Sep 10 (Sun)
Clermont FL **Annual Assault on Sugarloaf**
30, 56, 100 or 112 miles. Clermont Waterfront Park starting at 6 am. CFT/Sommer Sports, PO Box 121236, Clermont FL 34712. (352)394-1320 fax (352)394-1702
- Sep 16 (Sat)
Huntsville AL **16th Annual All-You-Care-to-Eat Century**
16, 25, 50, 62, 100 mile routes in scenic TN & AL. Spring City Cycling Club, PO Box 2231, Huntsville AL 35804. J. Miernik (256).
- Sep 17 (Sun)
Cooper City FL **South Broward Wheelers 16th Annual Century**
Brian Piccolo Park. 100/62/25 mile rides. (954) 846-0126 - leave a message with your name and phone number. South Broward Wheelers, POB 290723, Davie FL 33329.
- Sep 17 (Sun)
Dade City FL **Freewheeling Hilly 100**
In the hills of beautiful Hernando and Pasco Counties. 7:30 a.m. at Pasco High School south of Dade City. 18, 34, 62 and 100 miles. Belinda Carlson (813)985-5933 fax (813)985-7462 or Nancy Armitage (813)855-3910.
- Sep 23-24
Kissimmee FL **2nd Annual Bike Florida "Share The Road" Rally and Exposition**
In historic downtown Kissimmee at Lake Toho. Recreational rides, bike expo booths, film festival, demonstrations and Florida Bicycle Association's annual meetings. 10-100 miles. Food and water stops every 15-20 miles. (407)343-1992.
- Sep 23-24
Lake Martin AL **14th Alabama MS 150**
Alabama's only two-day bicycle tour. Jane Guerin at 1-800-373-8881.
- Sep 24 (Sun)
Dahlonega GA **12th Annual Six Gap Century and Three Gap Fifty Bike Ride**
\$30 in advance or \$35 the day of the ride. Challenging ride ascends and descends three to six of the steepest climbs in the beautiful North Georgia Mountains. The Six Gap Century ride is 100 miles with over 10,700 feet of vertical climbing. The toughest climb is Hogpen Gap, which averages 7% for 7 miles, with sections as steep as 15%. The Three Gap Fifty alternative, although shorter, is still a strenuous ride. The rides begin at 7:30 a.m. at North Georgia College and State University. 1-800-231-5543.
- Sep 30 (Sat)
Gainesville FL **8th Annual Saturn Santa Fe Century**
A tour through the lush forest and pasture land north of Gainesville up through the Santa Fe River valley. Rides start at 8:30 am from the North West Boys Club at 2700 NW 51st Street in Gainesville. Enjoy a 100 or a 55 mile road ride, or the 18 mile Millhopper Ramble family fun ride, with well stocked rest stops.
- Oct 1 (Sun)
Gainesville FL **20th Annual Horse Farm Hundred**
The Gainesville Cycling Club's tour through the picturesque horse farms of northern Marion county. We have the best stocked rest stops in Florida! The 102 mile ride (and a 55 mile option that doesn't get into horse farm territory) starts at 8:30 am at the Morningside Nature. Bagels and muffins will be available before the start. The 45, 30, and 25 mile touring rides start at 8:30 am near Irvine (northernmost I-75 exit in Marion county).
- Oct 8 (Sun)
Inverness FL **6th Annual Rails to Trails Bike Ride**
Start 7-9 am (no mass start) rain or shine, at the North Apopka Avenue Trail Crossing. Entry fee is \$15. You can determine your own ride distance. (352)726-2180 (Betty & Dave). Rails to Trails of the Withlacoochee, PO Box 807, Inverness FL 34451-0807.
- Oct 13-15
Mt Dora FL **Mt Dora Bicycle Festival**
Select one, two, or all three days to participate. Tent and RV camping available at Mt Dora High School; most area motels are booked. 3 to 100 miles. All meals included in the registration fee. Mt Dora Chamber of Commerce, PO Box 196, Mt Dora FL 32757. (352)383-2165
- Oct 21 (Sat)
Brandon FL **Brandon Ramble 2000**
12/25/47/63 mile rides. Ken at (813) 685-4222, or Charlie at (813) 689-5677
- Oct 21 (Sat)
Miccosukee FL **15th Annual Spaghetti 100**
Miccosukee Community Center. 100-mile, 100-k, 50-k routes. Lunch or no-lunch options. Pasta at ride's end. Dick Durbin (850)668-4336.

LEAGUE'S BOARD OF DIRECTORS ELECTS NEW OFFICERS

The Board of Directors of the League of American Bicyclists elected its new officers at the Board's meeting in St. Paul, MN at the League's Minnesota Lakes and Rivers Rally on July 1. Chris Kegel, owner of five Wheel & Sprocket bicycle shops in Wisconsin and a leader of advocacy efforts in the bicycle industry, was elected President of the Board, replacing Earl Jones who had served as President for two years. Kegel is a member of the board of directors of the International Mountain Biking Association (IMBA), the Chicago Area Bicycle Dealers Association (CABDA), the Bicycle Federation of Wisconsin, and the Bikes Belong Coalition. He is also a former president of WORBA, the Wisconsin Off-Road Bicycle Association.

Mike Greehan, Advocacy Director for Interbike, was elected Vice President of the Board. Barbara Sturges, longtime League activist, was voted to the position of Treasurer and Martha Roskowski, Executive Director of Bicycle Colorado, was elected Secretary. Martin Guttenplan, Transportation Planner for the Florida Department of Transportation, was elected to the Board's At-Large position.

In addition, the Board voted to appoint Elissa Margolin the League's Executive Director. Margolin had been serving as Acting Executive Director since March, having been Deputy Executive Director since 1997. "The Board is delighted to appoint Elissa to the Executive Director position. Her leadership so far has moved the League in a very positive direction and energized the League's Board and staff. We're looking forward to a truly bicycle-friendly road ahead," said Chris Kegel.

The League of American Bicyclists is the national membership organization of cyclists. Founded in 1880, it promotes cycling for fun, fitness and transportation, and works through advocacy and education for a bicycle-friendly America. Membership includes 35,000 individuals, 455 recreational clubs, and 50 advocacy organizations. For more information, visit www.bikeleague.org.

Commercial Tours in Florida

by Dwight Kingsbury

The Florida bicycle touring business lives. Two outfits want you to know that.

Outdoor Adventures in Jacksonville conducts seven-day bike tours of the First Coast. A four-day "weekend getaway" version of the First Coast tour is also available.

Chriscycle Tours in Inverness conducts one-day tours of the Withlacoochee Trail and nearby points of interest.

Details

Outdoor Adventures

Tours the First Coast (known to people in Tallahassee as the "northeast Florida coast"). Ride along banks of St. Johns River. Potato capital of Florida. St. Augustine. Barrier islands. Kingsley Plantation. Fort Clinch. On day 5, the group can select a canoeing, kayaking, hiking, or off-road biking nature tour. (Group cannot exceed 12.) Extra canoeing/kayaking trip to Cumberland Island, Georgia, can be added on Day 7. Accommodations include a "river hideaway lodge," a "quaint motor lodge made of coquina," and a "historic inn." Tours in October, November, and (tentatively) March and April next year. Brochure: Outdoor Adventures. Phone 904.393.9030. Email: outdoorfl@aol.com

Chriscycle Tours

20-60 miles (32-97 km) on and around the Withlacoochee State Trail in western central Florida. Places of interest that can be visited include (besides the Trail, profiled as "Undiscovered Florida" in Rails to Trails Spring 2000 issue) the Ted Williams Home and Museum, Lake Rousseau, the Withlacoochee River, Safe Haven Animal Refuge, Lake Tsala Apopka, and downtown Inverness. Chris Trangas is a 25-year resident of Inverness, active in Florida cycling organizations. No sag support. No charge, but donation to Rails to Trails of the Withlacoochee appreciated. PO Box 42, Hernando, FL 34442 (352.344.1640, e-mail chriscycle@baldhead.com).

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.

Rebike recumbent bike. Entry level but fun and comfortable. Baby blue. Sealed bottom bracket. Shimano 7 speed. Excellent condition. \$225/OBO. Need to make room in my garage. Wife says I have too many bikes. Jim Ossa. (H) 332-2445, (M) 316-5257 or ossa@gru.net.

The following items are offered by Steve Sparks, (352)546-5652 evenings:

- '99 Paramount Frameset w/ King Headset, 56 cm, 56.5 tt, Wine Red, 853 tubing, Near Mint, \$400 firm.
- '99 Cannondale Cyclocross Headshok Frameset, 54 cm, Red, Never Built, \$265 obo.
- Thule Rack System, 4 bikes (2 upright & 2 fork mount), all locks, fairing, 48 inch bars; mounts for Isuzu Rodeo, can be changed, \$600 new, \$140 obo, must go.
- Generic '70's Track Bike, 57 cm, not expensive but looks and rides fine, tubulars, \$75 obo, must go.
- Somec lady Fixed Gear Bike, 48 cm, Pink, most parts/wheels new, expecting 2-digit offer, please, must go.
- Street Two Stroke Motorcycles: '77 Yamaha RD400 and '75 Suzuki GT380, \$1100 each, call for details.

POP QUIZ ANSWERS

1. China-450 million; US-100 million; Japan-72,740,000; Germany-63 million; Brazil-40 million.
2. Netherlands-1.0 bicycles per capita; Germany and Japan (tie)-0.59; Switzerland-0.56; Italy-0.46
3. 500,000
4. 900,000
5. 53% to 47%
6. Recreation--82%; fitness--26%; commuting--10%; racing--1%.

Source: the insert that fell out of our latest Bicycle Retailer News, which collected the data from various

. No. 4
a book
Dutch



sources
is from
about
cycling.

U.S. DEPARTMENT OF TRANSPORTATION RELEASES BICYCLE-FRIENDLY POLICY

by Patrick J. McCormick, Communications Director,
League of American Bicyclists

The US Department of Transportation recently released "Accommodating Bicycle and Pedestrian Travel: A Recommended Approach", a very positive policy statement on "integrating bicycling and walking into the transportation mainstream". Among its recommendations are: establish biking and walking routes in all urban construction projects (unless prevented by specific conditions); prohibit rumble strips unless there is a path at least four feet wide for cyclists; add paved shoulders on all rural roads used by over 1,000 vehicles per day; plan bridges and other projects to be compatible with biking and walking facilities; design intersections and interchanges to permit crossing of roads.

Download the document at www.fhwa.dot.gov/environment/bikeped/Design.htm and take a copy to your city, county and state government and ask them to adopt it. Please also write to the Federal Highway Administration that you think the new policy is an excellent vision for the future of transportation. Your letter is important because we fear the FHWA is being pressured to back away from its own policy.

Please write to:
FHWA Administrator Kenneth Wykle
400 7th Street, SW
Washington, DC 20590

And please send a copy of your letter to us:
League of American Bicyclists
1612 K Street, NW
Suite 401
Washington, DC 20006-2802

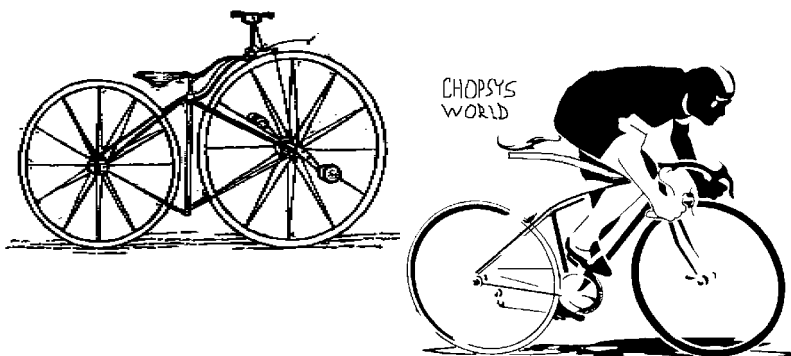
Thank you for making a difference for bicyclists! For more information about bicycling advocacy and education, visit www.bikeleague.org.

BUSINESS SPONSORS

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

Bike Route	15%
Campus Cycle	15%/10%
Chain Reaction	20%
Gator Cycle	10%
Ominski Massage	\$10 off
Primo Bicycle Works	10%
Recycled Bicycles	10%
Respite Massage	10%
Streit's Schwinn Cyclery	10%
Water World	5%

Some restrictions apply, ask for details at the store.



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.

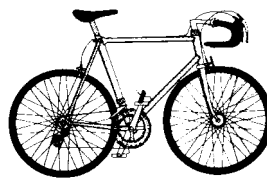
Ads are \$5 per column inch or \$25 for six column inches (which may be broken into multiple ads in different issues); the standard ad is two column inches (2" x 3", a 1/2" narrower than a business card).

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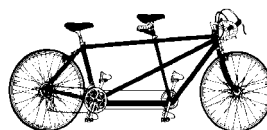


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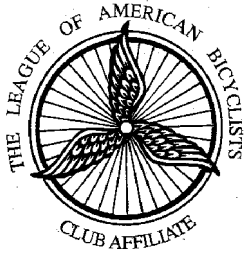
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AUGUST 2000 ISSUE Mailing label with expiration date identifies current member.

2000 Gainesville Cycling Festival - 30 Sep - 1 Oct - Santa Fe Century - Horse Farm Hundred

Cycling Shorts



1 Welcome new members Debbie Dallas, Lori Hazel, Ed Hoovler, Brandon Kershner, Raven Moondance, John Parker, Bill Peterson, Cheri Ann Peterson, Vicki Santello of Gainesville, Syble and Louis Hickman of Ocala, and Mary Lynn and Rick Knight of St Petersburg.

1 You should note that the list of new members that appears in each newsletter are people whom we are welcoming to the club for the first time. Our software currently doesn't have a way to list the members who are returning to the club after an extended absence. They are, of course, just as welcome as the new people!

1 Roger Pierce and Diann Dimitri wish to announce their engagement. Plans are pending.

1 Chandler Otis is spending most of the next two months supporting bicycle tours in the Rocky Mountains (for pay!). As a result, he will not be leading the Newnans Lake Riders from the Plaza on Sundays. Anyone interested in this type of ride should go to Carol Glavin's Trail Riders that meet at the same time at the Gainesville-Hawthorne State Trail head at Boulware Springs.

